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

Kristen Reynolds
Aurora Health Care, kristen.reynolds@aurora.org

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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.

Resources:
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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Kristen H. Reynolds, MD
Medical Director, Aurora Wiselives Center
8320 W. Bluemound Rd., Suite 125, Wauwatosa, WI 53213
☎(414)302-3800  ☏(414)302-3813

Program Director of Integrative Medicine, Aurora UW Medical Group
1020 N 12th St., 4th Floor, Milwaukee, WI 53233
☎(414)219-5900  ☏(414)219-5914