

A Programmatic Review of a Culinary Medicine Program at West Virginia University School of Medicine



Joshua Peterson, MSIII, Andrea Hincapie Bendeck, MSIII, Christina Mounzer, MSIII, Rosemarie Lorenzetti, MD, MPH, CCMS, FAAFP, DABOM
West Virginia University School of Medicine

Background

- Culinary and lifestyle medicine is an area of need for holistic, patient-centered care
- Average medical school graduate receives <20 hours of nutrition and lifestyle counseling training¹
- In 2017, WVU introduced the Culinary and Lifestyle Medicine Track (CLMT) with longitudinal curriculum to address this deficit²

Curriculum

Phase 1: Pre-clinical education

- 1 Week orientation
- Health Meets Food (HmF) Curriculum
- Journal clubs
- CLMT Clinical Learning Groups
- Summer Externship: Shadowing and group learning

Phase 2: Clinical practice

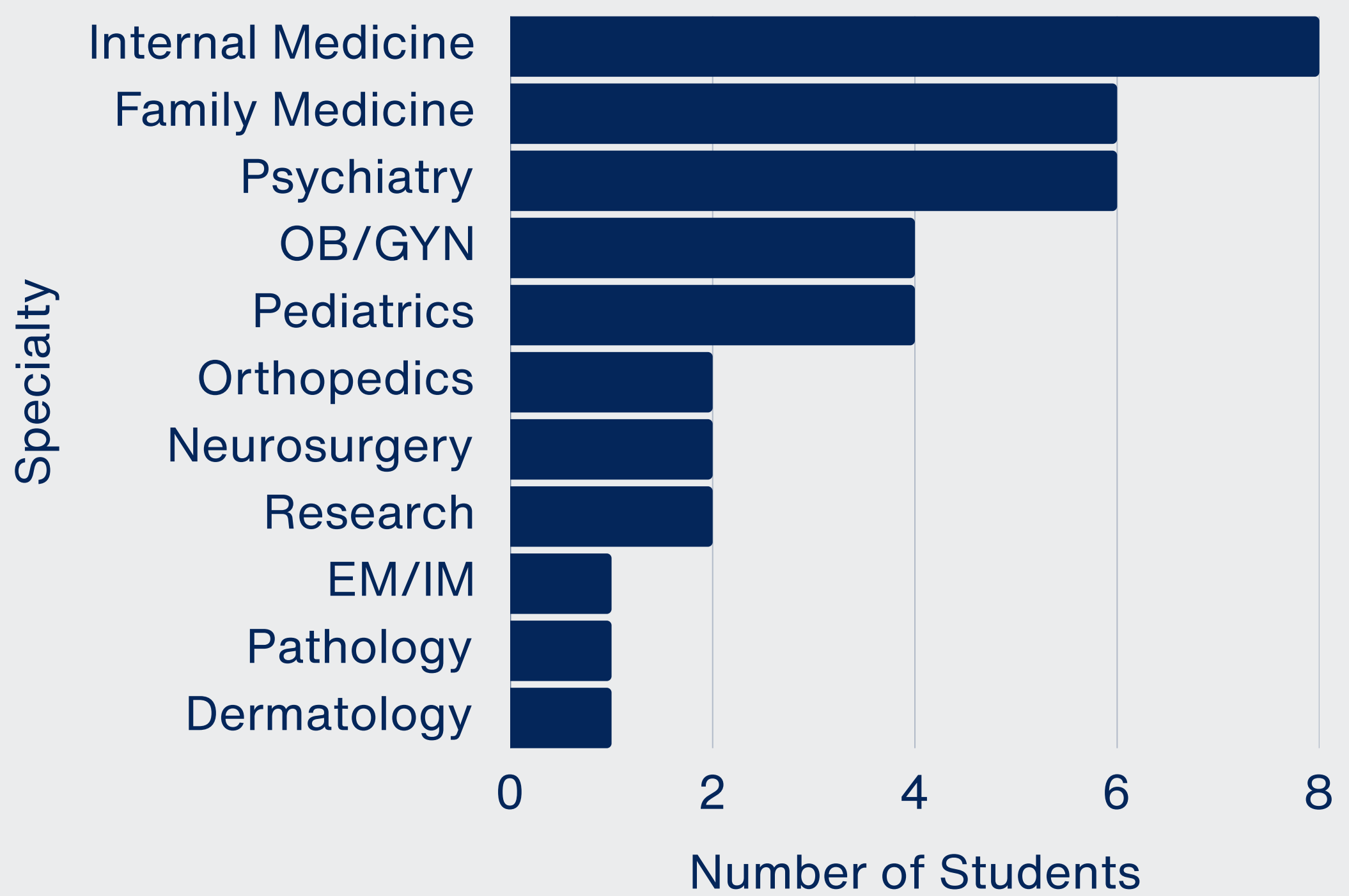
- Clerkship-specific HmF modules
- Journal clubs
- Teaching kitchens with community members
- 4 week Lifestyle-medicine rotation
- 1 Lifestyle medicine academic/research project
- Option to sit for the CCMS exam

Track Results

Enrollment and Completion

| Year | Students Accepted | Students Graduated | CCMS Exam Pass Rate |
|---------------|-------------------|--------------------|---------------------|
| Class of 2021 | 8 | 7 | 1/1 (100%) |
| Class of 2022 | 10 | 8 | 3/3 (100%) |
| Class of 2023 | 10 | 14 | 3/3 (100%) |
| Class of 2024 | 10 | 11 | 5/5 (100%) |
| Class of 2025 | 17 | - | - |
| Class of 2026 | 8 | - | - |
| Class of 2027 | 10 | - | - |
| TOTAL | 73 | 40 | 12/12 (100%) |

Specialty Selection



- Wide variety of scholarly and research projects:
 - Quality improvement
 - Community benefit and outreach
 - Undergraduate and graduate medical education
 - Interdisciplinary/interprofessional integration

Student Surveys

Exit survey for the Class of 2022 and 2023 (n=25):

3 Key benefits

- Increased confidence in translating knowledge to patient skills
- Improvement in personal health and wellbeing
- Awareness of resources available to aid patients

Constructive feedback

- Structure and expectations
- More clinical opportunities

Future Work

- What influence does CLMT have on future practice?
- How does CLMT impact the surrounding communities

References

1. Adams KM, Kohlmeier M, Zeisel SH. Nutrition education in U.S. medical schools: latest update of a national survey. *Acad Med.* 2010;85(9):1537-1542. doi:10.1097/ACM.0b013e3181eab71b
2. Humerick M, Cannarella Lorenzetti R, Phillips MM, Lewis WD, Eggleston EM. Four-year longitudinal culinary and lifestyle medicine track for undergraduate medical students: development and implementation. *Med Educ Online.* 2024;29(1):2372919. doi:10.1080/10872981.2024.2372919