NUTRITION EDUCATION IN MEDICAL SCHOOLS (NEMS)
An ESPEN project for the Implementation of Nutrition Education in Medical Curriculum

NEMS MANIFESTO

**Nutrition education** is necessary in the training of healthcare professionals, including medical students and it should be **MANDATORY** in all Medical Schools.

Medical students need an **evidence-based nutrition education** to understand the importance of nutrition in health and disease.

During the **medical training** at the University, students should receive **mandatory** information about **human nutrition** in its three different domains, including **basic nutrition**, applied or public health nutrition and **clinical nutrition**.

The way to organize these themes in the curriculum will depend on each University, taking into consideration individual center characteristics (models of teaching, availability of teachers, time and credits).

Combine **vertical or horizontal integration of traditional classes, seminars and/or clinical practice sessions** also including **novel teaching tools, internet resources and e-learning**.

KEY FACTORS FOR IMPLEMENTATION

1. **GAIN POLITICAL SUPPORT**
2. **ESTABLISH A NUTRITION CURRICULUM COMMITTEE**
3. **COMBINE A VARIETY OF TEACHING MODELS**
4. **INCLUDE EXPERIENCED MULTIDISCIPLINARY FACULTY**
5. **VERTICAL INTEGRATION OF NUTRITION CONTENT**
6. **HORIZONTAL INTEGRATION OF NUTRITION CONTENT**
7. **EVALUATE THE PROGRAM**

INTEGRATION OF NEMS BETWEEN UNIVERSITIES AND ESPEN

**NEMS helps universities**

- provide human nutrition education efficiently and more extensively
- Include NEMS in their different models of teaching (parallel, integrated, case-solving based)

**Universities help NEMS**

- give knowledge, solutions and innovation
- support collaboration between curriculum key Faculty and ESPEN
- Ensure that future doctors achieve the proposed learning objectives

The European Society for Clinical Nutrition and Metabolism (ESPEN) www.espen.org