

PCAST NUTRITION WORKING GROUP

Health Care Considerations

David Eisenberg, MD
Harvard T. H. Chan School of Public Health
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Washington, DC

Health Care Opportunities

Education: Establish Nutrition Education
Competencies for MD's

Research:
The Role of Teaching Kitchens in FIM

Top Ten Ideas proposed by 40+ attendees of
FIM Convening in August 2023

High Priority Suggestions



Identifying Nutrition Competencies for Medical Trainees and Practitioners



David Eisenberg, MD
Harvard T H Chan
School of Public Health

Laura Edgar, EdD, CAE
Vice President, Milestones
Development
ACGME

Emily Broad Leib
Food Law and Policy Clinic
Harvard Law School



US House of Representatives Resolution 1118

J. McGovern (D -MA), M. Burgess (R -TX)

Passed May 17, 2022

Bipartisan resolution calling for enhanced nutrition education for all medical students and physicians.

Challenge to Organized Medicine:
Demonstrate competencies advising patients about FOOD and NUTRITION or risk losing **\$10.3 B*** in federal funding for training residents and fellows in US Hospitals.

***\$16B** in 2023



Teaching medical students, doctors and patients
to make better food choices in the absence of
experiential learning about food
**is like teaching kids and adults about
the benefits of swimming
in the absence of swimming pools.**





**MEDICAL SCHOOLS (N=30) &
OSTEOPATHIC SCHOOLS (N=3)
USING HEALTH MEETS FOOD**



**MEDICAL SCHOOLS (N=26) IN
TEACHING KITCHEN
COLLABORATIVE**



**MEDICAL SCHOOLS (N=7) USING
AMERICAN COLLEGE OF LIFESTYLE
MEDICINE CURRICULUM**

**ENHANCED NUTRITION EDUCATION
COURSES AT >50 MEDICAL SCHOOLS
>28 SEPARATE EDUCATIONAL APPROACHES**



**RESIDENCY PROGRAMS
USING MULTIPLE CURRICULA**

**CONTINUING MEDICAL EDUCATION
HEALTHY KITCHENS, HEALTHY LIVES
& HEALTH MEETS FOOD**



These 28+ nutrition ed curricula
have been designed *independent* of
one another and *without consensus*
on competencies.



March 2023 Nutrition Education Summit

Summit hosts (ACGME, AAMC, AACOM) were invited to **assist with the development of a consensus on core competencies in nutrition for medical professionals**



Modified Delphi Process in Partnership with ACGME

Invitation

Invited 37 subject matter experts to participate

- 22 Authors and teachers of nutrition curricula
- 15 Program directors from 14 specialties- Invited by ACGME

Rapid Literature Review

354 competencies identified



Refined to 78 based on quality and relevance

Modified Delphi Process Implementation

4 rounds of modified Delphi process to prioritize most essential competencies
Phase 1 launched in July 2024. Phase 4 completed October 16
36 Competencies achieved >70% consensus

Consensus Forming

Manuscript to be submitted for peer review by early 2024

Anticipated Next Steps

Work with accrediting bodies to implement nutrition competencies.

Future curricula will be designed to align with competencies.

Track progress. Consider incentives (and penalties).

Envision MD's as informed allies of Fed Nutrition Programs.



Anticipated Next Steps

Design and establish **Repository of Evidence Based Nutrition Education Materials** (using existing and future curricula).

Develop **Federal Nutrition Education Campaign** using **this Evidence Based Repository.**



What **EXACTLY** is a teaching kitchen?



