

## **A LIST OF NAA EDUCATIONAL MATERIALS**

### **ALABAMA UNIVERSITY SCHOOL OF MEDICAL**

See: <http://strweb.lhl.uab.edu/prg003/>

Contact: Frank Franklin, MD., Email: [ffranklin@peds.uab.edu](mailto:ffranklin@peds.uab.edu)

### **ALBERT EINSTEIN COLLEGE OF MEDICINE**

Nutrition assessment tools: Wave (Weight, Activity, Variety and Excess) and REAP (Rapid Eating Assessment for Patients) other products on website:

<http://www.aecom.yu.edu/nutrition/default.htm>

Contact: Judith Wylie-Rosett, Email: [jwrosett@aecom.yu.edu](mailto:jwrosett@aecom.yu.edu) or  
Darwin Deen, Email: [deen@aecom.yu.edu](mailto:deen@aecom.yu.edu)

### **ARKANSAS UNIVERSITY FOR MEDICAL SCIENCES**

#### **UNIVERSITY of ARKANSAS FOR MEDICAL SCIENCES**

Title: Nutrition and the Prevention of Coronary Heart Disease

Audience: First year medical students

Present Course: Introduction to clinical medicine (ICM1)

Format: PowerPoint lecture; standardized patient assignment; assessment forms

Description: During the slide presentation, time is allotted to allow students to complete a paired nutrition assessment. Students receive training in the use of three (3) forms designed to facilitate the process of assessment - Diet and habit assessment form, Nutrition assessment form and CHD risk factor assessment form. Following the lecture, the students attend small groups with a standardized patient to practice nutrition and risk factor assessment. The small group sessions are moderated by a trained preceptor and dietetic intern. The presence of the dietetic intern provides exposure to a multidisciplinary approach to the patient.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Supermarket Tour

Audience: First year medical students

Present Course: Introduction to clinical medicine (ICM1)

Format: PowerPoint lecture with audience response system. A modified CD-ROM version is available

Description: The goals of the supermarket tour are for students to learn: nutrient composition of common foods; the requirement for various macro- and micro-nutrients; diseases associated with excess or deficient intake of various foods and nutrients; how food marketing, labeling, and regulation impact what people choose to eat. Using a PowerPoint presentation and an audience response system, the faculty tour guide directs the tour moving from one section of the grocery store to another reviewing different

foods and relating those foods to the four goals listed above. During the tour, the guide directed students' attention to various marketing strategies used for food labeling and placement to encourage customers to purchase.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Biochemistry and Preventive Nutrition

Audience: First year Medical Students

Present Course: Cell Biology

Format: PowerPoint presentations

Description: The goals of the basic science component are to demonstrate the relevance of the basic science course content with patient care and to provide students with a strong understanding of how nutrients interact within the human body to promote or prevent CVD, obesity, and diabetes. Three clinical correlation lectures are presented on hyperlipidemia, folate, and Diabetes Mellitus.

Contacts: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Nutrition Counseling

Author: Ronald Kahn, MD, Gary Wheeler, MD

Audience: Second year Medical Students

Present Course: Introduction to clinical medicine (ICM2)

Format: PowerPoint lecture; Standardized Patient; small group sessions

Description: The PowerPoint lecture contains a demonstration by faculty with a Standardized Patient. Following the lecture, students individually practice counseling using 4 role-play scenarios. The students are divided into groups of less than 10 with facilitation from Family Medicine and Pediatric faculty and upper level residents.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Obesity Epidemic

Author: Ronald Kahn, MD

Audience: Second year Medical Students

Present Course: Introduction to clinical medicine (ICM2)

Format: PowerPoint lecture

Description: The objectives of this presentation are to describe how the obesity epidemic is changing health and healthcare, to review current trends in how patients are managing obesity, and to discuss the role of the physician in addressing the epidemics of childhood and adult obesity.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Adolescent Obesity and Diabetes Prevention

Author: Gary Wheeler, MD

Audience: Third year Medical Students

Present Course: Pediatric Clerkship

Format: PBL

Description:

