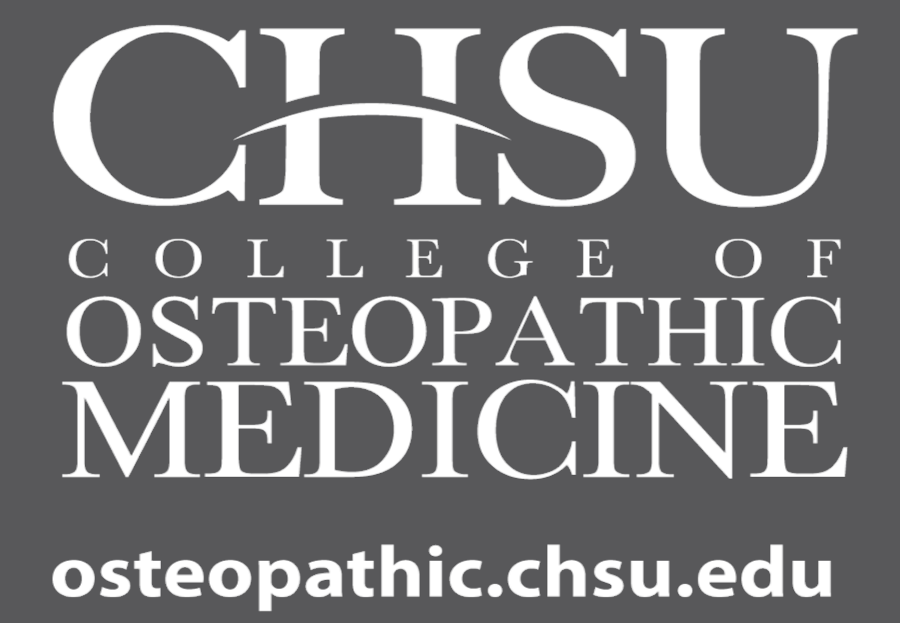




# A Course Assessment of the Culinary Medicine Curriculum at California Health Sciences University

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## BACKGROUND

- Dietary modifications are considered a first-line intervention for chronic disease management. However, studies show that graduating doctors report not feeling competent to counsel patients on their diet. This highlights the necessity for improved nutritional education in medical curricula.
- Culinary Medicine (CM) aims to equip medical students with tools for improving the nutrition behavior and health of their future patients.<sup>1</sup>
- As medical students took CM during their first and second year, their attitudes toward utilizing nutritional counseling gradually improved and utilized during their clinical rotations at various sites.<sup>2,3</sup>

## METHODS & MATERIALS

### Study Population

- Current OMS-IV students who just completed their 3rd-year clinical rotations and CM program.

### Survey

- There are a total of 6 questions that assessed the frequency, demographics, and attitudes of students.
- A 5-point Likert Scale was used to determine:
  - Frequency of CM information used during clinical rotations.
  - Frequency of students observing clinical staff in providing nutritional advice to patients.
  - Attitudes of students after taking the CM course.
- Additional questions
  - Relevant rotational sites and patient populations.
  - Diets and/or nutritional interventions they advised more frequently.
  - A free response section was available for recommendations to improve CM course.

### Data Collection

- This confidential survey was sent out to students via Outlook Mail and GroupMe, and data was collected virtually through Microsoft Forms during the summer of 2023.

## RESULTS

- Out of 69 invited students, 19 responded (27.5% response rate).
- Among the 19 respondents, a significant proportion reported using CM knowledge in patient counseling (figure 1). Notably, the DASH diet was recommended by 36% of respondents (figure 2).
- 74% felt adequately prepared for counseling, and 79% believed that their training facilitated improved patient health outcomes (figure 3).
- Family medicine was the most noted rotation/specialty where CM counseling was given (figure 4).

