



A Descriptive Analysis of a Culinary Medicine Pilot Program at University of Kansas Medical Center



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Introduction

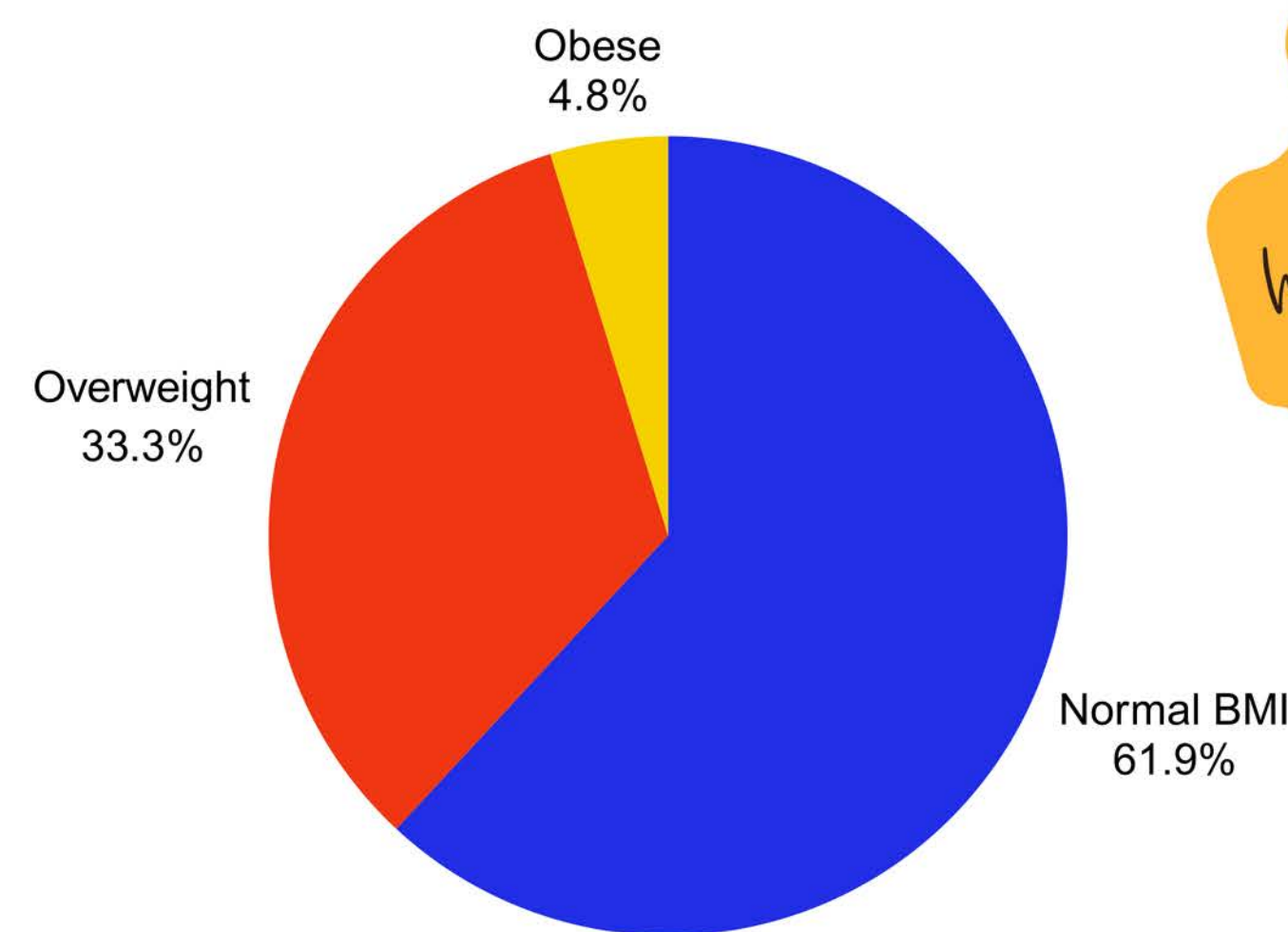
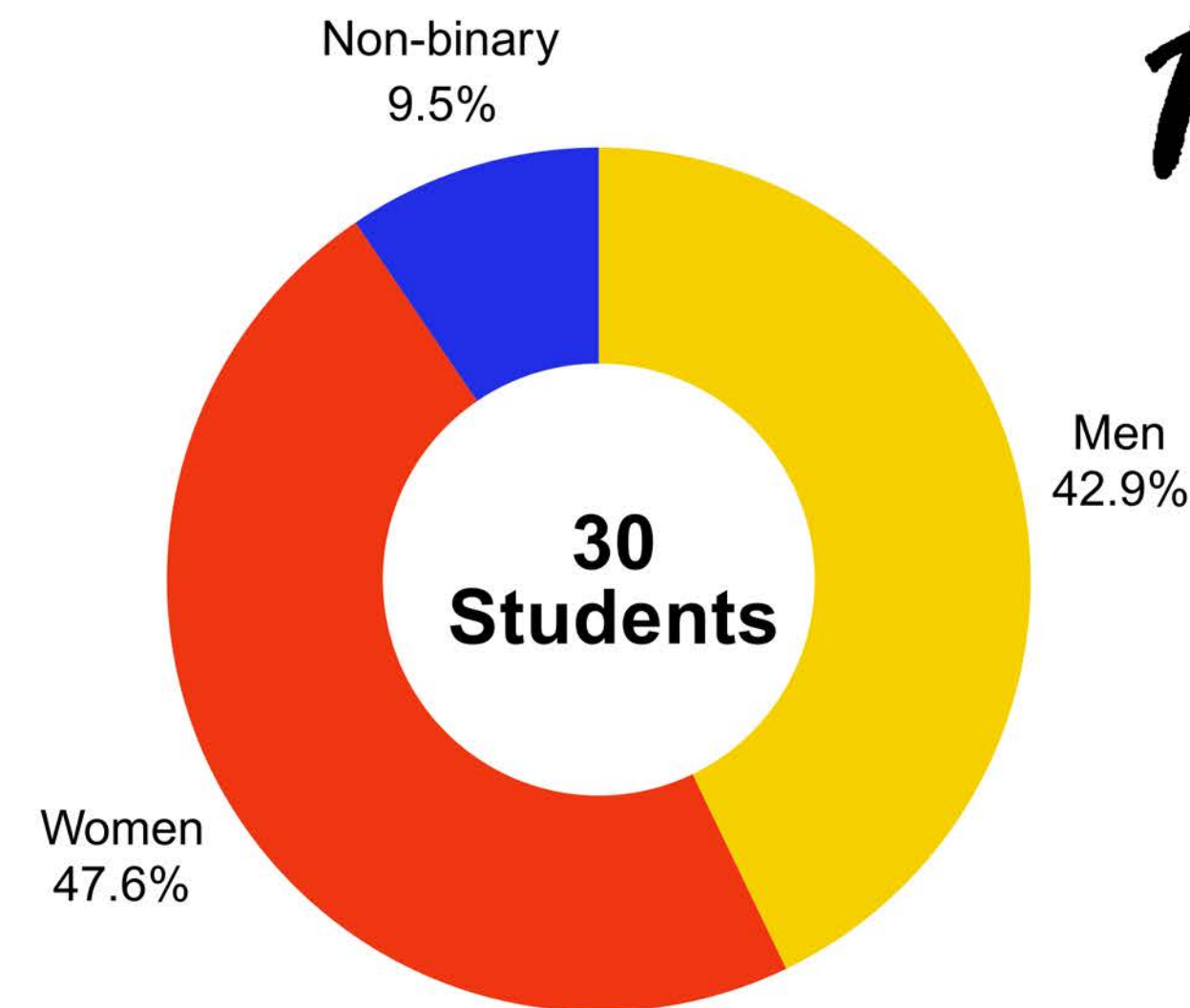
- To launch a pilot program at a medical school that has less than the recommended hours of nutrition education
- To describe the successes and challenges of executing a new elective within the medical school
- To assess the efficacy of the curriculum for medical school participants

Methods

This will be a mixed methods research study using surveys and questionnaires to collect data from participants' experiences. We have preliminary data from our pilot program. We offered 3 rounds of 3-day culinary medicine classes. We taught modules 1, 4, and 6 from the Health Meets Food Curriculum.



Results



"I have never eaten healthier than in these past three days, and I had a great time during it all!"



- 82% considered themselves as novice or home cooks
- 12% screened positive for food insecurity
- 38% had a food restriction
- 26% overall confident in their abilities to provide nutrition counseling



"One thing I have learned is that culinary medicine is for everyone! It is about preventing disease"

Next Steps

- Complete additional analyses
- Continue collaborations
 - Botanic Gardens
 - Food rescue programs
 - Graduate Medical Education
 - Office of DEI
 - Dietetics
 - Student food pantry
 - Bee keeper
- Increase frequency of culinary medicine programs
- Obtain Funding

Conclusion

- In roughly six months, we launched our culinary medicine pilot program.
- As we conclude this initial phase, several key takeaways underscore our achievements and lay the foundation for future growth. The enthusiastic response and positive feedback from participants validate the relevance and effectiveness of culinary medicine.
- Finally, our pilot program has fostered a sense of community and camaraderie among participants, creating a supportive environment conducive to learning and growth.