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Background

- Planning for the Irving and Alice Brown Teaching Kitchen at Yale New Haven Health began in 2020. Construction was completed in Spring 2023 and classes began in Summer 2023.
- There are 4 core audiences for the Teaching Kitchen (TK).

Patients	Teach a plant-forward Mediterranean diet, with the ability to tailor classes to specific conditions which require a higher level of nutrition interventions such as IBD, CVD, and cancer.
Medical Trainees and Providers	Integrate Culinary Medicine into the curriculum and continuing education of medical providers so they feel more comfortable discussing nutrition with patients.
Faculty and Staff	Offer dynamic and educational team building events for employees of the Yale New Haven Health System (YNHHS) and Yale University.
Community Members	Connect with and support the health of our community through events both in and outside of the TK.

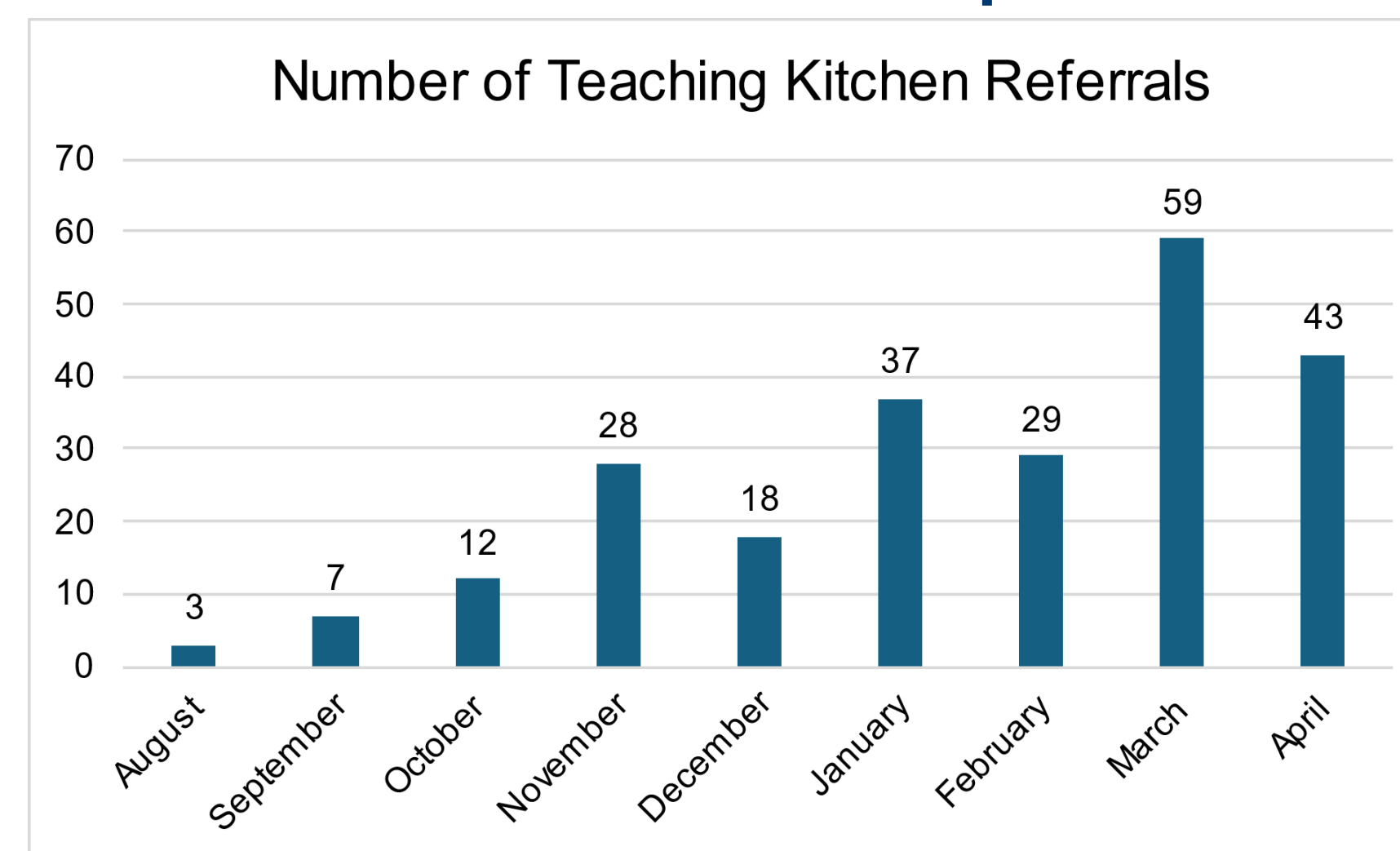
- Classes are offered to patients of the YNHHS free of charge. To attend, patients only need a referral from their provider.
- As space allows, patients are able to bring a supporting family member or friend. Patients endorse this option as reducing anxiety and making the classes more fun.
- Medical school and residency programs pay a small fee to have their trainees attend classes and wellness events, which helps to cover operating costs.
- Many community groups have expressed interest in collaborating with the TK.