On rotation, how often did you:

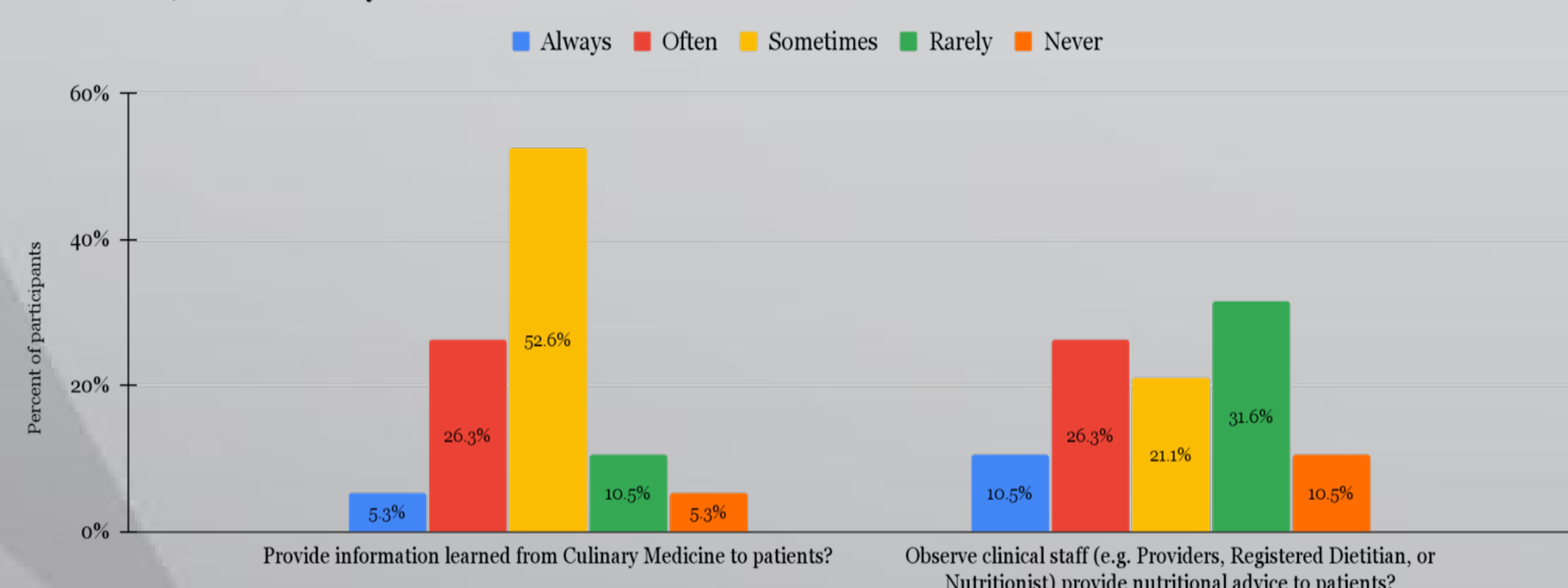


Figure 1: Frequency of students providing CM information to patients and observing clinical staff in providing nutritional advice

Which rotation/specialty did you find yourself offering nutrition advice the most?

