

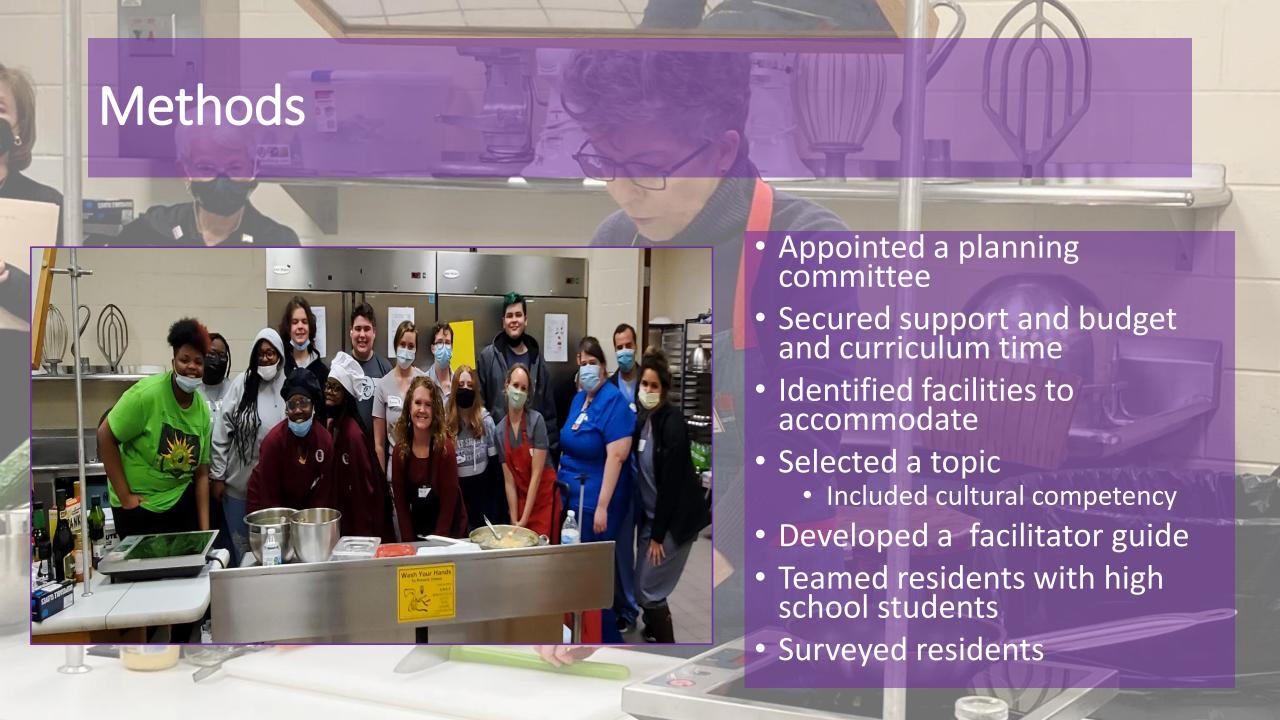


Introduction

- Medical students and residents request practical nutrition training to counsel patients
- The amount and type of medical nutrition education received has fluctuated over time
- Culinary medicine is a promising method of nutrition education
- Lack of kitchen facilities, budget, and time constraints are barriers

