



EUROPEAN MEDICAL
STUDENTS' ASSOCIATION

HEALTH. EUROPE. **TOGETHER.**

Sıla GÜRBÜZ, EMSA Representative Towards European Institutions

EMSA VISION AND MISSION

Our Vision

„EMSA envisions a united and solidary Europe in which medical students actively promote health.”

Our Mission

„EMSA empowers medical students to advocate health in all policies, excellence in medical research, interprofessional healthcare education and the protection of human rights across Europe.”

EMSA STRUCTURE

MEMBERS



110 Faculty
Member
Organisations
(FMOs)



28 European
Countries

EUROPEAN MEDICAL ORGANISATIONS

EMSA is the only organization representing students within the European Medical Organizations



AEMH - European Association of Senior Hospital Physicians

CEOM - European Council of Medical Orders

CPME - Standing Committee of European Doctors (EMSA is associated member)

EANA - European Working Group of Practitioners and Specialists in Free Practice

EJD - European Junior Doctors

EMSA - European Medical Students' Association

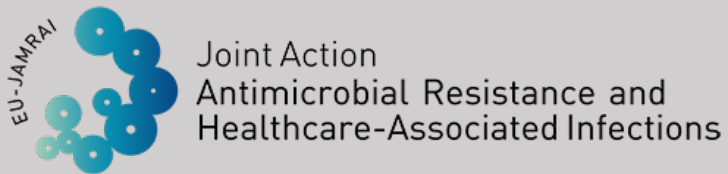
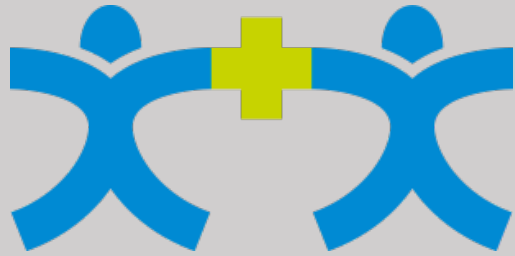
FEMS - European Federation of Salaried Doctors

UEMO - The European Union of General Practitioners

UEMS - European Union of Medical Specialists



OTHER EUROPEAN PARTNERSHIP NETWORKS



European Commission

PROFESSIONAL NON-GOVERNMENTAL ORGANISATIONS



Alcohol Policy Youth Network (APYN)



Association for Medical Education in Europe (AMEE)



European Public Health Alliance (EPHA)



European Patients' Forum (EPF)



European Lifestyle Medicine Organization (ELMO)

HEALTH. EUROPE. **TOGETHER.**

European Healthcare Students' Association Summit (EHSAS)

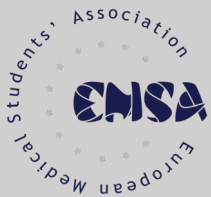


European Dental Students' Association (EDSA)



efpsa

European Federation of Psychology Students' Associations (EFPSA)



European Medical Students' Association (EMSA)



European Pharmacy Students' Association (EPSA)

EMSA European Priorities

1. Use of technologies in Medical Education
- 2. Student involvement in Medical Education**
3. Climate Change and Health
4. Healthcare Technologies
- 5. Disease Prevention and Promotion of Health**
6. Healthcare Inclusion
7. Vaccine Hesitancy
8. Intercultural Understanding
9. Science Advocacy

What is your update?



European Medical Students' Association

Association Européenne des Étudiants en Médecine

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This policy was adopted by the **2022 EMSA Spring Assembly** in **Lisboa (Portugal)** on **09/05/2022**. Valid until: **09/05/2025**

Nutrition in Medical Education

Authors: Sila Gürbüz; Doğa Nur Köşker; Ana Teresa Leitão; Laura Mayer; Ceyda Topak; Faith

Ufedo Musa; Yağmur Çabar; Alexandra Aurora Dumitra

The European Medical Students' Association (EMSA) represents medical students across Europe. We envision a healthy and solidary Europe in which medical students actively promote health. EMSA empowers medical students to advocate health in all policies, excellence in medical research, interprofessional healthcare education and the protection of human rights across Europe.

Problem Statement:

Both medical school teachers and students believe that the nutrition education provided in the curriculum is insufficient to adequately prepare them to manage nutritional issues(Cuerda 2019).In the literature, there are out-of-date and unsupervised recommendations regarding the contact hours of nutrition education(Cuerda 2019). For example, The National Academy of Sciences, recommended a minimum of 25 contact hours of nutrition education, whereas the American Society for Nutrition recommended 44(Cuerda 2019).The status of nutritional education underlies a high heterogeneity between and within countries (Cuerda 2019). In fact, all studies that looked at the level of nutritional