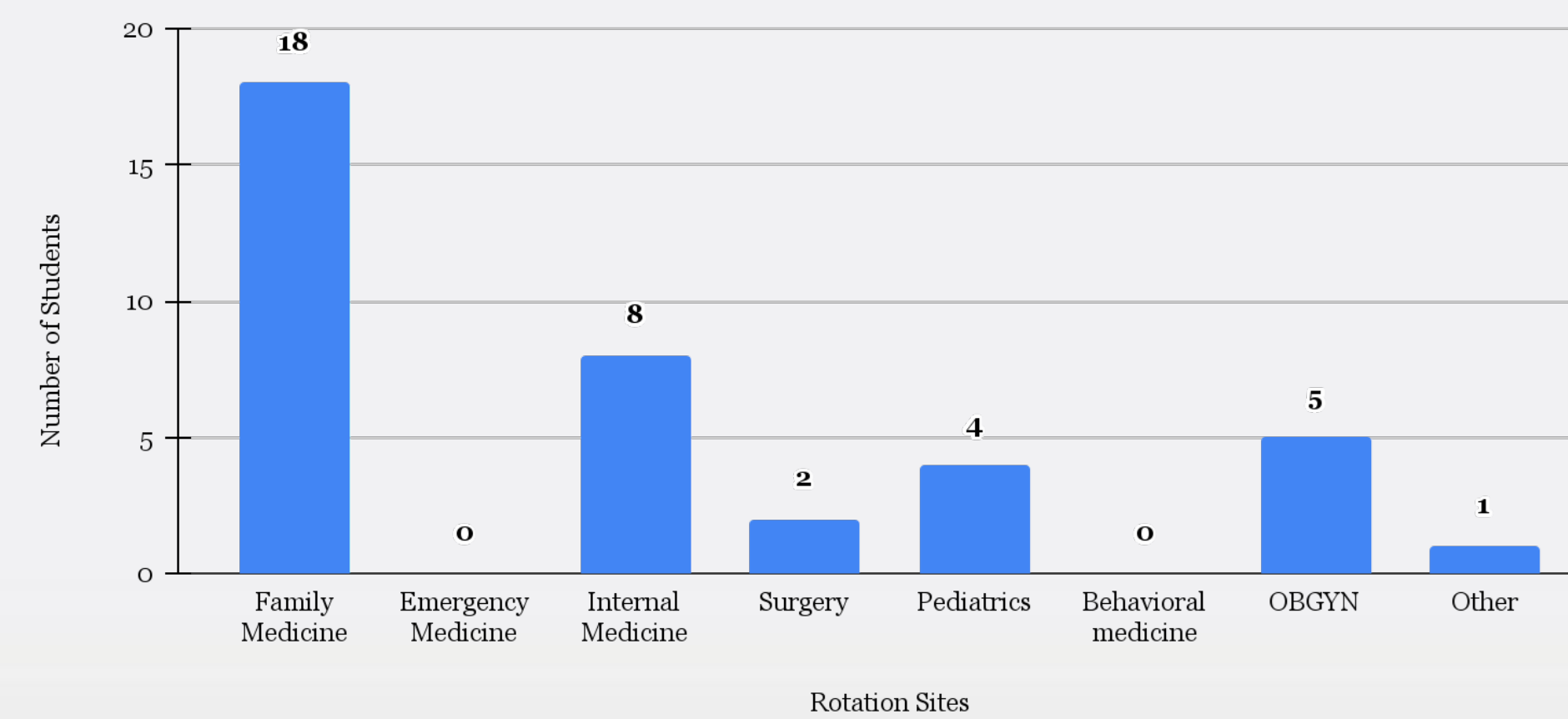


Figure 2: Rotation sites where students offered nutrition advice

Which specific diet did you offer to your patients?

