



An Evidence-Based Nutrition Curriculum for Resident Physicians

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Background

- Poor nutrition is a major risk factor for mortality and chronic disease.
- Physicians face significant barriers to practicing healthy eating habits.
- Few studies have focused on improving nutrition among resident physicians despite compelling evidence that adequate nutrition plays an important role in overall wellness.
- There are significant gaps in the current framework for medical nutrition education, despite patients expecting physicians to be a source of nutrition information.
- Many physicians lack confidence in providing nutrition counseling and do not prioritize healthy nutrition in their personal lives.
- It has been shown that providers are more likely to counsel patients on health behaviors they engage in themselves.

The Current State of Nutrition Education

- Pre-intervention surveys were completed by 18 current UW IM Residents.

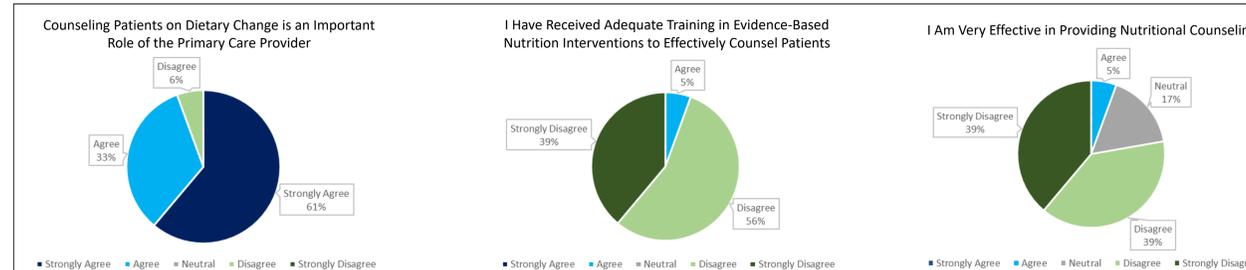


Figure 2. 95% of IM residents reported that they have not received adequate training in evidence-based nutrition interventions to allow them to effectively counsel patients despite 94% believing that this is an important role of the primary care provider. Only 5% of residents felt very effective in providing nutritional counseling to patients.

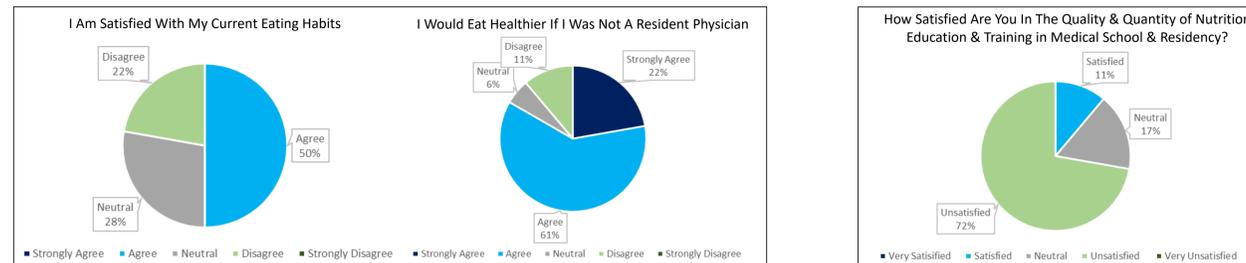


Figure 3. 50% of IM residents stated they were satisfied with their current eating habits. 83% of residents felt that they would eat healthier if they were not a resident physician. All residents universally felt that dietary habits impact their overall wellbeing.

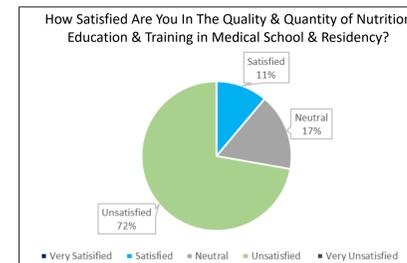


Figure 4. 72% of residents reported being unsatisfied with the quality and quantity of nutrition education in medical school and residency.

Discussion

- There remains a significant need for more emphasis on nutrition education in medical school and residency curriculums.
- Many providers feel that they lack the skills necessary to provide effective nutrition counseling to patients.
- Nutrition plays an important role in overall wellness.
- Innovative strategies are needed to help improve dietary habits among resident physicians.
- Culinary medicine allows individuals to learn how to prepare and enjoy healthy meals.

Future Directions

- Ongoing culinary medicine sessions are planned in the upcoming academic year.
- Post-intervention surveys will be administered at the end of the planned innovation to determine the effectiveness of the nutrition curriculum.
- Components of this nutrition curriculum can be disseminated across departments and training levels.

References

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Innovation: Evidence-Based Nutrition Curriculum

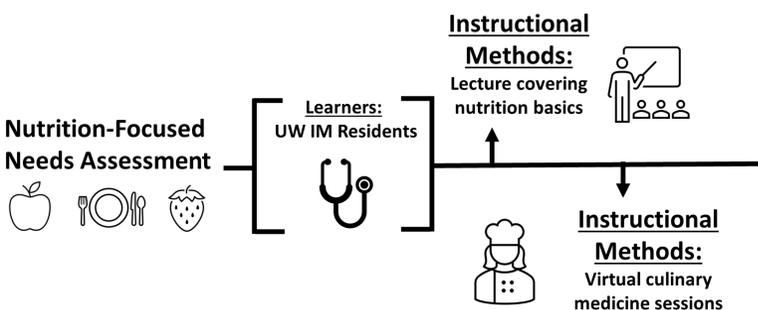


Figure 1. A nutrition-focused needs assessment survey was administered to current UW Internal Medicine (IM) residents. A nutrition curriculum was subsequently implemented within the UW IM Residency Program with teaching modalities including didactic material and virtual culinary medicine sessions.

Components of the Nutrition Curriculum

Nutrition Lecture

Learning Objectives:

- Demonstrate understanding of nutrition basics including micro- and macronutrients
- Understand the role of nutrition in disease prevention and management
- Understand how nutrition impacts cognitive performance and consider strategies to improve physician performance
- Develop skills and techniques to help empower patients to change their dietary habits

Virtual Cooking Sessions

Learning Objectives:

- Enhance culinary skills
- Learn how to prepare healthy meals in an efficient manner
- Understand how to read nutrition labels
- Understand components of a healthy diet and be able to discuss various popular diet trends
- Consider barriers to healthy eating and develop patient-centered problem-solving strategies for improvement

Healthy Eating Basics

- Eat a variety of foods and a rainbow of colors
- Fill at least 1/2 plate with fruits and vegetables
- Drink plenty of water
- Portion control
- Consider calorie density
- Do not overlook calories in beverages
- Eat mindfully, not mindlessly
- Meal prep and plan ahead
- Focus on whole grains. Avoid refined grains.
- Fill up with fiber
- Reduce/eliminate red and processed meats
- Avoid trans fats. Reduce saturated fats.
- Limit highly processed foods
- Limit added sugars
- Decrease sodium intake
- Commit to a lifelong habit of healthy eating and regular exercise



What's on the Menu?
Veggie Chili with Beans

Figure 5. Example of a meal prepared during a virtual culinary medicine session.