Recommendations

EMSA calls on Medical Schools and Universities to

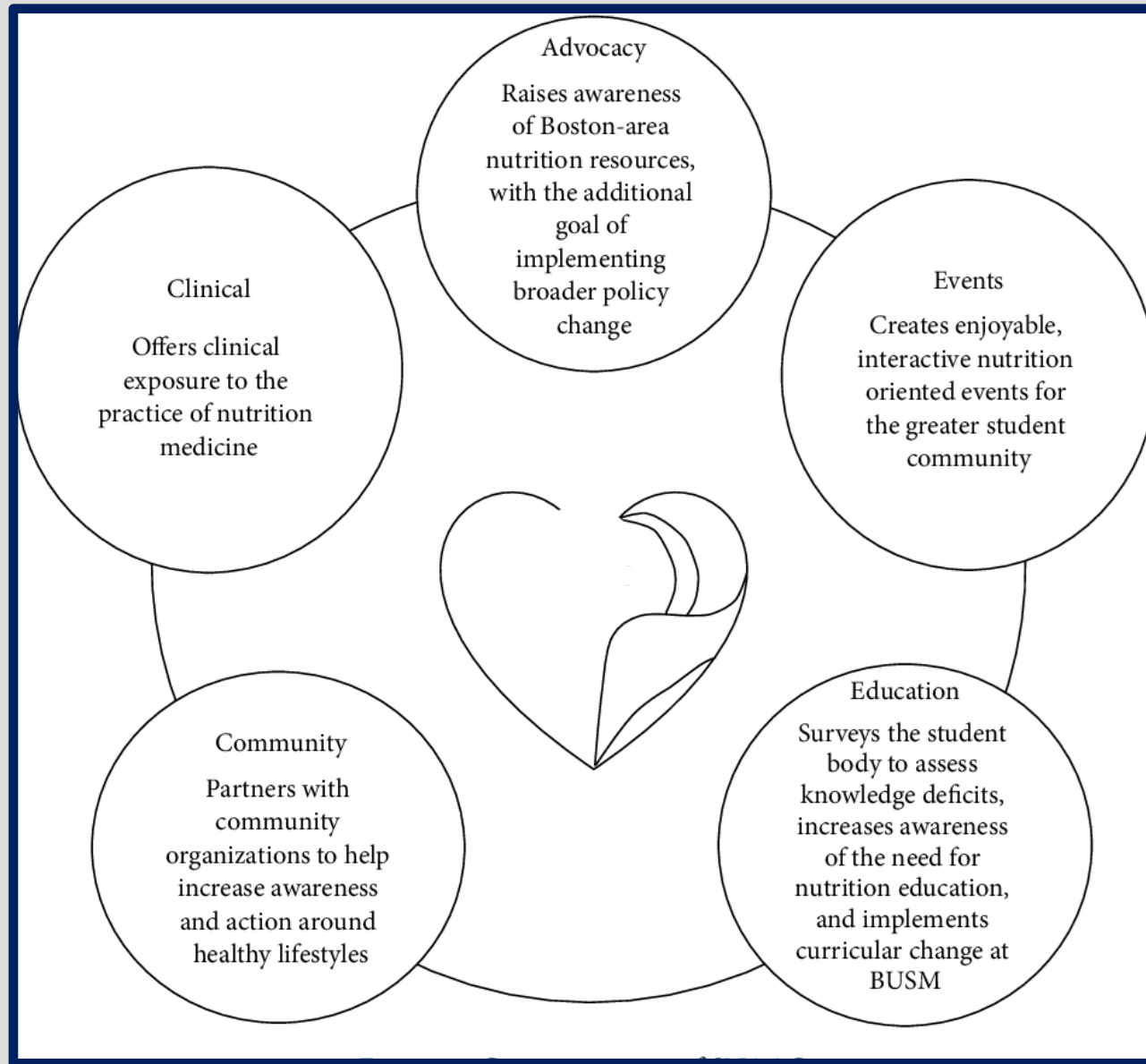
- Prioritise research that examines the effects of nutrition on health and methods of nutrition-related public health practices,
- Provide healthcare students with adequate knowledge about the impact of nutrition and diet-related non-communicable diseases;
- Improve the medical curriculum with theoretical and practical lessons regarding nutrition;
- Update regulations and recommendations on the amount of nutrition education;
- Train the teaching staff of medical nutrition education;
- Incorporate nutrition education into the clinical years of medical school so that the students can see the direct correlation between nutrition principles and medical treatment;
- Assess the current understanding of nutrition education amongst students;

EMSA calls on EU institutions and National Governments to:

- Provide funding and grants for medical researches on nutrition and physical activity;
- Invest in organisations researching nutrition education in medical schools;
- Organise consensus statements about clinical care and care quality control ;
- Give recommendations on appropriate Nutrition education contact within the medical curriculum;
- Work on Nutrition, Obesity and Physical Activity (NOPA) to give proper monitoring to the progress in improving nutrition, physical activity and preventing obesity in the European Union

EMSA calls on Medical students organisations and other health-related NGOs:

- Encourage cooperation between organisations with common nutrition goals, such as public health, kinesiology, nutrition, psychology, social marketing, education, civil rights, environment, and sustainability to promote a healthy lifestyle;
- Develop nutrition and health educational programmes and trainings for medical students;
- Formulate policies and advocate stakeholders and variate sectors for enhanced nutrition in medical education;
- Organise campaigns and events related to nutrition and health education for medical students alike ;
- Lead by example in adopting a healthy lifestyle;



Schoettle CL, Ireland KA, Lenders CM. A novel method of increasing medical student nutrition awareness and education. *JBiomedEduc.* 2015;2015.

