



Culinary Medicine Training for Family Medicine Residents

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Purpose

- Lack of nutrition education in medical training results in little nutrition counseling in clinical practice
- The obesity epidemic continues to grow, while physicians lack training in obesity management
- Physicians often report feeling under prepared to provide lifestyle counseling for obesity management

Our objective was to increase knowledge of nutrition interventions for obesity management and facilitate practical discussions regarding nutrition-focused patient care through a hands-on culinary medicine workshop.

Methods

Family and Community Medicine Residents participated in one (3-hour) culinary medicine workshop based on the *Health Meets Food* (HmF) curriculum module entitled "Myths, Fad Diets, Supplements and Controversies".

- The workshop was a part of the residents' retreat day
- Penn State College of Medicine licensed HmF curriculum
- Residents selected module with focus on weight management
- Two Registered Dietitian Nutritionists (RDNs) facilitated discussion of a patient case on obesity management, divided the class into groups, provided instruction on basic cooking methods
- Residents prepared dishes using recipes from the HmF curriculum in the Penn State Nutritional Sciences teaching kitchen
- Each group presented their meal, discussed the preparation process, and participated in a larger discussion on how these cooking skills and recipes were relevant to patient care
- Residents completed a voluntary, anonymous survey adapted from HmF continuing medical education (CME) resources

Results

- All residents (n = 13) reported increased nutrition knowledge
- Nearly all residents (n=12) reported increased confidence in providing nutrition education
- Nine residents (69%) reported that the knowledge gained in the class was relevant to >25 of their patients per week (Figure 1)
- The most commonly reported barriers to making changes to practice were lack of time during the office visit and lack of resources, as well as patient nonadherence (Figure 2)

Figure 1: Of the patients you see on a weekly basis, how many will benefit from the information you learned today? (N=13)