1. The PBL case was developed for a 2-3 hour session in which the case is presented sequentially with time-outs for facilitator driven questions. For each question, original literature is provided for the students to review on the spot so that the usual searching for information done in PBL is not required but reading and analysis is. Content includes epidemiology, clinical management of pediatric obesity, and addressed morbidities of disease including QOL, insulin resistance, genetics, body composition, abuse and depression, breast feeding, osteoarthritis, BMI calculation, prevention strategies, lipid diseases, lifestyle changes.
2. The above session was modified for use in an interventional group web based program in collaboration with the Department of Pediatrics at the University of Colorado. The case is an adolescent female, "Addie," who presents with obesity and depression. The case was developed as a tool to teach recognition of depression on physical exam, and to modify attitudes and beliefs about overweight children. The student experiences a series of video presentations after which there is group discussion with prompts from the facilitator.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Pediatric Nutrition Skills

Author: Gary Wheeler, MD

Audience: Third year medical students

Present Course: Pediatric Clerkship

Format: PowerPoint lecture

Description: This lecture describes the stages of childhood and the associated opportunities for interventions to prevent later cardiovascular or diet-related diseases. Content includes prenatal interventions (e.g. folate, prenatal care), breast feeding (impact on overweight, immune and allergic diseases), diet and physical activity with epidemiological data to support early interventions, eating and depressive disorders, and family models of intervention.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Title: Clinical Integration of Nutrition Assessment and Counseling

Author: Ronald Kahn, MD

Audience: Third year Medical Students

Present Course: Family Medicine Clerkship

Format: Booklet for students to use to record an assessment of patients during FP clerkship.

Description: During the clerkship, the students: assess risk factors for CHD with actual patients; appreciate the prevalence of cardiovascular risks in a family practice setting; perform a quick habit and nutrition assessment; determine a patient's stage of readiness to change unhealthy behaviors; state the recommendations for fat, fiber, fruits and vegetables, calcium, vitamins, physical activity and alcohol; and recommend dietary changes to reduce disease risks in a specific patient. Activities include assessing the cardiovascular risks of 10 adult patients, which are reviewed with a faculty member. The students also select one patient and conduct a complete habit and nutrition assessment including a description of the patient's current treatment, stage of readiness to change and recommendations for dietary and other lifestyle changes.

Contact: Ronald F. Kahn, MD, Email: [kahnronaldf@uams.edu](mailto:kahnronaldf@uams.edu)

Products: <http://preventivenutrition.uams.edu>

1. PowerPoint Lectures
  - a. Nutrition and the Prevention of Coronary Heart Disease
  - b. Supermarket Tour
  - c. Folate
  - d. Lipids
  - e. Nutrition Counseling
  - f. Obesity Epidemic
  - g. Pediatric Nutrition Skills
  - h. Clinical Integration of Nutrition Assessment and Counseling
2. Forms
  - a. CHD Risk Factor Assessment
  - b. Diet and Habit Questionnaire (AFFECTS)
  - c. Nutrition Assessment
3. Nutrition Assessment Reminder Card
4. Cardiovascular Disease and Nutrition Assessment Booklet
5. Clinician's Guide to Weight Problems in Children and Adolescents
6. CME Program: Management of Pediatric Overweight
7. Nutrition Assessment and Counseling: OSCE Case
8. Nutrition Counseling: Role play scripts