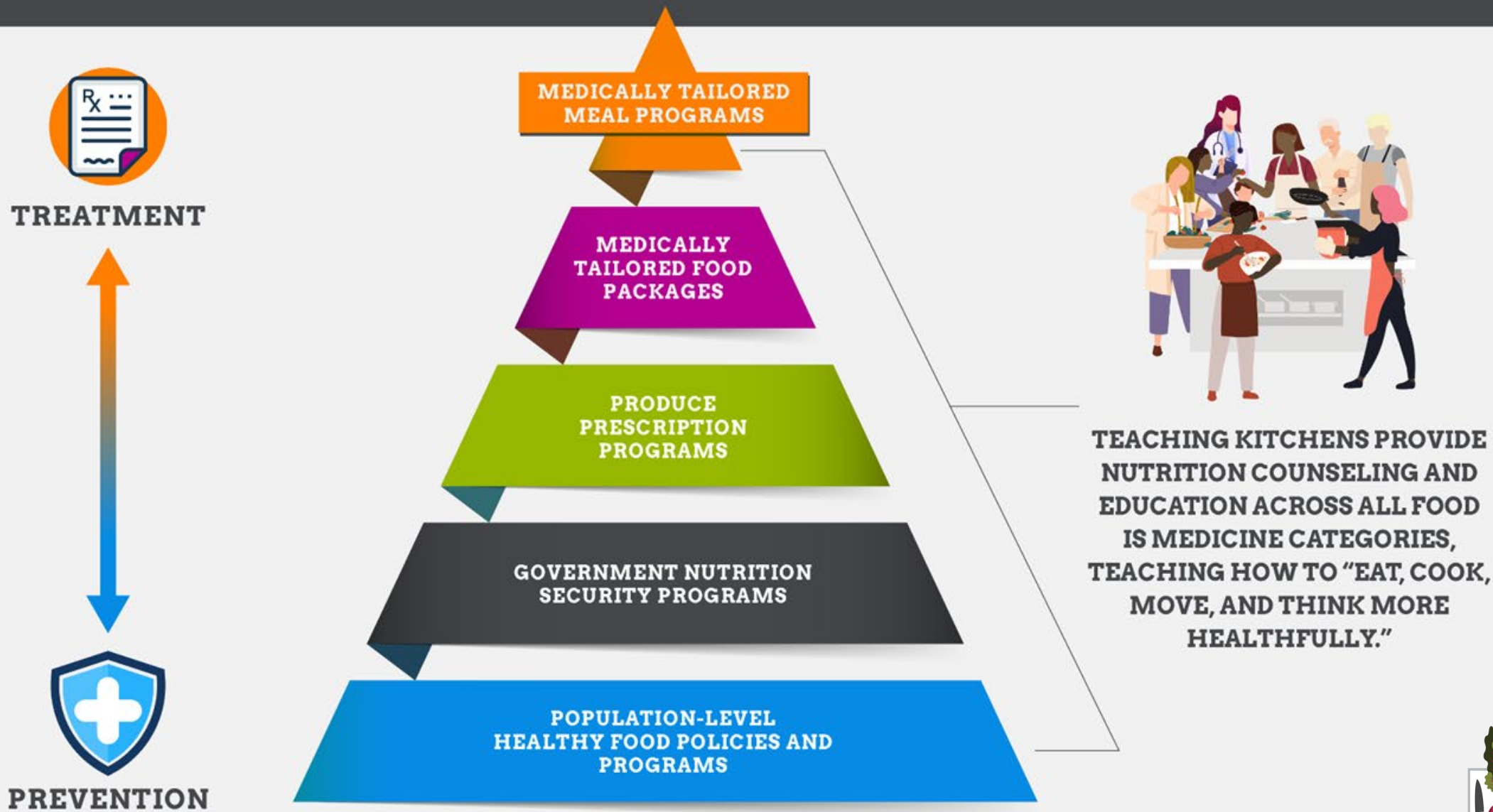
Teaching Kitchens Are More Than Kitchens

Teaching Kitchens are nutrition and lifestyle learning labs; physical or virtual places to learn:

- **Nutrition facts** – What to eat or avoid and why
- Basic **shopping and cooking skills**
- Importance of **exercise, movement, rest & sleep**
- **Mindfulness** training
- **Behavioral change strategies** (e.g. motivational interviewing)



