Appendix 1. Infographic of findings from ‘Time for Nutrition in Medical Education’ (1)

This is a visual summary based on the peer-reviewed paper ‘Time for Nutrition in Medical Education’ published in BMJ Nutrition, Prevention and Health:
https://nutrition.bmj.com

TIME FOR NUTRITION IN MEDICAL EDUCATION
Views of Medical Students and Doctors in the UK regarding Nutrition in Medical Education and Practice

- 86.0% - Trainee staff need to feel equipped to talk about nutrition and maintaining weight in an informed and sensitive way
- 86% - Disagree that they have comprehensive education in nutrition

The graph below illustrates the type of resources that are used by medical students to supplement their nutrition teaching:

- Only 45% of students received teaching on nutrition
- Of those, 71.5% students received < 2 hours
- 81% doctors had received < 2 hours

- 59% of students said it was difficult to find resources for nutrition and over 20% of these students said it was very difficult

- 38% of students said they had not realised the complexity of nutrition
- 50% of students could see how doctors could engage in nutrition related decisions

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