

Reframing medical nutrition education to mitigate weight stigma, enhance student wellness, & improve patient outcomes

Kearney T.W. Gunsalus,
Jordan Mixon, &
Ellen House

Augusta University/
University of Georgia
Medical Partnership



Who are we? A biochemist, a medical student, and a psychiatrist



Why (problem/need)? Medical nutrition education leaves students unprepared, can harm students and patients

- Weight stigma
- Disordered eating
- Social & structural determinants of health (SSDOH)



Where (setting)? Nutrition is woven throughout our fully integrated year 1/2 pre-clerkship curriculum



Scan code to read our paper

What did we do?

- Evaluated our own curriculum
- Literature review
- Developed evidence-based recommendations (simple, readily adoptable at other institutions)

Medical nutrition education should:



Be grounded in scientific evidence



Refocus from BMI & weight to health



Counteract weight stigma



Be mindful of eating disorders

(**& impact education/physicians have on their development**)



Emphasize SSDOH & cultural humility



Prioritize effective communication

(**motivational interviewing & communication skills training**)