WEBVTT

00:00:00.000 --> 00:00:00.920 Anyone

00:00:02.880 --> 00:00:05.280 so that'll pop up right now.

00:00:05.280 --> 00:00:06.800 My name is Jeanette Tetro.

00:00:06.800 --> 00:00:09.293 I currently serve as the Vice Chief

00:00:09.293 --> 00:00:11.660 for Education for the section of

00:00:11.660 --> 00:00:13.480 General Internal Medicine and our

00:00:13.480 --> 00:00:15.395 Section's delighted to come back

00:00:15.395 --> 00:00:17.310 together with our friends from

00:00:17.373 --> 00:00:19.318 the Center for Medical Education

00:00:19.320 --> 00:00:21.982 to Co host one of our medical

00:00:21.982 --> 00:00:23.600 education discussion groups.

00:00:23.600 --> 00:00:25.380 GIM Co hosted medical

00:00:25.380 --> 00:00:26.880 education discussion groups.

00:00:27.800 --> 00:00:29.120 Dorothy or I'm sorry, Janet

NOTE Confidence: 0.835327154

00:00:29.120 --> 00:00:31.000 will formally introduce Doctor

NOTE Confidence: 0.835327154

00:00:31.000 --> 00:00:32.840 Wood in a moment, but he is a

NOTE Confidence: 0.947528648571429

00:00:33.480 --> 00:00:37.596 member of our section we're thrilled about.

NOTE Confidence: 0.947528648571429

00:00:37.600 --> 00:00:39.464 And I just wanted to briefly put in a

NOTE Confidence: 0.947528648571429

00:00:39.464 --> 00:00:41.147 plug with the next medical education

NOTE Confidence: 0.947528648571429

00:00:41.147 --> 00:00:42.959 discussion group will be in April.

NOTE Confidence: 0.947528648571429

00:00:42.960 --> 00:00:46.320 Deanna Luzi will be speaking at that session.

NOTE Confidence: 0.947528648571429

00:00:46.320 --> 00:00:50.000 And please for everybody on the call,

NOTE Confidence: 0.947528648571429

00:00:50.000 --> 00:00:52.400 certainly our GIM folks as well,

NOTE Confidence: 0.947528648571429

00:00:52.400 --> 00:00:53.970 Mark your calendars for Medical

NOTE Confidence: 0.947528648571429

00:00:53.970 --> 00:00:56.280 Education Day, which will be June 6th.

NOTE Confidence: 0.947528648571429

00:00:56.280 --> 00:00:57.834 So I'll turn it over to Janet.

NOTE Confidence: 0.947528648571429

00:00:57.840 --> 00:00:58.815 Thank you. Great.

NOTE Confidence: 0.947528648571429

00:00:58.815 --> 00:01:00.445 Thanks for those plugs, Jeanette.

NOTE Confidence: 0.947528648571429

00:01:00.445 --> 00:01:01.420 That was wonderful.

00:01:01.420 --> 00:01:04.478 And I have the great honor of introducing Dr.

00:01:04.480 --> 00:01:06.874 Nathan Wood to all of us today.

00:01:06.880 --> 00:01:08.476 Many of we, we know him,

00:01:08.480 --> 00:01:10.514 He's an instructor in medicine in

00:01:10.514 --> 00:01:12.440 the Department of Internal Medicine.

00:01:12.440 --> 00:01:13.430 And of course,

00:01:13.430 --> 00:01:16.160 when you look back over what he's done,

00:01:16.160 --> 00:01:19.208 he received his BS in Linguistics

00:01:19.208 --> 00:01:21.240 from University of Michigan,

00:01:21.240 --> 00:01:23.478 and then he became a chef.

00:01:23.480 --> 00:01:25.454 He went to the professional culinary

00:01:25.454 --> 00:01:27.899 arts where he received a diploma from

00:01:27.899 --> 00:01:29.679 the Institute of Culinary Education.

00:01:29.680 --> 00:01:31.696 And he's really spent time in

00:01:31.696 --> 00:01:33.040 thinking about culinary medicine,

00:01:33.040 --> 00:01:35.320 which he'll talk with us today.

NOTE Confidence: 0.947528648571429

00:01:35.320 --> 00:01:36.979 He then went on and did his

NOTE Confidence: 0.947528648571429

00:01:36.979 --> 00:01:38.120 MD at Wayne State,

NOTE Confidence: 0.947528648571429

00:01:38.120 --> 00:01:41.655 and he is currently graduating in our

NOTE Confidence: 0.947528648571429

00:01:41.655 --> 00:01:44.140 MHS Medical Education Master's program.

NOTE Confidence: 0.947528648571429

00:01:44.140 --> 00:01:47.663 And his study was his thesis is

NOTE Confidence: 0.947528648571429

00:01:47.663 --> 00:01:49.551 entitled A Randomized Controlled

NOTE Confidence: 0.947528648571429

00:01:49.551 --> 00:01:52.639 Trial of a Novel Culinary Medicine

NOTE Confidence: 0.947528648571429

00:01:52.639 --> 00:01:55.239 Curriculum for Medical Residents.

NOTE Confidence: 0.947528648571429

00:01:55.240 --> 00:01:57.333 But in addition to his work with

NOTE Confidence: 0.947528648571429

00:01:57.333 --> 00:01:59.439 residents in a phenomenal thesis,

NOTE Confidence: 0.947528648571429

00:01:59.440 --> 00:02:01.756 he's also been this faculty advisor

NOTE Confidence: 0.947528648571429

00:02:01.756 --> 00:02:03.760 for the student interest group.

NOTE Confidence: 0.947528648571429

00:02:03.760 --> 00:02:06.200 It's entitled Food is Medicine.

NOTE Confidence: 0.947528648571429

00:02:06.200 --> 00:02:08.360 The students selected that name,

NOTE Confidence: 0.947528648571429

00:02:08.360 --> 00:02:10.920 but he takes them over to the kitchen,

NOTE Confidence: 0.947528648571429

00:02:10.920 --> 00:02:13.076 the test kitchen, and works with students.

NOTE Confidence: 0.947528648571429

00:02:13.080 --> 00:02:15.678 And they're so interested in this.

NOTE Confidence: 0.947528648571429

00:02:15.680 --> 00:02:18.704 He also teaches in our medical student

NOTE Confidence: 0.947528648571429

00:02:18.704 --> 00:02:21.200 curriculum and also our PA program.

NOTE Confidence: 0.947528648571429

00:02:21.200 --> 00:02:23.320 We have many P as on here today.

NOTE Confidence: 0.947528648571429

00:02:23.320 --> 00:02:25.126 And what I think when you think

NOTE Confidence: 0.947528648571429

00:02:25.126 --> 00:02:26.320 of the next steps,

NOTE Confidence: 0.947528648571429

00:02:26.320 --> 00:02:28.735 it's how do you incorporate all these

NOTE Confidence: 0.947528648571429

00:02:28.735 --> 00:02:30.856 silos of pieces and really think

NOTE Confidence: 0.947528648571429

00:02:30.856 --> 00:02:33.229 through what is it that our medical

NOTE Confidence: 0.947528648571429

00:02:33.294 --> 00:02:35.640 students need as they become doctors

NOTE Confidence: 0.947528648571429

00:02:35.640 --> 00:02:38.576 in residency and on and then how are

NOTE Confidence: 0.947528648571429

00:02:38.576 --> 00:02:41.040 we preparing our future physicians.

NOTE Confidence: 0.947528648571429

00:02:41.040 --> 00:02:41.658 So thank you,

NOTE Confidence: 0.947528648571429

00:02:41.658 --> 00:02:41.864 Nate,

NOTE Confidence: 0.947528648571429

00:02:41.864 --> 00:02:43.410 for all the work that you do

NOTE Confidence: 0.947528648571429

00:02:43.410 --> 00:02:45.000 and I'm really excited to hear

NOTE Confidence: 0.947528648571429

00:02:45.000 --> 00:02:45.795 your presentation today.

NOTE Confidence: 0.908761506

00:02:47.280 --> 00:02:48.608 Great. Thank you so much, Janet,

NOTE Confidence: 0.908761506

00:02:48.608 --> 00:02:50.080 for that fabulous introduction.

NOTE Confidence: 0.908761506

00:02:50.080 --> 00:02:51.176 Very generous of you.

NOTE Confidence: 0.908761506

00:02:51.176 --> 00:02:53.378 So extremely happy to be here today to

NOTE Confidence: 0.908761506

00:02:53.378 --> 00:02:55.394 talk to you all about my life passion,

NOTE Confidence: 0.908761506

00:02:55.400 --> 00:02:56.555 which is food and medicine

NOTE Confidence: 0.908761506

00:02:56.555 --> 00:02:57.479 and the intersection there.

NOTE Confidence: 0.908761506

00:02:57.480 --> 00:02:58.806 And so today we're gonna be

NOTE Confidence: 0.908761506

00:02:58.806 --> 00:03:00.302 talking about a new field called

NOTE Confidence: 0.908761506

00:03:00.302 --> 00:03:01.692 culinary medicine and in general

NOTE Confidence: 0.908761506

00:03:01.692 --> 00:03:03.287 the future of nutrition education

NOTE Confidence: 0.908761506

00:03:03.287 --> 00:03:05.057 as Janet mentioned for healthcare

NOTE Confidence: 0.908761506

00:03:05.057 --> 00:03:08.280 professionals as well As for patients.

00:03:08.280 --> 00:03:10.023 So Reagan is putting some information in

00:03:10.023 --> 00:03:12.035 the chat about how you can claim your CME.

00:03:12.040 --> 00:03:14.287 But just a reminder here to text

00:03:14.287 --> 00:03:16.650 that number to that number and what

00:03:16.650 --> 00:03:18.075 I'm hoping to accomplish today,

00:03:18.080 --> 00:03:19.560 what are our learning objectives?

00:03:19.560 --> 00:03:21.366 So we're going to 1st identify this

00:03:21.366 --> 00:03:23.084 lack of nutrition education that we

00:03:23.084 --> 00:03:24.569 provide our medical trainings which

00:03:24.569 --> 00:03:26.506 many of us are familiar with and

00:03:26.506 --> 00:03:28.326 actually recognize this as a structural

00:03:28.326 --> 00:03:30.956 contributor to diet related disease.

00:03:30.960 --> 00:03:32.645 We're going to define culinary

00:03:32.645 --> 00:03:34.823 medicine and a plant forward diet to

00:03:34.823 --> 00:03:36.959 terms that may be new to a lot of us.

00:03:36.960 --> 00:03:39.074 We're going to talk about how culinary

NOTE Confidence: 0.908761506

00:03:39.074 --> 00:03:41.640 medicine can be used to teach both

NOTE Confidence: 0.908761506

00:03:41.640 --> 00:03:43.236 healthcare professionals and patients.

NOTE Confidence: 0.908761506

00:03:43.240 --> 00:03:45.116 We're going to think about kind of

NOTE Confidence: 0.908761506

00:03:45.116 --> 00:03:46.959 through my recent my thesis research,

NOTE Confidence: 0.908761506

00:03:46.960 --> 00:03:49.126 what one potential benefit of culinary

NOTE Confidence: 0.908761506

00:03:49.126 --> 00:03:51.745 medicine might be over just your everyday

NOTE Confidence: 0.908761506

00:03:51.745 --> 00:03:53.959 lectures that are based on nutrition.

NOTE Confidence: 0.908761506

00:03:53.960 --> 00:03:55.934 And then think together about an

NOTE Confidence: 0.908761506

00:03:55.934 --> 00:03:57.982 actionable step that we all can

NOTE Confidence: 0.908761506

00:03:57.982 --> 00:03:59.992 take to improve the health promoting

NOTE Confidence: 0.908761506

00:03:59.992 --> 00:04:01.839 potential of our dietary habits.

NOTE Confidence: 0.908761506

00:04:01.840 --> 00:04:02.365 So, but first,

NOTE Confidence: 0.908761506

00:04:02.365 --> 00:04:03.240 before we do all that,

NOTE Confidence: 0.908761506

00:04:03.240 --> 00:04:04.360 I want to get to know you.

NOTE Confidence: 0.908761506

00:04:04.360 --> 00:04:05.860 So I think Dorothy's going to

NOTE Confidence: 0.908761506

00:04:05.860 --> 00:04:07.567 launch a poll for us here just

NOTE Confidence: 0.908761506

00:04:07.567 --> 00:04:09.360 so I can kind of better know what

NOTE Confidence: 0.908761506

00:04:09.360 --> 00:04:10.440 what folks we're working with here.

NOTE Confidence: 0.908761506

00:04:10.440 --> 00:04:12.936 Which of the following best describes

NOTE Confidence: 0.908761506

00:04:12.936 --> 00:04:14.600 your training or certification?

NOTE Confidence: 0.908761506

00:04:14.600 --> 00:04:16.217 I've already seen that we have a

NOTE Confidence: 0.908761506

00:04:16.217 --> 00:04:17.679 couple of students in the the room.

NOTE Confidence: 0.908761506

00:04:17.680 --> 00:04:18.640 So I apologize.

NOTE Confidence: 0.908761506

00:04:18.640 --> 00:04:20.168 I definitely should have considered

NOTE Confidence: 0.908761506

00:04:20.168 --> 00:04:21.160 that you're a student,

NOTE Confidence: 0.908761506

00:04:21.160 --> 00:04:22.570 but if you're in a particular

NOTE Confidence: 0.908761506

00:04:22.570 --> 00:04:23.040 training program,

NOTE Confidence: 0.908761506

00:04:23.040 --> 00:04:24.156 maybe you can select that one.

NOTE Confidence: 0.842346655

00:04:42.360 --> 00:04:42.960 You guys are quick.

NOTE Confidence: 0.48500186

00:04:45.120 --> 00:04:45.180 OK,

NOTE Confidence: 0.888826683333333

00:04:53.530 --> 00:04:57.970 that looks pretty good, I think, OK, we'll

NOTE Confidence: 0.865507386666667

00:04:57.970 --> 00:04:58.768 end the poll

NOTE Confidence: 0.93146389

00:05:00.890 --> 00:05:02.410 and share the results,

NOTE Confidence: 0.962914958333333

00:05:04.010 --> 00:05:05.366 OK. So as you can see,

NOTE Confidence: 0.962914958333333

00:05:05.370 --> 00:05:07.050 we have a lot of M DS or D OS here.

NOTE Confidence: 0.962914958333333

00:05:07.050 --> 00:05:08.570 So a lot of positions, about 10% PAS,

NOTE Confidence: 0.962914958333333

00:05:08.570 --> 00:05:11.090 some PhDs and then a lot of kind of

NOTE Confidence: 0.962914958333333

00:05:11.090 --> 00:05:13.035 smattering of other medical education

NOTE Confidence: 0.962914958333333

00:05:13.035 --> 00:05:14.720 and professional folks as well.

NOTE Confidence: 0.962914958333333

00:05:14.720 --> 00:05:16.535 So we always appreciate having

NOTE Confidence: 0.962914958333333

00:05:16.535 --> 00:05:17.987 this kind of interdisciplinary

NOTE Confidence: 0.962914958333333

00:05:17.987 --> 00:05:19.634 audience because really as you'll

NOTE Confidence: 0.962914958333333

00:05:19.634 --> 00:05:21.470 see culinary medicine applies to A

NOTE Confidence: 0.962914958333333

00:05:21.529 --> 00:05:23.398 to a whole host of different people.