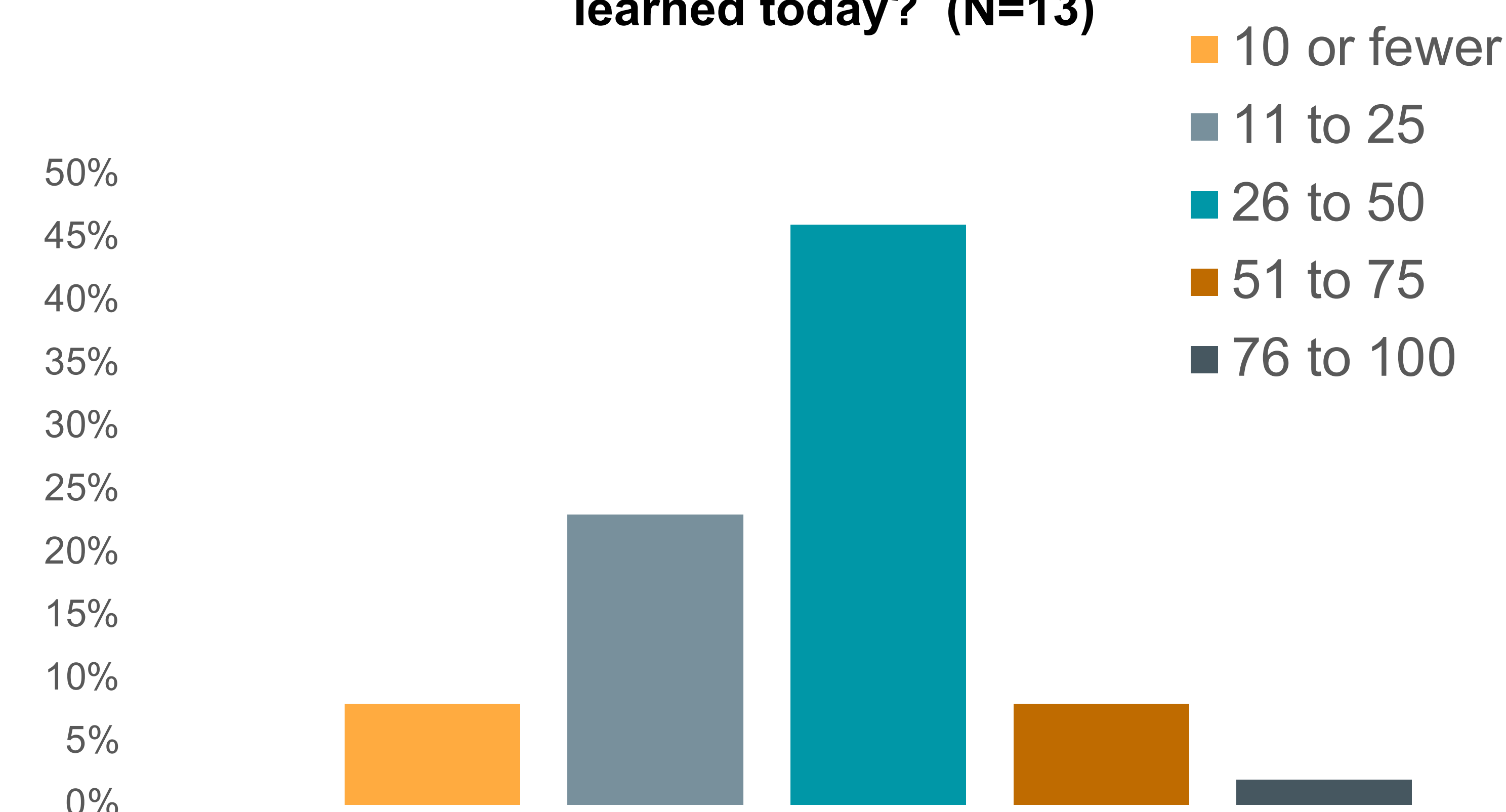
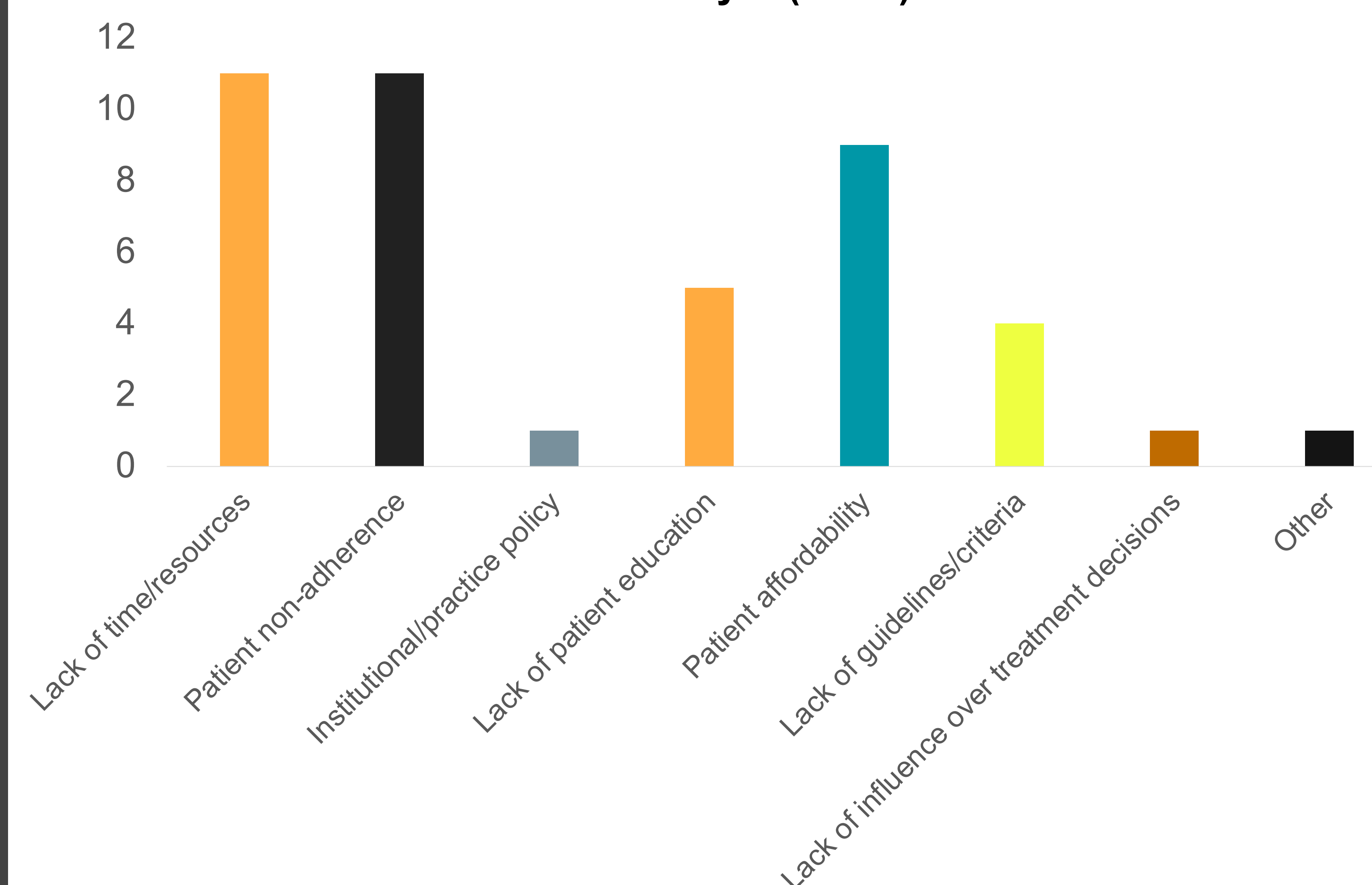


Figure 2: What barriers outside of your control prevent you from adapting the recommended changes made in this activity? (N=13)*



*Categories are not mutually exclusive; all relevant barriers could be selected.

Conclusions

- Culinary medicine is a hands-on, engaging program that teaches participants to cook healthy, tasty meals, while increasing knowledge of evidence-based nutrition care
- We corrected misinformation and provided practical guidance on healthy weight management for clinical care
- This cohort of residents recognized the importance of nutrition in clinical care and found information they learned to be directly applicable to practice
- These findings will help enhance nutrition training for medical residents at this institution

Future Directions

- Integrating a culinary medicine workshop annually for family and community medicine residents and introducing a regular nutrition training component would help reduce reported barriers to nutrition counseling in practice
- Hands-on nutrition training could improve physician confidence and increase integration of nutrition interventions in clinical practice



Getting ready to cook! (left); Residents showing off their dish (right)