

Frequently Asked Questions: Essay Contest – Feeling Better Health – Resident/Fellow Experiences with Nutrition in Patient Care

Q: What is the goal of this initiative?

Through this national initiative, the ACGME seeks to promote resident/fellow reflection on nutrition in patient care, learn from resident and fellow experiences, and identify opportunities to strengthen nutrition-related education across graduate medical education.

Q: Who can apply?

Authors must be residents/fellows in an ACGME-accredited program during Academic Year 2025-2026.

Submissions co-authored by up to three residents/fellows are acceptable (each may receive free registration to the 2027 Annual Educational Conference, though the cash prize or travel expenses will only be provided for the lead co-author or their designee).

Q: How will the outcomes of this contest be disseminated?

The ACGME will publish the winning essay on a platform to be determined.

Q: When will prizes be awarded?

The winner of the essay contest will be notified on August 1, 2026, with a mid-August public announcement of the award. Complimentary registration for the 2027 ACGME Annual Educational Conference will be issued to the winner (or co-authors) when conference registration opens in late fall 2026. Awardees are encouraged to book lodging as soon as possible once registration opens. If the cash award is chosen, the award will be processed on September 1, 2026.

Q: Are travel expenses for the conference included in the award?

If the winner chooses this option, the ACGME will cover the following 2027 Annual Educational Conference expenses for the lead author (or their designee), subject to the ACGME's Volunteer Travel Expense Policy:

- Flights to San Antonio
- Hotel in San Antonio (four-night maximum)
- Ground transportation (taxi, ride share)

It is expected that travelers will depart from the closest or most reasonable airport from their home location, or where the anticipated transportation, parking, and airline costs are most reasonable.

Q: Are food expenses for the conference included in the award?

Breakfast and lunch are included in conference registration. Other food/drink costs are not covered by the ACGME.

Q: Can applicants request an extension for submission of an essay after the June 30, 2026, deadline?

The ACGME will not grant extensions and will only consider complete submissions received by 11:59 p.m. Central on June 30, 2026.

Q: How will essays be evaluated?

Key Elements:

1. Relevance to nutrition and patient care (e.g., illuminating the links between nutrition and health, the importance of counseling and motivating patients, and/or nutrition in disease management)
2. Educational value (e.g., sharing a relatable and generalizable lesson; highlighting strategies for clinician and/or patient education that have been successful or unsuccessful)
3. Narrative quality and storytelling (e.g., readability and ability to engage the reader)

Email additional questions to nutrition@acgme.org.