NOTE Confidence: 0.962914958333333

00:05:23.400 --> 00:05:24.516 So hopefully we all have something

NOTE Confidence: 0.962914958333333

00:05:24.516 --> 00:05:25.715 that we can take away from

10

NOTE Confidence: 0.962914958333333

00:05:25.715 --> 00:05:26.755 this no matter our profession.

NOTE Confidence: 0.962914958333333

00:05:26.760 --> 00:05:29.288 So I'm going to start with just

NOTE Confidence: 0.962914958333333

00:05:29.288 --> 00:05:30.160 briefly with the patient case,

NOTE Confidence: 0.962914958333333

00:05:30.160 --> 00:05:31.210 something that probably would look

NOTE Confidence: 0.962914958333333

00:05:31.210 --> 00:05:33.200 familiar to you. You have a Mr.

NOTE Confidence: 0.962914958333333

00:05:33.200 --> 00:05:34.993 Jones coming into your clinic.

NOTE Confidence: 0.962914958333333

00:05:34.993 --> 00:05:37.158 He has hypertension and dyslipidemia.

NOTE Confidence: 0.962914958333333

00:05:37.160 --> 00:05:40.080 His father died of a heart attack at age 58.

NOTE Confidence: 0.962914958333333

00:05:40.080 --> 00:05:42.240 He's recently celebrating his 50th birthday,

NOTE Confidence: 0.962914958333333

00:05:42.240 --> 00:05:43.690 which got him thinking about

NOTE Confidence: 0.962914958333333

00:05:43.690 --> 00:05:44.560 his own mortality.

NOTE Confidence: 0.962914958333333

00:05:44.560 --> 00:05:45.640 And he says like, listen,

NOTE Confidence: 0.962914958333333

00:05:45.640 --> 00:05:47.452 I am so confused about this

NOTE Confidence: 0.962914958333333

00:05:47.452 --> 00:05:48.358 whole nutrition thing.

NOTE Confidence: 0.962914958333333

00:05:48.360 --> 00:05:49.956 Everything I read and I see and

NOTE Confidence: 0.962914958333333

00:05:49.956 --> 00:05:51.599 I hear it's so contradictory,

NOTE Confidence: 0.962914958333333

00:05:51.600 --> 00:05:53.316 I don't know what to believe.

NOTE Confidence: 0.962914958333333

00:05:53.320 --> 00:05:54.196 So hey, doc,

NOTE Confidence: 0.962914958333333

00:05:54.196 --> 00:05:56.240 what should I eat to prevent a

NOTE Confidence: 0.962914958333333

00:05:56.310 --> 00:05:58.278 heart attack like my dad had?

NOTE Confidence: 0.962914958333333

00:05:58.280 --> 00:05:59.640 And for many of us,

NOTE Confidence: 0.962914958333333

00:05:59.640 --> 00:06:01.373 this may send shivers down our spine, right?

NOTE Confidence: 0.962914958333333

00:06:01.373 --> 00:06:03.397 What are we supposed to say to that?

NOTE Confidence: 0.962914958333333

00:06:03.400 --> 00:06:05.612 So one more poll before we really

NOTE Confidence: 0.962914958333333

00:06:05.612 --> 00:06:06.560 dig in here.

NOTE Confidence: 0.962914958333333

00:06:06.560 --> 00:06:08.548 How confident do you feel in providing

NOTE Confidence: 0.962914958333333

00:06:08.548 --> 00:06:10.119 dietary counseling to your patients?

NOTE Confidence: 0.962914958333333

00:06:10.120 --> 00:06:11.158 When it comes to this statement,

NOTE Confidence: 0.962914958333333

00:06:11.160 --> 00:06:12.009 I feel confident.

NOTE Confidence: 0.962914958333333

00:06:12.009 --> 00:06:13.707 How much do you agree or

NOTE Confidence: 0.962914958333333

00:06:13.707 --> 00:06:15.159 disagree with that statement?

NOTE Confidence: 0.76252317875

00:06:47.030 --> 00:06:48.270 think we have some experts in the room.

NOTE Confidence: 0.76189473

00:06:56.480 --> 00:06:57.800 Great. That looks pretty good, I think.

NOTE Confidence: 0.65650119

00:06:58.960 --> 00:07:00.000 OK, share the results.

NOTE Confidence: 0.864719147

00:07:01.320 --> 00:07:01.960 All right. So let's take

NOTE Confidence: 0.864719147

00:07:01.960 --> 00:07:02.600 a look at these here.

NOTE Confidence: 0.864719147

00:07:02.600 --> 00:07:04.184 So we have a few people who who

NOTE Confidence: 0.864719147

00:07:04.184 --> 00:07:05.400 really don't feel comfortable.

NOTE Confidence: 0.864719147

00:07:05.400 --> 00:07:06.940 A lot of folks kind of in the middle like

NOTE Confidence: 0.864719147

00:07:06.981 --> 00:07:08.595 either somewhat disagree or somewhat agree.

NOTE Confidence: 0.864719147

00:07:08.600 --> 00:07:10.328 And then if we look specifically at this

NOTE Confidence: 0.864719147

00:07:10.328 --> 00:07:12.316 metric of agree and strongly agreed together,

NOTE Confidence: 0.864719147

00:07:12.320 --> 00:07:14.876 it looks like about 41% of people

NOTE Confidence: 0.864719147

00:07:14.876 --> 00:07:16.544 agree or strongly agree that they

NOTE Confidence: 0.864719147

00:07:16.544 --> 00:07:18.240 would feel confident doing this.

NOTE Confidence: 0.864719147

00:07:18.240 --> 00:07:20.193 So let me just delve into like

NOTE Confidence: 0.864719147

00:07:20.193 --> 00:07:21.714 how standard is that, right.

NOTE Confidence: 0.864719147

00:07:21.714 --> 00:07:23.598 So that is that's pretty high.

NOTE Confidence: 0.864719147

00:07:23.600 --> 00:07:26.147 You know, as we'll look here at some local

NOTE Confidence: 0.864719147

00:07:26.147 --> 00:07:28.360 results and then results more nationally,

NOTE Confidence: 0.864719147

00:07:28.360 --> 00:07:30.467 really very few people agree or strongly

NOTE Confidence: 0.864719147

00:07:30.467 --> 00:07:32.785 agree that they feel comfortable providing

NOTE Confidence: 0.864719147

00:07:32.785 --> 00:07:34.597 nutrition education to patients.

NOTE Confidence: 0.864719147

00:07:34.600 --> 00:07:36.128 And so when we did a local needs

NOTE Confidence: 0.864719147

00:07:36.128 --> 00:07:37.534 assessment and asked the same question

NOTE Confidence: 0.864719147

00:07:37.534 --> 00:07:38.754 to our primary care residents,

NOTE Confidence: 0.864719147

00:07:38.760 --> 00:07:40.722 about 17% felt that their training

NOTE Confidence: 0.864719147

00:07:40.722 --> 00:07:42.800 to date had been sufficient.

NOTE Confidence: 0.864719147

00:07:42.800 --> 00:07:44.956 About a third felt that they had

NOTE Confidence: 0.864719147

00:07:44.956 --> 00:07:46.306 the necessary nutrition knowledge

NOTE Confidence: 0.864719147

00:07:46.306 --> 00:07:49.246 and skills and then 94% agreed or

NOTE Confidence: 0.864719147

00:07:49.246 --> 00:07:50.938 strongly agreed that if they were

14

NOTE Confidence: 0.864719147

00:07:50.938 --> 00:07:52.790 to obtain additional training and

NOTE Confidence: 0.864719147

00:07:52.790 --> 00:07:55.058 nutrition that this would allow them

NOTE Confidence: 0.864719147

00:07:55.114 --> 00:07:56.919 to provide better clinical care.

NOTE Confidence: 0.864719147

00:07:56.920 --> 00:07:58.789 And this 17% of feeling that they're

NOTE Confidence: 0.864719147

00:07:58.789 --> 00:08:00.679 trained to date had been sufficient.

NOTE Confidence: 0.864719147

00:08:00.680 --> 00:08:02.678 That's pretty reflective nationally as well.

NOTE Confidence: 0.864719147

00:08:02.680 --> 00:08:04.222 There's a couple of surveys again

NOTE Confidence: 0.864719147

00:08:04.222 --> 00:08:06.406 from 2005 and then more recently in

NOTE Confidence: 0.864719147

00:08:06.406 --> 00:08:08.720 2014 showing really only about 14% of

NOTE Confidence: 0.864719147

00:08:08.720 --> 00:08:10.760 physicians agree or strongly agree that

NOTE Confidence: 0.864719147

00:08:10.760 --> 00:08:13.237 they've been adequately trained to do this.

NOTE Confidence: 0.864719147

00:08:13.240 --> 00:08:15.865 And this is is also demonstrated outside

NOTE Confidence: 0.864719147

00:08:15.865 --> 00:08:17.989 of just physicians and and medical

NOTE Confidence: 0.864719147

00:08:17.989 --> 00:08:20.166 trainees as as well in in medical

NOTE Confidence: 0.864719147

00:08:20.237 --> 00:08:21.896 school about 29% of nurse practitioners,

NOTE Confidence: 0.864719147

15

00:08:21.896 --> 00:08:23.897 so a little bit higher feel that they've

NOTE Confidence: 0.864719147

00:08:23.897 --> 00:08:25.437 received adequate training in nutrition,

NOTE Confidence: 0.864719147

00:08:25.440 --> 00:08:28.208 but of course still very far from where

NOTE Confidence: 0.864719147

00:08:28.208 --> 00:08:30.220 a target would be and we've known that

NOTE Confidence: 0.864719147

00:08:30.220 --> 00:08:31.639 this is an issue for a long time.

NOTE Confidence: 0.864719147

00:08:31.640 --> 00:08:32.420 So kind of.

NOTE Confidence: 0.864719147

00:08:32.420 --> 00:08:33.980 This landmark paper that came out

NOTE Confidence: 0.864719147

00:08:33.980 --> 00:08:36.274 in 1985 by the National Academy of

NOTE Confidence: 0.864719147

00:08:36.274 --> 00:08:38.051 Sciences recommended that all medical

NOTE Confidence: 0.864719147

00:08:38.051 --> 00:08:40.217 students receive at least 25 hours

NOTE Confidence: 0.864719147

00:08:40.217 --> 00:08:41.984 of nutrition education in their

NOTE Confidence: 0.864719147

00:08:41.984 --> 00:08:42.917 pre clinical years.

NOTE Confidence: 0.864719147

00:08:42.920 --> 00:08:45.072 And that was based on their finding that

NOTE Confidence: 0.864719147

00:08:45.072 --> 00:08:46.955 the average at the time was 21 hours.

NOTE Confidence: 0.864719147

00:08:46.960 --> 00:08:47.840 But as you can see,

NOTE Confidence: 0.864719147

00:08:47.840 --> 00:08:49.430 studies have demonstrated at various

NOTE Confidence: 0.864719147

00:08:49.430 --> 00:08:51.383 time points since then that that

NOTE Confidence: 0.864719147

00:08:51.383 --> 00:08:52.923 number has dwindled very dramatically

NOTE Confidence: 0.864719147

00:08:52.923 --> 00:08:54.155 from that 21 hours,

NOTE Confidence: 0.864719147

00:08:54.160 --> 00:08:56.316 not towards the 25 that are recommended,

NOTE Confidence: 0.864719147

00:08:56.320 --> 00:08:57.916 but in the exact opposite direction with.

NOTE Confidence: 0.864719147

00:08:57.920 --> 00:09:01.408 Now the average number of hours that medical

NOTE Confidence: 0.864719147

00:09:01.408 --> 00:09:03.720 students receive in nutrition is 11.

NOTE Confidence: 0.864719147

00:09:03.720 --> 00:09:05.610 PA's again are not adequately trained in

NOTE Confidence: 0.864719147

00:09:05.610 --> 00:09:07.239 nutrition just like medical students,

NOTE Confidence: 0.864719147

00:09:07.240 --> 00:09:08.960 just like nurse practitioners don't

NOTE Confidence: 0.864719147

00:09:08.960 --> 00:09:10.680 feel like they've received adequate

NOTE Confidence: 0.864719147

00:09:10.730 --> 00:09:12.860 training with 75% of PA's reporting

NOTE Confidence: 0.864719147

00:09:12.860 --> 00:09:15.110 that they received 10 hours or

NOTE Confidence: 0.864719147

00:09:15.191 --> 00:09:17.359 less than nutrition education.

NOTE Confidence: 0.864719147

00:09:17.360 --> 00:09:19.520 And this is a big problem because we

NOTE Confidence: 0.864719147

00:09:19.520 --> 00:09:21.708 know that diet is the third leading

NOTE Confidence: 0.864719147

00:09:21.708 --> 00:09:23.633 risk factor for morbidity in the

NOTE Confidence: 0.864719147

00:09:23.633 --> 00:09:25.565 United States and it is the number

NOTE Confidence: 0.864719147

00:09:25.565 --> 00:09:27.158 one risk factor for mortality.

NOTE Confidence: 0.864719147

00:09:27.158 --> 00:09:29.976 So this is by the US burden of disease

NOTE Confidence: 0.864719147

00:09:29.976 --> 00:09:31.160 collaborators in this landmark

NOTE Confidence: 0.864719147

00:09:31.211 --> 00:09:32.639 paper that came out in 2018.

NOTE Confidence: 0.906891996842105

00:09:32.640 --> 00:09:33.942 And so again, we know diet is

NOTE Confidence: 0.906891996842105

00:09:33.942 --> 00:09:35.351 a big cause of morbidity and

NOTE Confidence: 0.906891996842105

00:09:35.351 --> 00:09:36.953 mortality here in the United States,

NOTE Confidence: 0.906891996842105

00:09:36.960 --> 00:09:38.720 the leading cause of mortality.

NOTE Confidence: 0.906891996842105

00:09:38.720 --> 00:09:39.885 And yet our physician and

NOTE Confidence: 0.906891996842105

00:09:39.885 --> 00:09:40.817 healthcare for workforces is

NOTE Confidence: 0.906891996842105

00:09:40.817 --> 00:09:42.160 really not trained to address this.

NOTE Confidence: 0.906891996842105

00:09:42.160 --> 00:09:45.032 And we're beginning to realize more and

NOTE Confidence: 0.906891996842105

00:09:45.032 --> 00:09:46.855 more that this is a systemic issue, right.

NOTE Confidence: 0.906891996842105

00:09:46.855 --> 00:09:48.640 If we don't address the contributions of

NOTE Confidence: 0.906891996842105

00:09:48.640 --> 00:09:50.640 food to health in the clinical context,

NOTE Confidence: 0.906891996842105

00:09:50.640 --> 00:09:52.710 that should be considered an

NOTE Confidence: 0.906891996842105

00:09:52.710 --> 00:09:55.316 ethical lapse or actually in and

NOTE Confidence: 0.906891996842105

00:09:55.316 --> 00:09:57.606 of itself a structural contributor

NOTE Confidence: 0.906891996842105

00:09:57.606 --> 00:09:59.438 to diet related disease.

NOTE Confidence: 0.906891996842105

00:09:59.440 --> 00:10:01.950 But you know, I told you in 1985,

NOTE Confidence: 0.906891996842105

00:10:01.950 --> 00:10:03.560 they said we need to change things.

NOTE Confidence: 0.906891996842105

00:10:03.560 --> 00:10:04.322 Really nothing changed.

NOTE Confidence: 0.906891996842105

00:10:04.322 --> 00:10:05.592 And in fact things got

NOTE Confidence: 0.906891996842105

00:10:05.592 --> 00:10:06.920 worse for a lot of decades.