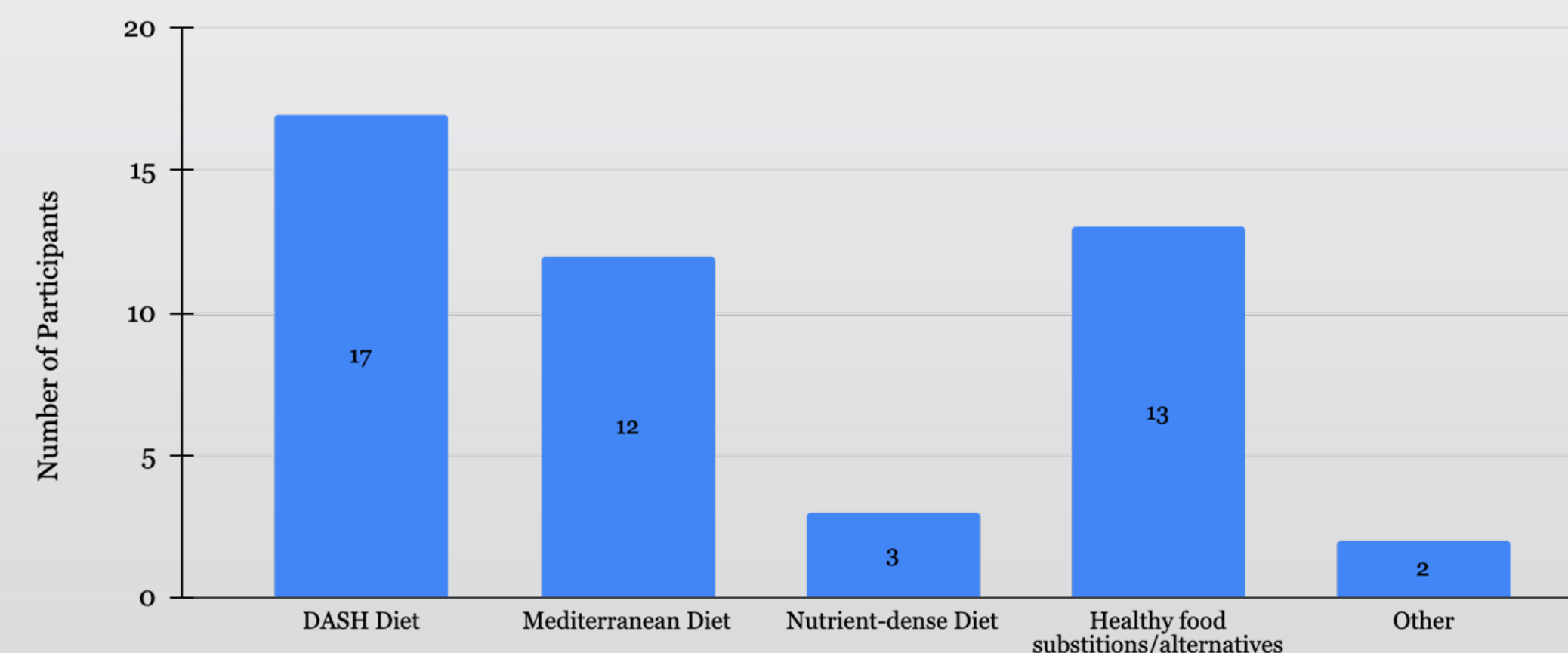


Figure 3: Types of diets students offered to patients

Did the Culinary Medicine (CM) course:

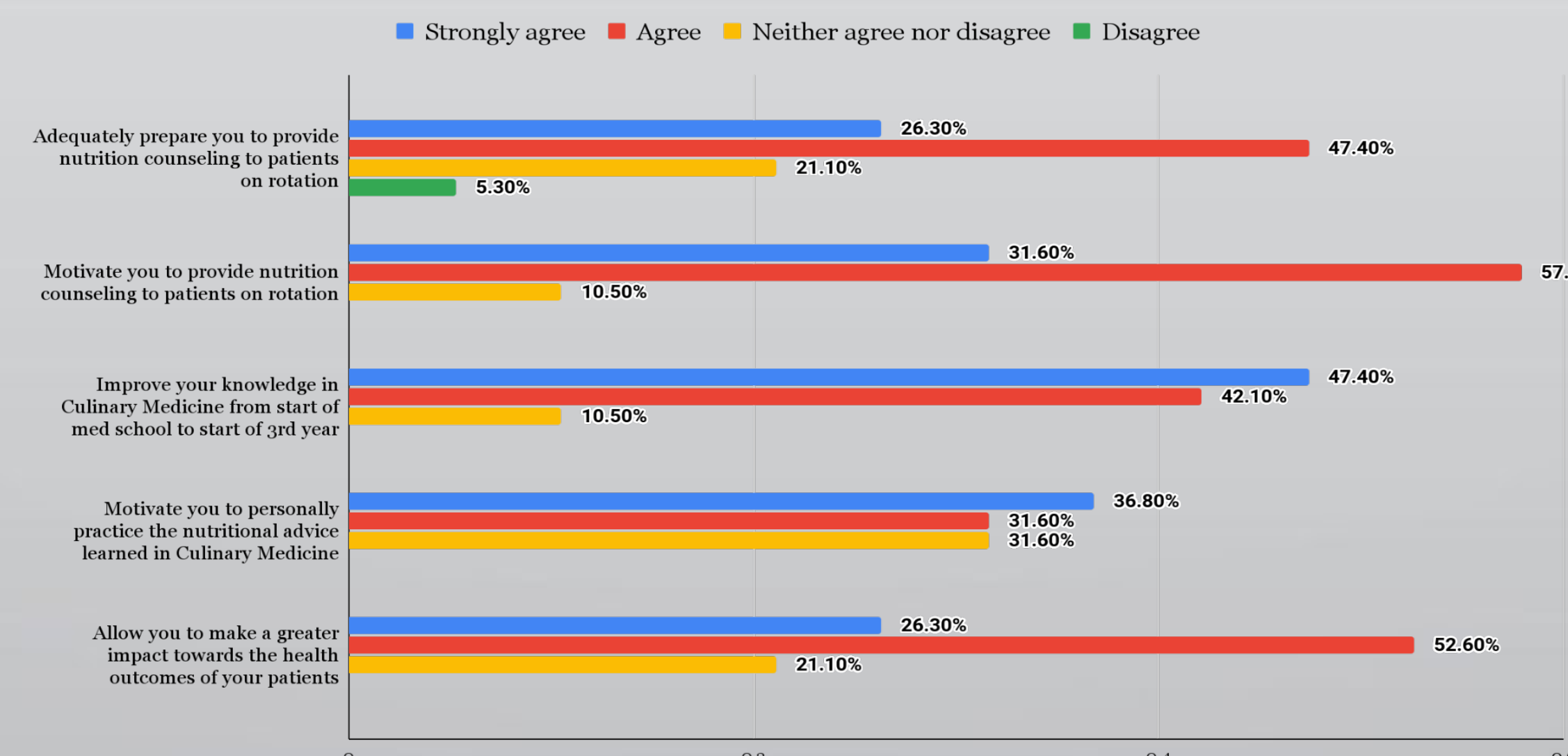


Figure 4: Student's feedback on CM course

Category	Student Feedback
Curriculum Content	"Provide more practice on patient-centered advice and realistic, accessible dietary recommendations."
Teaching Methods	"Incorporate simulation-based teaching." "Allow students to practice giving guidance to peers." "Involve students in community teaching on chosen topics."
Course Structure	"Schedule the class during non-exam weeks." "Group sections together so that the CM course is held bi-weekly."

Table 1: Student Feedback

## DISCUSSION

- Positive sentiments indicate that the CM course has the potential to contribute significantly to students' readiness to offer nutritional counseling as part of their clinical practice.

### Limitations

- The low response rate of 27.5% limits the generalizability of the findings. Future studies aim to increase participation to obtain more representative data.
- The low response rate may have introduced bias, as those who chose to respond might have had more positive experiences with the CM course.

### Future Directions

- Administer the survey after completion of fourth year to assess changes/differences.
- Also administer to incoming OMS-IV students to assess differences between classes.
- Explores barriers and challenges within CM and identifies potential areas for improvement.

## REFERENCES

1. Tan J, Atamanchuk L, Rao T, Sato K, Crowley J, Ball L. Exploring culinary medicine as a promising method of nutritional education in medical school: a scoping review. *BMC Med Educ.* 2022;22(1):441. Published 2022 Jun 7. doi:10.1186/s12909-022-03449-w
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Take a picture to view the survey.