WHAT IF MEDICAL SCHOOLS TAUGHT HEALTH BY USING FOOD AS MEDICINE - IT WOULD BE TRANSFORMATIVE!!

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BACKGROUND

Chronic preventable diseases including, cardiovascular disease, diabetes, obesity, and cancer are at epidemic proportions in the US.

Allopathic medicine teaches care of disease and disease side effects.

Most US medical schools and GME programs spend minimal time teaching diet, nutrition or effective strategies for disease prevention and reversal.

A better way is possible!! Culinary medicine teaches the power of diet and nutrition to prevent, treat and reverse disease using a hands-on evidence-based format.

Culinary Medicine is growing. More than 50 programs exist across US medical schools and GME programs and the number is growing.

METHODS

The elective is based on the Health Meet Food curriculum at Tulane's Goldring Center for Culinary Medicine.

Meetings were held with many campus and community leaders as well as residents and medical students.

An Academic Enrichment Elective was developed to meet the needs of students, residents and other providers.

RESULTS

A 9 module Academic Enrichment Elective was created and approved by the CEC.

Interest in the project was widespread and nearly universal.

Opinions on the role of physicians in using or recommending food as medicine was varied with some health care providers opposed. This was not surprising as they have never had the education.

Our medical students demonstrated remarkable interest in this project

Multiple funding grants have been submitted but the project remains unfunded currently.

CONCLUSIONS

Many allopathic medical schools are beginning to recognize the power of diet and nutrition.

MCW lacks a preventive medicine department.

Culinary Medicine is the perfect opportunity for MCW to lead the future of medical education by focusing on HEALTH and not DISEASE.

MY ENTREPRENEURIAL MINDSET

CURIOSITY

I was curious about the process of creating and funding a class. This was more challenging than anticipated - there is no streamlined process.

I also love learning about change behaviors and the transformative nature of this project brings out a lot of emotions around change which has been fascinating and educational.

CONNECTIONS

Too many on-campus connections to list. We have many partners across the community waiting to help if we can secure funding. Would love to connect with funded, interested parties to bring this education to our students and our communities.

CREATING VALUE

Using the power of diet and nutrition to prevent and reverse disease is a wildly different approach to medicine than our current model.

Applying and acquiring the knowledge taught here to advance the lives of our patients, providers and communities requires Character, Competence and Caring.

Diet, nutrition and lifestyle medicine are universal and hold the power and potential to narrow disease disparity gaps and decrease physician burnout.