NOTE Confidence: 0.906891996842105

00:10:06.920 --> 00:10:08.320 But now very, very recently,

NOTE Confidence: 0.906891996842105

00:10:08.320 --> 00:10:09.492 there's a renewed interest

NOTE Confidence: 0.906891996842105

00:10:09.492 --> 00:10:10.957 in kind of addressing this.

NOTE Confidence: 0.906891996842105

00:10:10.960 --> 00:10:12.360 So in May of 2022,

NOTE Confidence: 0.906891996842105

00:10:12.360 --> 00:10:14.000 the US House of Representatives

NOTE Confidence: 0.906891996842105

00:10:14.000 --> 00:10:16.013 passed a resolution that said our

NOTE Confidence: 0.906891996842105

00:10:16.013 --> 00:10:17.915 healthcare workforce is not trained to

NOTE Confidence: 0.906891996842105

00:10:17.915 --> 00:10:20.000 nutrition and we need to change that.

NOTE Confidence: 0.906891996842105

00:10:20.000 --> 00:10:21.910 That was really championed by

NOTE Confidence: 0.906891996842105

00:10:21.910 --> 00:10:23.438 Jim McGovern in Massachusetts.

NOTE Confidence: 0.906891996842105

00:10:23.440 --> 00:10:24.544 In September of 2022,

NOTE Confidence: 0.906891996842105

00:10:24.544 --> 00:10:26.200 this White House Conference on Hunger,

NOTE Confidence: 0.906891996842105

00:10:26.200 --> 00:10:27.640 Nutrition and Health was held.

NOTE Confidence: 0.906891996842105

00:10:27.640 --> 00:10:29.327 This was the first of its kind

NOTE Confidence: 0.906891996842105

00:10:29.327 --> 00:10:31.117 in only 50 in over 50 years.

NOTE Confidence: 0.906891996842105

00:10:31.120 --> 00:10:33.160 The first one was with Lyndon B Johnson

NOTE Confidence: 0.906891996842105

00:10:33.160 --> 00:10:35.355 and LED to programs like SNAP and WIC.

NOTE Confidence: 0.906891996842105

00:10:35.360 --> 00:10:36.832 So really important conference

NOTE Confidence: 0.906891996842105

00:10:36.832 --> 00:10:39.040 that took place in September of

NOTE Confidence: 0.906891996842105

00:10:39.040 --> 00:10:41.800 2022 and really ignited this work.

NOTE Confidence: 0.906891996842105

00:10:41.800 --> 00:10:43.606 The first ever Summit on Nutrition

NOTE Confidence: 0.906891996842105

00:10:43.606 --> 00:10:45.116 and Medical Education took place

NOTE Confidence: 0.906891996842105

00:10:45.116 --> 00:10:46.640 in court ancient with the A/C,

NOTE Confidence: 0.906891996842105

00:10:46.640 --> 00:10:46.984 G,

NOTE Confidence: 0.906891996842105

00:10:46.984 --> 00:10:49.368 MB and the AAMC in March of 2023

NOTE Confidence: 0.906891996842105

00:10:49.368 --> 00:10:50.628 where they brought together thought

NOTE Confidence: 0.906891996842105

00:10:50.628 --> 00:10:51.687 leaders from across the nation

NOTE Confidence: 0.906891996842105

00:10:51.687 --> 00:10:53.080 and said how do we fix this.

NOTE Confidence: 0.906891996842105

00:10:53.080 --> 00:10:54.730 And so their the reports just

NOTE Confidence: 0.906891996842105

00:10:54.730 --> 00:10:56.720 came out a couple of months ago.

NOTE Confidence: 0.906891996842105

00:10:56.720 --> 00:10:57.788 In April of 2023,

NOTE Confidence: 0.906891996842105

00:10:57.788 --> 00:10:59.390 the NIH released its request for

NOTE Confidence: 0.906891996842105

00:10:59.447 --> 00:11:01.637 information on food is medicine research.

NOTE Confidence: 0.906891996842105

00:11:01.640 --> 00:11:03.418 Food is medicine being this new field

NOTE Confidence: 0.906891996842105

00:11:03.418 --> 00:11:05.407 that kind of focuses on 4 pillars

NOTE Confidence: 0.906891996842105

00:11:05.407 --> 00:11:06.872 of addressing diet and disease.

NOTE Confidence: 0.906891996842105

00:11:06.880 --> 00:11:09.505 And one of those pillars is actually

NOTE Confidence: 0.906891996842105

00:11:09.505 --> 00:11:10.696 healthcare provider education,

NOTE Confidence: 0.906891996842105

00:11:10.696 --> 00:11:13.552 of which culinary medicine is a part.

NOTE Confidence: 0.906891996842105

00:11:13.560 --> 00:11:15.150 And then most exciting perhaps for

NOTE Confidence: 0.906891996842105

00:11:15.150 --> 00:11:17.660 me is just last month we founded the

NOTE Confidence: 0.906891996842105

00:11:17.660 --> 00:11:19.400 American College of Culinary Medicine.

NOTE Confidence: 0.906891996842105

00:11:19.400 --> 00:11:22.158 And so this is really igniting quickly.

NOTE Confidence: 0.906891996842105

00:11:22.160 --> 00:11:24.640 Change is very much happening in this area.

NOTE Confidence: 0.906891996842105

00:11:24.640 --> 00:11:25.960 So it's an exciting time to

NOTE Confidence: 0.906891996842105

00:11:25.960 --> 00:11:26.840 be working on this.

NOTE Confidence: 0.906891996842105

00:11:26.840 --> 00:11:28.275 But I keep using this term culinary

NOTE Confidence: 0.906891996842105

00:11:28.275 --> 00:11:29.436 medicine and for some of us

NOTE Confidence: 0.906891996842105

00:11:29.436 --> 00:11:30.598 that might be a brand new term.

NOTE Confidence: 0.906891996842105

00:11:30.600 --> 00:11:32.637 So let me just mention what culinary

NOTE Confidence: 0.906891996842105

00:11:32.637 --> 00:11:35.419 medicine is and how we think of it as

22

NOTE Confidence: 0.906891996842105

00:11:35.419 --> 00:11:37.136 providing nutrition education for our

NOTE Confidence: 0.906891996842105

00:11:37.136 --> 00:11:38.840 healthcare providers and trainees.

NOTE Confidence: 0.906891996842105

00:11:38.840 --> 00:11:40.598 So culinary medicine is evidence based.

NOTE Confidence: 0.906891996842105

00:11:40.600 --> 00:11:42.268 It's necessarily into professional

NOTE Confidence: 0.906891996842105

00:11:42.268 --> 00:11:43.952 relying on chefs, dietitians,

NOTE Confidence: 0.906891996842105

00:11:43.952 --> 00:11:46.112 physicians and it combines together

NOTE Confidence: 0.906891996842105

00:11:46.112 --> 00:11:47.840 several fields of medicine,

NOTE Confidence: 0.906891996842105

00:11:47.840 --> 00:11:49.091 culinary arts, nutrition,

NOTE Confidence: 0.906891996842105

00:11:49.091 --> 00:11:50.759 science and medical education.

NOTE Confidence: 0.906891996842105

00:11:50.760 --> 00:11:53.028 And the goal is to prevent and

NOTE Confidence: 0.906891996842105

00:11:53.028 --> 00:11:54.600 treat diet related disease.

NOTE Confidence: 0.906891996842105

00:11:54.600 --> 00:11:55.356 So how do we do that?

NOTE Confidence: 0.906891996842105

00:11:55.360 --> 00:11:56.974 We take folks into a teaching

NOTE Confidence: 0.906891996842105

00:11:56.974 --> 00:11:58.639 kitchen and we teach them nutrition

NOTE Confidence: 0.906891996842105

00:11:58.639 --> 00:12:00.751 and then we teach them to put into

NOTE Confidence: 0.906891996842105

23

00:12:00.808 --> 00:12:02.478 practice using hands on cooking

NOTE Confidence: 0.906891996842105

00:12:02.480 --> 00:12:04.480 theory and technique and practice.

NOTE Confidence: 0.971478054

00:12:04.480 --> 00:12:06.152 And then like I said, the goal is to

NOTE Confidence: 0.971478054

00:12:06.152 --> 00:12:07.640 prevent and treat diet related disease.

NOTE Confidence: 0.971478054

00:12:07.640 --> 00:12:08.956 Now it doesn't have to be a

NOTE Confidence: 0.971478054

00:12:08.956 --> 00:12:09.520 physical teaching kitchen,

NOTE Confidence: 0.971478054

00:12:09.520 --> 00:12:10.228 which is interesting.

NOTE Confidence: 0.971478054

00:12:10.228 --> 00:12:11.880 That's how the field began of course.

NOTE Confidence: 0.971478054

00:12:11.880 --> 00:12:12.440 And as you can see,

NOTE Confidence: 0.971478054

00:12:12.440 --> 00:12:13.934 we have a beautiful physical teaching

NOTE Confidence: 0.971478054

00:12:13.934 --> 00:12:15.919 kitchen here at Yale that opened last year.

NOTE Confidence: 0.971478054

00:12:15.920 --> 00:12:17.120 But during the pandemic,

NOTE Confidence: 0.971478054

00:12:17.120 --> 00:12:18.920 everyone in culinary medicine was forced

NOTE Confidence: 0.971478054

00:12:18.966 --> 00:12:20.718 to pivot to virtual teaching kitchens,

NOTE Confidence: 0.971478054

00:12:20.720 --> 00:12:22.070 which is where you have everyone

NOTE Confidence: 0.971478054

00:12:22.070 --> 00:12:22.970 cooked together from their

NOTE Confidence: 0.971478054

00:12:23.008 --> 00:12:23.998 own home kitchens on Zoom.

NOTE Confidence: 0.971478054

00:12:24.000 --> 00:12:26.475 And so you can see a class that we taught

NOTE Confidence: 0.971478054

00:12:26.475 --> 00:12:27.940 during the pandemic to our residents

NOTE Confidence: 0.971478054

00:12:27.940 --> 00:12:30.560 here at Yale in a virtual teaching kitchen.

NOTE Confidence: 0.971478054

00:12:30.560 --> 00:12:31.740 So it's a very flexible

NOTE Confidence: 0.971478054

00:12:31.740 --> 00:12:32.920 field that has those goals.

NOTE Confidence: 0.971478054

00:12:32.920 --> 00:12:34.172 And then for healthcare

NOTE Confidence: 0.971478054

00:12:34.172 --> 00:12:34.798 providers specifically,

NOTE Confidence: 0.971478054

00:12:34.800 --> 00:12:36.276 when we teach them culinary medicine,

NOTE Confidence: 0.971478054

00:12:36.280 --> 00:12:38.600 we think about this as being the lab.

NOTE Confidence: 0.971478054

00:12:38.600 --> 00:12:40.196 So you have your biology lecture,

NOTE Confidence: 0.971478054

00:12:40.200 --> 00:12:41.915 you have your biology lab for this.

NOTE Confidence: 0.971478054

00:12:41.920 --> 00:12:43.200 We have our nutrition lecture

NOTE Confidence: 0.971478054

00:12:43.200 --> 00:12:44.720 and this is the nutrition lab.

NOTE Confidence: 0.971478054

00:12:44.720 --> 00:12:47.280 We put it into practice.

NOTE Confidence: 0.971478054

00:12:47.280 --> 00:12:49.120 So what are the goals and aims of the field?

NOTE Confidence: 0.971478054

00:12:49.120 --> 00:12:50.569 So all of these aims and outcomes

NOTE Confidence: 0.971478054

00:12:50.569 --> 00:12:52.357 I'm about to tell you about have

NOTE Confidence: 0.971478054

00:12:52.357 --> 00:12:53.757 been demonstrated in the literature.

NOTE Confidence: 0.971478054

00:12:53.760 --> 00:12:56.256 So we've shown that culinary medicine

NOTE Confidence: 0.971478054

00:12:56.256 --> 00:12:57.920 can increase participants nutrition

NOTE Confidence: 0.971478054

00:12:57.984 --> 00:12:59.640 knowledge and cooking skills,

NOTE Confidence: 0.971478054

00:12:59.640 --> 00:13:01.480 their confidence and competence

NOTE Confidence: 0.971478054

00:13:01.480 --> 00:13:03.320 in providing nutrition counseling,

NOTE Confidence: 0.971478054

00:13:03.320 --> 00:13:04.799 their interprofessional collaboration,

NOTE Confidence: 0.971478054

00:13:04.799 --> 00:13:06.278 and then really,

NOTE Confidence: 0.971478054

00:13:06.280 --> 00:13:08.478 it can change perhaps their eating behaviors.

NOTE Confidence: 0.971478054

00:13:08.480 --> 00:13:09.920 So maybe they're more motivated

NOTE Confidence: 0.971478054

00:13:09.920 --> 00:13:11.072 to eat more healthfully.

NOTE Confidence: 0.971478054

00:13:11.080 --> 00:13:12.400 In the first culinary medicine

NOTE Confidence: 0.971478054

00:13:12.400 --> 00:13:14.120 study I ran in medical school,

NOTE Confidence: 0.971478054

00:13:14.120 --> 00:13:15.920 we found that participants reported

NOTE Confidence: 0.971478054

00:13:15.920 --> 00:13:17.720 cooking a greater proportion of

NOTE Confidence: 0.971478054

00:13:17.781 --> 00:13:19.617 their meals at home after the

NOTE Confidence: 0.971478054

00:13:19.617 --> 00:13:21.280 intervention as compared to before.

NOTE Confidence: 0.971478054

00:13:21.280 --> 00:13:23.185 And other research studies have

NOTE Confidence: 0.971478054

00:13:23.185 --> 00:13:24.709 demonstrated that participants have

NOTE Confidence: 0.971478054

00:13:24.709 --> 00:13:27.050 greater adherence to a Mediterranean diet

NOTE Confidence: 0.971478054

00:13:27.050 --> 00:13:28.955 after participating in culinary medicine.

NOTE Confidence: 0.971478054

00:13:28.960 --> 00:13:30.199 But what's the point of all this?

NOTE Confidence: 0.971478054

00:13:30.200 --> 00:13:30.485 Well,

NOTE Confidence: 0.971478054

00:13:30.485 --> 00:13:32.195 we hope that if we have,

NOTE Confidence: 0.971478054

00:13:32.200 --> 00:13:34.354 we were able to increase participants

NOTE Confidence: 0.971478054

00:13:34.354 --> 00:13:36.221 knowledge and competence that they

NOTE Confidence: 0.971478054

00:13:36.221 --> 00:13:37.721 will provide nutrition counseling

NOTE Confidence: 0.971478054

00:13:37.721 --> 00:13:39.596 to patients more frequently and

NOTE Confidence: 0.971478054

00:13:39.652 --> 00:13:41.084 in in that nutrition counseling

NOTE Confidence: 0.971478054

00:13:41.084 --> 00:13:43.530 will be better quality that will

NOTE Confidence: 0.971478054

00:13:43.530 --> 00:13:45.310 increase referrals to registered

NOTE Confidence: 0.971478054

00:13:45.310 --> 00:13:46.200 dietitian nutritionists.

NOTE Confidence: 0.971478054

00:13:46.200 --> 00:13:47.740 And really that we can walk the

NOTE Confidence: 0.971478054

00:13:47.740 --> 00:13:49.573 talk that we can serve as examples

NOTE Confidence: 0.971478054

00:13:49.573 --> 00:13:51.253 for our patients because there's a

NOTE Confidence: 0.971478054

00:13:51.308 --> 00:13:52.958 lot of literature to suggest that

NOTE Confidence: 0.971478054

00:13:52.960 --> 00:13:54.716 clinicians who practice healthy

NOTE Confidence: 0.971478054

00:13:54.716 --> 00:13:56.911 lifestyles themselves are more likely

NOTE Confidence: 0.971478054

00:13:56.911 --> 00:13:59.302 to talk to their patients about

NOTE Confidence: 0.971478054

00:13:59.302 --> 00:14:01.560 practicing a healthy lifestyle as well.

