

Nutrition in the Medical School Curriculum

What and where nutrition topics are taught by NAA faculty

University /Contact	Year 1	Year 2	Year 3	Year 4	Others (e.g., Residency and/or Nursing)
University of Alabama Medical School Contact: Frank Franklin, MD. Email: ffranklin@ped.uab.edu	Nutrition Course-principles of clinical nutrition. Introduction to Clinical Medicine Course.	Introduction to Clinical Medicine Course.	Family Medicine Clerkship- Patient counseling and end-of-clerkship counseling performance test with a simulated patient. Pediatrics Clerkship Infant feeding Pediatric Obesity case in end of year examination.	Clerkship in Clinical Nutrition	Pediatrics Residency and Gastrointestinal Diseases and Nutrition fellowship.
Albert Einstein College of Medicine Contact: Judith Wylie-Rosett Email: jwrosett@aecom.yu.edu	Small Group Case-Based Sessions – 3 Sessions in Preventive Medicine– Curriculum consultation nutrition issues related to Vitamin A in cancer, salt in hypertension, and lifestyle in diabetes prevention).	Small Group Case-Based Sessions-3 Sessions in Cardiopathophysiology and Endocrine Pathophysiology. Nutrition issues related to Lyon Heart Study, metabolic syndrome, hypercholesteremia. Introduction to Clinical Medicine (Nutrition Assessment). Gastrointestinal Pathophysiology (absorption disorders and nutrition interventions). Nervous System Pathophysiology (nutrition related focus on eating disorders).	Clinical Rotations in OB-GYN. Small group case-based session (1 hour). And Family Medicine: Behavior change for nutrition and exercise.	Geriatrics clerkship includes a web-based nutrition case.	Students do required scholarly project papers some of which are on nutrition topics.

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<p>University of Arkansas for Medical Sciences</p> <p>Contact: Ronald F. Kahn, MD.</p> <p>Email: kahnronaldf@uams.edu</p>	<p>Course Title: Introduction to clinical medicine 1</p> <p>Components:</p> <ol style="list-style-type: none"> 1. Nutrition and the Prevention of Coronary Heart Disease: 2. Nutrition assessment 3. Standardized family nutrition assessment 4. Supermarket Tour <p>Number of Hours: 4</p> <p>Number of Hours: 2</p> <hr/> <p>Course Title: Cell Biology</p> <p>Components: Biochemistry and Preventive Nutrition Clinical Correlations:</p> <ol style="list-style-type: none"> 1. Hyperlipidemia 2. Diabetes 3. Folate/Homocysteine <p>Number of Hours: 6</p>	<p>Course Title: Introduction to clinical medicine 2</p> <p>Components:</p> <ol style="list-style-type: none"> 1. Nutrition Counseling to Prevent Coronary Heart Disease – standardized patient counseling. 2. Obesity – Will be added Fall 2004 3. OSCE – nutrition station. 	<p>Course Title: Family Medicine Clerkship</p> <p>Components:</p> <ol style="list-style-type: none"> 1. CHD: Risk Factor and Nutrition Assessment 2. Nutrition in Medicine Module: Diet, Obesity and cardiovascular disease <p>Number of Hours: 2</p> <p>Number of Hours: 2</p> <hr/> <p>Course Title: Pediatric Clerkship</p> <p>Components:</p> <ol style="list-style-type: none"> 1. PBL: Adolescent Obesity and Diabetes Prevention 2. Pediatric Nutrition Skills <p>Number of Hours: 2</p> <p>Number of Hours: 2</p>	<p>None</p>	<p>None</p>
<p>Brown University</p> <p>Contact: Kim Gans, Ph.D.</p> <p>Email: Kim_gans@brown.edu</p>	<p>Medical Interviewing (nutrition component involves WAVE (Weight, Activity, Variety, and Excess) assessment tool and 24-hour recall; one hour lecture on How to Eat Healthy as a Medical Student.</p>	<p>Physical Diagnosis (nutrition component involves WAVE, physical diagnosis nutrition manual and half-hour lecture); Integration with year-long courses in Pathophysiology, Cardiology, Renal, Gastroenterology, Endocrinology, Human Reproduction, Growth, and Development.</p>	<p>Family Medicine Clerkship (includes small group session on nutrition counseling using WAVE and Rate Your Plate Instrument with a metabolic syndrome patient); Surgery Clerkship (involves 2 week selective on nutrition support); Pediatrics Clerkship (involves problem-based learning and discussion groups around childhood nutrition).</p>	<p>Preventive Cardiology Nutrition Elective, Surgical Nutrition Elective, mandatory Community Health Clerkship (Public Health Nutrition is one of the choices).</p>	<p>None</p>

