

A Report on Nutrition Education

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Scope of nutrition education reflects the four pillars of UK's mission



RESEARCH

EDUCATION

SERVICE

CARE

Goals and outcomes of nutrition education vary by audience



RESEARCH

EDUCATION

SERVICE

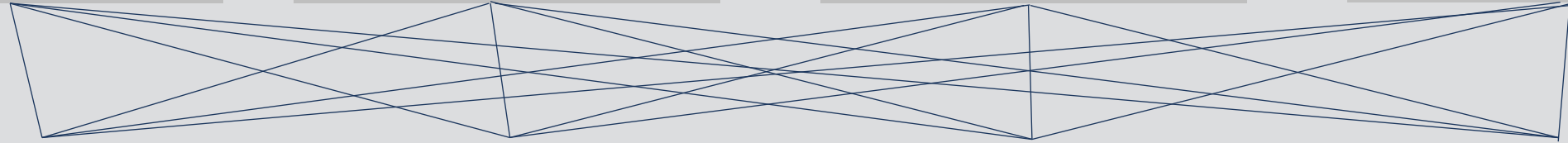
CARE

MEDICAL

GRADUATE

UNDERGRADUATE

COMMUNITY



Nutrition education in the medical curriculum

- **M2: MD 826 GASTROINTESTINAL SYSTEM AND NUTRITION (REQUIRED) – 15% :**
 - Introduction to Nutrition, Dietary Guidelines for Americans, Nutrition MythBusters
 - Control of Weight and appetite
 - Nutrition Assessment and Undernutrition
 - Nutrition Application and Perspectives
- **M2: MD 828 CARDIOVASCULAR DISEASE (REQUIRED)**
 - Lipid metabolism
- **M2: MD 829 MULTI SYSTEMS AND INTEGRATIVE CONCEPTS (REQUIRED)**
 - Integrated Case Studies (Hematology, GI, Neuro, Renal, Endocrine, Reproductive)
- ***M1/M2: NS 801 PRECISION NUTRITION & CULINARY MEDICINE (ELECTIVE)***
 - 8-week course focusing on dietary - > culinary recommendations for prevalent chronic diseases
- ***M4: LEVERAGING NUTRITION IN CHRONIC DISEASE (ELECTIVE)***
 - 4-week course focusing on the latest best practices via nationally known clinicians and scientists



Focus on graduate and undergraduate education

GRADUATE PROGRAMS

- PhD, Nutritional Sciences
- MS, Nutritional Sciences (30 credit hours)
 - Clinical Nutrition
 - Sports & Wellness
 - Molecular & Biological
- MS, Nutrition and Food Systems (30 credit hours)
- ***Certificate in Applied Nutrition and Culinary Medicine***

UNDERGRADUATE PROGRAMS

- BS, Dietetics
- Certificate in Food Systems and Hunger
- Certificate in Nutrition for Human Performance



Supplemental nutrition education opportunities for current and future healthcare professionals

APPLIED NUTRITION & CULINARY MEDICINE



College of Agriculture, Food and Environment
College of Health Sciences
College of Medicine

UNIVERSITY OF KENTUCKY

An Equal Opportunity University

Professions of Certificate Program Graduates - (Kentuckians and out-of-state students)			
Physician assistants Practicing and retired physicians Medical residents	Physical therapists Nutrition faculty Laboratory Scientist	Nurse practitioners VP, Clinical Development at Concerto Health AI	Pharmacy students Nursing students Dietetics students

From the USMLE (United States Medical Licensing Examination) – An Outline of Expected Nutrition Education

- Protein-calorie malnutrition (kwashiorkor, marasmus)
- Vitamin deficiencies and/or toxicities
 - vitamin A
 - vitamin B
 - vitamin B1, thiamine (eg, Wernicke- Korsakoff syndrome, beriberi)
 - vitamin B3, niacin
 - vitamin B6, pyridoxine
 - vitamin B9, folic acid
 - vitamin B12, cobalamins (pernicious anemia)
 - vitamin C (scurvy)
 - vitamin D (rickets)
 - vitamin E
 - vitamin K
- Mineral deficiencies and/or toxicities
- Obesity
- Enteral/parenteral nutrition (TPN)



Proposed Nutrition Competencies for Medical Students and Physician Trainees

CONSENSUS STATEMENT – MEDICAL EDUCATION – JAMA 2024

1. Provides evidence-based, culturally sensitive information and food recommendations to patients for the prevention and treatment of chronic disease.
2. Screens for food insecurity and nutrition insecurity and makes appropriate referrals for those identified at risk.
3. Works with other health professionals to deliver a multidisciplinary approach to nutrition care.
4. Identifies pathophysiological and/or socioeconomic circumstances which may lead to metabolic syndrome or malnutrition.



A Summary

1. The University of Kentucky's mission is built on four pillars: education, research, service, and care... nutrition education occurs outside the classroom.
2. The College of Medicine's curriculum includes nutrition within required coursework; contains (and increasing) electives to include critical information.
3. USMLE and a 2024 JAMA publication call for specific and increased, respectively, nutrition education-related competencies.
4. Nutrition education among healthcare providers is essential – and one factor among many that influence behavior change related to food and lifestyles.