## **BROWN UNIVERSITY MEDICAL SCHOOL**

- Information available at website, <http://bms.brown.edu/nutrition/>
- Rate Your Plate (RYP) <http://bms.brown.edu/nutrition/acrobat/RYP.pdf>
- Let's Eat kit with e-version of RYP [http://bms.brown.edu/nutrition/intro\\_quiz.htm](http://bms.brown.edu/nutrition/intro_quiz.htm)
- Rapid Eating Assessment for Patients (REAP) <http://bms.brown.edu/nutrition/acrobat/reap5.pdf>.
- WAVE card (Weight, Activity, Variety, Excess) <http://bms.brown.edu/nutrition/acrobat/wave.pdf>
- Manual for nutrition component of physical diagnosis (not on website yet, available from Dr. Eaton or Dr. Kim Gans)
- Nutricase web based module on dietary assessment and counseling using WAVE and 24 hour recall. Involves problem-based learning based on a case that focuses on calcium, fruit and vegetables, fiber and fat (we will distribute CDs of draft version at the April meeting. Final version will be available from Dr. Eaton or Dr. Gans). Includes a pre-post test.
- Nutrition education listserv. To join listserv: go to <http://listserv.brown.edu/> or email: [Leslie\\_Strolla@Brown.edu](mailto:Leslie_Strolla@Brown.edu)

Contact: Charles Eaton, Email: [charles-eaton@mhri.org](mailto:charles-eaton@mhri.org)

## **COLUMBIA UNIVERSITY**

Case Study for MD/RD team teaching: “Is Tony a Healthy College Student?”  
Case Study: Leader’s Guide and Supplemental Material. Case study used for first year medical students in the clinical practice I course; small group session led by MD and Registered Dietitian team.

Contact: Christine L. Williams, Email: [chrisw320@aol.com](mailto:chrisw320@aol.com)

Mini-Case Studies for the 3rd Year Pediatric Clerkship: Childhood Obesity and hypercholesterolemia. Single Copies of the Case Study are available by request

Contact: Christine L. Williams, MD, MPH, Email: [chrisw320@aol.com](mailto:chrisw320@aol.com)

## **HARVARD MEDICAL SCHOOL**

Title: Nutrition in the Prevention of Cardiovascular Disease, Diabetes, and Hypertension  
Audience: Medical students, physicians, nurses, pharmacists  
Course in which used: Third year medicine clerkship  
Format: PowerPoint  
Description of the Product: Lecture summarizing evidence-based medicine supporting use of nutrition in the prevention of cardiovascular disease, diabetes, and hypertension.

Contact: Allan Walker, MD. Email: [allan-walker@hms.harvard.edu](mailto:allan-walker@hms.harvard.edu)  
or Francine Welty, MD. Email: [fwelty@bidmc.harvard.edu](mailto:fwelty@bidmc.harvard.edu)

Title: Assessment of Nutrition Counseling: Objective Structured Clinical Exam  
Audience: Medical students and physicians  
Course in which used: Third year medicine clerkship  
Format: Computer-based  
Description of the Product: Computer-based objective structured clinical exam to test nutrition assessment, counseling, and application of nutrition principles at level of third year medical students.

Contact: Francine Welty, MD, PhD; Email: [allan-walker@hms.harvard.edu](mailto:allan-walker@hms.harvard.edu) or Francine Welty, MD. Email: [fwelty@bidmc.harvard.edu](mailto:fwelty@bidmc.harvard.edu)

Title: Standardized Patient for Assessment of Nutrition and Counseling Skills in a Patient with Chest Pain  
Audience: Medical students and physicians  
Course in which used: Third year medicine clerkship evaluation  
Format: Standardized patient interview  
Description of the Product: Complete instructions for standardized patient with chest pain to test nutrition assessment, counseling, and application of nutrition principles at level of third year medical students.

Contact: Allan Walker, MD. Email: [allan-walker@hms.harvard.edu](mailto:allan-walker@hms.harvard.edu) or Francine Welty, MD. Email: [fwelty@bidmc.harvard.edu](mailto:fwelty@bidmc.harvard.edu)

Title: Nutrition Newsletter: Nutrition in the Prevention of Cardiovascular Disease, Diabetes, and Hypertension

Audience: Medical students, physicians, nurses, and allied health professionals

Course in which used: For faculty development and CME

Format: Microsoft word; also PDF file

Description of the Product: Review summarizing evidence-based medicine supporting use of nutrition in the prevention of cardiovascular disease, diabetes, and hypertension. WAVE and REAP are included to acquaint physicians with easy-to-use nutrition assessment and counseling tools in the office recommended by the NAA.

