



WNCIT
Embedding **nutrition** in medical
education

May/June 2018

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Web Based Nutrition Competency Implementation Toolkit (WNCIT) Newsletter
<http://www.deakin.edu.au/students/faculties/faculty-of-health/school-of-exercise-and-nutrition->

Plans underway for next “Australia & New Zealand Need for Nutrition Education / Innovation Programme (ANZNEdPro) Pre-Conference Workshop” at Nutrition Society of Australia Scientific Meeting November 2018

Please save the date
.....27th November and let all interested colleagues know about it!

If you would like to share any nutrition work you are doing in this area, there will be the opportunity for short 10 minute presentations. We would love to hear about your efforts.

For more information contact:
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• ANZ NNEdPro Symposium •
Improving Nutrition Through The Education Of Health Professions
Save the Date
• 27 Nov 2018 •
• 9.30am to 12.30pm •
• NHMRC Canberra •
Hosted by the Nutrition Society of Australia Canberra Group
In Collaboration With The 42nd Annual Scientific Meeting
<http://nsameeting.asn.au>



HAPPENING SHORTLY.....

The Need for Nutrition Education / Innovation Programme (NNEdPro)

*Fourth International Summit on Medical Nutrition Education and Research,
19th/20th July 2018 Cambridge (and NNEdPro tenth anniversary!)*

This summit brings together experts from across the globe to promote international initiatives and exchange knowledge on nutrition education in health professionals and research. The theme of this conference is 'Nutrition as a Hard Science' with stakeholders from over 20 countries, including medical student associations, medical education associations, patient representative groups and nutrition societies to developing a thought provoking and educational programme.

Four day Cambridge Summer School, 14-17th July 2018

The summer school was developed due to the collaboration that NNEdPro has had with the Nutrition Education Review/Research Interests Group (NERG) in the Department of Public Health and Primary Care, at the University of Cambridge, School of Clinical Medicine. Modelled on the success of NERG, NNEdPro developed the Public Health Nutrition Forum to deliver courses for postgraduate students and staff in Cambridge. NNEdPro introduced the first Cambridge Summer in June 2016. Material taught in this week-long course is based on core materials endorsed by Cambridge University Health Partners and leads to a certificate in Applied Human Nutrition after completion. Further development is underway to launch a suite of online training courses endorsed by Cambridge University Health Partners over the coming year.

<https://meetings.nnedpro.org.uk/international-summit/>

<https://meetings.nnedpro.org.uk/summer-school/>

Nutrition 2018

American Nutrition Society 2018

June 9 – 12, 2018; Boston, MA



Where the Best in Science & Health Meet
JUNE 9-12, 2018 | HYNES CONVENTION CENTER, BOSTON, MA

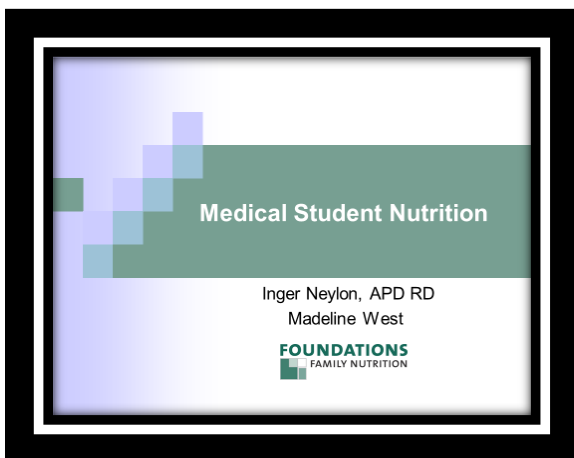
Prof Caryl Nowson attended the first independent American Society of Nutrition (ASN) conference since separating from the common conference event Experimental Biology annual meeting. The top scientific researchers, practitioners, global and public health professionals, policy makers and advocacy leaders, industry, media and other related professionals gathered to advance nutrition science and its practical application. It was well attended with over 3500 delegates with multiple parallel sessions spanning more than 4 days. It was heartening to hear a number of presenters at the meeting and contributors from the audience highlight the urgent need for development of appropriate nutrition competencies for medical graduates and physicians as a fundamental action required to reduce the rate of chronic disease.

