# NUTRITION AND LIFESTYLE IN MEDICAL EDUCATION

## THE DUTCH APPROACH

### INTRODUCTION

The inventory states that current medical programmes do not sufficiently integrate nutrition. However, the increasing prevelance of lifestyle-related chronic diseases creates an increasing demand for care and a growing need for services in this area. In addition, general practioners, co-assistents and other medical professionals feel the need to provide their patients with adequate counselling on nutrition and lifestyle-related factors.

## WHO?

Representatives from all medical schools, student & lifestyle, recognized nutritional organisations, including The Nutrition & Healthcare Alliance, Dutch Association for Dietetics and Wageningen University & Research work together to implement nutrition and lifestyle in medical education.



## Advisory board

Prof. dr. Liesbeth van Rossum: Internist/Endocrinologist and chairman of Parnerschap Overgewicht Nederland (PON)

Prof. dr. Ellen Kampman: Chair in Nutrition and Disease at Wageningen University and Research

Marleen Schultz:

Programme manager Bachelor of Nursing, Hogeschool Utrecht (HU)

> Questions? Contact SaalsB@zgv.nl

Eight medical faculties move forward from renewed strategies towards integration of nutrion and lifestyle education

#### **OBJECTIVE**

- Nutrition and lifestyle in all Dutch medical schools
- Closer cooperation between medical faculties
- Improved efficiency in the creation and exchange of high quality teaching/learning materials.
- Identify and fill in knowledge gaps
- Learn from each other and inspire each other.

#### **APPROACH**

- Make an inventory of the current curriculum and identify gaps
- Coordinate regular meetings
- Generate support
- Facilitate the integration of unequivocal and evidence-baed nutrition information
- Prioritise nutrition and lifestyle related topics and the desired amount of nutritional knowledge for medical professionals
- Discuss and exchange knowledge and teaching methods and materials
- Collaborate with Student & Lifestyle for advocacy at all faculties

#### **DEVELOPMENTS**

- Tailor-made e-learning: Nutrition and Cardiometabolic Diseases for Medical Professionals by Wageningen University
- EASO Infographic: Talking about weight: A guide for general practioners and health care professionals.
- Knowledge clips about overweight and related factors
- Internships with medical students and nutrition students
- Report on needs and barriers for implementation<sup>6</sup>









commissoined by:



Ministerie van Volksgezondheid, Welzijn en Sport