NOTE Confidence: 0.971478054

00:14:01.560 --> 00:14:03.184 So we have this beautiful teaching kitchen

NOTE Confidence: 0.971478054

00:14:03.184 --> 00:14:04.919 here that I want to tell you about.

NOTE Confidence: 0.971478054

00:14:04.920 --> 00:14:05.880 So these are some photos from

NOTE Confidence: 0.971478054

00:14:05.880 --> 00:14:06.360 where it opened.

NOTE Confidence: 0.971478054

00:14:06.360 --> 00:14:07.998 Like I said just last year,

NOTE Confidence: 0.971478054

00:14:08.000 --> 00:14:09.554 it's run by an All Star team.

NOTE Confidence: 0.971478054

00:14:09.560 --> 00:14:11.054 So Joe Mendes is the Executive

NOTE Confidence: 0.971478054

00:14:11.054 --> 00:14:12.331 Director of Digestive Health and

NOTE Confidence: 0.971478054

00:14:12.331 --> 00:14:13.491 has really been pushing forward

NOTE Confidence: 0.971478054

00:14:13.491 --> 00:14:14.680 to this kitchen for many,

NOTE Confidence: 0.971478054

00:14:14.680 --> 00:14:16.437 many years and brought it to fruition.

NOTE Confidence: 0.971478054

00:14:16.440 --> 00:14:18.000 So we're so thankful to him.

NOTE Confidence: 0.971478054

00:14:18.000 --> 00:14:20.051 Amy Ralph and Max Goldstein are our

NOTE Confidence: 0.971478054

00:14:20.051 --> 00:14:21.856 dietitians who work together and

NOTE Confidence: 0.971478054

00:14:21.856 --> 00:14:23.584 really understanding that culinary

NOTE Confidence: 0.971478054

00:14:23.584 --> 00:14:25.312 medicine and nutrition education,

NOTE Confidence: 0.971478054

00:14:25.320 --> 00:14:27.016 this is a field that should be really

NOTE Confidence: 0.971478054

00:14:27.016 --> 00:14:28.671 led by dietitians because they are

NOTE Confidence: 0.971478054

00:14:28.671 --> 00:14:30.435 the experts in nutrition and that

NOTE Confidence: 0.944447375

00:14:30.492 --> 00:14:32.256 we as physicians and other clinicians

NOTE Confidence: 0.944447375

00:14:32.256 --> 00:14:34.010 can come alongside them as partners

NOTE Confidence: 0.944447375

00:14:34.010 --> 00:14:35.720 in order to advance the field.

NOTE Confidence: 0.944447375

00:14:35.720 --> 00:14:37.120 And Max, I just have to give a plug for,

NOTE Confidence: 0.944447375

00:14:37.120 --> 00:14:38.037 I think he's on the call here.

NOTE Confidence: 0.944447375

00:14:38.040 --> 00:14:39.755 He's a chef and a registered dietitian.

NOTE Confidence: 0.944447375

00:14:39.760 --> 00:14:40.672 What an amazing combo.

NOTE Confidence: 0.944447375

00:14:40.672 --> 00:14:42.040 There's not many Max's in the

NOTE Confidence: 0.944447375

00:14:42.087 --> 00:14:43.359 world and he does a fabulous,

NOTE Confidence: 0.944447375

00:14:43.360 --> 00:14:44.532 fabulous job with patients.

NOTE Confidence: 0.944447375

00:14:44.532 --> 00:14:45.997 So they really enjoy the

NOTE Confidence: 0.944447375

00:14:45.997 --> 00:14:47.119 classes that he teaches.

NOTE Confidence: 0.944447375

00:14:47.120 --> 00:14:48.660 He really runs more things than you

NOTE Confidence: 0.944447375

00:14:48.660 --> 00:14:50.479 want to know in the teaching kitchen.

NOTE Confidence: 0.944447375

00:14:50.480 --> 00:14:52.412 And we teach all of our classes

NOTE Confidence: 0.944447375

00:14:52.412 --> 00:14:53.920 together with our healthcare,

NOTE Confidence: 0.944447375

00:14:53.920 --> 00:14:56.128 with our healthcare trainees so that

NOTE Confidence: 0.944447375

00:14:56.128 --> 00:14:57.600 they have this interdisciplinary

NOTE Confidence: 0.944447375

00:14:57.600 --> 00:15:00.040 instructor team of a physician, a chef,

NOTE Confidence: 0.944447375

00:15:00.040 --> 00:15:02.440 physician, 2 chefs and a dietitian.

NOTE Confidence: 0.944447375

00:15:02.440 --> 00:15:04.720 So big shout out to them.

NOTE Confidence: 0.944447375

00:15:04.720 --> 00:15:06.000 So we've had physician associate

NOTE Confidence: 0.944447375

00:15:06.000 --> 00:15:07.280 students in the teaching kitchen.

NOTE Confidence: 0.944447375

00:15:07.280 --> 00:15:08.180 We've had medical students

NOTE Confidence: 0.944447375

00:15:08.180 --> 00:15:09.080 in the teaching kitchen.

NOTE Confidence: 0.944447375

00:15:09.080 --> 00:15:10.718 We have our primary care residents

NOTE Confidence: 0.944447375

00:15:10.718 --> 00:15:12.147 in the teaching kitchen every

NOTE Confidence: 0.944447375

00:15:12.147 --> 00:15:13.279 year of their residency.

NOTE Confidence: 0.944447375

00:15:13.280 --> 00:15:14.610 We have the Pediatrics residents

NOTE Confidence: 0.944447375

00:15:14.610 --> 00:15:15.940 in the teaching kitchen again

NOTE Confidence: 0.944447375

00:15:15.986 --> 00:15:17.358 every year throughout residency.

NOTE Confidence: 0.944447375

00:15:17.360 --> 00:15:18.424 And in the future,

NOTE Confidence: 0.944447375

00:15:18.424 --> 00:15:20.020 we have lots of opportunities to

NOTE Confidence: 0.944447375

00:15:20.076 --> 00:15:21.796 engage other populations as well.

NOTE Confidence: 0.944447375

00:15:21.800 --> 00:15:23.431 And so we have a couple of

NOTE Confidence: 0.944447375

00:15:23.431 --> 00:15:24.320 nursing classes coming up.

NOTE Confidence: 0.944447375

00:15:24.320 --> 00:15:26.160 We have a faculty group,

NOTE Confidence: 0.944447375

00:15:26.160 --> 00:15:28.000 the YPC faculty are coming in next Monday,

NOTE Confidence: 0.944447375

00:15:28.000 --> 00:15:29.834 which of course I'm looking forward to.

NOTE Confidence: 0.944447375

00:15:29.840 --> 00:15:30.440 But as you can see,

NOTE Confidence: 0.944447375

00:15:30.440 --> 00:15:32.025 lots of other opportunities to

NOTE Confidence: 0.944447375

00:15:32.025 --> 00:15:33.610 engage other folks invested in

NOTE Confidence: 0.944447375

00:15:33.670 --> 00:15:35.415 public health dietetics and the

NOTE Confidence: 0.944447375

00:15:35.415 --> 00:15:37.160 practice of nutrition and medicine.

NOTE Confidence: 0.958519152857143

00:15:39.960 --> 00:15:41.675 But the question kind of quickly becomes,

NOTE Confidence: 0.958519152857143

00:15:41.680 --> 00:15:43.000 why culinary medicine?

NOTE Confidence: 0.958519152857143

00:15:43.000 --> 00:15:45.446 You know, we know that physicians and other

00:15:45.446 --> 00:15:47.080 clinicians are poorly trained in nutrition,

00:15:47.080 --> 00:15:48.438 but why not just give them lectures?

00:15:48.440 --> 00:15:49.640 That would be easier, right?

00:15:49.640 --> 00:15:51.800 It's more standard, it's low resource.

00:15:51.800 --> 00:15:53.276 People are trained to give lectures.

00:15:53.280 --> 00:15:55.816 Why do we have to build a fancy

00:15:55.816 --> 00:15:57.938 teaching kitchen or hire a staff

00:15:57.938 --> 00:15:59.358 to teach culinary medicine?

00:15:59.360 --> 00:16:01.280 Pots, pans, groceries, laundry. Again,

00:16:01.280 --> 00:16:03.680 Max could tell you about all these things,

00:16:03.680 --> 00:16:05.064 but why culinary medicine?

00:16:05.064 --> 00:16:06.558 And that, to be honest,

00:16:06.558 --> 00:16:08.420 is an unanswered question in the field

00:16:08.476 --> 00:16:10.676 that's been around for only about 15 years.

00:16:10.680 --> 00:16:12.745 And so that was what my thesis

00:16:12.745 --> 00:16:14.839 work tried to start addressing.

NOTE Confidence: 0.958519152857143

00:16:14.840 --> 00:16:16.920 And so we had three scoping reviews come

NOTE Confidence: 0.958519152857143

00:16:16.920 --> 00:16:18.796 out in 2022 in the field of culinary

NOTE Confidence: 0.958519152857143

00:16:18.796 --> 00:16:20.639 medicine and they all said the same thing.

NOTE Confidence: 0.958519152857143

00:16:20.640 --> 00:16:21.840 Hey, the research looks good,

NOTE Confidence: 0.958519152857143

00:16:21.840 --> 00:16:23.156 but in order to move this forward,

NOTE Confidence: 0.958519152857143

00:16:23.160 --> 00:16:24.984 we really need to start moving

NOTE Confidence: 0.958519152857143

00:16:24.984 --> 00:16:26.200 into randomized control trials.

NOTE Confidence: 0.958519152857143

00:16:26.200 --> 00:16:28.349 There had never been a randomized control

NOTE Confidence: 0.958519152857143

00:16:28.349 --> 00:16:30.032 trial among healthcare professionals or

NOTE Confidence: 0.958519152857143

00:16:30.032 --> 00:16:32.156 trainees with regard to culinary medicine.

NOTE Confidence: 0.958519152857143

00:16:32.160 --> 00:16:32.760 So that's what we did.

NOTE Confidence: 0.958519152857143

00:16:32.760 --> 00:16:34.760 We did just you know kind of a pilot proof

NOTE Confidence: 0.958519152857143

00:16:34.808 --> 00:16:36.760 of concept study that this could be done.

NOTE Confidence: 0.958519152857143

00:16:36.760 --> 00:16:37.600 So our, our,

NOTE Confidence: 0.958519152857143

00:16:37.600 --> 00:16:39.280 our results are we took the

00:16:39.280 --> 00:16:41.277 the 51 primary care residents,

00:16:41.280 --> 00:16:43.116 we randomized them into two groups,

00:16:43.120 --> 00:16:45.840 an intervention and a control,

00:16:45.840 --> 00:16:47.808 and then we surveyed them at three different

00:16:47.808 --> 00:16:49.398 time points before the intervention,

00:16:49.400 --> 00:16:52.556 immediately after and eight weeks later.

00:16:52.560 --> 00:16:53.584 So let me give you an idea of

00:16:53.584 --> 00:16:54.640 what that curriculum looked like.

00:16:54.640 --> 00:16:55.798 It was a very short curriculum,

00:16:55.800 --> 00:16:56.439 only four hours.

00:16:56.439 --> 00:16:58.520 This was not 4 hours a week or 8 weeks.

00:16:58.520 --> 00:16:59.600 This was come in, you know,

00:16:59.600 --> 00:17:01.568 one time and received 4 hours

00:17:01.568 --> 00:17:02.880 of culinary medicine education.

00:17:02.880 --> 00:17:03.864 And I felt bad,

00:17:03.864 --> 00:17:04.356 you know,

NOTE Confidence: 0.958519152857143

00:17:04.360 --> 00:17:06.047 because I had to give this control

NOTE Confidence: 0.958519152857143

00:17:06.047 --> 00:17:07.598 curriculum to half of the residents.

NOTE Confidence: 0.958519152857143

00:17:07.600 --> 00:17:09.112 And so I still tried very hard

NOTE Confidence: 0.958519152857143

00:17:09.112 --> 00:17:10.718 to make it worth their time.

NOTE Confidence: 0.958519152857143

00:17:10.720 --> 00:17:12.256 And so you see a lot of the

NOTE Confidence: 0.958519152857143

00:17:12.256 --> 00:17:13.238 curricular components were the same,

NOTE Confidence: 0.958519152857143

00:17:13.240 --> 00:17:15.760 but there was one important difference.

NOTE Confidence: 0.958519152857143

00:17:15.760 --> 00:17:16.960 So for the 1st 45 minutes,

NOTE Confidence: 0.958519152857143

00:17:16.960 --> 00:17:18.718 we discussed this Yale office based

NOTE Confidence: 0.958519152857143

00:17:18.718 --> 00:17:20.179 medicine chapter Yobum and many

NOTE Confidence: 0.958519152857143

00:17:20.179 --> 00:17:21.595 of you are familiar with this.

NOTE Confidence: 0.958519152857143

00:17:21.600 --> 00:17:23.892 There's a chapter on dietary counseling

NOTE Confidence: 0.958519152857143

00:17:23.892 --> 00:17:26.141 in provide in primary care which

NOTE Confidence: 0.958519152857143

00:17:26.141 --> 00:17:27.792 focuses on this USPSTF recommendation

NOTE Confidence: 0.958519152857143

00:17:27.792 --> 00:17:29.808 that we should be providing behavioral

NOTE Confidence: 0.958519152857143

00:17:29.808 --> 00:17:31.643 counseling to folks who are at

NOTE Confidence: 0.958519152857143

00:17:31.643 --> 00:17:32.755 risk for cardiovascular disease.

NOTE Confidence: 0.958519152857143

00:17:32.760 --> 00:17:35.320 That's a grade B recommendation.

NOTE Confidence: 0.958519152857143

00:17:35.320 --> 00:17:36.930 I then gave a one hour lecture

NOTE Confidence: 0.958519152857143

00:17:36.930 --> 00:17:38.444 on the connection between diet

NOTE Confidence: 0.958519152857143

00:17:38.444 --> 00:17:39.596 and cardiovascular disease,

NOTE Confidence: 0.958519152857143

00:17:39.600 --> 00:17:41.215 specifically the prevention of and

NOTE Confidence: 0.958519152857143

00:17:41.215 --> 00:17:43.560 this is where I started to feel bad.

NOTE Confidence: 0.958519152857143

00:17:43.560 --> 00:17:44.250 The control group,

NOTE Confidence: 0.958519152857143

00:17:44.250 --> 00:17:45.860 half of the residents had to participate

NOTE Confidence: 0.958519152857143

00:17:45.907 --> 00:17:47.117 in this video based curriculum.

NOTE Confidence: 0.958519152857143

00:17:47.120 --> 00:17:49.424 So this is kind of an off the shelf

NOTE Confidence: 0.958519152857143

00:17:49.424 --> 00:17:51.096 curriculum and we pulled out the parts

NOTE Confidence: 0.958519152857143

00:17:51.096 --> 00:17:52.401 that were pertinent for cardiovascular

NOTE Confidence: 0.958519152857143

00:17:52.401 --> 00:17:54.261 disease and we sat together and

NOTE Confidence: 0.958519152857143

00:17:54.261 --> 00:17:55.799 watched these videos for an hour.

