

**SURVEY**  
**OF THE AVAILABILITY**  
**OF**  
**MANDATORY NUTRITIONAL**  
**AND**  
**COMPLEMENTARY/ALTERNATIVE**  
**HEALTH CARE TRAINING**  
**IN TOP U.S. MEDICAL SCHOOLS**  
**PREPARED BY**  
**THE**  
**THE TEXAS HEALTH FREEDOM COALITION**

## Executive Summary

The U.S. medical establishment has a long history of parochialism in defense of its institutional interests, especially when it perceives them to be threatened by unlicensed complementary/alternative practitioners. Along with its repeated questioning of the safety of these modalities in the hands of unlicensed practitioners, it relies on the underlying, generally unquestioned assumption that it and its members are the true experts on these matters. However, no individual or organization has ever challenged the validity of that assumption, nor attempted to determine its accuracy.

The purpose of this report is to determine, via publicly available information, the status of mandatory education of physicians in the United States with respect to nutrition and complementary/alternative health care. The sources used are the listing of Top 25 U.S. Medical Schools, as ranked by U.S. News and World Report's 2007 issue, and the online curriculum information presented by those same schools.

The authors fully recognize that there are many thousands of dedicated physicians throughout the country who themselves employ nutrition and complementary and alternative modalities in their practices. However, these doctors achieved this largely through extensive self help and study, in many instances while facing the determined opposition of their own professional organizations and state medical boards. The Texas Health Freedom Coalition applauds the courage of these pioneering doctors.

In contrast, in the state of Texas, the powerful Texas Medical Association (TMA) has consistently and intentionally suppressed and harassed doctors who use nutrition and complementary/alternative medicine in their practices, even after incorporation of language into the medical practice acts authorizing such modalities. This is particularly ironic because a key part of the TMA's argument against expanded scopes of practice for allied health professionals is that it be based on "education, training and skills."

After review of the data in this report, the authors reach the inescapable conclusion that the medical establishment as a whole is inadequately informed to pass judgment on the safety and effectiveness of unlicensed complementary/alternative health care, whether practiced by its own physicians or by unlicensed practitioners. As such, their criticism of legislation advocating health freedom of choice, or refusal to recognize the value of complementary/alternative care in the hands of unlicensed practitioners, is based merely on subjective opinion, and not on informed experience or training with these modalities.

Top 25 Medical Schools (as ranked by U.S. News and World Report, 2007):

1. Harvard University (MA)
2. Johns Hopkins University (MD)
3. University of Pennsylvania
4. University of California–San Francisco
4. Washington University in St. Louis (MO)
6. Duke University (NC)
7. Stanford University (CA)
7. University of Washington
9. Yale University (CT)
10. Baylor College of Medicine (TX)
11. Columbia U. College of Physicians and Surgeons (NY)
11. University of California–Los Angeles (Geffen)
11. University of Michigan–Ann Arbor
14. University of California–San Diego
15. Cornell University (Weill) (NY)
16. University of Pittsburgh
17. University of Chicago (Pritzker)
17. Vanderbilt University (TN)
19. U. of Texas Southwestern Medical Center–Dallas
20. Northwestern University (Feinberg) (IL)
20. University of North Carolina–Chapel Hill
22. Case Western Reserve University (OH)
22. Mayo Medical School (MN)
22. University of Alabama–Birmingham
25. University of Virginia

## 1. Harvard University Medical School Curriculum

The course catalog of Harvard Medical School is copyrighted. It may be viewed in its entirety online at <http://medcatalog.harvard.edu/>. The mandatory curriculum contains one 2 semester hour course on nutrition, “PM711.0 Preventive Medicine and Nutrition,” taught to second year medical students. There is no mandatory training in complementary/alternative health care listed.

## 2. Johns Hopkins University Medical School Curriculum

The course catalog of Johns Hopkins Medical School is available online at [www.hopkinsmedicine.org/som/students/academics/catalog06/index.html](http://www.hopkinsmedicine.org/som/students/academics/catalog06/index.html). There is no mandatory training in either nutrition or complementary/alternative health care listed in the curriculum.

## 3. University of Pennsylvania Medical School Curriculum

The University of Pennsylvania online medical school curriculum is student ID and password protected. An overview is available online at <http://www.med.upenn.edu/admiss/>. There is one four week course on gastroenterology and nutrition, but there is no breakout of how much instruction is actually devoted to nutrition. There is no listed training on complementary/alternative health care.

## 4. University of California at San Francisco Medical School Curriculum

The University of California at San Francisco medical school curriculum is copyrighted under the University of California Regents. An overview is available at <http://www.medschool.ucsf.edu/curriculum/>. Within the overview, “Metabolism & Nutrition (M & N),” offers some coverage of nutrition in combination with gastroenterology. However, there is no breakout of how much course content actually covers nutrition versus gastroenterology.

Additionally, one second year course, “Cancer: Bench to Bedside (CBB),” makes mention of complementary and alternative medicine, but no contextual or course content information is offered.

