



# THE NEED FOR NUTRITION EDUCATION/INNOVATION PROGRAMME

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## What should we teach students about nutrition?

Have you ever wondered what medical students learn about nutrition? Or what health professionals, particularly in medicine, should know about nutrition for their daily practice? What health practitioners know about nutrition and what they should know are complex questions at the heart of NNEdPro's mandate. Thus, we held the 2nd Annual International Summit on Medical Nutrition Education and Research that spanned two days in June, to further our pursuits in this area.

### International Summit on Medical Nutrition Education and Research

The three main questions discussed at the Summit were:

1. What we should teach medical students about nutrition?
2. How should nutrition be incorporated into the curriculum?
3. How do we translate evolving nutrition evidence into practice?

To address the above questions, topics discussed spanned from understanding methods in interpreting dietary guidelines in the *Great Nutrient Debate* session to the importance of open access nutrition data.

Of particular note, representatives from the Global Open Data for Agriculture and Nutrition sponsored a panel discussion that emphasised the necessity of proactive *sharing of data* to make agriculture and nutrition information **available, accessible and usable** to help address worldwide food security. While in the keynote presentation, Dr Rachel Pryke (Royal College of General Practitioners) emphasised the necessity of practical skills that medical students need. She stressed that conversation-based training including *conversation starters or safe openers* necessary to allow patients to direct the conversation during medical training.

The Summit underlined effective ways to introduce nutrition in medical training, through having open access to nutrition data and material, and patient-centred training among other methods. We found that it is essential for key stakeholders to invest time in understanding the most important research questions in medical nutrition education in order to determine a coherent plan of action. It is NNEdPro's ongoing mission to develop efficient methods in nutrition research and to emphasise the necessity of nutrition training in medical practice.

### NNEdPro Summer School in Applied Human Nutrition

We truly put the resolutions from the Summit to test through our week-long course in Applied Human Nutrition. Though NNEdPro is already responsible for Generic Nutrition Training, Hydration Education and the undergraduate Nutrition course at the Cambridge

Clinical School, we were able to draw from all of these bases to form an intensive modular foundation course accredited by the Royal College of Physicians as well as the Royal Society for Biology.

This course, geared towards professionals and students in health and health-related sectors, meant to provide intensive training in nutrition in health practice! The practical workshops and lectures covered cutting-edge work in nutrition ranging from current and emerging research methods and tools to nutrition in public health and policy. Candidates gained skills needed to critically appraise and apply knowledge from current evidence base in nutrition and hydration in their daily practice and study. To ensure long-term continuity, all Summer School attendees formed the first cohort of NNEdPro's Global Training Academy, through which attendees will receive access to a wide range of learning material, bespoke advice and opportunities to further advance their interest in nutrition practice. Through the continued support of our collaborative networks, we hope to continue to explore and hopefully find the answers to the questions posed at this year's Summit, **to address the need for nutrition education in health and medical training and practice**. We would like to acknowledge all the speakers and supporters of the Summit and Summer School 2016: [nnedprometings.wordpress.com](http://nnedprometings.wordpress.com).

**If you missed out on these interesting sessions and want to be involved in the future, don't worry as plans are already underway for next year. Our topic for Summit 2017 is *Implementation Science in Medical Nutrition Education: From Research to Practice*. This Summit will be twinned with our second Summer School, utilising a blended learning approach. See you next year! Registrations will open soon for the Summit and Summer School.**



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