

Specialty-Specific Program Requirements Related to Nutrition Rationale and Impact Statement

Background on ACGME Initiatives Related to Nutrition Education

The ACGME is committed to ensuring more effective integration of nutrition education into graduate medical education (GME) as a path toward improved health outcomes. In 2023, the ACGME convened a Summit on Medical Education in Nutrition, which brought together more than 100 nutrition experts, educators across the continuum of medical education, and other stakeholders. The Nutrition Summit focused on what residents and fellows need to know about nutrition and health to develop the competence and confidence to counsel their patients, and on how nutrition education fits into the continuum of medical education.

Through the Nutrition Summit, the ACGME outlined goals for integrating nutrition into GME, proposed a framework for future competencies, and identified opportunities for greater incorporation of nutrition across the continuum of medical education. The output of the Summit was disseminated through [published proceedings](#) and a subsequent [peer-reviewed article](#) in the *American Journal of Clinical Nutrition*.

The ACGME next partnered with nutrition experts and residency program directors to develop a set of proposed competencies for medical education in nutrition. These proposed competencies, disseminated via a [JAMA publication](#), can be integrated at the undergraduate medical education and/or GME levels and used, as appropriate, to inform the content of licensing and/or board certification examinations.

These initiatives reflect the ACGME's recognition of the essential role that nutrition plays in the prevention and management of disease, and its commitment to helping ensure that future physicians are prepared to counsel patients effectively.

Nutrition is also a topic of increased national interest and initiatives aimed at increasing nutrition education for medical students, residents/fellows, and health professionals. These endeavors have led to calls to action, commitments, and proposals across the continuum of medical education aimed at strengthening medical education in nutrition. Consistent with these efforts, the ACGME has developed a set of proposed program requirements that define required experiences and competencies related to nutrition in alignment with the proposed nutrition competencies referenced above.

Because the need for nutrition-related education is specific to the scope of care provided by a particular specialty/subspecialty, these proposed requirements were forwarded to each of the ACGME's Review Committees for consideration. Each Review Committee then determined which, if any, of the proposed requirements were relevant to the education of residents and fellows in each of its specialties/subspecialties and should, therefore, be added to the relevant specialty-/subspecialty-specific Program Requirements. In some specialties/subspecialties, existing requirements included nutrition-related content and in those cases, Review Committees were asked to consider whether any of the new proposed requirements were necessary additions to adequately address the required experiences and competencies for that specialty/subspecialty.

A listing of the proposed requirements by specialty is available [here](#). The ACGME invites comments from the community prior to finalizing these requirements. It is anticipated that the

final requirements will be submitted to the ACGME Board of Directors for consideration at its September 2026 meeting, with a requested effective date of July 1, 2027.

Rationale and Anticipated Impact

Consistent with ACGME policy and processes, the rationale and anticipated impact of these new requirements are described below.

1. Describe the Review Committees' rationale for this revision:
The adoption of new requirements defining required experiences and/or competencies related to nutrition recognizes the impact of nutrition in the prevention and treatment of disease, and the need to prepare residents/fellows to develop the skills needed to address nutrition, in the context of their specialty/subspecialty, to improve patient care. By drawing on the expertise of the ACGME Review Committees to determine which requirements are most relevant in the context of each specialty/subspecialty, the ACGME seeks to ensure that resident/fellow education in nutrition is focused specifically on experiences and competencies that will have a direct, positive impact on the care provided to patients. In some specialties/subspecialties, existing requirements included nutrition-related content, and in those cases a revision was deemed unnecessary.
2. How will the proposed requirements improve resident/fellow education, patient safety, and/or patient care quality?
By requiring nutrition-related experiences and competency development, the new requirements will result in increased attention to nutrition in the delivery of care across a wide range of specialties and subspecialties, resulting in improved patient care, including increased emphasis on prevention and treatment of disease.
3. How will the proposed requirements impact continuity of patient care?
While an overall improvement in patient care is anticipated, as described above, no specific change in continuity of care is anticipated.
4. Will the proposed requirements necessitate additional institutional resources (e.g., facilities, organization of other services, addition of faculty members, financial support, volume and variety of patients), and if so, how?
The required new experiences are not expected to require additional faculty members, nor have a significant financial impact on programs and institutions.
5. How will the proposed requirements impact other accredited programs?
No impact on other programs is anticipated.