## 4. Washington University at Saint Louis

A curriculum outline is available at <http://medschool.wustl.edu/admissions/03-04curricA.xls>. A mandatory one week program on gastrointestinal issues and nutrition for second year students is listed, but no course content is offered. There is no mandatory training in complementary/alternative health care listed.

#### 6. Duke University Medical School Curriculum

The curriculum is available online at [http://medschool.duke.edu/modules/som\\_curriculum/index.php?id=3](http://medschool.duke.edu/modules/som_curriculum/index.php?id=3). No mandatory training in either nutrition or complementary/alternative health care is listed.

#### 7. Stanford University Medical School Curriculum

The curriculum is available online at <http://med.stanford.edu/md/curriculum/>. There are no mandatory courses listed in either nutrition or complementary and alternative care.

#### 7. University of Washington School of Medicine

The curriculum is available online at <http://apps.medical.washington.edu/somoc/index.asp>. One mandatory course of two weeks duration, HuBio568—Clinical Nutrition, is listed. There are no mandatory courses in complementary and alternative health care listed.

#### 9. Yale University Medical School Curriculum

The curriculum is available online at <http://www.med.yale.edu/mdphd/>. There are no mandatory courses in either nutrition or complementary/alternative health care listed.

#### 10. Baylor College of Medicine Curriculum

The curriculum is available online at [http://www.bcm.edu/osa/handbook/preclinical\\_curriculum.html](http://www.bcm.edu/osa/handbook/preclinical_curriculum.html). A single six week block covers the mandatory subjects of Gastrointestinal-Metabolism-Nutrition-Endocrine-Reproduction, but no breakout of course content is offered. There is no mandatory training listed in complementary/alternative health care.

#### 11. Columbia University, College of Physicians and Surgeons Curriculum

The curriculum is available online at [http://www.columbia.edu/itc/hs/medical/curriculum/course\\_online/](http://www.columbia.edu/itc/hs/medical/curriculum/course_online/). Columbia has distinguished itself with an award winning, four year program that integrates nutrition into the practice of medicine. However, there is no mandatory training listed in complementary/alternative health care.

#### 11. David Geffen School of Medicine at UCLA Curriculum

The curriculum is available online at <http://dgsom.healthsciences.ucla.edu/education/>. The curriculum identifies nutrition as one of a number of “special issues” that is addressed in all four years, but no breakout of course content is offered. One Phase I course, Block 3: HB&D 403 Gastrointestinal, Endocrine, & Reproductive Medicine I,

identifies nutrition as a subject area, but no course content is offered. The graduation competencies include “Be able to discuss the principles of and the relative advantages and disadvantages of various therapeutic modalities, including . . . complementary and alternative medicine, as applied to common clinical situations,” but no mandatory training in complementary/alternative health care is listed.

11. University of Michigan – Ann Arbor School of Medicine Curriculum

The curriculum is available online at <http://www.med.umich.edu/medschool/mstp/>. No mandatory training in either nutrition or complementary/alternative health care is listed.

14. University of California – San Diego School of Medicine Curriculum

The curriculum is available online at <http://meded.ucsd.edu/Catalog/toc.html>. One course, Endocrinology, Reproduction and Metabolism School of Medicine 209, makes mention of nutrition as it relates cell metabolic regulation, but no other information is provided. No mandatory training in complementary/alternative health care is listed.

15. Cornell University (Weill) School of Medicine Curriculum

The curriculum is available online at <http://www.med.cornell.edu/education/curriculum/>. A total of five clock hours of instruction are offered on nutrition, and three clock hours are offered on complementary medicine.

16. University of Pittsburgh School of Medicine

The curriculum is available online at [http://navigator.medschool.pitt.edu/06\\_browse.asp](http://navigator.medschool.pitt.edu/06_browse.asp). A total of 8 clock hours of nutrition training and two clock hours of complementary/alternative health care training are listed.

17. University of Chicago (Pritzker) School of Medicine Curriculum

The curriculum is available online at <http://pritzker.bsd.uchicago.edu/md/>. One mandatory course, “Nutrition in Health and Disease,” provides a total of 20 clock hours of nutrition training. No mandatory training in complementary/alternative health care is listed.

17. Vanderbilt University School of Medicine Curriculum

The curriculum is available online at [http://www.mc.vanderbilt.edu/medschool/ume/md\\_program.php](http://www.mc.vanderbilt.edu/medschool/ume/md_program.php). No mandatory training in nutrition or complementary/alternative health care is listed.

19. University of Texas Health Sciences Center – Dallas Curriculum

The curriculum overview is available online at <http://www8.utsouthwestern.edu/utsw/cda/dept137886/files/139341.html>. While the school's Educational Objectives include using the "power of the scientific method in establishing the causation of disease and efficacy of traditional and non-traditional therapies," no mandatory training in nutrition or complementary/alternative health care is listed.