Caryl presented 2 posters: “ A Food Labelling Team-based Learning Activity Delivered to Australian Medical students”, “Amount & Type of Nutrition Questions included in Exams of a 4-year Post Graduate Medical Course” and gave a short presentation at the ASN-NNEdPro Symposium: Medical Nutrition Educators’ Network session on “Working towards required nutrition competencies of Australian medical students”, This was very much an interactive event with short presentations from Dr. Carine Lenders, Dr. Linda Van Horn, Dr. Sumantra Ray, Dr. Martin Kohlmeier. Nutrition educators in the US are excited to be establishing a Nutrition Education Coordinating Center. ASN has partnered with the National Board of Physician Nutrition Specialists, effective January 1, 2018. The mission of NBPNS is to maintain credentialing standards for assessment and certification of physicians seeking recognition as a Physician Nutrition Specialist. Certification as a Diplomate of the NBPNS signifies a physician as having achieved a high level of competency and understanding in scientifically sound, evidenced-based medical nutrition. Under this new partnership, ASN will provide professional management of NBPNS to help promote our shared goals of raising the value of nutrition in medical practice, research, and education. Working with NBPNS will allow ASN to both expand its membership among physicians and develop additional programming for them.

About the National Board of Physician Nutrition Specialists

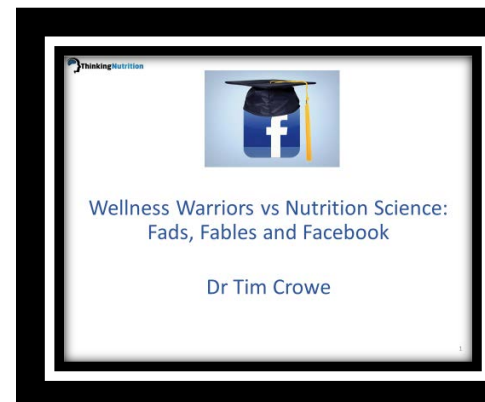
Founded in 1997, the mission of the National Board of Physician Nutrition Specialists (NBPNS) is to maintain credentialing standards for the assessment and certification of physicians seeking recognition as a Physician Nutrition Specialist. Certification as a Diplomat of the NBPNS signifies a physician as having achieved a high level of competency and understanding in scientifically sound, evidenced-based medical nutrition. Visit NBPNS at www.nbpns.org.

NUTMED UPDATE: Deakin University Medical students nutrition interest group.



Now into its fourth year, NutMed began, after first year students attended a nutrition lecture given by Professor Caryl Nowson. Students voiced that they were keen to incorporate more nutrition into their learning. Over the next few months student representatives were nominated and asked other students (Yrs 1 and 2) what topics on nutrition they would be keen to explore further. Staff in the school of Exercise and Nutrition then sourced experts to present, with dates and times organized in liaison with the student representatives. The students who attend this group have already had three fantastic speakers in 2018 come along and there was lively discussion around topical

areas of nutrition. Featured speakers in 2018 have included a local dietitian, giving them easy ideas to maximize their nutrition and health in amongst their busy and demanding schedules; the coordinator of the local area Eating Disorder Service in the region, who discussed productive ways of interacting with a range of disordered eating clients and detailed services that are currently available for general practitioners and medical students in the area; and Dr Tim Crowe presented about the many topics that circulate in the media and provided evidence based information to allow students to critically appraise what they see and hear. Yr 3 and 4 students, who are not on this campus, can now listen to the presentations at a later date online.



We would hope to see other groups like this develop in other universities, so please think about how you or others could facilitate this with medical students. In the UK, there is a student run group called **Nutritank**, originally developed by two Bristol medical students. The groups aims are to: “promote the need for greater education within medical training around nutrition and lifestyle” and “to raise awareness around the importance of nutrition and lifestyle medicine in regards to mental health and wellbeing”.

At Deakin University we currently have an Honours Student looking at the nutrition and physical activity patterns of first year medical students and will compare these results with that of first year postgraduate dietetic students – this comparison has not been done before. We hope to bring the outcomes to you when finalized.