Contacts: Allan Walker, MD. Email: [allan-walker@hms.harvard.edu](mailto:allan-walker@hms.harvard.edu) or Francine Welty, MD. Email: [fwelty@bidmc.harvard.edu](mailto:fwelty@bidmc.harvard.edu)

## **MARYLAND UNIVERSITY SCHOOL OF MEDICINE**

Computerized dietary and activity assessment tool for assessment of student's dietary intake

Contact: Stephen Havas, MD, MPH, Email: [shavas@pi.umaryland.edu](mailto:shavas@pi.umaryland.edu)

## **MERCER UNIVERSITY SCHOOL OF MEDICINE**

WAVE for PDA. <http://med2.mercer.edu/ncvd/resources/pda/pdainfo.htm>

Contact: Brian Tobin, PhD. Email: [tobin-bw@mercer.edu](mailto:tobin-bw@mercer.edu)

## **NEVADA UNIVERSITY SCHOOL OF MEDICINE**

### **A. "Special Qualifications in Nutrition Contract with Students"**

Description: Contract with Students for 4-year enhanced nutrition medical school experience

Contacts: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

### **B. "Charts to Estimate Resting Energy Expenditure in Adults"**

St Jeor S, Cutter G, Perumean-Chaney S, Hall S, Herzog H, Bovee V.

Medical Students and Other NAA Schools

Patent Pending - to be available on our website.

Charts based on research with 498 subjects.

Contacts: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

### **C. "Cardiac Drug and Nutrient, Food, and Dietary Supplements Interaction Screen"**

Hutchens K, Krenkel J, Bryg R, St Jeor S.

Medical Students, Physicians, Other Medical Schools

Screen.

Contact: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

- D. “Magnesium for Cardiac Patients”  
Hutchens K, Krenkel J, Bryg R, St Jeor S.  
Medical Students, Physician, Other Medical Schools, Public  
Handout.

Contact: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

- E. “Coumadin and Nutrient, Food, and Dietary Supplement Interactions”  
Hutchens K, Krenkel J, Bryg R, St Jeor S.  
Handout for Medical Students, Physicians, and other health professionals

Contact: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

- F. “Dehydration Screening Form”  
Lange M, Krenkel J, Bovee V, St Jeor S  
Nursing Students, Medical Students, Other Medical Schools, Other Nursing Schools  
Screen (Electronic Copy to Be Provided)

Contact: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

- G. Publications and Abstracts include 14 student abstracts and 44 faculty abstracts and  
publications during the grant.  
Authors listed with publication/abstract  
Medical Students, Physicians, Other Medical Schools, Public Reference List.

Contact: Sachiko St Jeor, Email: [sach@med.unr.edu](mailto:sach@med.unr.edu)

## **NORTHWESTERN UNIVERSITY SCHOOL OF MEDICINE**

1. Knowledge and Attitude Surveys
2. Nutrition Student Wellness Newsletter

Contact: Linda Van Horn, Ph.D., Email: [lvanhorn@northwestern.edu](mailto:lvanhorn@northwestern.edu)

## **PENNSYLVANIA UNIVERSITY SCHOOL OF MEDICINE**

Medical Nutrition and Disease: A Case-Based Approach, third edition text book, edited  
by Lisa Hark, PhD, RD and Gail Morrison, MD. Table of contents and sample cases can  
be found on our Web Site at [www.med.upenn.edu/nutrimed](http://www.med.upenn.edu/nutrimed).

Fifteen PowerPoint slide sets that can be downloaded at no charge to anyone in the world  
after they have completed a brief registration questionnaire. Since launching the slide sets  
in January 2001, more than 2,000 health professionals from over 50 countries have  
downloaded this information.