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<p>University of Colorado School of Medicine</p> <p>Contact: Nancy F. Krebs</p> <p>Email: nancy.krebs@uchsc.edu</p>	<p>Course Title: Principles of Nutrition.</p> <p>Components: Linking nutritional biochemistry to public health issues and clinical medicine.</p> <p>Number of Hours: 20 (required Core curriculum)</p> <p>Foundations of Doctoring: Introduction to clinical medicine; elements of history & exam relevant to nutrition status.</p> <p>Nutrition Fair: multi-disciplinary, hands-on learning experience.</p>	<p>Pathophysiology: Small case discussions in area of endocrinology, cardiology pulmonary, GI, and hematology; nutrition aspects incorporated into multiple case questions and discussions.</p> <p>Foundations of Doctoring: advanced physical exam for cardiovascular system, nutrition assessment for hyperlipidemia, obesity, BMI, waist circumference, skin findings.</p> <p>Nutrition Fair: multi-disciplinary, hands-on learning experience.</p>	<p>Family Medicine: Nutrition articles and tools included in orientation CD-ROM.</p> <p>Internal Medicine: Nutrition content incorporated into required case workbook, requiring assessment and developing care plan.</p> <p>Pediatrics: Core interactive small group discussions on infant nutrition, obesity, interactive nutrition digitized case studies (growth failure, obesity.)</p>	<p>Electives:</p> <p>Introduction to Clinical Nutrition – interdepartmental course, tailored to student’s interest & future plans (e.g. Pediatrics, Family Medicine, OBGYN, Medicine); includes nutrition support, out-pt clinics (obesity, diabetes, growth, bone disease, GI/Liver), self-directed learning activities (including CD ROM’s, calorimetry, DEXA.)</p> <p>Breastfeeding Management: Students rotate in and out- of patient lactation clinics, complete choice of self-directed learning activities (CD-ROM, written paper, and view video), and written case-based exam.</p> <p>Preparing for Residency: 2-hr session on nutrition assessment in hospitalized pt.</p>	<p>None</p>

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<p>Columbia University</p> <p><u>Contact:</u> Christine I. Williams, MD, MPH</p> <p>Email: chrisw320@aol.com</p>	<p>One hour in each of the following nutrition courses: Nutrition Through the Life cycle – I: Infancy, Childhood, Adolescence, Elderly, Nutrition in the Prevention of Cardiovascular Disease, Diet Assessment and Counseling. Nutrition in the Prevention of Cancer. Health-Related Behaviors and How to Influence them. Two hours of Nutrition and Obesity: Small Group Session.</p>	<p>A new educational material focused on “Nutrition in Physical Diagnosis” was developed and incorporated into the second year’s medical school course on Physical Diagnosis. The material highlights physical signs of some common medical conditions including obesity, and tendinous xanthomas (sometimes seen in hypercholesterolemia); corneal arcus; acanthosis nigricans (often seen in association with hyperinsulinemia).</p>	<p>A one-hour session for all third year medical students on the pediatric clerkship was added to the curriculum beginning in July 2003. This session uses a case-based approach to helping students gain knowledge and clinical nutrition skills in four types of common pediatric medical problems that have significant nutrition components. The four mini cases discussed involve cases of hyperlipidemia, obesity, borderline high blood pressure, and underweight.</p>	<p>Three hour session on “Lifestyle Changes and Atherosclerosis.”</p>	<p>Medicine Residents: the Lipid Clinic, as an outpatient teaching clinic in the Medical resident program continues to provide an enhanced focus on nutrition in patient care.</p> <p>Pediatric Residents: Case study in Pediatric Nutrition. A case based syllabus of pediatric nutrition cases for resident education. A new fellow in General Pediatric.</p>