TEACHING KITCHENS **INFORM AND SYNERGIZE** WITH OTHER FOOD IS MEDICINE INTERVENTIONS





Teaching Kitchens
Take us beyond the
WHAT to change, and WHY,
to
HOW



University of California, Los Angeles



UC Irvine Teaching Kitchen at Samueli Institute



Boston Medical Center



Phipps Botanical Gardens, Pittsburgh



Free Library of Philadelphia



After -School Programs (U.S. YMCA's)

- Greater Pittsburgh, PA
- Greater Metro Washington, DC
- Greater Boston, MA
- St. Petersburg, FL
- Naples, FL
- Seattle, WA



St.Petersburg



Naples



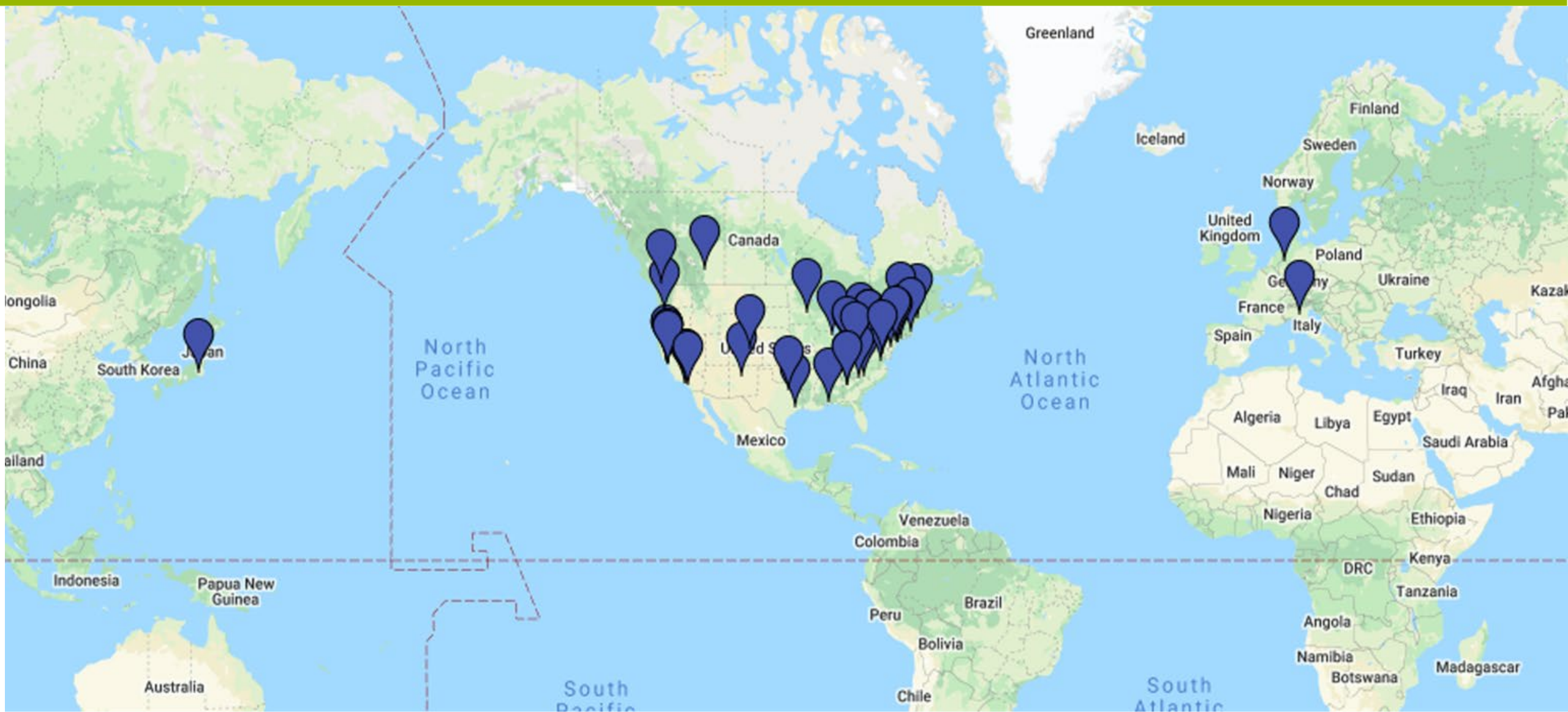
Seattle



Washington DC

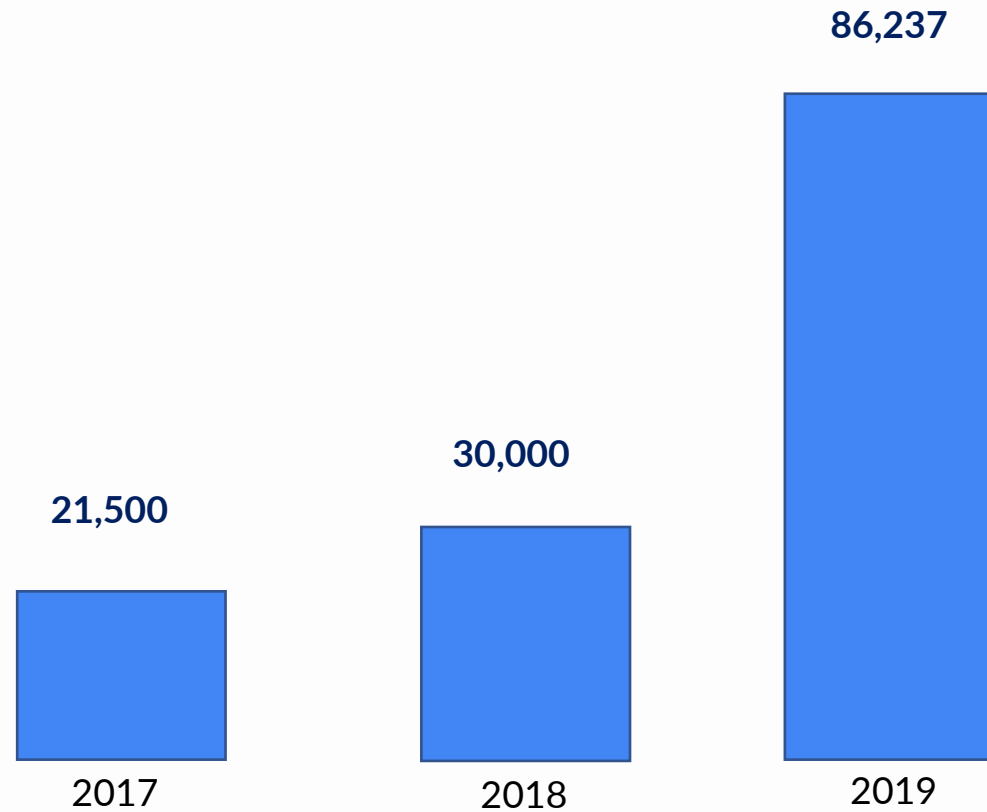
59 Members of the Teaching Kitchen Collaborative

www.teachingkitchens.org



TKC Growth 2017 -2019 (pre -COVID)