NOTE Confidence: 0.958519152857143

00:17:55.800 --> 00:17:57.848 That was chosen because for a long time

NOTE Confidence: 0.958519152857143

00:17:57.848 --> 00:17:59.797 in nutrition education in medical school,

NOTE Confidence: 0.958519152857143

00:17:59.800 --> 00:18:01.200 it's been the standard to

NOTE Confidence: 0.958519152857143

00:18:01.200 --> 00:18:02.600 receive a video based off

NOTE Confidence: 0.960338812666667

00:18:02.657 --> 00:18:04.357 the shelf curriculum like this.

NOTE Confidence: 0.960338812666667

00:18:04.360 --> 00:18:05.578 And then for the other half

NOTE Confidence: 0.960338812666667

00:18:05.578 --> 00:18:06.935 of residents we did a culinary

NOTE Confidence: 0.960338812666667

00:18:06.935 --> 00:18:07.923 medicine intervention where we

NOTE Confidence: 0.960338812666667

00:18:07.923 --> 00:18:09.520 gave them a bag of groceries.

NOTE Confidence: 0.960338812666667

00:18:09.520 --> 00:18:11.440 We said go home, you have 15 minutes.

NOTE Confidence: 0.960338812666667

00:18:11.440 --> 00:18:12.682 And then we hopped together on

NOTE Confidence: 0.960338812666667

00:18:12.682 --> 00:18:13.965 Zoom and cooked together in a

NOTE Confidence: 0.960338812666667

00:18:13.965 --> 00:18:14.985 virtual teaching kitchen where we

NOTE Confidence: 0.960338812666667

00:18:14.985 --> 00:18:16.239 made this plant based bolognese.

NOTE Confidence: 0.92670080625

00:18:18.280 --> 00:18:20.415 All the residents participated in a group

00:18:20.415 --> 00:18:21.701 discussion regarding the application

00:18:21.701 --> 00:18:23.316 of this knowledge to patients.

00:18:23.320 --> 00:18:24.979 And then there was AQ and A

00:18:24.979 --> 00:18:26.280 with a registered dietitian.

00:18:26.280 --> 00:18:29.400 So that was our curricular interventions.

00:18:29.400 --> 00:18:30.208 As far as outcomes,

00:18:30.208 --> 00:18:32.080 we looked at knowledge with a nutrition quiz,

00:18:32.080 --> 00:18:33.945 just five questions focusing on

00:18:33.945 --> 00:18:35.437 five different learning objectives.

00:18:35.440 --> 00:18:36.820 The questions themselves changed

00:18:36.820 --> 00:18:38.200 at each time point,

00:18:38.200 --> 00:18:40.755 but the learning objectives were the same.

00:18:40.760 --> 00:18:42.992 We asked them to kind of self report via

00:18:42.992 --> 00:18:45.277 liquid scales their confidence in providing

00:18:45.277 --> 00:18:47.257 various aspects of dietary counselling

00:18:47.313 --> 00:18:49.473 to patients and then this is my favorite.

NOTE Confidence: 0.92670080625

00:18:49.480 --> 00:18:50.960 I've been wanting to do this for years,

NOTE Confidence: 0.92670080625

00:18:50.960 --> 00:18:52.112 so I was excited we got to do it.

NOTE Confidence: 0.92670080625

00:18:52.120 --> 00:18:53.985 We did this recipe modification

NOTE Confidence: 0.92670080625

00:18:53.985 --> 00:18:56.146 activity where we said you saw a

NOTE Confidence: 0.92670080625

00:18:56.146 --> 00:18:57.034 patient in clinic today.

NOTE Confidence: 0.92670080625

00:18:57.040 --> 00:18:58.216 They told you last night that

NOTE Confidence: 0.92670080625

00:18:58.216 --> 00:18:59.480 they ate a Taco casserole,

NOTE Confidence: 0.92670080625

00:18:59.480 --> 00:19:01.080 they ate chicken pad Thai.

NOTE Confidence: 0.92670080625

00:19:01.080 --> 00:19:02.880 You look up the list of ingredients online.

NOTE Confidence: 0.92670080625

00:19:02.880 --> 00:19:03.334 This is,

NOTE Confidence: 0.92670080625

00:19:03.334 --> 00:19:04.923 this is what it is named three

NOTE Confidence: 0.92670080625

00:19:04.923 --> 00:19:06.699 ways that they can improve the

NOTE Confidence: 0.92670080625

00:19:06.699 --> 00:19:08.194 heart healthiness of the recipe.

NOTE Confidence: 0.92670080625

00:19:08.200 --> 00:19:09.440 And then we tested on them on that.

NOTE Confidence: 0.92670080625

00:19:09.440 --> 00:19:13.000 Before and after the intervention,

NOTE Confidence: 0.92670080625

00:19:13.000 --> 00:19:14.692 they participated in a subscale of

NOTE Confidence: 0.92670080625

00:19:14.692 --> 00:19:16.439 the Nutrition and patient Care survey,

NOTE Confidence: 0.92670080625

00:19:16.440 --> 00:19:18.932 which is a validated survey that measures

NOTE Confidence: 0.92670080625

00:19:18.932 --> 00:19:21.169 how important it the participants think

NOTE Confidence: 0.92670080625

00:19:21.169 --> 00:19:24.120 it is to address nutrition in primary care.

NOTE Confidence: 0.92670080625

00:19:24.120 --> 00:19:25.200 And then we asked them,

NOTE Confidence: 0.92670080625

00:19:25.200 --> 00:19:26.700 how did your behavior change

NOTE Confidence: 0.92670080625

00:19:26.700 --> 00:19:27.600 after the intervention?

NOTE Confidence: 0.92670080625

00:19:27.600 --> 00:19:28.560 It's been 8 weeks.

NOTE Confidence: 0.92670080625

00:19:28.560 --> 00:19:30.000 Did you incorporate anything you learned

NOTE Confidence: 0.92670080625

00:19:30.048 --> 00:19:31.638 into your practice caring for patients?

NOTE Confidence: 0.89770279125

00:19:33.880 --> 00:19:35.194 So as you can see survey

NOTE Confidence: 0.89770279125

00:19:35.194 --> 00:19:36.360 completion rates were pretty good

NOTE Confidence: 0.89770279125

00:19:36.360 --> 00:19:37.600 at baseline and immediate post.

NOTE Confidence: 0.89770279125

00:19:37.600 --> 00:19:39.718 And then as is unfortunately common,

NOTE Confidence: 0.89770279125

00:19:39.720 --> 00:19:41.240 especially when working with residents,

NOTE Confidence: 0.89770279125

00:19:41.240 --> 00:19:42.185 that survey completion

NOTE Confidence: 0.89770279125

00:19:42.185 --> 00:19:43.760 rate dropped 8 weeks post.

NOTE Confidence: 0.89770279125

00:19:43.760 --> 00:19:46.514 They have a lot of things on their plate.

NOTE Confidence: 0.89770279125

00:19:46.520 --> 00:19:48.095 So looking first at these

NOTE Confidence: 0.89770279125

00:19:48.095 --> 00:19:49.040 nutrition quiz outcomes.

NOTE Confidence: 0.89770279125

00:19:49.040 --> 00:19:50.040 So as far as knowledge,

NOTE Confidence: 0.89770279125

00:19:50.040 --> 00:19:51.642 you can see that pre intervention

NOTE Confidence: 0.89770279125

00:19:51.642 --> 00:19:53.613 compared to post in both groups there

NOTE Confidence: 0.89770279125

00:19:53.613 --> 00:19:55.305 were large increases in their in

NOTE Confidence: 0.89770279125

00:19:55.305 --> 00:19:57.160 their scores on this nutrition quiz.

NOTE Confidence: 0.89770279125

00:19:57.160 --> 00:19:58.800 So their knowledge didn't increase.

NOTE Confidence: 0.89770279125

00:19:58.800 --> 00:19:59.988 And then eight weeks later those

NOTE Confidence: 0.89770279125

00:19:59.988 --> 00:20:01.040 scores were still high right?

NOTE Confidence: 0.89770279125

00:20:01.040 --> 00:20:02.380 So they retained the student

NOTE Confidence: 0.89770279125

00:20:02.380 --> 00:20:02.916 nutrition knowledge.

NOTE Confidence: 0.766003197333333

00:20:05.360 --> 00:20:07.292 When we asked them to rate their

NOTE Confidence: 0.766003197333333

00:20:07.292 --> 00:20:08.599 confidence in various various

NOTE Confidence: 0.766003197333333

00:20:08.599 --> 00:20:10.279 aspects of nutrition counselling,

NOTE Confidence: 0.766003197333333

00:20:10.280 --> 00:20:11.480 you can see kind of the results here.

NOTE Confidence: 0.766003197333333

00:20:11.480 --> 00:20:13.678 But we said how confident do you

NOTE Confidence: 0.766003197333333

00:20:13.678 --> 00:20:15.045 feel counselling patients on

NOTE Confidence: 0.766003197333333

00:20:15.045 --> 00:20:16.517 accessible heart healthy meals,

NOTE Confidence: 0.766003197333333

00:20:16.520 --> 00:20:19.000 providing educational resources to patients,

NOTE Confidence: 0.766003197333333

00:20:19.000 --> 00:20:20.584 providing dietary counselling

NOTE Confidence: 0.766003197333333

00:20:20.584 --> 00:20:21.640 for dyslipidemia.

NOTE Confidence: 0.766003197333333

00:20:21.640 --> 00:20:22.936 As you can see on the right hand

NOTE Confidence: 0.766003197333333

00:20:22.936 --> 00:20:24.118 side here in the control group,

NOTE Confidence: 0.766003197333333

00:20:24.120 --> 00:20:26.556 only two out of those five outcomes

NOTE Confidence: 0.766003197333333

00:20:26.560 --> 00:20:27.895 had statistically significant

NOTE Confidence: 0.766003197333333

00:20:27.895 --> 00:20:29.675 increases pre versus post.

NOTE Confidence: 0.766003197333333

00:20:29.680 --> 00:20:30.840 And in the intervention,

NOTE Confidence: 0.766003197333333

00:20:30.840 --> 00:20:32.000 the culinary medicine group,

NOTE Confidence: 0.766003197333333

00:20:32.000 --> 00:20:34.112 those increases were statistically

NOTE Confidence: 0.766003197333333

00:20:34.112 --> 00:20:36.752 significant across all 5 domains.

NOTE Confidence: 0.766003197333333

00:20:36.760 --> 00:20:38.076 So this is one example of that.

NOTE Confidence: 0.766003197333333

00:20:38.080 --> 00:20:39.725 You know we said how confident do

NOTE Confidence: 0.766003197333333

00:20:39.725 --> 00:20:41.159 you feel providing plant forward

NOTE Confidence: 0.766003197333333

00:20:41.159 --> 00:20:42.515 dietary counseling to patients.

NOTE Confidence: 0.766003197333333

00:20:42.520 --> 00:20:44.088 And you can see that increase in

NOTE Confidence: 0.766003197333333

00:20:44.088 --> 00:20:45.622 the intervention group here on the

NOTE Confidence: 0.766003197333333

00:20:45.622 --> 00:20:46.714 left was statistically significant,

NOTE Confidence: 0.766003197333333

00:20:46.720 --> 00:20:48.160 whereas it was not in the control group.

NOTE Confidence: 0.966289941538462

00:20:51.160 --> 00:20:52.144 This recipe modification activity,

NOTE Confidence: 0.966289941538462

00:20:52.144 --> 00:20:54.398 which I told you I was so excited about,

NOTE Confidence: 0.966289941538462

00:20:54.400 --> 00:20:56.242 and again improvements in their ability

NOTE Confidence: 0.966289941538462

00:20:56.242 --> 00:20:57.850 to to suggest specific recommendations

NOTE Confidence: 0.966289941538462

00:20:57.850 --> 00:20:59.782 for a patient's diet that would

NOTE Confidence: 0.966289941538462

00:20:59.782 --> 00:21:01.400 improve its heart healthiness.

NOTE Confidence: 0.966289941538462

00:21:01.400 --> 00:21:02.876 The intervention group noted

NOTE Confidence: 0.966289941538462

00:21:02.876 --> 00:21:03.983 statistically significant increases

NOTE Confidence: 0.966289941538462

00:21:03.983 --> 00:21:05.639 in their ability to do that.

NOTE Confidence: 0.966289941538462

00:21:05.640 --> 00:21:07.440 Their score on that activity increased

NOTE Confidence: 0.966289941538462

00:21:07.440 --> 00:21:09.418 and that increase was not statistically

NOTE Confidence: 0.966289941538462

00:21:09.418 --> 00:21:11.238 significant in the control group.

NOTE Confidence: 0.817320381666667

00:21:14.160 --> 00:21:15.798 This nutrition and patient care survey,

NOTE Confidence: 0.817320381666667

00:21:15.800 --> 00:21:17.318 the validated survey I was mentioning,

NOTE Confidence: 0.817320381666667

00:21:17.320 --> 00:21:19.237 it was scored from 8 to 40 because it

NOTE Confidence: 0.817320381666667

00:21:19.237 --> 00:21:21.095 was 8 questions and each question was

NOTE Confidence: 0.817320381666667

00:21:21.095 --> 00:21:23.199 worth one to five points essentially.

NOTE Confidence: 0.817320381666667

00:21:23.200 --> 00:21:25.760 And so higher scores indicate a greater sense

NOTE Confidence: 0.817320381666667

00:21:25.760 --> 00:21:28.557 of the importance of providing nutrition,

NOTE Confidence: 0.817320381666667

00:21:28.560 --> 00:21:29.628 counselling and patient care.

NOTE Confidence: 0.817320381666667

00:21:29.628 --> 00:21:31.596 So you can see those scores increased

NOTE Confidence: 0.817320381666667

00:21:31.596 --> 00:21:33.146 again significantly in the intervention

NOTE Confidence: 0.817320381666667

00:21:33.146 --> 00:21:35.280 group but not in the control group.

NOTE Confidence: 0.913602645

00:21:38.000 --> 00:21:39.170 And then eight weeks after the

NOTE Confidence: 0.913602645

00:21:39.170 --> 00:21:40.295 curriculum ended, we say, listen,

NOTE Confidence: 0.913602645

00:21:40.295 --> 00:21:41.520 you've been in clinic sometime,

NOTE Confidence: 0.913602645

00:21:41.520 --> 00:21:42.660 you've experienced this curriculum.

NOTE Confidence: 0.913602645

00:21:42.660 --> 00:21:44.450 What have you changed, if anything,

NOTE Confidence: 0.913602645

00:21:44.450 --> 00:21:46.400 about your practice caring for patients?

NOTE Confidence: 0.913602645

00:21:46.400 --> 00:21:48.878 And 96% of participants in both groups,

NOTE Confidence: 0.913602645

00:21:48.880 --> 00:21:50.360 the intervention and the control,

NOTE Confidence: 0.913602645

00:21:50.360 --> 00:21:51.884 said that they had changed something

NOTE Confidence: 0.913602645

00:21:51.884 --> 00:21:53.861 in the patient care as a result of

NOTE Confidence: 0.913602645

00:21:53.861 --> 00:21:55.223 the curriculum and some really nice

NOTE Confidence: 0.913602645

00:21:55.274 --> 00:21:57.004 qualitative quotes here from the residents

NOTE Confidence: 0.913602645

00:21:57.004 --> 00:21:58.600 that that warm my primary care heart.

NOTE Confidence: 0.916482843333334

00:22:02.080 --> 00:22:03.760 So what does this all mean?

