

Problem

50%

MN deaths from modifiable chronic disease: cancer, stroke, diabetes and heart disease

27%

Medical schools that teach the recommended hours of nutrition content

14%

Physicians who feel adequately trained to counsel patients about nutrition for modifiable chronic diseases

National Med Ed Nutrition Hours

11

Hours of nutrition content taught at UMN Medical School (SMP)

19

Average hours of nutrition content taught in Medical School

25

Recommended hours of nutrition content in Medical School

50+

Hours of nutrition we believe is necessary to reach competency and positive patient outcomes

Methods

- Literature review: national nutrition education practices and findings
- Survey: Current medical students
- Focus group: Food Matters students
- Informational interviews: Medical Schools
- Meetings: Kate Shafto, MD; Allison Dostal, PhD, RD; Timothy Harlan, MD, FACP



Experiential Learning

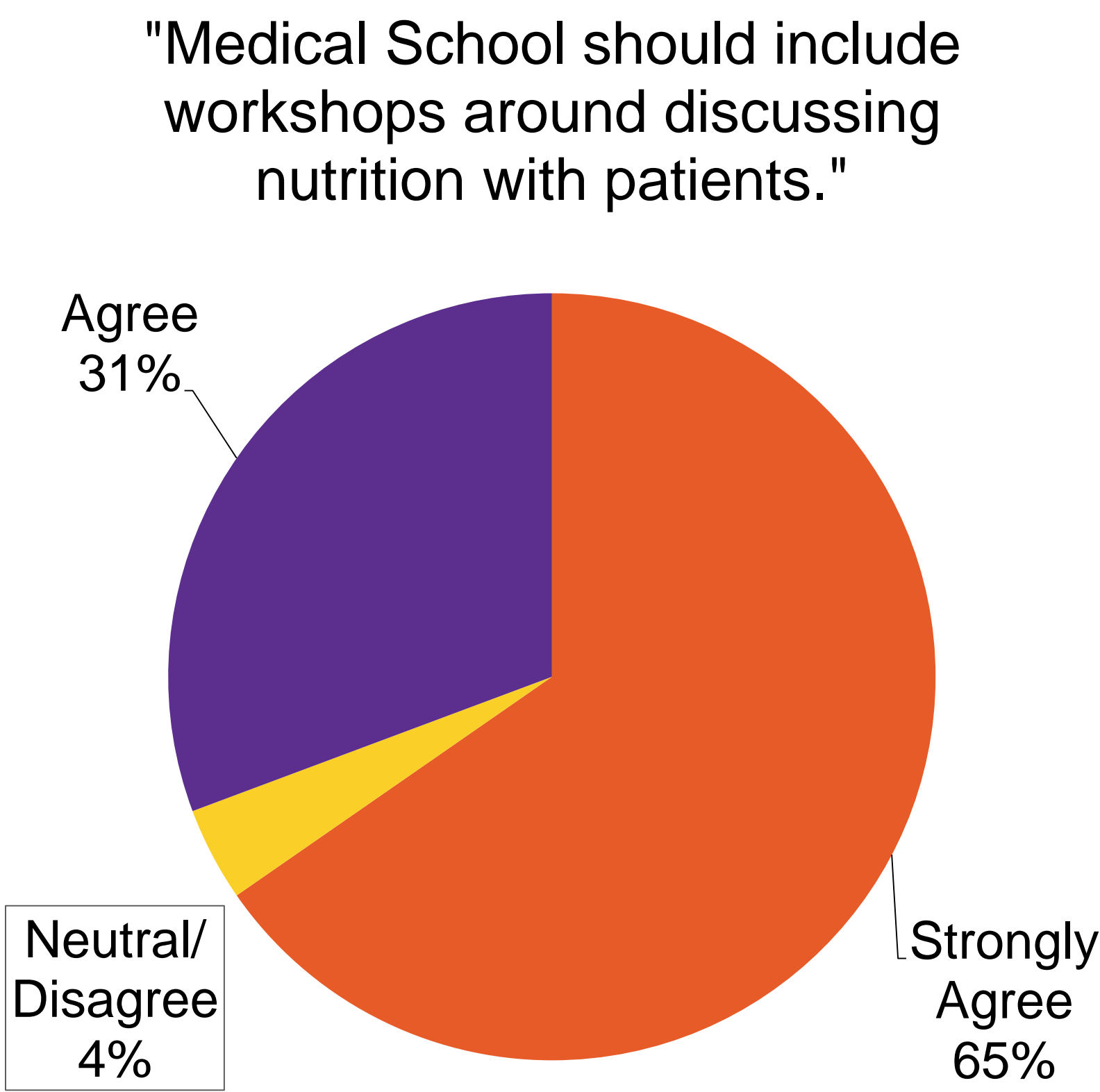
“...Experiential learning methods are shown to transfer directly to **improved patient care practices** and **better patient outcomes...**”
- McGaghie, et. al

“We find that medical students who have been through our [culinary medicine] program are **2 ½ to 3 times as likely to understand these concepts and talk about them with their patients.**” - Dr. Harlan, Goldring Center of Culinary Medicine (Tulane University)

Key Interventions

- Presentation to Medical Education Steering Council included:
- Make the Food Matters course accessible and affordable for more medical students (hands-on cooking, nutrition and wellness)
 - Add nutrition into interprofessional programs: FIPCC or Community Teacher
 - Add clinical nutrition into the medical school curriculum (increasing content value, not hours), such as a culinary medicine ECM workshop or clinical dyads in SMP or HHD courses

MS1 Survey Results



Challenges

- UMN Medical School needs to reduce overall content hours, so they are not currently open to adding new learning opportunities to the curriculum
- Unclear where funding or space would be for culinary medicine

Future Steps

- Change Food Matters to an INMD course
- Arrange a culinary medicine grand rounds event
- Continue lobbying medical school administration to deliver nutrition in a more meaningful manner

•Shafto, K. V., Breen, J., Decker, D. (2016, September/October), Reimagining nutrition education in a teaching kitchen: findings from a pilot study. Minnesota Medicine. 44-45
•Eisenberg, D., Burgess, J. (2015). Nutrition education in an era of obesity and diabetes: thinking outside the box. Academic Medicine, 90(7). 854-860.
•McGaghie, W. C., Issenberg, S. B., Cohen, E. R., Barsuk, J. H., Wayne, D. B. (2011). Does simulation-based medical education with deliberate practice yield better results than traditional clinical education? a meta-analytic comparative review of the evidence. Academic Medicine, 86. 706-711.