Contact: Lisa Hark, PhD, R.D., Email: [lhark@mail.med.upenn.edu](mailto:lhark@mail.med.upenn.edu)

## **STANFORD SCHOOL OF MEDICINE**

See our website where we have NAA products:

[http://summit.stanford.edu/ourwork/PROJECTS/NUTRITION/stanford\\_naa\\_main.html](http://summit.stanford.edu/ourwork/PROJECTS/NUTRITION/stanford_naa_main.html)

- Stanford's Clinical Pyramid
- BMI Page
- Nutrition History Form as PDF file
- Palm Applications in Nutrition
- Indexing & Abstracting Resources in Nutrition

Contact: [nutrition@summit.stanford.edu](mailto:nutrition@summit.stanford.edu)

## **TEXAS UNIVERSITY MEDICAL SCHOOL AT HOUSTON**

*Nutrition in Preventive Medicine* web-based module (Blackboard version also available for schools that use this educational software). Authors are Marilyn Edwards, Ph.D., R.D. and Anita Lasswell, Ph.D., R.D. The intended audience is first year medical students, however we have had 4<sup>th</sup> year students complete the module during the Clinical Nutrition Elective and they have commented that the module provided valuable material even at the 4<sup>th</sup> year level.

Contact: Marilyn Edwards, Ph.D., R.D. Email: [marilyn.s.edwards@uth.tmc.edu](mailto:marilyn.s.edwards@uth.tmc.edu)

## **TEXAS SOUTHWESTERN UNIVERSITY MEDICAL CENTER AT DALLAS**

<http://outside.utsouthwestern.edu/chn/naa/index.htm>

Title: Key Nutrition Advice Pocket Card

Authors: Jo Ann Carson, PhD, RD, LD

Intended Audience: Medical students and physician assistant students in ambulatory care clerkships

Course: Fourth year Ambulatory Care Clerkship (for medical students)

Family Medicine Rotation (for PA students)

Format: pocket card

Description of product: Provides brief reminders of 3-4 key food-based nutrition messages to give patients who need to 1) lower cholesterol or 2) lower blood pressure or 3) control weight. Also provides lists of key food sources of saturated, monounsaturated and polyunsaturated fat and potassium, sodium and calcium.

Contact: JoAnne Carson, Email: [joann.carson@utsouthwestern.edu](mailto:joann.carson@utsouthwestern.edu)

Title: "Suzy Jones" case for OB-GYN



Authors: Susan Cox, MD, Jo Ann Carson, PhD, RD, LD, Beth Gillham, PhD, RD  
Intended Audience: Medical students and physician assistant students in Obstetrics-Gynecology clerkship

Course: OB-GYN rotation

Format: Computer-based case available in CD and web-based format

Description of product: Interactive computer case which presents typical history, physical exam, etc. and asks student questions to interpret the information and make treatment decisions. Includes issues such as appropriate weight gain during pregnancy, increased nutritional needs during pregnancy and issues related to gestational diabetes.

Contact: JoAnne Carson, Email: [joann.carson@utsouthwestern.edu](mailto:joann.carson@utsouthwestern.edu)

Title: “Mr. and Mrs. Marshman” cardiovascular nutrition cases

Authors: Jo Ann S. Carson, PhD, RD, LD; Shalini Reddy, MD, Lynne Kirk, MD, Beth Gillham, PhD, RD, Michelle Negri, RD, David Balis, MD

Intended Audience: medical students and physician assistant students in ambulatory care clerkships

Course: Fourth year Ambulatory Care Clerkship (for medical students)

Family Medicine Rotation (for PA students)

Format: Computer-based cases, complete versions currently available on through in-house website

Description of product: An interactive computer case which presents typical history, physical exam, etc. and asks student questions to interpret the information and make treatment decisions. Includes use of national clinical guidelines, such as ATP III and JNC 7.

Contact: JoAnne Carson, Email: [joann.carson@utsouthwestern.edu](mailto:joann.carson@utsouthwestern.edu)

Title: Nutrition Primer for Internal Medicine

Authors: Jo Ann S. Carson, PhD, RD, LD; Hari Raja, MD

Intended Audience: Medical students in acute care internal medicine clerkship

Course: Third year Internal Medicine clerkship

Format: Paper-based, segment of Internal Medicine syllabus (approximately 10 pages)

Description of product: Written reference for student use during hospital medicine rotation; provides information on a recommended healthy diet based on the Food Guide Pyramid and basic information on diets used to treatment common medical problems, such as diabetes, heart failure and renal disease.