NOTE Confidence: 0.916482843333334

00:22:03.760 --> 00:22:05.993 You know, it seems that both culinary

NOTE Confidence: 0.916482843333334

00:22:05.993 --> 00:22:07.245 medicine and nutrition lectures

NOTE Confidence: 0.916482843333334

00:22:07.245 --> 00:22:09.396 seem to be good in a number of ways.

NOTE Confidence: 0.916482843333334

00:22:09.400 --> 00:22:11.360 They're feasible and well received.

NOTE Confidence: 0.916482843333334

00:22:11.360 --> 00:22:13.360 They're effective in achieving these

NOTE Confidence: 0.916482843333334

00:22:13.360 --> 00:22:14.960 knowledge based learning objectives.

NOTE Confidence: 0.916482843333334

00:22:14.960 --> 00:22:17.688 And as we saw, they do have potential

NOTE Confidence: 0.916482843333334

00:22:17.688 --> 00:22:19.838 to possibly impact patient care.

NOTE Confidence: 0.916482843333334

00:22:19.840 --> 00:22:21.165 However, culinary medicine may and

NOTE Confidence: 0.916482843333334

00:22:21.165 --> 00:22:23.119 again this is just a pilot study.

NOTE Confidence: 0.916482843333334

00:22:23.120 --> 00:22:24.560 We had a small sample size.

NOTE Confidence: 0.916482843333334

00:22:24.560 --> 00:22:25.760 You know, we were kind of

NOTE Confidence: 0.916482843333334

00:22:25.760 --> 00:22:26.560 analyzing these groups separately.

NOTE Confidence: 0.916482843333334

00:22:26.560 --> 00:22:28.680 So there's there's plenty of

NOTE Confidence: 0.916482843333334

00:22:28.680 --> 00:22:29.880 of limitations to the study.

NOTE Confidence: 0.916482843333334

00:22:29.880 --> 00:22:31.760 But in this preliminary study,

NOTE Confidence: 0.916482843333334

00:22:31.760 --> 00:22:33.685 we see that culinary medicine

NOTE Confidence: 0.916482843333334

00:22:33.685 --> 00:22:35.225 curricula may further improve

NOTE Confidence: 0.916482843333334

00:22:35.225 --> 00:22:36.794 attitudes regarding the importance

NOTE Confidence: 0.916482843333334

00:22:36.794 --> 00:22:38.674 of nutrition in patient care,

NOTE Confidence: 0.916482843333334

00:22:38.680 --> 00:22:40.024 make participants feel more

NOTE Confidence: 0.916482843333334

00:22:40.024 --> 00:22:42.040 confident when it comes to providing

NOTE Confidence: 0.916482843333334

00:22:42.093 --> 00:22:43.717 dietary counseling to patients,

NOTE Confidence: 0.916482843333334

00:22:43.720 --> 00:22:45.634 and perhaps increases their skill in

NOTE Confidence: 0.916482843333334

00:22:45.634 --> 00:22:47.560 modifying recipes for heart healthiness.

NOTE Confidence: 0.916482843333334

00:22:47.560 --> 00:22:48.690 With the goal really being

NOTE Confidence: 0.916482843333334

00:22:48.690 --> 00:22:50.483 that they'll be able to get the

NOTE Confidence: 0.916482843333334

00:22:50.483 --> 00:22:51.711 conversation started with patients

NOTE Confidence: 0.916482843333334

00:22:51.711 --> 00:22:53.342 and provide some specific dietary

NOTE Confidence: 0.916482843333334

00:22:53.342 --> 00:22:54.734 recommendations and then encourage

NOTE Confidence: 0.916482843333334

00:22:54.734 --> 00:22:56.474 them to continue this conversation

NOTE Confidence: 0.916482843333334

00:22:56.480 --> 00:22:58.200 with the registered dietitian nutritionist.

NOTE Confidence: 0.94995384

00:23:01.280 --> 00:23:02.480 So why is this important?

NOTE Confidence: 0.94995384

00:23:02.480 --> 00:23:04.790 Well, the A/C GME is actually thinking

NOTE Confidence: 0.94995384

00:23:04.790 --> 00:23:06.151 about instituting mandatory nutrition

NOTE Confidence: 0.94995384

00:23:06.151 --> 00:23:08.474 education for residents as early as 2026.

NOTE Confidence: 0.94995384

00:23:08.474 --> 00:23:10.838 This was announced in October of

NOTE Confidence: 0.94995384

00:23:10.840 --> 00:23:12.989 2023 at the founding of the Food

NOTE Confidence: 0.94995384

00:23:12.989 --> 00:23:14.480 is Medicine Institute at Tufts.

NOTE Confidence: 0.94995384

00:23:14.480 --> 00:23:16.174 And so for institutions that really don't

NOTE Confidence: 0.94995384

00:23:16.174 --> 00:23:17.998 have a teaching kitchen or a trained

NOTE Confidence: 0.94995384

00:23:17.998 --> 00:23:19.318 staff to provide culinary medicine,

NOTE Confidence: 0.94995384

00:23:19.320 --> 00:23:20.796 that's OK. Didactics only.

NOTE Confidence: 0.94995384

00:23:20.796 --> 00:23:22.272 Lecture based nutrition curricula

NOTE Confidence: 0.94995384

00:23:22.272 --> 00:23:24.177 like we mentioned seem to be

NOTE Confidence: 0.94995384

00:23:24.177 --> 00:23:25.839 effective in a number of ways.

NOTE Confidence: 0.94995384

00:23:25.840 --> 00:23:27.274 But for institutions that do have

NOTE Confidence: 0.94995384

00:23:27.274 --> 00:23:28.840 a teaching kitchen or a trained

NOTE Confidence: 0.94995384

00:23:28.840 --> 00:23:30.240 staff to provide culinary medicine,

NOTE Confidence: 0.94995384

00:23:30.240 --> 00:23:32.172 it seems that this may be a

NOTE Confidence: 0.94995384

00:23:32.172 --> 00:23:33.000 more potent intervention.

NOTE Confidence: 0.866829204545455

00:23:36.000 --> 00:23:37.692 So that's culinary medicine for healthcare

NOTE Confidence: 0.866829204545455

00:23:37.692 --> 00:23:39.240 providers and our medical trainees.

NOTE Confidence: 0.866829204545455

00:23:39.240 --> 00:23:40.320 But what about for patients?

NOTE Confidence: 0.866829204545455

00:23:40.320 --> 00:23:42.273 What are what are we doing for

NOTE Confidence: 0.866829204545455

00:23:42.273 --> 00:23:43.640 patients with culinary medicine?

NOTE Confidence: 0.866829204545455

00:23:43.640 --> 00:23:45.008 Well, I want to emphasize that

NOTE Confidence: 0.866829204545455

00:23:45.008 --> 00:23:46.284 when we teach culinary medicine

NOTE Confidence: 0.866829204545455

00:23:46.284 --> 00:23:47.556 to our healthcare providers,

NOTE Confidence: 0.866829204545455

00:23:47.560 --> 00:23:49.630 we're basically saying let's give you

NOTE Confidence: 0.866829204545455

00:23:49.630 --> 00:23:51.361 nutrition knowledge and then counseling

NOTE Confidence: 0.866829204545455

00:23:51.361 --> 00:23:53.998 skills so that you can talk to your patients.

NOTE Confidence: 0.866829204545455

00:23:54.000 --> 00:23:55.115 And then hopefully your patients

NOTE Confidence: 0.866829204545455

00:23:55.115 --> 00:23:56.566 will be able to make lifestyle

NOTE Confidence: 0.866829204545455

00:23:56.566 --> 00:23:58.036 changes to improve their health.

NOTE Confidence: 0.866829204545455

00:23:58.040 --> 00:23:59.846 It's a little more indirect when you're

NOTE Confidence: 0.866829204545455

00:23:59.846 --> 00:24:01.200 doing culinary medicine for patients,

NOTE Confidence: 0.866829204545455

00:24:01.200 --> 00:24:02.325 it's very direct.

NOTE Confidence: 0.866829204545455

00:24:02.325 --> 00:24:02.700 Hello.

NOTE Confidence: 0.866829204545455

00:24:02.700 --> 00:24:04.200 Let's talk about nutrition.

NOTE Confidence: 0.866829204545455

00:24:04.200 --> 00:24:05.600 Let's learn together how to

NOTE Confidence: 0.866829204545455

00:24:05.600 --> 00:24:06.440 cook healthy food.

NOTE Confidence: 0.866829204545455

00:24:06.440 --> 00:24:07.602 Hopefully you can go home and do

NOTE Confidence: 0.866829204545455

00:24:07.602 --> 00:24:08.947 this and we'll be here to support

NOTE Confidence: 0.866829204545455

00:24:08.947 --> 00:24:09.759 you throughout the process.

NOTE Confidence: 0.866829204545455

00:24:09.760 --> 00:24:10.936 It's much more direct,

NOTE Confidence: 0.866829204545455

00:24:10.936 --> 00:24:13.078 but I want to emphasize that culinary

NOTE Confidence: 0.866829204545455

00:24:13.078 --> 00:24:15.638 medicine is only one piece of the puzzle.

NOTE Confidence: 0.866829204545455

00:24:15.640 --> 00:24:17.880 Largely here in the United States we

NOTE Confidence: 0.866829204545455

00:24:17.880 --> 00:24:20.464 do not follow a heart healthy diet for

NOTE Confidence: 0.866829204545455

00:24:20.464 --> 00:24:22.725 a myriad of reasons and as you can see

NOTE Confidence: 0.866829204545455

00:24:22.725 --> 00:24:24.799 kind of on the left here at most basic.

NOTE Confidence: 0.866829204545455

00:24:24.800 --> 00:24:26.246 You know this is all predicated

NOTE Confidence: 0.866829204545455

00:24:26.246 --> 00:24:27.784 our ability to follow a heart

NOTE Confidence: 0.866829204545455

00:24:27.784 --> 00:24:29.084 healthy diet on sufficient time

NOTE Confidence: 0.866829204545455

00:24:29.084 --> 00:24:30.640 for meal planning and preparation,

NOTE Confidence: 0.866829204545455

00:24:30.640 --> 00:24:32.215 which really who feels like they have

NOTE Confidence: 0.866829204545455

00:24:32.215 --> 00:24:33.719 enough time to do all that right.

NOTE Confidence: 0.866829204545455

00:24:33.720 --> 00:24:35.508 This is a systemic problem and

NOTE Confidence: 0.866829204545455

00:24:35.508 --> 00:24:37.182 we really will need solutions

NOTE Confidence: 0.866829204545455

00:24:37.182 --> 00:24:39.012 like maternal and paternal leave,

NOTE Confidence: 0.866829204545455

00:24:39.012 --> 00:24:40.710 you know, more fair wages,

NOTE Confidence: 0.866829204545455

00:24:40.710 --> 00:24:42.360 basically access to work weeks

NOTE Confidence: 0.866829204545455

00:24:42.360 --> 00:24:44.246 that are not overwhelming for

NOTE Confidence: 0.866829204545455

00:24:44.246 --> 00:24:45.794 folks and workers rights.

NOTE Confidence: 0.866829204545455

00:24:45.800 --> 00:24:46.960 Essentially these these systemic

NOTE Confidence: 0.866829204545455

00:24:46.960 --> 00:24:48.969 changes will need to take place to

NOTE Confidence: 0.866829204545455

00:24:48.969 --> 00:24:50.301 ensure that folks have enough time

NOTE Confidence: 0.866829204545455

00:24:50.301 --> 00:24:51.919 to cook and prepare their meals.

NOTE Confidence: 0.866829204545455

00:24:51.920 --> 00:24:53.551 And then we know that not everyone

NOTE Confidence: 0.866829204545455

00:24:53.551 --> 00:24:55.200 in this country has access to

NOTE Confidence: 0.866829204545455

00:24:55.200 --> 00:24:56.400 affordable and nutritious food.

NOTE Confidence: 0.866829204545455

00:24:56.400 --> 00:24:58.448 It's about 20% of our patients here in

NOTE Confidence: 0.866829204545455

00:24:58.448 --> 00:25:00.557 New Haven are food insecure nationally.

NOTE Confidence: 0.866829204545455

00:25:00.560 --> 00:25:02.576 We know that systemic racism and

NOTE Confidence: 0.866829204545455

00:25:02.576 --> 00:25:04.695 things like redlining of of grocery

NOTE Confidence: 0.866829204545455

00:25:04.695 --> 00:25:06.819 store place placement and food swamps

NOTE Confidence: 0.866829204545455

00:25:06.819 --> 00:25:09.462 and deserts are more likely to be

NOTE Confidence: 0.866829204545455

00:25:09.462 --> 00:25:10.958 located in minoritized communities,

NOTE Confidence: 0.866829204545455

00:25:10.960 --> 00:25:11.222 right.

NOTE Confidence: 0.866829204545455

00:25:11.222 --> 00:25:12.532 So there's these bigger systemic

NOTE Confidence: 0.866829204545455

00:25:12.532 --> 00:25:14.319 issues that really we have to work on.

NOTE Confidence: 0.866829204545455

00:25:14.320 --> 00:25:15.934 And I emphasize that because associates

NOTE Confidence: 0.866829204545455

00:25:15.934 --> 00:25:17.880 would say that a systemic problem,

NOTE Confidence: 0.866829204545455

00:25:17.880 --> 00:25:19.120 it requires A systemic solution,

NOTE Confidence: 0.866829204545455

00:25:19.120 --> 00:25:20.638 which I always tell my trainees.

NOTE Confidence: 0.866829204545455

00:25:20.640 --> 00:25:22.416 And so we as clinicians often

NOTE Confidence: 0.866829204545455

00:25:22.416 --> 00:25:23.600 have very individual tools.

NOTE Confidence: 0.866829204545455

00:25:23.600 --> 00:25:25.196 Culinary medicine is one of them.

NOTE Confidence: 0.866829204545455

00:25:25.200 --> 00:25:26.730 But simultaneously really we should

NOTE Confidence: 0.866829204545455

00:25:26.730 --> 00:25:28.878 work together to kind of work on

NOTE Confidence: 0.866829204545455

00:25:28.878 --> 00:25:30.820 these systemic solutions that that

NOTE Confidence: 0.866829204545455

00:25:30.820 --> 00:25:33.120 can work with culinary medicine.

NOTE Confidence: 0.866829204545455

00:25:33.120 --> 00:25:34.520 So looking at that second column there

NOTE Confidence: 0.866829204545455

00:25:34.520 --> 00:25:37.080 in blue, we have meeting with your PCP,

NOTE Confidence: 0.866829204545455

00:25:37.080 --> 00:25:38.475 meeting with a dietitian nutritionist

NOTE Confidence: 0.866829204545455

00:25:38.475 --> 00:25:40.162 and then really we think of

NOTE Confidence: 0.866829204545455

00:25:40.162 --> 00:25:41.397 culinary medicine as a bridge.

NOTE Confidence: 0.866829204545455

00:25:41.400 --> 00:25:42.954 You can know how to eat healthy,

NOTE Confidence: 0.866829204545455

00:25:42.960 --> 00:25:44.676 but then not actually do it.

NOTE Confidence: 0.866829204545455

00:25:44.680 --> 00:25:45.895 And that culinary medicine is

NOTE Confidence: 0.866829204545455

00:25:45.895 --> 00:25:47.389 kind of the bridge that helps

NOTE Confidence: 0.866829204545455

00:25:47.389 --> 00:25:48.957 you kind of put it into practice.