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<p>Harvard Medical School</p> <p><u>Contact:</u> Francine Welty</p> <p>Email: fwelty@bidmc.harvard.edu</p>	<p>Physical Diagnosis part 1. Nutrition assessment teaching. WAVE and REAP introduced.</p> <p>Basic nutrition science is inserted throughout the year</p>	<p>14 week course. Content includes healthy diet, cardiovascular disease prevention, diabetes, obesity, popular diets, eating disorders, nutrition debates. WAVE/REAP used.</p> <p>Physical Diagnosis part 2. Nutrition assessment and counseling reinforced.</p>	<p>Computer-based objective structured clinical exam to test nutrition assessment, counseling and application of nutrition principles at level of medical students.</p> <p>3rd year Medicine Clerkship: Lecture summarizing evidence-based medicine supporting diet in prevention of MI and stroke to 3rd year students at Beth Israel Hospital.</p>	<p>Elective teaching: nutrition assessment and counseling using WAVE and REAP. Application of nutrition principles in cardiovascular disease prevention in outpatient lipid clinics at 4 hospitals (Beth Israel Deaconess Medical Center, Brigham and Women's Hospital, Massachusetts General Hospital and Children's Hospital) and Native American Reservation.</p> <p>Use of General Clinical Research Center and dietary soy intervention in postmenopausal women as means for medical students to learn how to do dietary and cardiovascular risk assessment and dietary counseling with a dietitian's supervision.</p>	<p>Faculty development – Nutrition Counseling in Primary Care</p>

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University of Iowa School of Medicine Contact: Linda Snetselaar Email: Linda-snetselaar@uiowa.edu	Medical student guest lecture and luncheon; lectures on obesity and motivational interviewing technique.	Panel lecture on team approach to Diabetes Control. Series of three medical student luncheons with dietitians explaining how to order patient meals.	Two-day Nutrition and Fitness Program within Ambulatory Medicine rotation.	Six-week elective on discussing nutrition with patients. Fellows: Endocrine lecture.	None
University of Maryland School of Medicine Contact: Stephen Havas Email: shavas@epi.umaryland.edu	This year, nutrition assessment lecture and case presentation: 1 hr (last year 6 hours on health/nutrition, nutrition in the lifecycle, fad diets, and nutrition assessment).	<ul style="list-style-type: none"> - Cardiovascular nutrition two hours of lecture - Cardiovascular nutrition in small group (two hours for each group) - Obesity case studies in small group (two hours for each group) - Hands-on nutritional and metabolic assessment lab. 	Small web module on Medscope in epidemiology: longitudinal ambulatory section (previous two years 36 hours of didactic and experiential small group session time/group including cooking classes).	<ul style="list-style-type: none"> - Elective in Integrative Medicine contains five hours of nutrition - Grand Rounds on Nutrition. 	None

