

# The Nutrition Prescription

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Link to Abstract



**“Simply put, food is medicine.”**

– Monique Tello, MD, MPH, clinical professor at Harvard Medical School

1985

National Academy of Sciences landmark report Nutrition in U.S. Medical Schools recommended **25 hours of nutrition education.**

2004

Education Working Group of the Consortium of Academic Health Centers for Integrative Medicine (CAHCIM) proposed **competencies** to delineate the values, knowledge, attitudes, and skills fundamental to integrative medicine for medical schools.

2010

**Nutrition in Medicine (NIM)** project announced **Nutrition Education for Practicing Physicians (NEPP).**

2014

- Cleveland Clinic Lerner College of Medicine's **Faculty/Student Nutrition Task Force:** 70% of students reported a change in patient care.
- **ENRICH Act** introduced to provide grants for curriculum to address nutrition across the lifespan.

2022

- U.S. Representative McGovern resolves to improve nutrition education in health sciences programs.
- **White House Conference on Hunger, Nutrition, and Health** elicited the Medical Education Pledge.

**How do nutrition education guidelines influence Advanced Practice Registered Nurse (APRN) programming strategies?**

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faculty, department chairs, and deans from 91 graduate health sciences programs were surveyed to assess the current state of nutrition education.

100%

of survey respondents said their institution would benefit from a nutrition education guideline.

54%

of survey respondents said their programs test on nutrition content.

## Food for Thought

- Most graduate medical programs (MD, DO, APRN) provide **fewer** than the 25 hours of nutrition education recommended in 1985.
- Nutrition is **not yet required** for Advanced Practice Registered Nurse (APRN) education or licensure at this time.

Guided by a literature search and needs assessment, this project proposed a guideline to include 60 hours of nutrition education in APRN programs. Further investigation is needed to expand and standardize nutrition education for graduate health sciences programs.

The evolution of nutrition education