NOTE Confidence: 0.866829204545455

00:25:48.960 --> 00:25:50.400 The goal of all of this being that

NOTE Confidence: 0.866829204545455

00:25:50.400 --> 00:25:51.791 we can help patients to follow

NOTE Confidence: 0.866829204545455

00:25:51.791 --> 00:25:53.021 a nutritious diet to prevent

NOTE Confidence: 0.866829204545455

00:25:53.021 --> 00:25:54.279 and treat chronic disease.

NOTE Confidence: 0.9457549125

00:25:56.600 --> 00:25:58.040 And so there's been a lot of literature,

NOTE Confidence: 0.9457549125

00:25:58.040 --> 00:26:00.115 more literature in culinary medicine

NOTE Confidence: 0.9457549125

00:26:00.115 --> 00:26:02.190 for patients and healthcare trainees

NOTE Confidence: 0.9457549125

00:26:02.252 --> 00:26:04.094 and it's been shown to improve

NOTE Confidence: 0.9457549125

00:26:04.094 --> 00:26:06.036 some of these biometric outcomes to

NOTE Confidence: 0.9457549125

00:26:06.036 --> 00:26:07.998 improve the quality of their diet.

NOTE Confidence: 0.9457549125

00:26:08.000 --> 00:26:10.096 And then some of these quote UN quote

NOTE Confidence: 0.9457549125

00:26:10.096 --> 00:26:11.720 softer outcomes like personalization,

NOTE Confidence: 0.9457549125

00:26:11.720 --> 00:26:14.120 self efficacy, quality of life,

NOTE Confidence: 0.9457549125

00:26:14.120 --> 00:26:15.490 well-being, these have all been

NOTE Confidence: 0.9457549125

00:26:15.490 --> 00:26:17.522 demonstrated in the literature as a result

NOTE Confidence: 0.9457549125

00:26:17.522 --> 00:26:18.758 of culinary medicine interventions.

NOTE Confidence: 0.9457549125

00:26:18.760 --> 00:26:22.692 So it's a really positive fun, you know,

NOTE Confidence: 0.9457549125

00:26:22.692 --> 00:26:25.036 warming experience for patients.

NOTE Confidence: 0.9457549125

00:26:25.040 --> 00:26:25.985 And so I'm happy to say that

NOTE Confidence: 0.9457549125

00:26:25.985 --> 00:26:27.000 here at our teaching kitchen,

NOTE Confidence: 0.9457549125

00:26:27.000 --> 00:26:28.008 Max, as I mentioned,

NOTE Confidence: 0.9457549125

00:26:28.008 --> 00:26:29.520 teaches a lot of patient classes,

NOTE Confidence: 0.9457549125

00:26:29.520 --> 00:26:31.320 two to three per week and and that's growing.

NOTE Confidence: 0.9457549125

00:26:31.320 --> 00:26:32.560 We've only been doing patient

NOTE Confidence: 0.9457549125

00:26:32.560 --> 00:26:33.800 classes for about 6 months.

NOTE Confidence: 0.9457549125

00:26:33.800 --> 00:26:35.600 These are totally free to patients.

NOTE Confidence: 0.9457549125

00:26:35.600 --> 00:26:37.160 They do not need insurance.

NOTE Confidence: 0.9457549125

00:26:37.160 --> 00:26:38.660 We don't charge insurance.

NOTE Confidence: 0.9457549125

00:26:38.660 --> 00:26:40.160 There's no qualifying diagnosis.

NOTE Confidence: 0.9457549125

00:26:40.160 --> 00:26:41.516 Any patient who has a provider

NOTE Confidence: 0.9457549125

00:26:41.516 --> 00:26:43.424 at Yale can be referred to the

NOTE Confidence: 0.9457549125

00:26:43.424 --> 00:26:44.999 teaching kitchen for free classes.

NOTE Confidence: 0.9457549125

00:26:45.000 --> 00:26:45.594 It's fabulous.

NOTE Confidence: 0.9457549125

00:26:45.594 --> 00:26:47.673 So this is located at North Haven.

NOTE Confidence: 0.9457549125

00:26:47.680 --> 00:26:49.036 Each class is about two hours.

NOTE Confidence: 0.9457549125

00:26:49.040 --> 00:26:50.867 And the way this works is they come to

NOTE Confidence: 0.9457549125

00:26:50.867 --> 00:26:52.451 an introduction to culinary medicine

NOTE Confidence: 0.9457549125

00:26:52.451 --> 00:26:54.443 class and then after that they're

NOTE Confidence: 0.9457549125

00:26:54.495 --> 00:26:56.079 allowed to come to as many or as

NOTE Confidence: 0.9457549125

00:26:56.079 --> 00:26:57.760 few other classes as they'd like.

NOTE Confidence: 0.9457549125

00:26:57.760 --> 00:26:59.560 So I show some offerings of ones we

NOTE Confidence: 0.9457549125

00:26:59.560 --> 00:27:01.029 have here and then some offerings

NOTE Confidence: 0.9457549125

00:27:01.029 --> 00:27:03.080 that we hope to offer in the future.

NOTE Confidence: 0.9457549125

00:27:03.080 --> 00:27:04.984 So really growing quickly and it's been

NOTE Confidence: 0.9457549125

00:27:04.984 --> 00:27:07.080 really a fantastic resource for our patients.

NOTE Confidence: 0.8848024575

00:27:10.240 --> 00:27:11.801 So again, that's how we kind of

NOTE Confidence: 0.8848024575

00:27:11.801 --> 00:27:13.076 teach culinary medicine to patients

NOTE Confidence: 0.8848024575

00:27:13.076 --> 00:27:14.476 and to our medical trainees

NOTE Confidence: 0.8848024575

00:27:14.476 --> 00:27:15.316 and healthcare professionals.

NOTE Confidence: 0.8848024575

00:27:15.320 --> 00:27:17.000 And as I briefly alluded to,

NOTE Confidence: 0.8848024575

00:27:17.000 --> 00:27:18.000 this field's really only been

NOTE Confidence: 0.8848024575

00:27:18.000 --> 00:27:19.000 around for about 15 years.

NOTE Confidence: 0.8848024575

00:27:19.000 --> 00:27:19.940 This is pretty new,

NOTE Confidence: 0.8848024575

00:27:19.940 --> 00:27:20.880 but it's growing quickly.

NOTE Confidence: 0.8848024575

00:27:20.880 --> 00:27:23.960 And So what does the future hold?

NOTE Confidence: 0.8848024575

00:27:23.960 --> 00:27:24.768 So for our patients,

NOTE Confidence: 0.8848024575

00:27:24.768 --> 00:27:25.980 we're going to have many more

NOTE Confidence: 0.8848024575

00:27:26.026 --> 00:27:27.118 physical teaching kitchens.

NOTE Confidence: 0.8848024575

00:27:27.120 --> 00:27:28.310 You know, a lot of people have

NOTE Confidence: 0.8848024575

00:27:28.310 --> 00:27:29.630 never heard of a teaching kitchen

NOTE Confidence: 0.8848024575

00:27:29.630 --> 00:27:30.915 until recently and now they're

NOTE Confidence: 0.8848024575

00:27:30.915 --> 00:27:31.920 becoming extremely commonplace,

NOTE Confidence: 0.8848024575

00:27:31.920 --> 00:27:33.945 right, with more and more

NOTE Confidence: 0.8848024575

00:27:33.945 --> 00:27:35.160 institutions building these.

NOTE Confidence: 0.8848024575

00:27:35.160 --> 00:27:36.115 So you'll have more of

NOTE Confidence: 0.8848024575

00:27:36.115 --> 00:27:36.879 those with group visits.

NOTE Confidence: 0.8848024575

00:27:36.880 --> 00:27:38.520 But then as I mentioned during the pandemic,

NOTE Confidence: 0.8848024575

00:27:38.520 --> 00:27:39.948 we learned how to do this virtually

NOTE Confidence: 0.8848024575

00:27:39.948 --> 00:27:41.433 and it seems that actually patients

NOTE Confidence: 0.8848024575

00:27:41.433 --> 00:27:42.813 self efficacy improves the same

NOTE Confidence: 0.8848024575

00:27:42.813 --> 00:27:44.344 or perhaps even more through

NOTE Confidence: 0.8848024575

00:27:44.344 --> 00:27:45.584 these virtual teaching kitchens

NOTE Confidence: 0.8848024575

00:27:45.584 --> 00:27:47.026 because they're cooking at home

NOTE Confidence: 0.8848024575

00:27:47.026 --> 00:27:48.291 where they're familiar with the

NOTE Confidence: 0.8848024575

00:27:48.291 --> 00:27:49.958 pots and pans and the equipment.

NOTE Confidence: 0.8848024575

00:27:49.960 --> 00:27:50.864 They got the ingredients

NOTE Confidence: 0.8848024575

00:27:50.864 --> 00:27:51.994 themselves and they're like wow,

NOTE Confidence: 0.8848024575

00:27:52.000 --> 00:27:53.920 I really can do this in my home

NOTE Confidence: 0.8848024575

00:27:53.920 --> 00:27:55.476 kitchen because I just did it right.

NOTE Confidence: 0.8848024575

00:27:55.480 --> 00:27:56.855 So these virtual options are

NOTE Confidence: 0.8848024575

00:27:56.855 --> 00:27:57.955 really going to proliferate,

NOTE Confidence: 0.8848024575

00:27:57.960 --> 00:28:00.070 whether it's via asynchronous video

NOTE Confidence: 0.8848024575

00:28:00.070 --> 00:28:01.758 based culinary medicine curricula.

NOTE Confidence: 0.8848024575

00:28:01.760 --> 00:28:03.677 I think we're going to see more of those.

NOTE Confidence: 0.8848024575

00:28:03.680 --> 00:28:05.180 There's already community culinary

NOTE Confidence: 0.8848024575

00:28:05.180 --> 00:28:06.305 medicine classes happening

NOTE Confidence: 0.8848024575

00:28:06.305 --> 00:28:08.159 on Zoom and social media.

NOTE Confidence: 0.8848024575

00:28:08.160 --> 00:28:10.114 This is something we hope to do through

NOTE Confidence: 0.8848024575

00:28:10.114 --> 00:28:11.278 the teaching kitchen here at Yale.

NOTE Confidence: 0.8848024575

00:28:11.280 --> 00:28:13.088 And then I'd like to point out this

NOTE Confidence: 0.8848024575

00:28:13.088 --> 00:28:14.799 kind of cool startup which I think

NOTE Confidence: 0.8848024575

00:28:14.799 --> 00:28:16.512 is going to be a proof of concept

NOTE Confidence: 0.8848024575

00:28:16.512 --> 00:28:17.640 that's that's really going to grow.

NOTE Confidence: 0.8848024575

00:28:17.640 --> 00:28:19.453 It's called Palm Health and they take

NOTE Confidence: 0.8848024575

00:28:19.453 --> 00:28:21.079 advantage of this telehealth model.

NOTE Confidence: 0.8848024575

00:28:21.080 --> 00:28:23.570 It's a private company that contracts

NOTE Confidence: 0.8848024575

00:28:23.570 --> 00:28:26.127 with dietitians and chefs and they

NOTE Confidence: 0.8848024575

00:28:26.127 --> 00:28:28.197 hold group visits via telemedicine.

NOTE Confidence: 0.8848024575

00:28:28.200 --> 00:28:28.959 And then bill,

NOTE Confidence: 0.8848024575

00:28:28.959 --> 00:28:29.718 bill insurance companies,

NOTE Confidence: 0.8848024575

00:28:29.720 --> 00:28:31.760 they partner with insurance companies

NOTE Confidence: 0.8848024575

00:28:31.760 --> 00:28:33.800 and healthcare organizations to provide

NOTE Confidence: 0.8848024575

00:28:33.800 --> 00:28:35.752 group visits surrounding nutrition,

NOTE Confidence: 0.8848024575

00:28:35.752 --> 00:28:38.192 education and culinary medicine actually.

NOTE Confidence: 0.8848024575

00:28:38.200 --> 00:28:39.488 And again you can you can make

NOTE Confidence: 0.8848024575

00:28:39.488 --> 00:28:40.960 this into a profitable platform.

NOTE Confidence: 0.8848024575

00:28:40.960 --> 00:28:43.008 So I think this is something that will

NOTE Confidence: 0.8848024575

00:28:43.008 --> 00:28:44.759 happen more and more in the future.

NOTE Confidence: 0.8848024575

00:28:44.760 --> 00:28:46.034 And then this is my particular passion.

NOTE Confidence: 0.8848024575

00:28:46.040 --> 00:28:47.075 If no one else is going to do it,

NOTE Confidence: 0.8848024575

00:28:47.080 --> 00:28:47.880 I'm going to do it.

NOTE Confidence: 0.8848024575

00:28:47.880 --> 00:28:49.290 Culinary medicine is about to go

NOTE Confidence: 0.8848024575

00:28:49.290 --> 00:28:50.780 mainstream and I think really laypeople

NOTE Confidence: 0.8848024575

00:28:50.780 --> 00:28:52.796 are going to be really interested in this.

NOTE Confidence: 0.8848024575

00:28:52.800 --> 00:28:53.398 You know,

NOTE Confidence: 0.8848024575

00:28:53.398 --> 00:28:55.491 people would like to see an infotainment

NOTE Confidence: 0.8848024575

00:28:55.491 --> 00:28:56.859 series where someone's cooking

NOTE Confidence: 0.8848024575

00:28:56.859 --> 00:28:58.875 healthy food and sharing it with

NOTE Confidence: 0.8848024575

00:28:58.875 --> 00:29:00.871 friends and family with love learning

NOTE Confidence: 0.8848024575

00:29:00.871 --> 00:29:02.471 about nutrition in the process.

NOTE Confidence: 0.8848024575

00:29:02.480 --> 00:29:03.824 And I think this really like

NOTE Confidence: 0.8848024575

00:29:03.824 --> 00:29:04.980 I said culinary medicine term

NOTE Confidence: 0.8848024575

00:29:04.980 --> 00:29:06.035 is about to go mainstream

NOTE Confidence: 0.86517453

00:29:08.080 --> 00:29:09.480 for healthcare professionals and trainees.

NOTE Confidence: 0.86517453

00:29:09.480 --> 00:29:10.600 It's a little less sexy,

NOTE Confidence: 0.86517453

00:29:10.600 --> 00:29:12.310 but essentially we need to

NOTE Confidence: 0.86517453

00:29:12.310 --> 00:29:13.678 establish some core competencies.

NOTE Confidence: 0.86517453

00:29:13.680 --> 00:29:15.570 That's what that summit was kind of

NOTE Confidence: 0.86517453

00:29:15.570 --> 00:29:17.739 focused on last March with validated

NOTE Confidence: 0.86517453

00:29:17.739 --> 00:29:19.038 curricular assessment tools.

NOTE Confidence: 0.86517453

00:29:19.040 --> 00:29:20.846 And this will really allow us to

NOTE Confidence: 0.86517453

00:29:20.846 --> 00:29:21.944 create more standardized culinary

NOTE Confidence: 0.86517453

00:29:21.944 --> 00:29:23.324 medicine curricula that we can

NOTE Confidence: 0.86517453

00:29:23.324 --> 00:29:25.028 test in rigorous ways in multi

NOTE Confidence: 0.86517453

00:29:25.028 --> 00:29:26.132 institutional trials and that'll

NOTE Confidence: 0.86517453

00:29:26.132 --> 00:29:27.999 really I think push the field forward.

NOTE Confidence: 0.916104060714286

00:29:30.040 --> 00:29:32.488 We have a grant here to build an asynchronous

NOTE Confidence: 0.916104060714286

00:29:32.488 --> 00:29:34.677 video based culinary medicine curriculum,

NOTE Confidence: 0.916104060714286

00:29:34.680 --> 00:29:36.759 which I think will solve a lot of issues.

