The Culinary Medicine **Interactive Workshop**

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- Faculty, MaineHealth Preventive Medicine Fellowship
- ACOEM:
 - Expert Panel for Eyes & MDGuidelines.com & Functional Outcomes
 - o Past Chair: Health Informatics, Pharmaceutical Industry, RRG

Deborah Kennedy PhD

- Employment: Consultant
- Ownership: Culinary Rehab LLC, and The Culinary Medicine Textbook (publication 1/22)
- Board of Directors
 - Chefs for Humanity

Kenji Saito, MD, JD, FACOEM

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Have you heard of culinary medicine before?

Yes

No

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No

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What word(s) comes to mind when we start to talk about culinary medicine in the workplace?

Agenda

- Defining Culinary Medicine
- Preventing Chronic Disease
- What Can It Offer The Clinician and the Patient?
- Setting Up a Teaching Kitchen in the Clinic
- Worksite Support With an Eye on Food
- Build a Bowl The Mediterranean Way

Defining Culinary Medicine

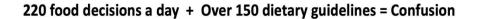
IMPROVING HEALTH: ONE DELICIOUS BITE AT A TIME

What is Culinary Medicine

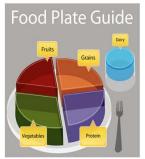
- Culinary medicine is the practice of helping patients use nutrition and good
 cooking habits to restore and maintain health. It's a new field that combines
 important scientific principles related to nutrition, behavior and medicine (ACPM)
- 2007: Harvard/CIA *Healthy Kitchens, Healthy Lives* postgraduate course for clinicians
- 2008: ChefMD's Big Book of Culinary Medicine by La Puma published
- 2013: 1st Culinary Medicine Center in US Medical School- Tulane
- 2013: Senior elective in college by Des Moines University and Santa Barbara Cottage Hospital.
- 2016 Teaching Kitchen Collaborative <u>Teaching Kitchen Collaborative</u> (40 members)
- 2022 The Textbook in Culinary Medicine by Dr Kennedy, 40 + nutrition experts, and a dozen chefs worldwide. Culinary Competencies established for the first time.

Culinary Competencies

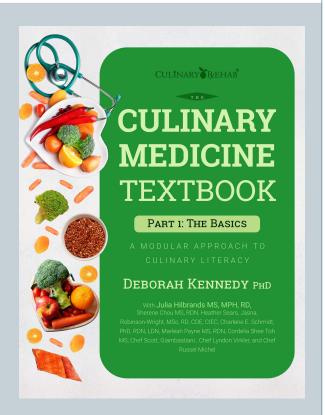
- A modular approach to culinary literacy
- Culinary competencies for disease states











Preventing Chronic Disease

Chronic diseases are the leading cause of death and disability in the U.S.





Now, let's play a game . . .

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http://www.cdc.gov/workplacehealthpromotion/businesscase/reasons/rising.html

Culinary Health Quiz

Get ready to compete!

How many deaths are caused by chronic diseases (such as heart disease, stroke, cancer, and diabetes) in the U.S.?

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9 in 1000

35 in 100

7 in 10

9 in 10

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~75%

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Many chronic diseases are preventable



http://www.who.int/chp/chronic_disease_report/full_report.pdf

If Americans exercised more, stopped smoking, and ate healthier...at least how many % of all heart disease, stroke, and type 2 diabetes would be prevented?

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at least 80%

at least 60%

at least 50%

at least 25%

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- D. 9 in 10



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Millions of cardiovascular deaths attributed to not eating enough fruits and vegetables

Low fruit intake resulted in nearly 1.8 million cardiovascular deaths in 2010, while low vegetable intake resulted in 1 million deaths, according to researchers. Overall, the toll of suboptimal fruit intake was almost double that of vegetables.

https://www.eurekalert.org/pub_releases/2019-06/asfn-moc053019.php

What Can It Offer The Clinician and the Patients





Benefits for the Clinician

The Physician

- Culinary Medicine training provides simulationbased medical education with deliberate practice.
- "the single greatest predictor of whether or not a physician recommends a preventive health behavior is whether or not the physician, themselves, utilize the same health behavior in their personal lives (Frank 2004)."
- Changing health professionals' personal dietary behaviors and beliefs can help improve their confidence in cooking and nutritional counseling (Evans et al., 2018; Leong et al., 2014; D. Monlezun et al., 2015; Razavi et al., 2020; Ring et al., 2019; Shafto et al., 2016)

Health Meets Food

- Trainees who took Health Meets Food were 82% more likely to meet fruit, vegetables, and legume intake, six times more likely to master competency in the Mediterranean diet, and more likely to strongly agree with regular nutrition counseling (Razavi et al., 2020).
 - Hands on cooking and nutrition instruction led to medical students who were:
 - more competent in providing nutrition education to patients
 - Personal changes in eating habits

Benefits for the Patients

DASH

- Decreases systolic and diastolic blood pressure
- Decreased risk of:
 - Cardiovascular disease
 - Stroke
 - Colon and rectal cancer
 - Diabetes
 - Kidney disease
 - Mental decline

