

The Summit on Medical Education in Nutrition

References and
Resources Recommended
by Summit Panelists and
Attendees

Nutrition Science/Policy

References

Mozaffarian, Dariush, Irwin Rosenberg, and Ricardo Uauy. 2018. "History of Modern Nutrition Science—Implications for Current Research, Dietary Guidelines, and Food Policy." *BMJ Clinical Research* 361: k2392. doi: <https://doi.org/10.1136/bmj.k2392>.

Resources

Food Is Medicine: How US Policy Is Shifting toward Nutrition for Better Health. 2019.

Drs. Dariush Mozaffarian, Jerold Mande, and Renata Micha of the Friedman School of Nutrition Science and Policy, Tufts University, explain that the time is at hand for meaningful policy action by US Congress that will leverage food as medicine. They outline the history of policy actions by Congress and make recommendations for federal government strategies that will make healthy eating easier for all Americans.

50th Anniversary of the White House Conference on Food, Nutrition, and Health. Federal Nutrition Policy Advisory Group. 2022.

Fifty years after the first White House Conference, on Food, Nutrition, and Health, Tufts University and Harvard University co-hosted a celebration of the 1969 conference's achievements. Echoing the first conference, the event brought together diverse stakeholders from academia; local, state, and federal government; the media; business; consumer organizations; health care representatives; agricultural and trade organizations; and social action groups to highlight the actions and successes from the first conference and, crucially, the new health, equity, economic, and sustainability burdens of food and nutrition in the US.

Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health. September 2022.

The report introduces the national strategy to achieve a stronger, healthier nation by ending hunger in the US and increasing healthy eating and physical activity by 2030 so fewer Americans experience diet-related diseases. The strategy and its recommendations were the topic of the White House Conference on Hunger, Nutrition, and Health convened in Washington, DC in September 2022.

Federal Nutrition Policy Advisory Group.

The website for this national organization includes content by thought leaders from diverse backgrounds who are volunteering their knowledge and expertise to help consider and develop a strategy toward a new, robust, coordinated federal nutrition research effort. The group convenes regularly for discussions and to publish commentary on issues relevant to such an effort, bringing evidence, objectivity, and actionable policy recommendations.

Future Education Model Standards and Templates. American Academy of Nutrition and Dietetics. 2022.

This website provides background and information on the competency standards for accredited programs preparing students for careers as registered dietitian nutritionists or nutrition and dietetics technicians, registered.

Informing the White House Conference: Ambitious, Actionable Recommendations to End Hunger, Advance Nutrition, and Improve Health in the United States.

This report, authored by the Task Force on Hunger, Nutrition, and Health—a nongovernment, nonpartisan group of subject matter experts and multi-sector leaders—sets forth a series of policy recommendations and actions to advance the 2022 White House Conference goals of ending hunger, improving nutrition, and reducing diet-related diseases in the US. The report proposes a far-reaching, consensus-based strategy that reflects a diverse set of perspectives from leaders from academia, civil society, government, and the private sector.

Lifestyle Medicine Education.

This website offers open access to a collection of evidence-based curricular resources to educate and train future clinicians in prevention and treatment of lifestyle-related diseases. Lifestyle Medical Education is an evolution from the Lifestyle Medicine Education Collaborative now supported by the University of South Carolina School of Medicine at Greenville. The lifestyle medicine collection can be used for core curricula, integration into existing curricula, electives, rotations, and scholarly concentrations.

Education/Curriculum

References

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- Crowley, Jennifer, Lauren Ball, and Gerrit Jan Hiddink. 2019. "Nutrition in Medical Education: A Systematic Review." *Lancet Planet Health* 3 (9): e379–e389. doi: 10.1016/S2542-5196(19)30171-8. <https://www.thelancet.com/journals/lanplh/article/PIIS2542-51961930171-8/fulltext>
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Resources

Milestones Guidebook (ACGME)

This guidebook provides background information on competency-based medical education (CBME) and the development of the ACGME Milestones, practical guidance on using the Milestones, and information about additional assessment and CBME resources.