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<p>Mercer University School of Medicine (MUSM)</p> <p><u>Contact:</u> Brian W. Tobin</p> <p>Email: tobin_bw@mercer.edu</p>	<p>Dietary / health assessment in orientation of new students. Nutrition Science taught in all Basic Medical Sciences phases. Community Science inclusion of preventive medicine cases. Weight Management Station in the MUSM Learning Resource Center.</p>	<p>Dietary / health assessment in orientation of new students. Nutrition Science taught in all Basic Medical Sciences. Community Science inclusion of preventive medicine cases. Weight Management Station in the MUSM Learning Resource Center. Clinical Skills Program with nutrition assessment. Electronic Standardized Patients with IT (Information Technology) applications (Metabolic Syndrome).</p>	<p>Clinical Skills Program with nutrition assessment. Electronic Standardized Patients with IT applications (Metabolic Syndrome).</p>	<p>Clinical Skills Program with nutrition assessment. Electronic Standardized Patients with IT applications (Metabolic Syndrome).</p>	<p>None</p>
<p>University of Nevada School of Medicine</p> <p><u>Contact:</u> Sachiko St. Jeor</p> <p>Email: sach@med.unr.edu</p>	<p>Medical Nutrition Course (MNC) is a 20 hour required spring semester course. Cardiovascular Disease, Cancer, Obesity and Diabetes are the focus of the course. Updates of the CD-ROM tutorials and lecture revisions have been well-received with several years of overall evaluation from 4.4/5.0.</p> <p>2-3 medical students are selected each year to begin their Special Qualifications and Nutrition (SQIN) Fellowship. They start in the summer with a research project and continue each year until graduation when they are awarded plaques for special recognition at graduation.</p>	<p>Introduction to Patient Care I and II are courses in the first and second years that have a required nutrition component. The emphasis is nutrition assessment with both self-assessment and assessment within the outpatient setting.</p> <p>2-3 Special Qualifications and Nutrition students continue to do special projects and presentations both locally and nationally.</p>	<p>Patient Care Management Course is a problem-based course with small groups that work on cases. About 75% of the cases have nutrition implications and faculty attend and provide contributions for 6 cases.</p> <p>2-3 Special Qualifications and Nutrition students do special assignments in nutrition on various clerkships. Nutrition is integrated into various clerkships and specialty rotations, such as endocrinology (IM), FCM and surgery (where there is a faculty interest which can be cultivated by nutrition faculty and/or Special Qualifications and Nutrition students).</p>	<p>Electives are cross-listed in Internal Medicine and Family Medicine. The enrollment is primarily our Special Qualifications in Nutrition students; about 5-7% of our medical school students with other interested health profession students participating. The 662 elective usually has 10-15% of fourth year medical students who enroll. These electives are described as follows:</p> <ul style="list-style-type: none"> a. Independent Study in Clinical Nutrition, IMED/FCM 691 b. Nutrition Clinic Elective, IMED/FCM 668 c. Advanced Clinical Experiences in Nutrition, FCM 662. 	<p>Lectures to Residents in IM, FCM (Reno and LV) are offered throughout the year. 1-3 Medical Residents enroll in the SQIN Resident Fellowship each year.</p> <p>The Special Qualifications and Nutrition extends to other students and has enrolled 2 nursing, 1 health ecology, 1 psychology and students in the public health program.</p>

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<p>Northwestern University Feinberg School of Medicine</p> <p>Contact: Linda Van Horn, PhD.</p> <p>Email: lvanhorn@northwestern.edu</p>	<p>Nutrition is integrated within the first year Structure/Function course for first year students. Introduction to normal nutrition recommended dietary guidelines, spotting fad diets and general awareness of nutritional assessment are introduced. Problem Based Learning (PBL) course involving case study review also incorporates nutrition issues.</p>	<p>10 hours of Nutrition Education are embedded within the Scientific Basis of Medicine Course (SBM) Evidence bases for dietary assessment prevention and treatment are presented for most chronic diseases including obesity cardiovascular disease, diabetes, cancer, osteoporosis and also major strategies in maternal, pediatric and geriatric nutrition. Additional topics include use or abuse of vitamins, minerals, supplements, and one session covers GI problems, (e.g., short bowel syndrome, GERD, Crohn's disease).</p>	<p>The third year students learn clinical nutrition concepts during the surgical, medicine, primary care and interdisciplinary clerkships. All third year students meet once per month. Both didactic lectures on clinical nutrition issues plus student led case studies precepted by RD (registered dietitian) or MD's are conducted. Also, students begin third year with "Introduction to Hospital Diets and Diet Orders conducted during Introduction to Clinical Clerkship week. Students see, taste, and hear about the different prescription diets, when to consult an RD and how to make appropriate counseling decisions.</p>	<p>Nutrition electives/self-study is available to fourth year students.</p>	<p>CME nutrition lectures and seminars occur as time and funding allow.</p>
<p>University of Pennsylvania School of Medicine</p> <p>Contact: Lisa Hark, Ph.D, R.D</p> <p>Email: lhark@mail.med.upenn.edu</p>	<p>Introduction to Clinical Medicine, Biochemistry, History Taking, and Counseling courses.</p>	<p>Nutrition is integrated into the Integrative Systems and Disease course: Cardiology, Renal, GI/Nutrition, Brain/Behavior, Psychiatry, Geriatrics, Pulmonary, Endocrine, Reproduction, and Hematology courses.</p>	<p>Nutrition is integrated into Clinical Clerkships: Medicine, Family Medicine, Surgery, OB/GYN, and Pediatric clerkships.</p>	<p>Nutrition is integrated into Frontiers in Medicine course: Complementary and Alternative Medicine Elective.</p>	<p>None</p>