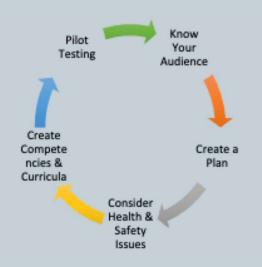
MEDITERRANEAN

- Decreases in blood pressure, cholesterol, blood glucose, TG, inflammation
- Decreased risk of:
 - Cardiovascular disease
 - Stroke
 - Diabetes
 - Mental decline

Setting Up a Teaching Kitchen in the Clinic



Steps to Setting Up a Teaching Kitchen



Needs Assessment: Experience Group Technology Funding:

- Capital campaign
- Endowment
- Research funding
- Department support patient centered
- Ongoing support
 - Bill for services (Shared Medical Visit)
- Share a community kitchen

Investing in a TK is investing in the public health and disease prevention of community members." (The Culinary Medicine Textbook: The Kitchens)

Shared Medical Visits

Medical visits that include culinary skills and nutrition education offer a novel, cost-effective way to address these diseases in primary care.

Methods: Adult patients in a primary care practice at a large academic hospital in Boston, Massachusetts, who had at least 1 cardiovascular risk factor were invited to participate in SMAs that included cooking demonstrations and teaching about nutrition in addition to medical management of their conditions. Sessions were conducted by a physician and an assistant in a conference room of a traditional primary care practice as part of a pilot feasibility project.

Shared Medical Visit

Billed by Physician

- 99213 Evaluation and Management + educational
- 99078 Medical education services in group
- Billed by Other
- 96153 Health and behavioral intervention (Behavior Health Specialist)
- 97804 Medical Nutrition Therapy (Nutritionist)
- 98961-98962- training for patient self-management involving a standardized curriculum (Nutritionist or Behavior Health Specialist)

Great information on how to do a shared medical visit:

https://www.massgeneral.org/stoecklecenter/assets/pdf/group visit guide.pdf
More information in coding

http://www.e-mds.com/scheduling-and-coding-group-visits

https://www.aafp.org/practice-management/payment/coding/group-visits.html

Worksite Support With an Eye on Food





Employers

 Employers as a group cover more lives than do Medicaid or Medicare combined – 57% of the United States population, or 147 million people



Setting The Office Up For Successeven if you work at home

- Setting up the office for success
 - Break room or home office and kitchen
 - × Keep spa water out and accessible
 - ➤ Put treat like items in a cupboard or out of sight
 - ▼ Have fruit, nuts, teas available



Creating Teaching Kitchen Opportunities in the Workplace

- Reimburse employees for cooking classes
 - Local chefs come into the worksite
 - Online Culinary Medicine consultants
 - Online Rouxbe (https://rouxbe.com) and Monj has employee group programs (https://monj.com/nutrition)
- Recipe sharing



Examples of Worksite Interventions with MedD

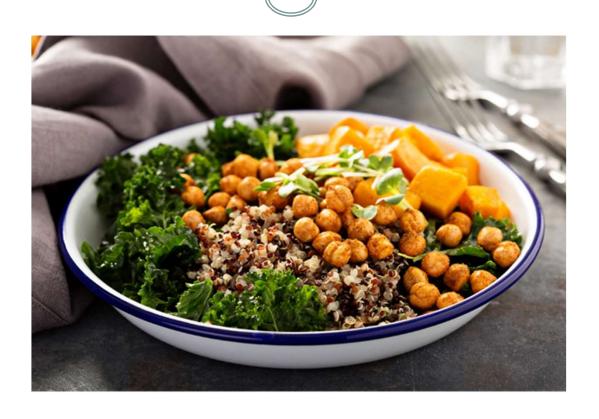
Midwest USA with male firefighters (Yang et al 2014)

- 780 career firefighters
- Those that adhered the highest to the Med Diet (highest quartile) had a 35% lower risk for metabolic syndrome components
- More favorable lipid values, decrease in weight gain over a 5-year period

Buffalo NY firefighters (Carey et al 2011)

- 12 week low glycemic diet with many Med Diet principles + fitness program
- 10 men
- After the 12 week period, risk factors for metabolic syndrome decreased from 3.2 to 1.9 and prevalence-70% to 30%

Build a Bowl, The Mediterranean Way



The Recipe











Prewashed Greens

Spinach Kale Arugula Mesclun mix Watercress

Additions

Tomatoes
Avocado
Veggies – raw,
roasted or
fermented
Nuts
Seeds

Dried fruit

Grains

Cooked couscous Quinoa Barley Rice Millet Sorghum

Salad Dressing

Vinaigrette

Avoid low-fat and added sugar varieties

Protein

Chickpeas
Beans
Lentils
Eggs
Cooked meat
Cheese
Canned salmon
Tofu

Lemon Vinaigrette by Chef Russell

https://www.theculinaryarchitect.com

Ingredients

- 2 tbsp. Dijon mustard

- 1 tbsp. Honey

 1/4 tsp Garlic, minced

 1/2 cup Extra virgin olive oil
- 3 tbsp. Water
- 3 tbsp. Lemon juice
- ½ cup Apple cider vinegar
- 1/4 tsp Salt, sea or Himalayan
- 1/4 tsp Black pepper

Instructions

- Place the mustard, honey, garlic, and shallots in a mixing bowl. Whisk the ingredients well.
- Slowly add the olive oil until fully incorporated.
- Add the water and lemon juice, mix well. Slowly add the vinegar until fully incorporated. Season with salt and pepper.

Contact Information

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Q&A