

# ARE AMERICA'S PHYSICIANS PREPARED TO COMBAT OUR NATION'S OBESITY EPIDEMIC?

THE TROUBLESOME STATE OF NUTRITION AND PHYSICAL ACTIVITY TRAINING IN MEDICAL SCHOOL

MORE THAN **2/3** OF AMERICANS ARE OVERWEIGHT OR OBESE



Resulting In

**210,000,000,000**

OF ANNUAL SPENDING ON OBESITY-RELATED DISEASE

NUMEROUS CLINICAL GUIDELINES RECOMMEND PHYSICIANS COUNSEL OBESE PATIENTS ON DIET AND PHYSICAL ACTIVITY



Yet

LESS THAN **1/4** OF PHYSICIANS FEEL THEY RECEIVED ADEQUATE TRAINING IN COUNSELING PATIENTS ON DIET OR PHYSICAL ACTIVITY



LESS THAN **1/8** OF MEDICAL VISITS INCLUDE COUNSELING FOR NUTRITION

FEWER THAN **30%** OF MEDICAL SCHOOLS ARE MEETING THE MINIMUM NUMBER OF HOURS RECOMMENDED BY THE NATIONAL ACADEMY OF SCIENCES



**PHYSICIANS NEED IMPROVED TRAINING IN NUTRITION AND PHYSICAL ACTIVITY**