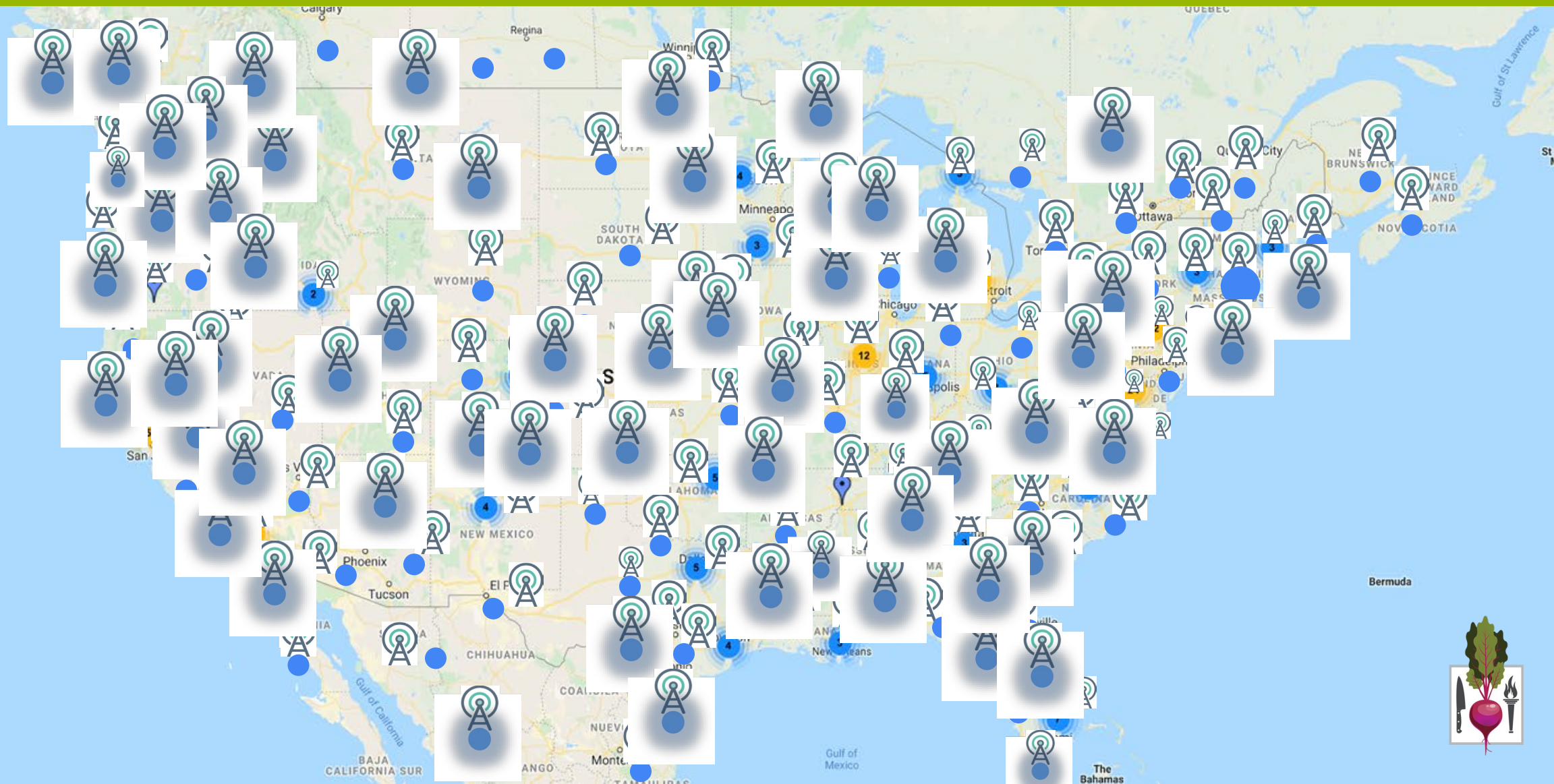
Number of TKC Member Kitchen Class Participants



Gamechanger: 2021 (Covid) Pivot to Digital Platforms



Teaching Kitchens as Broadcasting Studios





nutrients

an Open Access Journal by MDPI



How Can Health and Wellness Promotion Strategies Which Include Nutrition Education alongside Hands-On Cooking Be Organized, Evaluated, and Optimized for Maximal Impact

Guest Editor

Dr. David Miles Eisenberg

Deadline

31 December 2023



mdpi.com/si/1186935

Special Issue

Invitation to submit



**Top Ideas From
Convening On
Teaching Kitchens
and Food Is Medicine,
August 1 -2, 2023**



Convening Objectives

(Posed by Ardmore Institute)

How can **Teaching Kitchens, Culinary Medicine, Whole Person Health, and Food is Medicine** “assets” be optimally positioned to impact:

- 1) **Education** - of health professionals and the public
- 2) **Research and clinical care**
- 3) **U.S. food policy and strategy**
- 4) **Healthcare costs**



Convening Attendees From 30+ Organizations Including:

Accreditation Council for Graduate Medical Education (ACGME)

American College of Lifestyle Medicine (ACLM)

Anthem/Elevance Health

Association of American Medical Colleges (AAMC)

Biden White House Staff

CDC Foundation

Google, Inc

Harvard University

John Hancock, Inc.