Examples



ESPEN Webinar
Promoting Nutrition Education in Medical Schools
Perspectives from different actors
November 11th, 2021
3.00 - 4.30 pm CET (GMT +1)

SCIENTIFIC PROGRAM

3.00 pm	Introduction & Background <i>Cristina Cuerda (Spain)</i>
3.10 pm	Different models of Nutrition Education in Medical Schools <i>Maurizio Muscaritoli (Italy)</i>
3.20 pm	The Students' perspectives <i>Alexandra Archodoulakis (Germany) & Sıla Gürbüz (Turkey)</i>

1

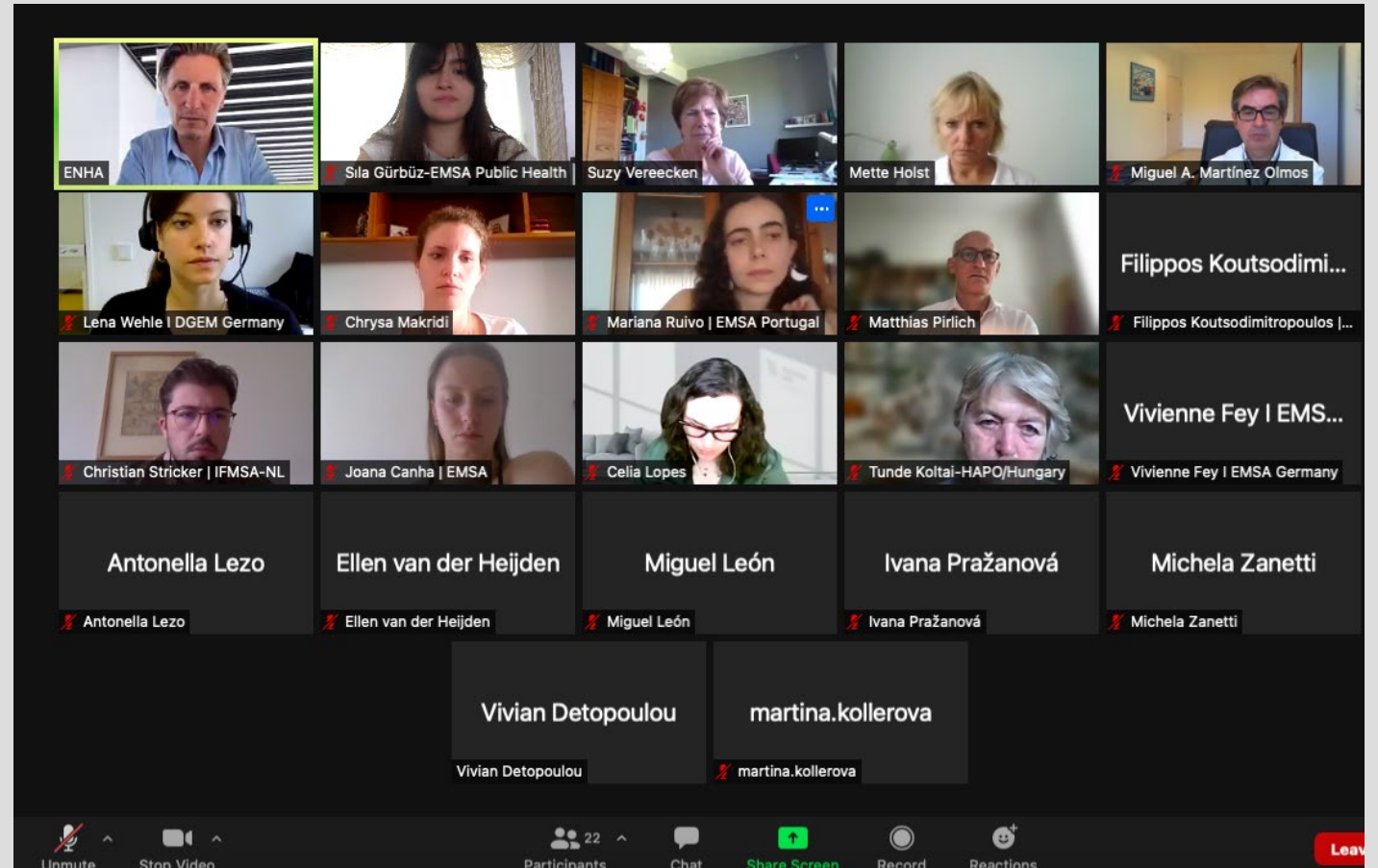
Create awareness of the importance of Nutrition Education in Medical Schools and for all the health-care professionals

2

Promote the implementation of obligatory training on Nutrition Education during the pregraduate period

3

Provide tools and materials for the implementation of Nutrition Education in Medical Schools



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