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<p>University of Rochester School of Medicine</p> <p><u>Contact:</u> Thomas Pearson</p> <p>Email: Thomas-pearson@urmc.rochester.edu</p>	<p>a) Nutrition in Epidemiology and Biochemistry: Biochemistry and molecular genetics-includes lectures on cholesterol synthesis, macronutrient, and nutrition assessment. (13 hours of instruction; 6 hours of PBL cases)</p> <p>b) Mastering medical information: Includes introduction to Nutrition Theme, 4-day diet diaries, problem-based learning case, food-borne outbreak and biopsychosocial effects in chronic diseases. (4 weeks)</p>	<p>Nutrition in Ambulatory Care Medicine and Pathology. Students are instructed in clinical history physical examination and counseling methods. Summer electives in nutrition research.</p>	<p>Clinical Clerkships: Nutrition in pediatrics, surgery, psychiatry and internal medicine.</p> <p>Nutrition research electives.</p>	<p>Nutrition Electives.</p>	<p>a) RN curriculum: Includes lecture on disease prevention , a semester-long course.</p> <p>b) Post doctoral fellowship in preventive cardiology.</p> <p>c) Post graduate training in clinical research.</p> <p>d) Preceptorships in nutrition for Residents.</p> <p>e) Lectures to cardiology fellows.</p> <p>f) Continuing Professional Education Programs.</p>

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Stanford School of Medicine <u>Contact:</u> Email: nutrition@sum mit.stanford.ed u.	Fall Qtr: Unit 1: Nutrition Basics Unit 2: Carbohydrates Unit 3: Proteins & Amino Acids Unit 4: Lipids Unit 5: Energy Unit 11: Nutritional Status Assessment Fall Qtr: Unit 6: Vitamins I Unit 7: Vitamins II Unit 8: Minerals: Electrolytes Unit 9: Minerals: Calcium, Phosphorus, Magnesium, Fluoride. Unit 10: Minerals: Iron, Zinc, Selenium, Copper Spring Qtr: Unit 1: Role of Nutrition in Maintaining Overall Health Unit 5: Prevention and Treatment of Obesity Unit 6: Prevention and Treatment of Cardiovascular Disease (CVD) Unit 7: Nutrition Therapy for Diabetes Mellitus.	Fall Qtr: Unit 8: Nutrition Therapy for Gastrointestinal Disorders Unit 9: Nutrition Modifications for Cancer Therapy Unit 10: Enteral and Parenteral Nutrition Therapy Winter Qtr: Unit 2: Nutrition During Pregnancy Unit 3: Nutrition During Infancy, Childhood, and Adolescence Unit 4: Nutrition for Older Adults (50 years and older) Unit 11: Contemporary Trends.	None	None	None