Contact: JoAnne Carson, Email: [joann.carson@utsouthwestern.edu](mailto:joann.carson@utsouthwestern.edu)

## **TUFTS UNIVERSITY SCHOOL OF MEDICINE**

- A. “Dietary Assessment and Use of Nutrition Intervention for Reducing CVD Risk”- Set of PowerPoint slides for a 1 hour presentation for Internal Medicine and Family Medicine Clerkships, residents and physicians. References and patient handouts are included; as well as a one page “script” that outlines the intervention approach. Notes are included with the PowerPoint slides plus references.

Contact: Margo Woods, Email: [margo.woods@tufts.edu](mailto:margo.woods@tufts.edu)

- B. “Hypertension and the DASH Diet”-Set of PowerPoint slides for a 1 hour presentation for Internal Medicine and Family Medicine Clerkships, residents and physicians. References and patient handouts are included and a one page “script” that summarizes the intervention approach.

Contact: Margo Woods, Email: [margo.woods@tufts.edu](mailto:margo.woods@tufts.edu)

- C. “Type 2 Diabetes and Nutrition”-Set of PowerPoint slides for a 1 hour presentation for IM and FM Clerkships, residents and physicians. References and patient handouts are included plus a one page “script” that summarizes the intervention approach.

Contact: Margo Woods, Email: [margo.woods@tufts.edu](mailto:margo.woods@tufts.edu)

- D. “Weight Loss Approaches and Critical Issues”—PowerPoint slides for a 1 hour presentation for IM and FM clerkships, residents and physicians. The set includes the main aspects of: 1) Weight Watchers, 2) Atkins, 3) South Beach, 4) Zone, and 5) Ornish/Pritikin weight loss approaches with pros and cons, and a sample day on each diet with dietary analysis. A one page “script” outlines the major nutrition issues to target in weight loss.

Contact: Margo Woods, Email: [margo.woods@tufts.edu](mailto:margo.woods@tufts.edu)

- E. “Behavioral Skills for Physicians and Patients in Making Lifestyle Changes”—Set of PowerPoint slides for a 1 hour presentation that uses the 5 A’s, the readiness model, and motivational scale to discuss approaches to change for physicians and patients. It is directed at IM and FM clerkships, residents and physicians.

Contact: Margo Woods, Email: [margo.woods@tufts.edu](mailto:margo.woods@tufts.edu)

- F. “Nutrition and Cancer”—Set of PowerPoint slides for a 1 hour presentation for medical students, residents, and physicians. It gives a general overview of the topic by focusing on 5 nutritional factors: Antioxidants, Fat, Fiber, Vitamin A, and Phytochemicals, and their proposed mechanisms of action, association with different cancers and approach to evaluate the totality of the data for each cancer.

Contact: Margo Woods, Email: [margo.woods@tufts.edu](mailto:margo.woods@tufts.edu)

## **VERMONT UNIVERSITY**

Power-Point slides are available for the Nutrition, Metabolism, and Gastrointestinal Course for first, second and third year medical students and all three years of internal Medicine Residency.

Contact: Mark Levine, Email: [mark.levine@vtmednet.org](mailto:mark.levine@vtmednet.org)

## **WISCONSIN UNIVERSITY**

WAVE videotape – This tape provides three patient scenarios, illustrating nutrition assessment approaches using the WAVE for patients at various levels of readiness. At this time, the tape is not digitized and is available only as videotape.

Web based Medical Nutrition Handbook -

<http://www.medicine.wisc.edu/mainweb/DOMPAGES.php?section=naa&page=medicalnutritionhandbook>

The Diabetes section of the handbook and Obesity, Hypertension, Metabolic Syndrome, and Dyslipidemia are posted on the web at the above address. We are working with the UW CME Department to develop web-based CME for physicians using case studies and the Medical Nutrition Handbook.

Contact: Patrick E. McBride, Email: [pem@medicine.wisc.edu](mailto:pem@medicine.wisc.edu)