NIH

Novo Nordisk Foundation

Obama Foundation

Rockefeller Foundation

USDA

US House (James McGovern)

Veterans Administration

Vitamix Foundation



Objectives and Deliverables

- 1) Introduce stakeholders to each other
- 2) Share selected pieces of the Food Is Medicine “puzzle”
- 3) Have attendees experience a Teaching Kitchen (at Google)
- 4) Identify gaps and opportunities of shared interest





Top Ten Ideas from Convening Attendees



TOP AREAS OF SHARED INTEREST FROM ATTENDEES OF THE CONVENING ON TEACHING KITCHENS & FOOD IS MEDICINE



**1: ENGAGE AND EMPOWER YOUTH
WITH RESPECT TO FUTURE
TEACHING KITCHENS AND
FOOD IS MEDICINE (FIM) PROGRAMS**



**2: INTEGRATE TEACHING KITCHENS
INTO EXISTING FEDERAL PROGRAMS
(SNAP, WIC, ETC.) TO PROMOTE
HEALTH EQUITY**

TOP AREAS OF SHARED INTEREST FROM ATTENDEES OF THE CONVENING ON TEACHING KITCHENS & FOOD IS MEDICINE



**3: REVITALIZE TEACHING KITCHENS AND
FIM EDUCATION IN PUBLIC SCHOOLS
(AKA "HOME ECONOMICS 2.0")**



**4: INTEGRATE AGRICULTURE AND
REGIONAL FOOD SYSTEMS INTO
TEACHING KITCHEN PROGRAMS
NATIONALLY**

TOP AREAS OF SHARED INTEREST FROM ATTENDEES OF THE CONVENING ON TEACHING KITCHENS & FOOD IS MEDICINE



**5: LEVERAGE TEACHING KITCHENS
IN CORPORATE SETTINGS/
TEST TEACHING KITCHENS IN
THE WORKPLACE**



**6: ENSURE NUTRITIONAL COMPETENCIES
FOR HEALTH PROFESSIONALS
(INCLUDING MD'S) AND TRAINEES**

TOP AREAS OF SHARED INTEREST FROM ATTENDEES OF THE CONVENING ON TEACHING KITCHENS & FOOD IS MEDICINE

