

AMERICAN MEDICAL ASSOCIATION HOUSE OF DELEGATES

Resolution: 911
(I-19)

Introduced by: Young Physicians Section

Subject: Basic Courses in Nutrition

Referred to: Reference Committee K
(_____, Chair)

Whereas, A 2018 burden of disease collaborators report showed evidence that poor quality diet has been identified as the leading cause of death in the United States¹; and

Whereas, Health care has shifted from disease management to health promotion and prevention; and

Whereas, "Beginning with medical school the time devoted to nutrition is limited, with an average of 19 total hours over 4 years, and is focused largely on biochemistry and vitamin deficiency states" and nutritional deficiencies (for example, scurvy and beriberi) are not a major problem in the United States²; and

Whereas The latest Accreditation Council for Graduate Medical Education common program requirement for residency and fellowship training lack a requirement for physician trainees to learn about nutrition or diet³; and

Whereas, Clinical nutrition might not only serve to improve patient health, but also resident and physician wellness through "greater awareness and knowledge of the dietary influences on well-being"⁴; and

Whereas, Clinicians with a foundation in nutrition will be more likely to recognize the importance of diet and make more effective referrals⁵; therefore be it

RESOLVED, That our American Medical Association amend Policy H-150.995, "Basic Courses in Nutrition," by addition to read as follows:

Basic Courses in Nutrition H-150.995

1. Our AMA encourages effective education in nutrition at the undergraduate, graduate, and postgraduate levels.

2. Our AMA encourages collaboration with appropriate entities to develop and promote relevant nutrition education to enhance patient care and medical trainee education and wellbeing.

3. Our AMA encourages alignment with evidence-based dietary guidelines for food served in medical trainings and medical conferences. (Modify Current HOD Policy)

Fiscal Note: not yet determined

Received: 09/26/19

RELEVANT AMA POLICY

[Basic Courses in Nutrition H-150.995](#)

Our AMA encourages effective education **in nutrition** at the undergraduate, graduate, and postgraduate levels.

Sub. Res. 116, A-78 Reaffirmed: CLRPD Rep. C, A-89 Reaffirmed: Sunset Report, A-00
Reaffirmed: CME Rep. 2, A-11 Reaffirmation: A-19

References:

1. Mokdad AH, Ballestros K, Echko M, et al. US Burden of Disease Collaborators. The state of US health, 1990-2016: burden of diseases, injuries, and risk factors among US states. *JAMA*. 2018;319(14):1444-1472. doi:10.1001/jama.2018.0158
2. Devries S, Willett W, and Bonow RO. Nutrition Education in Medical School, Residency Training, and Practice. *JAMA*. Published online March 21, 2019. doi:10.1001/jama.2019.1581
3. Accreditation Council for Graduate Medical Education. ACGME Common Program Requirements (Residency). Chicago, IL: Accreditation Council for Graduate Medical Education;2018. Available at <http://www.acgme.org/Portals/0/PFAssets/ProgramRequirements/CPRResidency2019.pdf>. Accessed February 4, 2019.
4. U.S. Department of Health and Human Services. US Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Ed. Washington, DC: Office of Disease Prevention and Health Promotion; 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed March 23, 2019.
5. Adams KMBW, Kohlmeier M, and Zeisel S. The state of nutrition education at US medical schools. *J Biomed Educ*. 2015;2015:1-7. doi:10.1155/2015/357627