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# Tip for That #9: Integrative Medicine Competency: Nutrition in Graduate Medical Education

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## Tip for That #9:

### Integrative Medicine Competency: Nutrition in Graduate Medical Education

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Did you know?

- 71% of US medical schools fail to provide the recommended minimum 25 hours of nutrition education ([Adams, 2015](#)). If provided, there is generally little connection to health promotion, disease prevention or treatment of common illnesses.
- Only 14% of resident physicians feel they are adequately trained to provide nutrition counseling to their patients;
- Yet 61% of patients consider doctors to be “very credible” sources of nutrition information ([Devries, 2014](#)).

Enhance your nutrition knowledge:

- You have just 3 minutes? Watch [this video](#).
- Want to learn more? Check out the Arizona Center for Integrative Medicine’s [online nutrition courses](#).
- That fed your hunger but didn’t completely satiate you? Consider attending my favorite conference in Tucson, AZ May 1-3, 2017: [Nutrition & Health Conference registration](#).

#### Resources:

- Adams KM, Butsch WS, Kohlmeier M. [The state of nutrition education at US medical schools](#). *Journal of Biomedical Education*. 2015, 2015:7 pages. doi: 10.1155/2015/357627.
- Devries S, Dalen JE, Eisenberg DM et al. [A deficiency of nutrition education in medical training](#). *The American Journal of Medicine*. 2014 Sep;127(9):804-6. doi: 10.1016/j.amjmed.2014.04.003

I hope you enjoyed this installment of Tip for That. My intent is to educate and provide quick tips for excellent patient care. I welcome your feedback.

In Health,  
Kristen

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