#### 20. Northwestern University (Feinberg) School of Medicine Curriculum

The curriculum overview is available online at <http://www.medschool.northwestern.edu/education/curriculum/>. A second year course, "Scientific Basis of Medicine (SBM)," lists as a learning objective "Describe the role of nutrition in preventing diseases and treating diseases." However, this is a combined course and no context or content is offered. A third year course, "Interdisciplinary Medicine," meets once monthly and has as one of its 13 topics "Complementary and Alternative Medicine." Assuming an 8 hour teaching day, that equates to a maximum of 8 clock hours of training.

#### 20. University of North Carolina–Chapel Hill School of Medicine Curriculum

The curriculum outline is available online at <http://www.med.unc.edu/wrkunits/1dean/curriculum/currdesc.htm>. Only course title information is available; detailed course information is password protected. One mandatory course combining the endocrine system and nutrition is offered during the second year. No mandatory complementary/alternative health care training is listed.

#### 22. Case Western Reserve University School of Medicine Curriculum

The curriculum is available online at [http://casemed.case.edu/admissions/programs/up\\_curriculum.cfm](http://casemed.case.edu/admissions/programs/up_curriculum.cfm). There is an extensive 12 week mandatory course on integrating nutrition into the practice of medicine. No mandatory complementary/alternative health care training is listed.

#### 22. Mayo Medical School Curriculum

The curriculum outline is available online at <http://www.mayo.edu/mms/md-curriculum.html>. No mandatory training in nutrition or complementary/alternative health care is listed.

#### 22. University of Alabama–Birmingham School of Medicine Curriculum

The curriculum outline is available online at <http://main.uab.edu/uasom/2/show.asp?durki=19489>. There is a 50 clock hour course taught on nutrition in the first year. No mandatory training in complementary/alternative health care is listed.

## 25. University of Virginia School of Medicine Curriculum

The curriculum outline is available online at <http://www.healthsystem.virginia.edu/internet/admissions/curriculum.cfm>. No mandatory training in nutrition or complementary/alternative health care is listed.

To provide a more local flavor to this report, the authors also surveyed the Texas medical education system.

## University of Texas Health Sciences Center in San Antonio Curriculum

The curriculum outline is available online at <http://sacs.uthscsa.edu/catalog/med-curr.asp>. One third year course, “MEDI 3105 Medicine Clerkship, 12 weeks, 14.0 Semester Credit Hours,” includes a single clinical conference on nutrition. No mandatory training in complementary/alternative health care is listed.

## University of Texas Health Sciences Center in Houston Curriculum

The curriculum overview is available online at <http://med.uth.tmc.edu/catalogs/catalog-2005-07/curriculum.htm>. No mandatory training in nutrition or complementary/alternative health care is listed.

MANDATORY NUTRITION AND CAM TRAINING AT TOP US MEDICAL SCHOOLS

MEDICAL SCHOOL	NUTRITION TRAINING*	CAM TRAINING*
1. Harvard University (MA)	2 Semester Hours	None Listed
2. Johns Hopkins University (MD)	None Listed	None Listed
3. University of Pennsylvania	One four week combined course	None Listed
4. University of California–San Francisco	One combined course	One combined course
4. Washington University in St. Louis (MO)	One week combined course	None Listed
6. Duke University (NC)	None Listed	None Listed
7. Stanford University (CA)	None Listed	None Listed
7. University of Washington	One two week course	None Listed
9. Yale University (CT)	None Listed	None Listed
10. Baylor College of Medicine (TX)	One six week combined course	None Listed
11. Columbia U. College of Physicians and Surgeons (NY)	Award winning 4 year program	None Listed
11. University of California–Los Angeles (Geffen)	One combined course	None Listed
11. University of Michigan–Ann Arbor	None Listed	None Listed
14. University of California–San Diego	One combined course	None Listed
15. Cornell University (Weill) (NY)	5 clock hours	3 clock hours
16. University of Pittsburgh	8 clock hours	2 clock hours
17. University of Chicago (Pritzker)	20 clock hours	None Listed
17. Vanderbilt University (TN)	None Listed	None Listed
19. U. of Texas Southwestern Medical Center–Dallas	None Listed	None Listed
20. Northwestern University (Feinberg) (IL)	One combined course	8 clock hours (est.)
20. University of North Carolina–Chapel Hill	One combined course	None Listed
22. Case Western Reserve University (OH)	12 week course	None Listed
22. Mayo Medical School (MN)	None Listed	None Listed
22. University of Alabama–Birmingham	50 clock hour course	None Listed
25. University of Virginia	None Listed	None Listed
UT Health Sciences Center – San Antonio	One conference	None Listed
UT Health Sciences Center - Houston	None Listed	None Listed

\* The term “combined course” indicates that the nutrition and/or complementary care training was combined with another subject area, e.g., nutrition with gastroenterology. No subject-specific breakout of the course content was offered in the curricula.

CONCLUSION: Based on the above available information, the top medical schools in this country, as well as the medical schools in the Texas Health Sciences center system statewide, provide limited mandatory training in the area of nutrition, and virtually *no* substantive, mandatory training in the area of complementary and alternative modalities (CAM).