

SUBJECT: Incorporating Nutrition Education into Core Medical School Curriculums

SUBMITTED BY: Akruti Patel, OMS IV, SAACOFPP Resolution Committee, Michigan Association of Osteopathic Family Physicians (MAOFP)

REFERRED TO: 2019 ACOFP Congress of Delegates

RESOLUTION NO. 19

- 1 WHEREAS, proper nutrition is an essential aspect of disease prevention and health improvement¹;
2 and
- 3 WHEREAS, patients depend on family physicians to provide nutritional information and consider
4 physicians a credible source of information; and
- 5 WHEREAS, data shows medical students only received an average of 23.9 contact hours towards
6 nutritional education medical school, and only 25% of medical schools have a required
7 nutrition course^{2,3}; and
- 8 WHEREAS, patients face challenges, including access to specialists such as nutritionists and
9 registered dietitians in their communities, specifically in rural areas, or lack of insurance
10 coverage to afford access to said specialists, leading patients to rely on their physicians to
11 provide most of their nutritional information; and
12
- 13 WHEREAS; 51% of medical school graduates report the perception of inadequate nutritional
14 education; now, therefore be it
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- 16 RESOLVED, that the American College of Osteopathic Family Physicians (ACOFPP) encourage the
17 incorporation of nutritional education as a core aspect of osteopathic medical education to
18 ensure physicians are competent in providing nutritional education to patients.

References:

- 1-Adams, K. M., Kohlmeier, M., Powell, M., & Zeisel, S. H. (2010). Nutrition in medicine: nutrition education for medical students and residents. *Nutrition in clinical practice : official publication of the American Society for Parenteral and Enteral Nutrition*, 25(5), 471-80.
- 2-Adams, K. M., Lindell, K. C., Kohlmeier, M., & Zeisel, S. H. (2006). Status of nutrition education in medical schools. *The American journal of clinical nutrition*, 83(4), 941S-944S.
- 3-Adams, K. M., Kohlmeier, M., & Zeisel, S. H. (2010). Nutrition Education in U.S. Medical Schools: Latest Update of a National Survey. *Academic Medicine*, 85(9), 1537-1542.

FINAL ACTION: DISAPPROVED as of March 21, 2019

Explanatory Statement: The ACOFP cannot dictate curriculum. The resolution contains good ideas therefore the authors should consider sending to other areas such as Resident Council, Health Expo Committee and Knowledge or Learning and Assessment Committee.