Teaching Kitchen Program Development

- **Objective:** Deliver a robust, evidence based Culinary Medicine program aligned with the YNHHS mission of providing high value, patient-centered care.
- Program Development:
 - Location and Design: North Haven, CT. Designed as part of the new Digestive Health Center with accessibility and patient comfort in mind. Features including: high quality, residential equipment for applicability in the home setting. ADA accessible workstations, frosted windows for patient privacy. 6 workstations for a maximum of 12 learners per session. City bus access.
 - Curriculum: Health Meets Food utilized for both community and professional learners. All new patients must attend an introductory lesson and then can be scheduled for additional classes of interest as desired.
 - Electronic Medical Record Integration: Epic EMR. Designed for seamless patient throughput including referrals, scheduling, and documentation of classes. Also enables tracking of wait times, class attendance, and patient populations.
 - Audio Visual Technology: Built-in cameras, speakers, and microphones. 4K AV package allows for virtual classes, news, media, healthcare conferences and other events.
 - Funding: Philanthropy. Construction and operations are supported by generous donors which allows patient education to be delivered free of charge.
- Key Partnerships:
 - Yale School of Medicine
 - Marketing and Media Relations
 - Volunteer Services
 - Information Technology Services



Results of Initiation and Implementation, August 2023 - April 2024



Number of TK Events

- Now hosting 2 patient classes per week, plus additional events.
- Patients- 36 total classes
- Medical trainees (Dietetic interns, PA and medical students, residents) - 12 total classes
- Local TV news segments, staff events, patient support groups

Class Attendance

- 65% average patient attendance rate
- 50% attendance in August 2023 → 71% in April 2024
- Average number of attendees increased from 3 to 9 patients/class

Discussion

Feedback: Participants are enjoying classes, developing skills, and making connections.

- "...engaging, well-produced, well-organized, well-facilitated, meaningful, relevant, and interesting events I have attended in my two decades at Yale!"
- "Excellent! Learned so many useful tips that I can pass on to our patients."
- "...I know it will be a successful part of the healthcare system. As a side note, this weekend I properly cut an onion and pepper!"

Strengths of Program:

- Growth: YNHHS serves thousands of patients, many of whom can benefit from Culinary Medicine classes.
- Collaboration: Professionals of all specialties work at YNHHS and can lend their expertise in developing programs. Highly engaged volunteer support.

Opportunities for Expansion:

- Staffing: Currently the TK has one full-time Chef RD which limits the number of classes per week. The eventual goal is to bring in additional instructors +/- support staff to run 8-10 classes/week.
- Location: North Haven is on the city bus line, but not an ideal location for some of our most at risk patients. Though some have been willing to travel, long-term solutions to reach more patients will need to be developed.



Scan Me!

NBC CT coverage of the Teaching Kitchen

Implications and Future Plans

- This is an exciting new endeavor for YNHHS. Feedback indicates there is a desire to scale the TK and Culinary Medicine program throughout the health system. Its clear that our patients, physicians, and community members are excited to be involved.
- Increasing staff will allow for more classes and events resulting in more patients and trainees reached by the TK.
- We plan to explore options for virtual programs, events in the community, a mobile TK, and eventually additional permanent spaces.