Objective: Respond to learner's request for Culinary Medicine

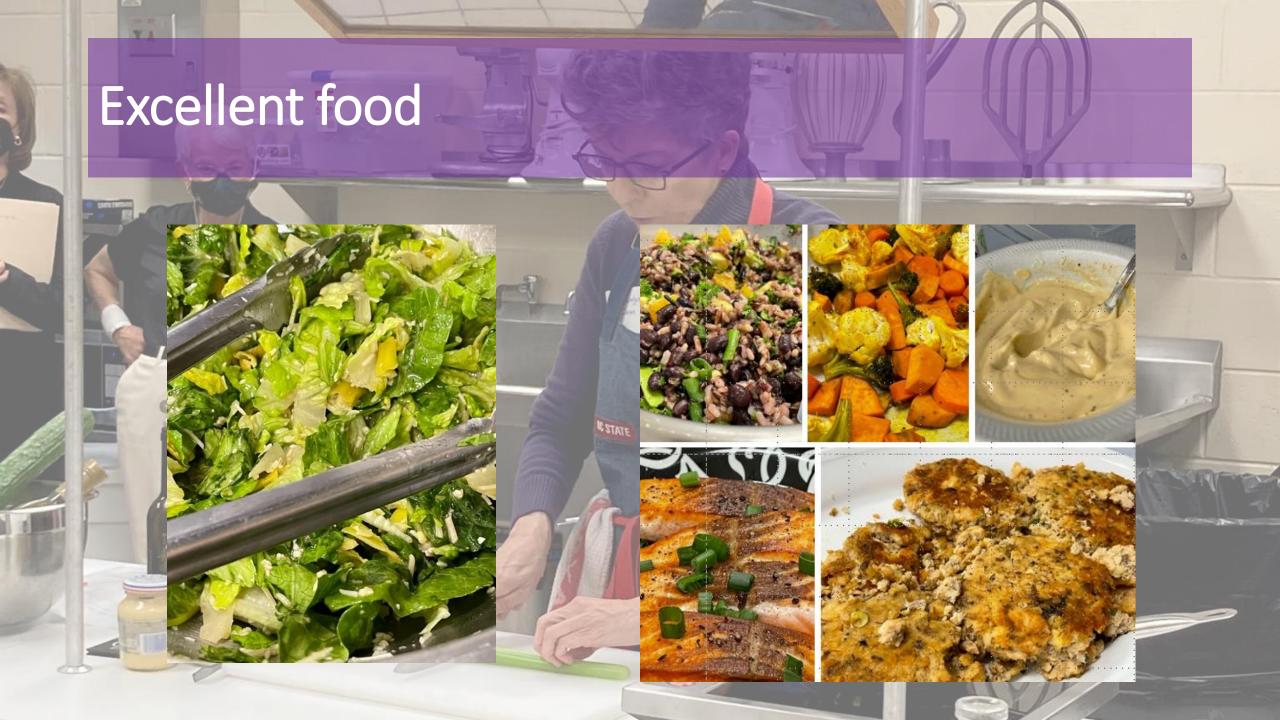
Develop and implement an acceptable and right-sized Culinary Medicine program minimizing barriers to implementation while improving knowledge and confidence in healthy dietary counseling skills.

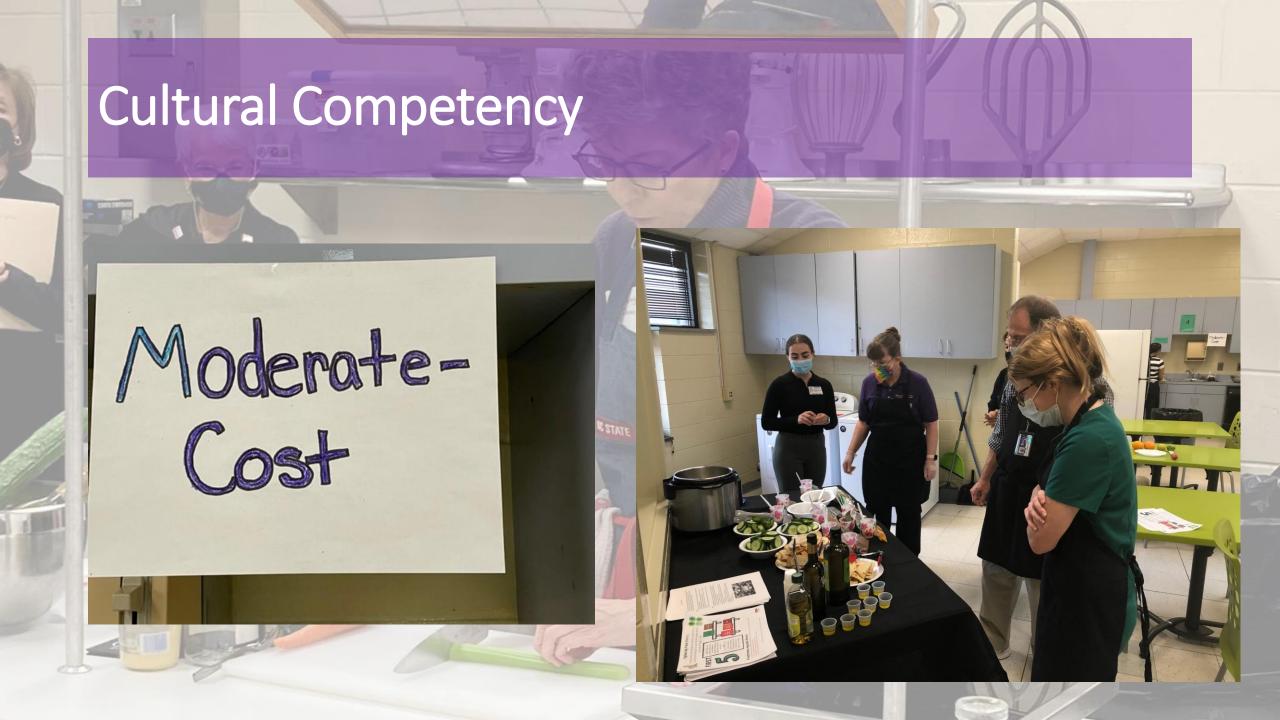












Results

Table 3 Summary of Resident Responses following the Culinary Medicine Workshop (N=19)

