

Nutrition in Clinical Practice: A Comprehensive Course for Physicians

A course for clinicians interested in applying evidence-based nutrition to their practice

Friday, June 28, 2024 · 8:00 AM – 4:30 PM · McCormick Place, Chicago, IL

Purpose

The American Society for Nutrition leads efforts to provide science-based nutrition information that is essential to advancing knowledge and improving health around the world. Its Nutrition Education Program is designed to keep nutrition professionals up to date on the latest science and trends and embraces new technologies to broaden knowledge in innovative ways. It provides high caliber, engaging education to support continuing education for nutrition professionals and healthcare providers through webinars, meetings, symposia, workshops, and online learning.

Nutrition-related non-communicable diseases, including obesity, diabetes, heart disease, stroke, and cancer, constitute the most prevalent, costly, and preventable health challenges both in the U.S. and globally.¹⁻⁴ Notably, obesity stands as a primary root cause of these conditions, driving the incidence and progression of these diseases. Despite this, studies have consistently shown that nutrition education, which is fundamental in addressing obesity and its related comorbidities, remains insufficient in medical schools, with minimal improvements observed over the past 30 years.⁵⁻¹⁵

Recent federal initiatives, particularly the 2020-2030 Strategic Plan for NIH Nutrition Research and the 2022 White House National Strategy on Hunger, Nutrition, and Health, have underscored the urgency of elevating the role of nutrition in disease prevention and management within U.S. healthcare.^{16,17} These strategies recognize the intertwined relationship between nutrition and obesity and their collective impact on public health. Furthermore, the recent emphasis by the Accreditation Council on Graduate Medical Education (ACGME) on enhancing nutrition education across undergraduate (UME), graduate (GME), and continuing medical education (CME) highlights the integral role of comprehensive nutrition knowledge in overall patient health and healthcare delivery.¹⁸ This shift not only acknowledges the critical need for physicians to be proficient in nutrition but also emphasizes the necessity to address obesity as a central component of this education. By equipping healthcare professionals with in-depth knowledge and skills in nutrition, we can significantly improve patient outcomes in a myriad of health conditions rooted in nutritional and obesity-related issues.

Nutrition in Clinical Practice: A Comprehensive Course for Physicians aims to bridge the significant gap in nutritional knowledge within the clinical community. This one-day educational activity is designed to be clinically oriented and applicable to inpatient and outpatient care. It is being organized by the American Society for Nutrition in partnership with the National Board of Physician Nutrition Specialists.

Needs Assessment

ASN educational activities advance clinical practice through state-of-the-art education focused on the many aspects of nutrition science including basis science, clinical research, and public health interventions.

ASN uses a planning process that links identified professional practice gaps and education needs with desired results in its provision of education activities. It identifies professional practice gaps and education needs through a variety of evidence-based sources, as well as activity evaluation summaries and member surveys.

Nutrition in Clinical Practice: A Comprehensive Course for Physicians, along with all ASN education activities, seeks to reach healthcare professionals with the knowledge and competence they need in nutrition science and practice.

Research has indicated that nutrition is minimally addressed in medical schools and residencies. Physicians are trained to treat diseases with less emphasis on preventative medicine including the importance of nutrition and other lifestyle factors. Most physicians recognize this deficiency and seek out ways to improve their knowledge, competence, and practice in this area.

Keywords

- Anti-obesity medications
- Cancer care
- Cancer prevention
- Cancer survivorship
- Cancer therapy
- Cardiovascular kidney metabolic syndrome
- Critical care
- Diet
- Elderly care
- Health inequities
- Irritable bowel syndrome (IBS)
- Metabolic dysfunction-associated fatty liver disease (MAFLD)
- Nutrition myths
- Obesity
- Post-bariatric surgery
- Sarcopenia

Target Audience

- Physicians
- Medical Students and Residents
- Dietitians
- Physician Assistants and Nurse Practitioners
- Nurses
- Pharmacists
- Academic Faculty
- Researchers
- Health Educators
- Behavioral Specialists
- Undergraduate/Graduate Students/Postdoctoral Fellows
- Wellness Professionals

Overall Outcome Objectives

- Examine the evolving landscape of obesity management, including the integration of diet counseling, lifestyle interventions, new pharmacotherapies, and bariatric surgery, to formulate comprehensive treatment plans
- Develop and apply tailored nutrition interventions to manage the cardiovascular kidney metabolic syndrome and MAFLD/MASH
- Design and implement effective nutrition strategies in critical care settings
- Evaluate the impact of social determinants and health inequities on nutrition and obesity related outcomes
- Integrate nutrition knowledge to manage specialized medical circumstances, including aging, critical care, IBS, and cancer treatment
- Critically assess common myths in nutrition and obesity care using evidence-based information and practices

Competencies

The Desirable Physician Attributes addressed in this activity are:

- Systems-Based Practice
- Medical Knowledge
- Interpersonal and Communication Skills
- Professionalism

American Board of Internal Medicine Practice Areas

- Cardiovascular Disease
- Critical Care Medicine
- Endocrinology, Diabetes, and Metabolism
- Gastroenterology
- Geriatric Medicine
- Hospital Medicine
- Internal Medicine
- Medical Oncology
- Nephrology

Media Used

Nutrition in Clinical Practice: A Comprehensive Course for Physicians is a live education activity composed of scientific sessions, interactive discussions, and networking.

