

Nutritional Education & Performance Enhancement Among Vietnamese Athletes

Vision

To educate Vietnamese athletes at the National Training Center about the performance benefits nutrition can provide during all four periodization stages, and to organize a nutrition support staff to provide sport specific guidance and onsite nutrition to fuel the athletes and ensure proper recovery.



Mission

To encourage healthy lifestyles through nutritious diets and physical activity in efforts to enhance athletic performance of Vietnamese athletes while focusing on the longevity of their healthy lifestyles through health education and community outreach. I seek to shine light on Vietnamese athletics and encourage performances that will elevate their platform in sport in a way that engages the interest of the community in the realm of sport.

Project Purpose

The purpose of this project is to educate Vietnamese athletes on the benefits proper nutritional fuel can contribute to performance, to develop a fueling station and sport specific meal plans for Vietnamese athletes, and to strive to influence the overall health of Vietnamese communities by using sport as a means of distributing community health education.



Project Accomplishments

A nutritional portfolio was completed for review by a licensed sports nutritionist that outlines periodized meal plans and fuel tips for athletic performance. The portfolio will be used as a to advise athletes on nutritional fuel as well as a source to reference during amongst plans to incorporate a fuel station in the new Recovery Center Advice and intercultural exchanges occurred bi-monthly throughout the past eight months

Problem Statement

Public-Health Focus

- Vietnam is among Asian countries experiencing a double burden of malnutrition- high % of malnutrition with steady increases in the prevalence of obesity.

- Vietnam released a 2-phase National Nutritional Strategy emphasizing community health education that is challenged with the multiple flaws- lack of trained professionals, youth education opportunities, and urban aggregation

Athlete-Focus

- Currently, the National Sports Training Center in Ho Chi Minh City, Vietnam has no programs designated to focus on the nutritional health of their performance athletes. The Director of Sport Science at the Center states that the “athletes do not understand the benefits of proper nutrition although few teams have expressed interest such as athletics and swimming.”

Sustainability

Information and guidance provided will be incorporated into the plans to build a Recovery Center for the student athletes t at the training center.

I am seeking opportunities to return to Vietnam to continue executing my vision