2023 Summit on Medical Education in Nutrition

Kristin Hitchell, JD, LLM
Vice President, Policy and External Relations
Accreditation Council for Graduate Medical Education
2023 Summit on Medical Education in Nutrition

March 12-14, 2023
Chicago, IL

Summit Goal: Determine what residents need to know about nutrition to give them the confidence and competence to take care of their patients, and how resident nutrition education fits into the continuum of medical education.

Planning Committee

- ACGME
- AAMC
- AACOM
- ABMS
- ACCME
- Organization of Program Director Associations
- Accreditation Council for Dieticians and Nutritionists
- Harvard Law School Food Law and Policy Clinic
AAMC and ACGME: AAMC and ACGME commit to organizing and hosting the first-ever Medical Education Summit on Nutrition in Practice in March 2023. This national initiative will convene 150 medical education leaders – across medical schools, residency training, and continuing education programs – to identify, discuss, and determine the best strategies for integrating nutrition and food insecurity into medical education curricula, with a focus on interprofessional care and health equity.

FACT SHEET: The Biden-Harris Administration Announces More Than $8 Billion in New Commitments as Part of Call to Action for White House Conference on Hunger, Nutrition, and Health
### 5 pillars of the White House Conference

<table>
<thead>
<tr>
<th>Improve</th>
<th>Improve food access and affordability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Integrate</td>
<td>Integrate nutrition and health</td>
</tr>
<tr>
<td>Empower</td>
<td>Empower all consumers to make and have access to healthy choices</td>
</tr>
<tr>
<td>Support</td>
<td>Support physical activity for all</td>
</tr>
<tr>
<td>Enhance</td>
<td>Enhance nutrition and food security research.</td>
</tr>
</tbody>
</table>

#### National Strategy on Hunger, Nutrition, and Health

- Provide greater access to nutrition services to better prevent, manage, and treat diet-related diseases.

- Screen for food insecurity and connect people to services they need.

- Strengthen and diversify the nutrition workforce.
Panel Discussions

Keynote: The current state of food and nutrition policy

GME using a competency-based approach

Identifying and teaching nutrition competencies in UME

Identifying and teaching nutrition competencies in GME
  Part 1 – Teaching the clinical experience of nutrition
  Part 2 – The cultural and structural aspects of nutrition

Working with dietitians & nutritionists as part of the health care team
Key Learnings

- Nutrition is an important aspect of medical education and training.
- The ideal nutrition education is interdisciplinary and includes paraprofessionals.
- Engage the community to build structural and cultural awareness and understanding.
- Experiential learning (teaching kitchens, grocery store trips) is well suited for nutrition education.
- Partner with community agencies (HRSA, Depts of Health).
Goals for Nutrition Education in UME, GME, and CME

Prepare physicians to:

• Reduce existing nutrition information into practical, usable information
• Reduce medical misinformation
• Refer patients to appropriate non-physician providers (RDs, RDNs)
• Be knowledgeable of resources available within the institution and community
• Recognize food insecurity, SDOH, and the history that created them
• Refrain from judgment and practice cultural humility

Integrate evidence-based, specialty-related information on nutrition and the relationship between diet and disease throughout education and training to prepare physicians to provide recommendations and support during patient encounters.
Nutrition Related Competencies for Medical Students

- Understand that nutrition is essential for health
- Understand the relationship between diet, health, and disease
- Identify and appraise nutrition information / recognize misinformation & fads
- Incorporate a nutrition assessment into patient encounters with recognition of implicit biases, SDOH, and disparities in nutrition
- Understand role of nutrition professionals
There is growing recognition of the need to emphasize cultural and socioeconomic awareness of nutrition in patient encounters and acknowledge patients as thoughtful experts in their own food experiences.
Words of wisdom

“Aim for better, not perfect”

“Do no harm”

“Sail your ships in the same direction”
Next Steps

• Publications
  • Summit Proceedings to be published Fall 2023 on the ACGME website
  • Summary of key GME learnings to be published in the *Journal of Graduate Medical Education* (https://meridian.allenpress.com/jgme)

• Incorporating what was learned into ACGME materials for the community

• Developing nutrition-related competencies with external partners and considering how to integrate them into the existing framework.