Method of Participation in the Learning Process

Learners will attend **Nutrition in Clinical Practice: A Comprehensive Course for Physicians** which will be held at the McCormick Place – West Building in Chicago, Illinois on June 28, 2024. Registration is required.

At the conclusion of the learning activity, learners complete an evaluation. ABIM diplomates will be required to pass an evaluation component of comprehension questions with a score of 80% or higher to be awarded MOC points.

Accreditation Statement

The American Society for Nutrition is accredited by the ACCME to provide continuing medical education for physicians.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the American Society for Nutrition (ASN).

Credit Designation

All education content presented in this activity has been reviewed and validated as appropriate in keeping with sound scientific principles.

For select specialties, credit will count towards Maintenance of Certification (MOC).

Physicians

The ASN designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits™*.

Learners can claim credit for live attendance only. Physicians should claim credit commensurate with the extent of their participation in the activity.

The certificate you receive upon completion of this education activity will list the amount of continuing medical education credit you were **awarded**. Please use this documentation for your CME licensing or certification needs.

Registered Dietitians and Non-physician Healthcare Professionals

The Commission on Dietetic Registration (CDR) recognizes live activities offered by ACCME accredited providers. One (1) hour of live lecture is equal to one (1) CPEU. For any additional questions, participants can contact CDR at CDR@eatright.org.

ASN does not offer CME credit to non-physicians. However, all registered dietitians and non-physician healthcare professionals at **Nutrition in Clinical Practice: A Comprehensive Course for Physicians** will be able to complete an evaluation and download a Certificate of Participation. This certificate designates your participation in this education activity. It lists the amount of continuing medical education credit that has been designated for physicians by ASN. You should be able to use this documentation for your licensing or certification needs. To determine if activities designated for *AMA PRA Category 1 Credit™* are acceptable for your licensing or certification needs, please contact your credentialing body directly. Please note ASN cannot guarantee its acceptance.

Maintenance of Certification (MOC)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

ABIM diplomates will be required to pass an evaluation component of comprehension questions with a score of 80% or higher to be awarded MOC points.

Physician participation information for individuals claiming ABIM MOC points will be shared with ABIM through ACCME PARS. Physician participation will be reported by August 31, 2024.

Instructions for Claiming Credit

Learners must complete the activity components to receive continuing education credit.

Credit will be claimed on DiscoverNUTRITION, ASN's online learning platform. Learners must have an account on the DiscoverNUTRITION website to proceed.

Credit must be claimed and certificates must be downloaded by **August 31, 2024**.

Step 1: Create a DiscoverNUTRITION account

- If you are a member of ASN:
 - Click 'ASN Discover Nutrition login' at the top right corner of the screen at <https://discover.nutrition.org/>
 - Click the 'ASN Discover Nutrition login' button.
 - Enter your ASN member login credentials.
 - Click the 'LOG IN' button.
 - You will be returned to the learning portal website to complete your profile information for the DiscoverNUTRITION website.
- If you are not a member of ASN:
 - Click 'Register' at the top right corner of the screen at <https://discover.nutrition.org/>
 - Click 'Create new visitor account' in the Visitor Login section.
 - Complete the online form.
 - Click the 'Create new visitor account' button at the bottom of the page.

Step 2: Once logged into the DiscoverNUTRITION website, enroll in the appropriate course relevant to your qualifications. See below for direct links to the courses available for each specific learner group.

- Physicians (CME Credit)
<https://discover.nutrition.org/content/nutrition-clinical-practice-cme-credit-physicians>
- Physicians (ABIM MOC points)
ABIM diplomates will be required to pass an evaluation component of comprehension questions with a score of 80% or higher to be awarded MOC points. Physician participation information for individuals claiming ABIM MOC points will be shared with ABIM through ACCME PARS. Physician participation will be reported by August 31, 2024.
<https://discover.nutrition.org/content/nutrition-clinical-practice-abim-moc-ii>
- Registered Dietitians and Non-physician Healthcare Professionals:
<https://discover.nutrition.org/content/nutrition-clinical-practice-certificate-participation>

*Step 3: Click the Register tab for the course and enter the following code to gain access to it: **NCP24***

Step 4: In the course, follow all instructions to complete the evaluation components and overall continuing education evaluation.