| Resident Post-Evaluation Closed-Ended Questions Because of this workshop | Yes | Maybe | No | Already |
|--|--------|-------|----|---------|
| I think I may enjoy cooking at home more than I did before the | 33% | 11% | 0% | 56% |
| workshop | (N=6) | (N=2) | | (N=10) |
| am more confident in my ability to cook healthy foods | 68% | 5% | 0% | 26% |
| | (N=13) | (N=1) | | (N=5) |
| I have the culinary skills needed to prepare foods using the | 74% | 11% | 0% | 16% |
| principles of the Mediterranean Diet | (N=14) | (N=2) | | (N=3) |
| I can confidently recommend following the Mediterranean Diet to | 79% | 16% | 0% | 5% |
| my patients even if they have limited resources | (N=15) | (N=3) | | (N=1) |
| feel more confident to address the cultural needs of my patients | 79% | 11% | 0% | 11% |
| | (N=15) | (N=2) | | (N=2) |



| | | | | H (1 - 1 - 1 | |
|-----|--|---------------|--------------|--------------|---------------|
| | I am confident using a chef's knife | 63% | 16% | 0% | 21% |
| | | (N=12) 37% | (N=3) | 11% | (N=4) 53% |
| ä | I am more comfortable cooking fish | | 0% 11% | | |
| | | (N=7) 21% | | (N=2) | (N=10) 68% |
| 3 | I am going to use olive oil as my main culinary fat | (N=4) | | 0% 11% | (N=13) |
| ı | | (N=4) 37% | (N=2) 5% | | 47% |
| | I am more confident that I can zest a lemon | | | | |
| ı | | (N=7) 47% | (N=1) 11% | (N=2) | (N=9) 42% |
| | I am more confident that I can chop foods properly | | | 0% | |
| | | (N=9) 42% | (N=2) 5% | | (N=8) 53% |
| | I am more confident that I can quarter foods properly | | | 0% | |
| = | | (N=8) | (N=1) 5% | 5% | (N=10) 53% |
| | I am more confident that I can cube foods properly | 37% | | | |
| | , | (N=7) | (N=1) | (N=1) | (N=10) |
| • | I am more confident that I can whisk properly | 5% | 11% | 0% | 84% |
| H | | (N=1) | (N=2) | | (N=16) |
| ۱ | I am more confident that I can toss foods properly | 5% | 5% | 0% | 89% |
| IIL | | (N=1) | (N=1) | | (N=17) |
| ı | I am more confident that I can grate foods properly | 11% | 0% | 0% | 89% |
| | | (N=2) | | | (N=17) |
| ř | I am more confident that I can roast foods properly | 16% | 5% | 0% | 79% |
| | | (N=3) | (N=1) | | (N=15) |
| ı | I am more confident that I can sauté foods properly | 11% | 0% | 0% | 89% |
| ı | | (N=2) | | 0.70 | (N=17) |
| | I am more confident that I can sear foods properly | 42% | 5% | 0% | 53% |
| | | (N=8) | (N=1) | | (N=10) |
| | I am more confident that I can use a food thermometer properly | 32% | 21% | 5% | 42% |
| | | (N=6) | (N=4) | (N=1) | (N=8) |
| | I thought the workshop was worth the effort to get to the location | 89% | 0% | 11% | 0% |
| | here the program was held | (N=17) | U70 | (N=2) | U70 |

Conclusions

- >75% of participants indicated that their culinary skills and confidence in recommending a Mediterranean-style diet to their patients may have or did increase.
 - Enjoyed the hands-on approach, interaction with peers, and community
- Improvements needed included
 - More time
 - Wider variety of protein
 - Additional resources related to adoption of MED
- Can we obtain long term funding and support to carve out time to include these learning activities?





Bottom line: Residents indicated this approach was useful and improved confidence in healthy dietary counseling skills.

More work is needed to determine the dose required to induce long-term counseling behavior change for learners.

