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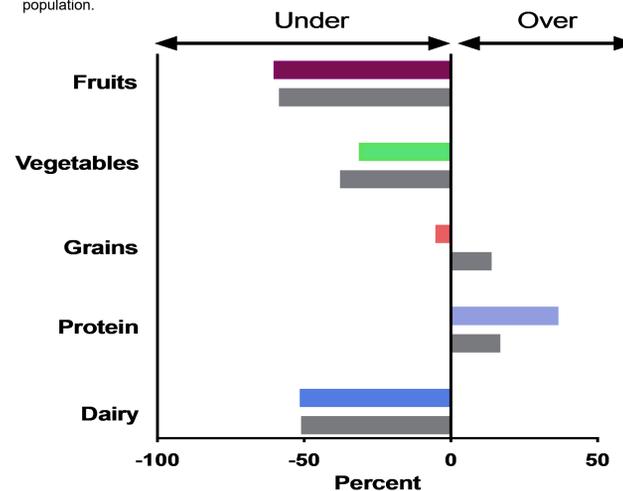
Introduction

Being in medical school is a very stressful process for students, but depending on one's diet, stress can either be promoted or reduced (Gonzalez & Miranda-Massari, 2014). A good quality diet that meets the Dietary Guidelines (DG) and Dietary Reference Intake (DRI) shows improvement in mental health and reduces stress (Errisuriz et al., 2016). Past studies show that only 32 of 106 medical schools in the United States (US) provide nutritional training for students that affects of diet on health (Adams et al., 2008), creating a content gap that affects students and their future patients. To close this gap, nutritional tools should be introduced during the first year of medical school, which would not only benefit students but allow them to provide better patient care in the future. However, in order to provide the most effective nutritional tools, more research needs to be done on what students' diets consist of. In this study, students' diets are analyzed to develop nutritional tool that target problem area in their diet.

Results

Food Groups

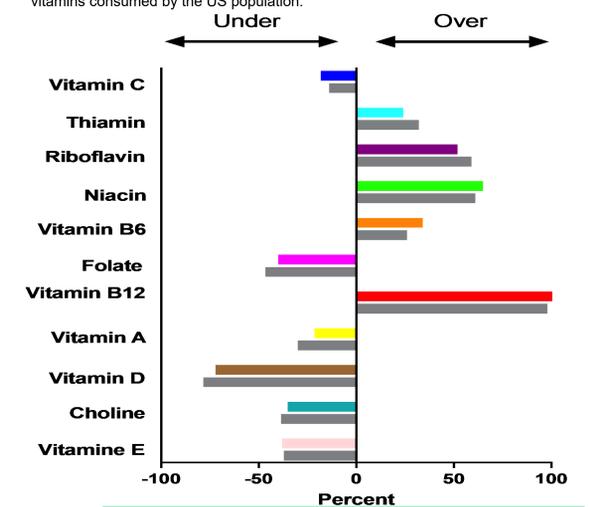
Figure 1. The average of food groups consumed by LSUHSC students from 2019-2021, which were represented by the colored bars. Grey bars represent the average food groups consumed by the US population.



Results

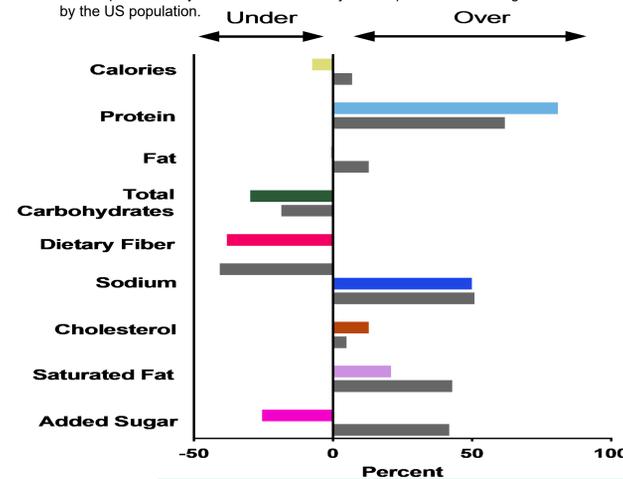
Vitamins

Figure 4. The average of vitamins consumed by LSUHSC students from 2019-2021, which were represented by the colored bars. Grey bars represented the average vitamins consumed by the US population.



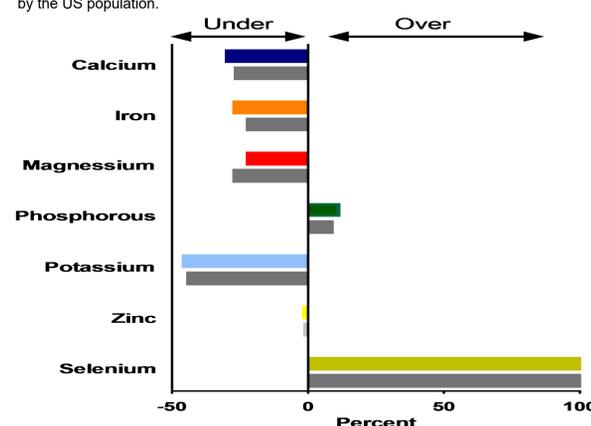
Nutrients

Figure 2. The average of nutrients consumed by LSUHSC students from 2019-2021, which were represented by the colored bars. Grey bars represent the average nutrients consumed by the US population.



