

Course Description: Applied Nutrition MED-1023

Course Director

TBD

Department

Department of Clinical Nutrition and Center for Human Nutrition

Rationale

Both Health People 2010 and the US Prevention Task Force identify the need for physicians to address nutrition with patients. With growing numbers of patients with obesity, diabetes and other nutrition related diseases, the need for primary care physicians equipped to address nutrition is becoming more critical. Focus groups with UT Southwestern fourth year medical students indicate that students want and value nutrition information presented early in medical education so that they can apply it during clerkships. The core objectives for this course are based on the Curriculum Guide of the National Institutes of Health Nutrition Academic Awards (NAA).

Health care professionals who practice healthy lifestyles are more likely to address healthy lifestyles with their patients. With increasing obesity and obesity related diseases in the United States and world-wide, development of personal healthy lifestyles will not only improve the quality of life of students, but also of their future patients. This course will prompt students to practice healthier eating habits while providing information for use with patients with common medical problems in which nutrition plays an important role.

Objectives

1. Relate basic concepts of energy balance to the growing problem of obesity. Describe several strategies to assist individuals in weight management.
2. Explain the basic function of major categories of nutrients and specific aspects of popular concepts.
3. Define terms used as reference amounts of nutrients: Recommended Dietary Allowance (RDA); Dietary Reference Intake (DRI); Adequate Intake (AI); Estimated Average Requirement (EAR); Upper Limit (UL)
4. Use the Dietary Guidelines for Americans and the My Plate to advise healthy individuals on healthy eating patterns.
5. Use the Nutrition Label to assess whether foods are high in important nutrients and/or nutritional offenders, such as saturated fat and sodium.
6. Identify sound sources of nutrition information.
7. Address nutritional issues of concern for patients with
 - Cardiovascular disease
 - Diabetes
 - Renal Disease

In addition, this elective will contribute to achieving the following objectives for medical student education:

1. Knowledge of molecular, biochemical, and cellular mechanisms that are important in maintaining the body's homeostasis,
2. Knowledge of the various causes (. . .metabolic. . .) of maladies and the ways in which they operate in the body,
3. The ability to reason deductively in solving clinical problems,
4. The ability to identify factors that place individuals at risk, to select appropriate tests for detecting patients at risk for specific diseases or in the early stage of disease, and to determine strategies for responding appropriately.

Format

Clinical Nutrition will be offered to first and second year medical students as eight 1.5 hour sessions for a total of twelve contact hours. A combination of brief presentations and interactive activities will be led by physicians, dietitians, and nutrition scientists. Sessions later in the course will include a Supermarket Nutrition Tour and a Food Preparation Experience. Enrollment is designed for first and second year medical students, but is open to medical students in any year who are interested and available.

Evaluation

In order to receive transcript acknowledgement for the course, students must:

- * Register for the course
- * Attend a minimum of 10 of the 12 hours of scheduled sessions
- * Submit a self-analysis of personal diet using the Super Tracker or other software to analyze nutrient intake.
- * Complete an on-line course evaluation