MedEd Nutrition Education for Medical Schools and Residency Programs (Gaples Institute)

This nutrition course for health professionals is a condensed and actionable nutrition learning program that includes content on social determinants of nutrition inequities, screening for food insecurities, and steps physicians can take if patients screen positive. The course also features content on nutrition for physician self-care and resilience, and immersive clinical scenarios build learner competence in motivational interviewing and patient-counseling strategies. It is updated annually. This resource is available for a fee.

Lifestyle Medicine Education

This open access to a collection of evidence-based curricular resources supports the training of future clinicians in prevention and treatment of lifestyle-related diseases. This collection can be used for core curricula, integration into existing curricula, electives, rotations, and scholarly concentrations.

Provider Competencies for the Prevention and Management of Obesity. Stop Obesity Alliance. 2017.

These competencies were designed by more than 20 leading health organizations representing a dozen health professions. They are aimed at many types of health professionals engaged in obesity prevention and management. Collectively, the competencies establish a working knowledge of obesity, and are therefore best used together. Recognizing that the depth of knowledge or skill for a given competency will vary based on specialty, each specialty is encouraged to adapt these competencies to fit its needs.

Teaching Kitchens References

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Resources

A Culinary Medicine Workshop for Family Medicine Residents and Culinary Arts Students. Smith, Brittany, Ricky Watson, and Carolyn Kusbit.

This workshop was offered to ECU Family Medicine residents to improve nutrition counseling with patients. The workshop focused on the Mediterranean diet and its health benefits.

Pediatric Healthy Weight Research and Treatment Center: Handouts/Materials. East Carolina University Physicians.

Teaching Kitchen Collaborative.

This website provides background about the collaborative, its membership, research related to the emerging field, and resources and events, including a "how to" webinar series, toolkits, and events.

Patient-Centered Care and Medical Student/Resident Well-Being

References

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Resources

Free Resources for Clinicians and Champions of First Foods. *Partnership for a Healthier America.* (English and Spanish)

Partnership for a Healthier America, the Dr. Yum Project, and a multidisciplinary team of child experts provide free patient education handouts for clinicians with stage-by-stage anticipatory guidance on feeding development during pregnancy and from 0-15 months. These guides include proactive tips and practical activities to boost feeding development and build health habits at every stage of a child's feeding journey.

Food Insecurity Screening Toolkit. *Feeding America and Humana Health.* 2022.

Humana and Feeding America partnered to develop this toolkit to raise awareness and offer suggestions for how health care and non-health care professionals might treat food insecurity in individuals. The resource is intended to support practitioners as they identify individuals who are food insecure and to make connections with community resources to help individuals improve their access to healthy food, their diet quality, and ultimately, their health

Lifestyle Medicine and Food as Medicine Essentials Course Bundle. *American College of Lifestyle Medicine.*

Chronic diseases are the leading cause of death and disability in the US. Recently highlighted by the White House Conference on Hunger, Nutrition, and Health, these free continuing medical education courses show how better nutrition leads to improved patient outcomes. This course bundle is available for a fee.

The Plantrician Project: Planting the Seeds of Change. *Plantrician University.* 2022.

This website is a free, virtual, plant-based nutrition education portal for health profession students to provide the knowledge and tools they need to be advocates and educators for the evidence-based role of plant-based nutrition to prevent and dramatically reduce rates of chronic disease, grow health equity, and improve human and global health.

Impact of Culture and Socioeconomic Status References

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Resources

A Conceptual Framework for Action on the Social Determinants of Health. World Health Organization. Paper 2. 2010.

This report from the World Health Organization discusses a conceptual framework for science and policy for health equity by conceptualizing the health system itself as a social determinant of health. The role of the health system is relevant through the issue of access and plays an important role in mediating the differential consequences of illness in people's lives. The report identifies three broad approaches to reducing health inequities through a policy framework.

Nutrition Consult. Craven, Kay, and Kathryn Kolasa.

The MOTHeRS' Project is a collaborative care model that includes the patient, nurse navigator, diabetes educator, behavioral health manager, primary obstetrician, MFM specialist, and a psychiatrist consultant, that brings support and insights of specialty physicians to identified practices. This video illustrates two questions validated for use in the clinical setting to identify food insecurity. Additional resources from the MOTHeRS' Project, including a grocery shopping guide for women who are pregnant, can be found on TheScholarSHIP.



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