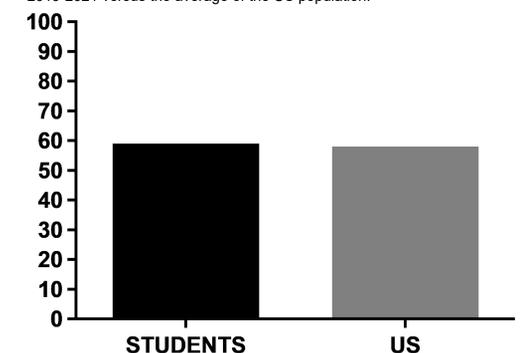
Minerals

Figure 3. The average of minerals consumed by LSUHSC students from 2019-2021, which were represented by the colored bars. Grey bars represent the average minerals consumed by the US population.



HEI

Figure 5. HEI scores of the average of LSUHSC medical students from 2019-2021 versus the average of the US population.



Conclusion

Students' diet quality is similar to the general population. This shows that students need guidance in selecting nutritionally adequate diets that meet the DV and US Dietary Guidelines, which may help students cope with stress experienced while attending medical school. The most beneficial way to introduce these standards is via nutrition education sessions at the beginning of their medical education.

References

Adams, K. M., Lindell, K. C., Kohlmeier, M., & Zeisel, S. H. (2006). Status of nutrition education in medical schools. *The American Journal of Clinical Nutrition*, 83(4), 941S-944S.

Errisuriz, V. L., Pasch, K. E., & Perry, C. L. (2016). Perceived stress and dietary choices: The moderating role of stress management. *Eating behaviors*, 22, 211-216.

Gonzalez, M. J., & Miranda-Massari, J. R. (2014). Diet and stress. *Psychiatric Clinics*, 37(4), 579-589.

Specific Aim & Objectives

Specific Aim: Determine the quality of student's diets.

Objectives:

- Report the aggregate diet quality intake data from three separate first-year medical student classes.
- Compare medical students' diets to the the US population.
- Determine if medical students have the same Healthy Eating Index (HEI) as the US population

Materials & Methods

Medical students for 3 separate classes that were one year apart took a stress reduction program:

- Food intake was recorded for a 2 weekdays and one weekend day on ASA24 software
- The program's de-identified data was collected and cleaned according to ASA24 recommendations



FOOD	PROT	TYAT	CARB	MOIS	AIC	CAFF
2096.0495	100.370208	12.740282	298.353735	2930.22351	0	128.876667
1887.8741	70.2817	10.5160417	251.533887	1802.85557	0	60.8766667
2238.3134	90.0462683	87.813227	258.506043	1113.92716	0	40.254
1386.1335	112.830595	10.3282161	291.10851	1804.23863	0	41.84
2219.84302	101.791545	10.3284504	251.200003	2271.9779	0	0.95
1380.81865	144.781937	10.3285681	219.40949	1354.32627	0	0
3112.71354	121.783884	181.14481	344.185488	878.84691	0	409.786667
1236.20933	64.2767833	10.888188	281.486489	1037.60924	0	0.1066667
2015.49798	126.741434	87.3528802	182.189923	1370.16662	0	285.718667
2611.87028	127.897826	11.127718	277.851706	1847.58379	0	89.4633333
1695.86042	76.0238876	74.6189104	167.263636	1166.41667	0	102.82
832.214813	64.3455673	12.383852	72.808887	775.313884	0	101.036667
1001.73885	33.7752907	78.804348	139.819777	1516.0611	0	4.34
948.510156	62.1488211	12.3382893	99.84734	2009.16886	0	45.749
2102.79005	75.1099872	10.8822281	211.416344	1002.05068	57.8796	172.023667
2378.40582	79.4878058	123.464478	301.975095	1432.17493	0	239.733333
1470.85076	64.8064044	10.91221	107.96699	805.464086	0	1.21056667
1108.22903	75.0508138	80.9174762	129.284964	1459.12085	0	103.702667
1714.75038	70.5819449	76.5232121	124.887450	1541.43086	0	148.51
1130.20059	80.4419287	41.142077	304.185478	1390.17315	0	82.096667
1141.84808	121.518895	17.6118474	137.78818	1624.14421	0	8.824
2004.02088	133.811893	92.088441	142.862026	2222.48241	10.84	0
1782.86119	104.315677	76.1416772	174.986236	1839.07851	0	18.1496