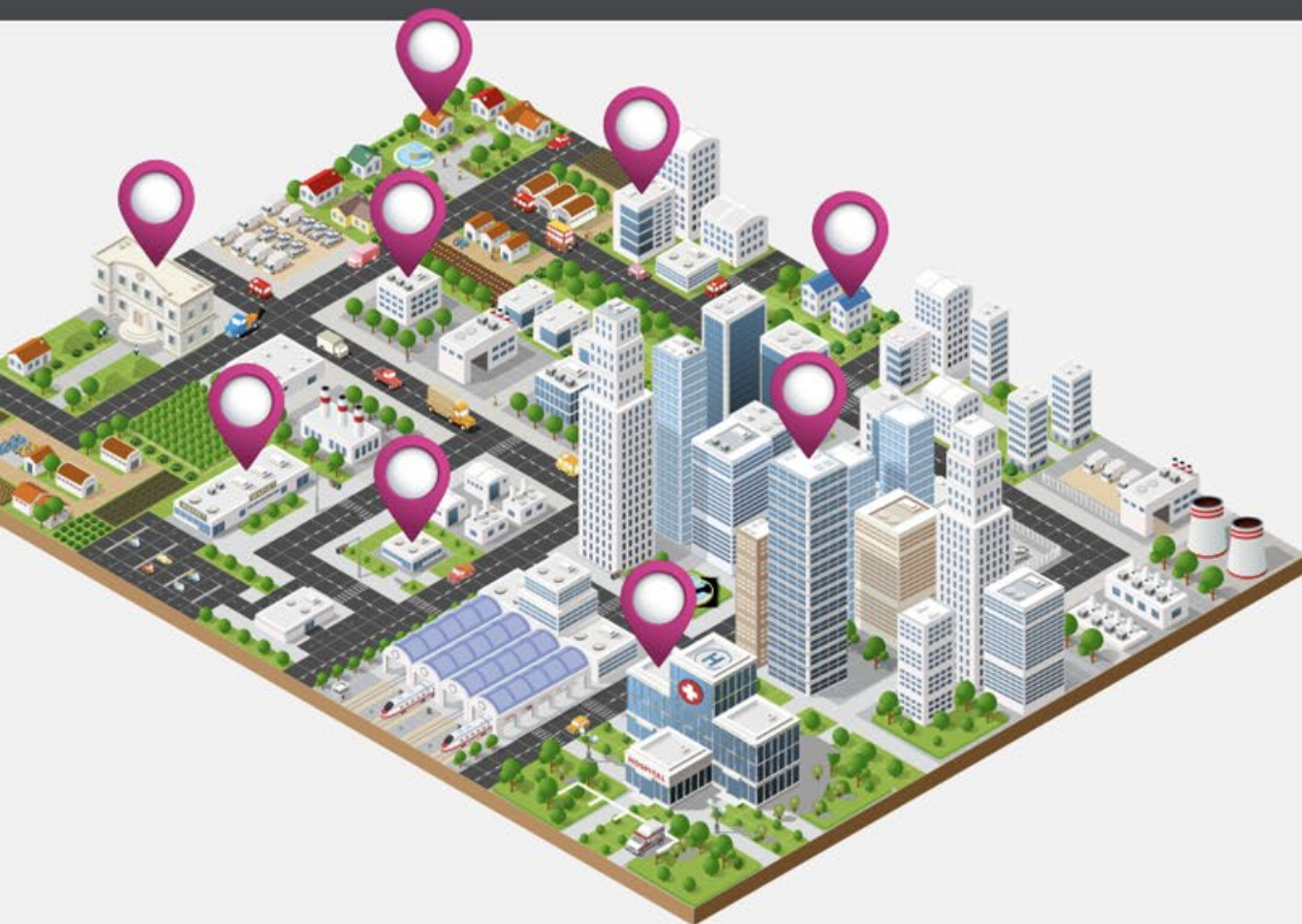


**7: MIGHT NEW WEIGHT LOSS (GLP1) DRUGS
IN COMBINATION WITH TEACHING
KITCHENS (AND LIFESTYLE MEDICINE)
BE BETTER THAN DRUGS ALONE?**



**8: BUILD A CROSS-SECTOR, BIPARTISAN
COALITION OF TEACHING KITCHEN AND
FIM ADVOCATES AND AMBASSADORS**

TOP AREAS OF SHARED INTEREST FROM ATTENDEES OF THE CONVENING ON TEACHING KITCHENS & FOOD IS MEDICINE



**9: MEET PEOPLE WHERE THEY ARE WITH
TEACHING KITCHENS AND EASY ACCESS
TO HEALTHY, AFFORDABLE, TASTY FOODS
TO PROMOTE HEALTH EQUITY**



**10: DEVELOP AN OPTIMALLY IMPACTFUL
AND SUSTAINABLE STRATEGIC PLAN
WHICH CAN BE SUPPORTED BY FUTURE
ADMINISTRATIONS**

High Priority Suggestions

- Implement Nutrition Competencies for MD's.
- Establish a repository of Nutrition Ed. Curricula.
- Use repository to inform a Federal Nutrition Information Campaign.
- Include Teaching Kitchens as part of Federal FIM Research.
- Connect Teaching Kitchens with Governmental Programs (e.g. SNAP, WIC, FCHC's, School Lunch, etc.)



High Priority Suggestions

- Consider studies of GLP 1 Drugs IN COMBINATION WITH Teaching Kitchens (aka lifestyle).
- Study current Obesogenic Food Environment; fund novel strategies to change it.
- Integrate Environmental Sustainability with Nutrition and Health Research.
- Involve and include **Youth** as co-creators and future end users of federally choreographed, innovative, nutrition programs.

