

Open to all HMS students

NEW 1-Week Nutrition Course at HSPH

Integrating Nutrition into Clinical Medicine:

The Role of Health Professionals as Change Agents

Winter Session • Jan 9-13, 2023 • NUT 280

Mon-Thurs 1-3 PM & Friday 1-4 PM at HSPH • 1.25 credits (P/F)

The connection between diet and patient health is unequivocal, yet nutrition-based interventions in medical practice remain significantly underutilized. The aim of this course is to demonstrate the unique potential for physicians and other health care professionals to serve as change agents for effectively integrating nutrition into medical care.

In this course, we will:

Examine the key evidence that links diet to both personal and planetary health.

Review the current status of nutrition education and practice in the United States.

Explore barriers and solutions to greater incorporation of nutrition in medical practice.

Students will learn the foundations of clinical nutrition science and practical strategies for leveraging the role of nutrition in patient care. As a capstone to learning, students will prepare and present a plan for making two interventions: 1) a personal change in one's own diet and; 2) a plan for making a nutrition-focused systems change in their own (or anticipated future) clinical/work environment.



Taught by:

- Stephen Devries, MD

Guest lectures by:

- Walter Willett, MD, DrPH
- Howard Koh, MD
- David Eisenberg, MD

Registration begins November 10