Official ASN Disclosure Policies

It is the policy of the American Society of Nutrition, in compliance with the Standards for Integrity and Independence in Accredited Continuing Education to ensure that education presents learners with only accurate, balanced, and scientifically justified recommendations and protects learners from promotion, marketing, and commercial bias. ASN requires disclosure of all financial interest that the planning committee (including ASN staff) or faculty members have with ineligible companies. All faculty and contributors to this continuing education activity have disclosed any relevant financial relationship that may have direct bearing on the subject matter of this program. Specific disclosure information is in the course materials.

The American Society for Nutrition supports fair and unbiased participation of individuals in its education activities. Any real or potential conflicts of interest must be identified and managed. All relevant financial relationships with commercial interests that directly impact and/or might conflict with ASN activities must be disclosed, or disclosure that no relevant financial relationships exist must be documented. Other relationships that could cause private interests to conflict with professional interests must also be disclosed. This policy is intended to openly identify any potential conflict so that participants in an education activity are able to form their own judgments about the presentation. In addition, disclosure must be made of presentations on drugs or devices or uses of drugs or devices that have not been approved by the Food and Drug Administration.

Disclosures

Disclosures for planners, faculty, and staff for this activity are listed below.

Faculty

Monica Agarwal, MD, MEHP, PNS

University of Alabama at Birmingham

No relevant financial relationship(s) with ineligible companies to disclose.

Jamy Ard, MD

Wake Forest School of Medicine, Department of Epidemiology and Prevention

Boehringer Ingelheim: Advisory Committee/Board Member (Ongoing), Grant/Research Support

(Ongoing); Eli Lilly: Advisory Committee/Board Member (Ongoing), Grant/Research Support (Ongoing);

Epitomee: Grant/Research Support (Ongoing); KVK Tech: Grant/Research Support (Ongoing); Nestle

Health Sciences: Consultant (Ongoing); Grant/Research Support (Ongoing); Novo Nordisk: Advisory

Committee/Board Member (Ongoing); Grant/Research Support (Ongoing); Renegeron: Advisory

Committee/Board Member (Ongoing); UnitedHealth Group Inc: Consultant (Ongoing); Grant/Research

Support (Ongoing); Weight Watchers: Advisory Committee/Board Member (Ongoing); Grant/Research

Support (Ongoing)

All of the relevant financial relationships listed for this individual have been mitigated.

Anupama Chawla, MD

Stony Brook Children's Hospital

Mirum: Consultant (Terminated)

All of the relevant financial relationships listed for this individual have been mitigated.

Jill Cherry Bukowiec, MD, MS

University of Toledo

No relevant financial relationship(s) with ineligible companies to disclose.

Steven Clinton, MD, PhD
Ohio State University Comprehensive Cancer Center – James; College of Medicine, The Ohio State University Wexner Medical Center
No relevant financial relationship(s) with ineligible companies to disclose.

Nicolaas Deutz, MD, PhD
Texas A&M University
Abbott Nutrition: Speaker/Speaker's Bureau (Ongoing); Danone/Nutricia: Advisory Committee/Board Member (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Ihuoma Eneli, MD, MS
University of Colorado School of Medicine Anschutz Medical Campus
No relevant financial relationship(s) with ineligible companies to disclose.

Zhaoping Li, MD, PhD
Center for Human Nutrition, David Geffen School of Medicine at UCLA
No relevant financial relationship(s) with ineligible companies to disclose.

Berkeley Limketkai, MD, PhD
UCLA Center of Inflammatory Bowel Diseases
Azora Therapeutics: Consultant (Ongoing), Stock Shareholder (excluding mutual funds)
All of the relevant financial relationships listed for this individual have been mitigated.

Octavia Pickett-Blakely, MD, MHS
Penn Medicine
IronWood: Grant/Research Support (Ongoing); Novo Nordisk Pharma Inc.: Consultant (Ongoing); VectivBio: Grant/Research Support (Ongoing)
All of the relevant financial relationships listed for this individual have been mitigated.

Connie Rhee, MD, MSc
David Geffen School of Medicine at UCLA & VA Greater Los Angeles Healthcare System
AstraZeneca: Advisory Committee/Board Member (Terminated, December 31, 2023), Consultant (Terminated, December 31, 2023); Dexcom: Consultant (Terminated, December 31, 2023), Grant/Research Support (Terminated, December 31, 2023); Fresenius: Advisory Committee/Board Member (Terminated, December 31, 2023), Consultant (Terminated, December 31, 2023); Vifor: Advisory Committee/Board Member (Terminated, December 31, 2023), Consultant (Terminated, December 31, 2023)
All of the relevant financial relationships listed for this individual have been mitigated.

Staff

Michelle Crispino
American Society for Nutrition
No relevant financial relationship(s) with ineligible companies to disclose.

Gwen Twillman

American Society for Nutrition

No relevant financial relationship(s) with ineligible companies to disclose.

Commercial Support

There is no commercial support for this activity.

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