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University of Texas Medical School Houston, Texas Contact: Marilyn Edwards Email: marilyn.s.edwards@uth.tmc.edu	Introduction to Clinical Medicine (Web-based Module: Nutrition in Preventive Medicine).	Physical Diagnosis (Nutrition in Medicine; standardized patients), Reproductive Biology (nutrition lecture), Pharmacology: nutrient and herbal supplements; Problem Based Learning cases including obesity, diabetes, cardiovascular disease, gastrointestinal/liver disease, cancer, cystic fibrosis, failure to thrive, and AIDS.	Internal Medicine Core Curriculum nutrition lecture; Technical Skills: Writing a Hospital Diet Order.	Internal Medicine Clinical Nutrition Elective: Metabolic Syndrome (4 weeks).	None
University of Texas Southwestern Medical Center Contact: Jo Ann S. Carson, PhD, RD. LD. Email: joann.carson@utsouthwestern.edu	Nutrition is integrated into the biochemistry curriculum. Topics discussed include metabolism, fad diets, fat and water soluble vitamins (5 contact hours). Nutrition Elective covers Macronutrients and Dietary Guidance with illustrations from cases of management of obesity and CHD risk. [20% of all first year students (n=40) students complete the course.] (12 contact hours).	Assessing Nutritional Deficiency Signs in Pathology (1 contact hour). Nutrition in Cancer Risk Reduction is part of a new Cancer Prevention Elective (1 contact hour). [Non-NAA faculty teach vitamin D and calcium in endocrinology and bone lecture; 0.5 contact hour].	Nutrition is integrated into Family Medicine, Pediatrics Ambulatory Care and OB-GYN. Introduction of WAVE, obesity and nutrition guidelines (3 contact hours). Nutrition Primer on basic nutrition and diet orders is provided in Internal Medicine rotation [Non-NAA faculty provide Surgical Metabolism lecture in Surgery rotation—1 contact hours].	Nutrition is integrated into Ambulatory Care Rotation, (Internal Medicine, Family Medicine, and Women’s Health.) (approximately 6 contact hours).	Physician Assistant students also participate in the computerized cases for OB-GYN and Ambulatory Care. (Approximately 8 contact hours) Dietary Supplements and use of WAVE have been a topic in Internal Medicine Ambulatory Care Residency Rotation (2.5 contact hours).

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<p>Tufts University School of Medicine</p> <p>Contact: Margo Woods</p> <p>Email: margo.woods@tufts.edu</p>	<p>Nutrition and Medicine course, twenty-seven hours required course.</p>	<p>None</p>	<p>Clerkships in Internal Medicine and Family Medicine have 4-6 hours of nutrition and a standardized patient exercise on CVD and Weight Loss.</p>	<p>None</p>	<p>Internal Medicine Residents: 6 nutrition sessions. Family Medicine Residents: 8 nutrition sessions. Family Medicine Faculty: 4 nutrition sessions based on a standard approach to nutrition intervention based on the DASH diet.</p>
<p>University of Vermont</p> <p>Contact: Mark Levine</p> <p>Email: mark.levine@vtmednet.org</p>	<p>Nutrition, Metabolism, Gastrointestinal (GI) Course includes:</p> <ul style="list-style-type: none"> – Iron metabolism. – Calcium metabolism and osteoporosis. – Eating disorders, breast feeding. <p>Convergence Multidisciplinary PBL (Problem Based Learning) approach to case discussion) – diabetes, alcoholism, liver disease, and nutrition issues.</p>	<p>Nutrition topics include: Nutrition screening and assessment, hospital diet components and sampling, weight management in the overweight patient, diet in cancer prevention, practical use of dietary guidelines, dietary requirements in health and disease, diet and end stage renal disease, nutrition and hydration at the end of life, malnutrition in chronic disease setting, intrabridge curricula during outpatient primary care block, screening, hyperlipidemia, diet and cardiovascular disease prevention, curricula during OBGYN/Surgery block (e.g., perioperative nutrition, nutritional assessment of surgical patients).</p>	<p>(Same as in Year 2)</p>	<p>None</p>	<p>All Three years of Internal Medicine Residency pre-clinic curricula (modules developed around nutritional curricula objectives such as prevention and management of cardiovascular disease (lipids, hypertension, diabetes, obesity). Motivational interviewing training for residents.</p>

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University of Washington School of Medicine Contact: Robert Knopp Email: rhknopp@u.washington.edu	Nutrition in Standardized Patient Exams.	Core Course in Obesity, Standardized Patient Exams, Pediatric, Obstetric, Elderly, and Diabetes.	Obesity Taste and Tour Elective.	Taste and Tour Elective.	None
University of Wisconsin Contact: Gail Underbakke, Ph.D. Email: pem@medicine.wisc.edu	Nutrition as part of the interviewing course.	Clinical nutrition in second semester, one credit, twenty hours.	Nutrition integrated into medicine clerkship.	Nutrition integrated into primary care preceptorship.	CME preceptors resident physicians and established physicians