



XAVIER
Ochsner
College of Medicine

Xavier Ochsner College of Medicine Pledges Commitment to Nutrition Education

Obesity and other diet-related chronic diseases continue to pose a significant and growing threat to the health of Americans, contributing to increased morbidity, mortality and healthcare costs nationwide. Preparing future physicians with the knowledge and skills to address nutrition-related health issues is an essential component of improving population health outcomes and advancing preventive care. The American Association of Medical Colleges (AAMC) also supports evidence-based curricular content on nutrition for medical schools in alignment with their accreditation standards.

As the Xavier Ochsner College of Medicine develops its medical school curriculum, the college's Curriculum Committee fully recognizes the importance of nutrition education and has pledged commitment to implementing required nutrition education integrated across undergraduate medical education. The curriculum will meet or exceed the 40-hour benchmark following guidance from the structured competency-based framework¹ recommended by the U.S. Department of Health and Human Services, via the agency's HHS Medical Education Nutrition Competency Framework.

¹ Eisenberg DM, Cole A, Maile EJ, et al. Proposed Nutrition Competencies for Medical Students and Physician Trainees: A Consensus Statement. *JAMA Netw Open*. 2024;7(9):e2435425. doi:10.1001/jamanetworkopen.2024.35425