NOTE Confidence: 0.916104060714286

00:29:36.760 --> 00:29:38.972 As I mentioned, folks don't necessarily have

NOTE Confidence: 0.916104060714286

00:29:38.972 --> 00:29:41.279 a teaching kitchen or a combination of chefs,

NOTE Confidence: 0.916104060714286

00:29:41.280 --> 00:29:43.130 registered dietitians and nutrition experts

NOTE Confidence: 0.916104060714286

00:29:43.130 --> 00:29:46.040 on staff that can teach culinary medicine.

NOTE Confidence: 0.916104060714286

00:29:46.040 --> 00:29:47.808 But we can create a series of videos

00:29:47.808 --> 00:29:49.379 here and then folks can essentially

00:29:49.379 --> 00:29:51.400 watch them and cook along at home

00:29:51.400 --> 00:29:53.155 asynchronously from their own kitchen.

00:29:53.160 --> 00:29:54.984 So I think establishing A curriculum

00:29:54.984 --> 00:29:57.342 like that and then making it available

00:29:57.342 --> 00:29:59.142 to other institutions and other

00:29:59.142 --> 00:30:01.077 programs here at Yale will be huge.

00:30:01.080 --> 00:30:02.536 And really, we have all these other

00:30:02.536 --> 00:30:03.730 growing fields of medicine that

00:30:03.730 --> 00:30:05.320 partners so well with culinary medicine,

00:30:05.320 --> 00:30:07.372 for instance, obesity medicine,

00:30:07.372 --> 00:30:08.944 lifestyle medicine, Buddhist medicine,

00:30:08.944 --> 00:30:11.120 which is a rapidly growing area of medicine

00:30:11.165 --> 00:30:12.917 that I'm happy to talk more about later.

00:30:12.920 --> 00:30:15.120 And then climate and sustainability

00:30:15.120 --> 00:30:16.220 education, This really is,

NOTE Confidence: 0.916104060714286

00:30:16.220 --> 00:30:18.073 is taking hold in many areas of our

NOTE Confidence: 0.916104060714286

00:30:18.073 --> 00:30:19.914 society and will increasingly be a focus,

NOTE Confidence: 0.916104060714286

00:30:19.920 --> 00:30:21.873 I think in the future of medicine as well.

NOTE Confidence: 0.916104060714286

00:30:21.880 --> 00:30:22.600 And as it turns out,

NOTE Confidence: 0.916104060714286

00:30:22.600 --> 00:30:24.392 the best diet for our body is

NOTE Confidence: 0.916104060714286

00:30:24.392 --> 00:30:26.119 the best diet for the planet.

NOTE Confidence: 0.916104060714286

00:30:26.120 --> 00:30:27.324 So I think really this is something

NOTE Confidence: 0.916104060714286

00:30:27.324 --> 00:30:28.370 we're going to be focusing on

NOTE Confidence: 0.916104060714286

00:30:28.370 --> 00:30:29.354 more and more in the future.

NOTE Confidence: 0.886740666428571

00:30:32.080 --> 00:30:33.360 So with that, I want to give you

NOTE Confidence: 0.886740666428571

00:30:33.360 --> 00:30:34.760 a micro dose of culinary medicine.

NOTE Confidence: 0.886740666428571

00:30:34.760 --> 00:30:35.957 So we're not going to cook together.

NOTE Confidence: 0.886740666428571

00:30:35.960 --> 00:30:37.688 Don't worry. I know that we're

NOTE Confidence: 0.886740666428571

00:30:37.688 --> 00:30:38.840 busy probably writing notes,

NOTE Confidence: 0.886740666428571

00:30:38.840 --> 00:30:41.036 listening in, some folks are eating.

NOTE Confidence: 0.886740666428571

00:30:41.040 --> 00:30:42.544 I'm standing at my working desk and I

NOTE Confidence: 0.886740666428571

00:30:42.544 --> 00:30:44.157 know a lot of you probably are too.

NOTE Confidence: 0.886740666428571

00:30:44.160 --> 00:30:45.762 And so I just want to do a quick

NOTE Confidence: 0.886740666428571

00:30:45.762 --> 00:30:47.145 micro dose of culinary medicine to

NOTE Confidence: 0.886740666428571

00:30:47.145 --> 00:30:49.094 give you a peek into what types of

NOTE Confidence: 0.886740666428571

00:30:49.094 --> 00:30:50.588 concepts we cover with our patients

NOTE Confidence: 0.886740666428571

00:30:50.588 --> 00:30:53.760 and with our healthcare trainees.

NOTE Confidence: 0.886740666428571

00:30:53.760 --> 00:30:55.622 So many of you may be familiar

NOTE Confidence: 0.886740666428571

00:30:55.622 --> 00:30:57.878 with the AH as life's essential 8.

NOTE Confidence: 0.886740666428571

00:30:57.880 --> 00:30:59.266 So these are the eight things

NOTE Confidence: 0.886740666428571

00:30:59.266 --> 00:31:00.912 they think you should do to

NOTE Confidence: 0.886740666428571

00:31:00.912 --> 00:31:01.920 prevent cardiovascular disease.

NOTE Confidence: 0.886740666428571

00:31:01.920 --> 00:31:03.352 It used to be the simple 7 but

NOTE Confidence: 0.886740666428571

00:31:03.352 --> 00:31:04.835 then I think they realized it's

NOTE Confidence: 0.886740666428571

00:31:04.835 --> 00:31:06.437 maybe not so simple after all.

NOTE Confidence: 0.886740666428571

67

00:31:06.440 --> 00:31:07.756 And so as you can see here,

NOTE Confidence: 0.886740666428571

00:31:07.760 --> 00:31:10.911 5 of the 8 directly tied to diet, right?

NOTE Confidence: 0.886740666428571

00:31:10.911 --> 00:31:12.666 This is the foundation of

NOTE Confidence: 0.886740666428571

00:31:12.666 --> 00:31:13.719 preventing cardiovascular disease.

NOTE Confidence: 0.886740666428571

00:31:13.720 --> 00:31:15.290 And as a side note, #1 here,

NOTE Confidence: 0.886740666428571

00:31:15.290 --> 00:31:17.120 eat better, could you give more

NOTE Confidence: 0.886740666428571

00:31:17.120 --> 00:31:18.840 vague and unhelpful advice?

NOTE Confidence: 0.886740666428571

00:31:18.840 --> 00:31:19.150 Right.

NOTE Confidence: 0.886740666428571

00:31:19.150 --> 00:31:21.010 So that's what we're going to

NOTE Confidence: 0.886740666428571

00:31:21.010 --> 00:31:23.279 dive into is what does that mean.

NOTE Confidence: 0.886740666428571

00:31:23.280 --> 00:31:24.720 So for many of us this,

NOTE Confidence: 0.886740666428571

00:31:24.720 --> 00:31:25.072 this,

NOTE Confidence: 0.886740666428571

00:31:25.072 --> 00:31:26.480 this word plant forward,

NOTE Confidence: 0.886740666428571

00:31:26.480 --> 00:31:28.307 a plant forward dietary pattern might be

NOTE Confidence: 0.886740666428571

00:31:28.307 --> 00:31:30.520 a new phrase and this is a growing phase,

NOTE Confidence: 0.886740666428571

00:31:30.520 --> 00:31:32.725 a growing phrase in the fields of

68

00:31:32.725 --> 00:31:34.633 nutrition and food is medicine and

00:31:34.633 --> 00:31:36.497 what it means is that really for health

00:31:36.497 --> 00:31:38.714 we should eat as many plants as possible,

00:31:38.720 --> 00:31:40.952 but we don't need to necessarily

00:31:40.952 --> 00:31:42.440 exclude animal based products.

00:31:42.440 --> 00:31:44.393 So it's not to say let's eat animal based

00:31:44.393 --> 00:31:45.876 products plus plants for best health.

00:31:45.880 --> 00:31:47.245 It's saying eat as many plants as

00:31:47.245 --> 00:31:48.879 you can and it doesn't necessarily,

00:31:48.880 --> 00:31:50.875 it allows for some animal based products,

00:31:50.880 --> 00:31:51.232 right.

00:31:51.232 --> 00:31:53.351 So that's the focus and the reason

00:31:53.351 --> 00:31:55.010 we use this term with our healthcare

00:31:55.057 --> 00:31:56.192 trainees and with our patients

00:31:56.192 --> 00:31:57.999 is that this is we think of it

00:31:57.999 --> 00:31:59.235 as kind of an umbrella term.

NOTE Confidence: 0.886740666428571

00:31:59.240 --> 00:31:59.656 You know,

NOTE Confidence: 0.886740666428571

00:31:59.656 --> 00:32:00.904 many folks have heard of some

NOTE Confidence: 0.886740666428571

00:32:00.904 --> 00:32:02.280 of these evidence based diets,

NOTE Confidence: 0.886740666428571

00:32:02.280 --> 00:32:03.240 the DASH diet,

NOTE Confidence: 0.886740666428571

00:32:03.240 --> 00:32:04.840 the Mediterranean diet of course,

NOTE Confidence: 0.886740666428571

00:32:04.840 --> 00:32:05.724 but then some others,

NOTE Confidence: 0.886740666428571

00:32:05.724 --> 00:32:07.050 the whole food plant based diet

NOTE Confidence: 0.886740666428571

00:32:07.098 --> 00:32:08.514 we all know and love the My Plate,

NOTE Confidence: 0.886740666428571

00:32:08.520 --> 00:32:09.720 the Harvard diet et cetera.

NOTE Confidence: 0.886740666428571

00:32:09.720 --> 00:32:10.920 There's lots of different types

NOTE Confidence: 0.886740666428571

00:32:10.920 --> 00:32:12.488 of diets here that have really

NOTE Confidence: 0.886740666428571

00:32:12.488 --> 00:32:13.439 good dietary patterns.

NOTE Confidence: 0.886740666428571

00:32:13.440 --> 00:32:14.960 And by saying plant forward,

NOTE Confidence: 0.886740666428571

00:32:14.960 --> 00:32:15.888 what we're saying is,

NOTE Confidence: 0.886740666428571

00:32:15.888 --> 00:32:16.120 look,

70

NOTE Confidence: 0.886740666428571

00:32:16.120 --> 00:32:18.066 these diets have a lot in common

NOTE Confidence: 0.886740666428571

00:32:18.066 --> 00:32:20.717 and we really focus on those commonalities.

NOTE Confidence: 0.886740666428571

00:32:20.720 --> 00:32:23.511 And so I think that really helps to reorient

NOTE Confidence: 0.886740666428571

00:32:23.511 --> 00:32:25.679 folks to what the evidence is really saying,

NOTE Confidence: 0.886740666428571

00:32:25.680 --> 00:32:29.200 which is eat as many plants as possible.

NOTE Confidence: 0.886740666428571

00:32:29.200 --> 00:32:32.014 So the way we show that to our our trainees

NOTE Confidence: 0.886740666428571

00:32:32.014 --> 00:32:34.480 when we teach these classes is we use this,

NOTE Confidence: 0.886740666428571

00:32:34.480 --> 00:32:36.880 this kind of nutrition guideline,

NOTE Confidence: 0.886740666428571

00:32:36.880 --> 00:32:38.398 which is to say, OK everyone,

NOTE Confidence: 0.886740666428571

00:32:38.400 --> 00:32:39.650 I know nutrition is confusing

NOTE Confidence: 0.886740666428571

00:32:39.650 --> 00:32:40.900 and you probably get stuck

NOTE Confidence: 0.886740666428571

00:32:40.951 --> 00:32:42.155 in the weeds a lot of time.

NOTE Confidence: 0.886740666428571

00:32:42.160 --> 00:32:43.456 I know you see some crazy

NOTE Confidence: 0.886740666428571

00:32:43.456 --> 00:32:44.320 things on social media,

NOTE Confidence: 0.886740666428571

00:32:44.320 --> 00:32:44.642 right?

NOTE Confidence: 0.886740666428571

00:32:44.642 --> 00:32:45.930 But let's just reorient

NOTE Confidence: 0.886740666428571

00:32:45.930 --> 00:32:47.540 ourselves to what we know

NOTE Confidence: 0.958433195833333

00:32:47.602 --> 00:32:49.478 for sure. And what we know for sure is

NOTE Confidence: 0.958433195833333

00:32:49.478 --> 00:32:50.720 that eating plants is healthy, right?

NOTE Confidence: 0.958433195833333

00:32:50.720 --> 00:32:52.346 The more plants you can eat, the better,

NOTE Confidence: 0.958433195833333

00:32:52.346 --> 00:32:54.011 especially whole and minimally processed

NOTE Confidence: 0.958433195833333

00:32:54.011 --> 00:32:56.120 plants which are vegetables and fruits,

NOTE Confidence: 0.958433195833333

00:32:56.120 --> 00:32:58.196 whole grains, nuts, seeds and legumes.

NOTE Confidence: 0.958433195833333

00:32:58.200 --> 00:32:59.880 But at the same time,

NOTE Confidence: 0.958433195833333

00:32:59.880 --> 00:33:02.197 we know that these ultra processed foods,

NOTE Confidence: 0.958433195833333

00:33:02.200 --> 00:33:04.517 these junk foods are not heart healthy.

NOTE Confidence: 0.958433195833333

00:33:04.520 --> 00:33:05.920 They are health harming, right?

NOTE Confidence: 0.958433195833333

00:33:05.920 --> 00:33:07.890 They're high in salt, sugar, saturated fat,

NOTE Confidence: 0.958433195833333

00:33:07.890 --> 00:33:09.715 which improves the shelf life,

NOTE Confidence: 0.958433195833333

00:33:09.720 --> 00:33:12.636 refined carbohydrates, IE not whole grains,

NOTE Confidence: 0.958433195833333

00:33:12.640 --> 00:33:13.900 carcinogens like sodium nitrite,

00:33:13.900 --> 00:33:16.135 which we see in processed meats and

00:33:16.135 --> 00:33:17.556 plenty of empty calories. Right.

00:33:17.556 --> 00:33:20.040 So the reason we we present this like this

00:33:20.101 --> 00:33:22.032 is folks really don't argue. You know,

00:33:22.032 --> 00:33:23.680 I always say what do people think is this,

00:33:23.680 --> 00:33:25.512 is this new information like, you know,

00:33:25.512 --> 00:33:26.553 please challenge me, but everyone's like,

00:33:26.553 --> 00:33:27.464 no, it makes sense, right?

00:33:27.464 --> 00:33:28.608 Junk food, bad plants, good.

00:33:28.608 --> 00:33:29.600 I know that, right?

00:33:29.600 --> 00:33:31.105 But then to emphasize that these are

00:33:31.105 --> 00:33:32.596 two polar opposites and then to leave

00:33:32.596 --> 00:33:33.796 room for discussion in the middle,

00:33:33.800 --> 00:33:35.864 I think really sets people up for success

00:33:35.864 --> 00:33:37.798 with regard to learning about nutrition.

00:33:37.800 --> 00:33:38.796 And really the goal is to,

NOTE Confidence: 0.958433195833333

00:33:38.800 --> 00:33:40.078 with self love, kind of say,

NOTE Confidence: 0.958433195833333

00:33:40.080 --> 00:33:41.956 where do I fall on the spectrum?

NOTE Confidence: 0.958433195833333

00:33:41.960 --> 00:33:43.535 And the goal is to just move

NOTE Confidence: 0.958433195833333

00:33:43.535 --> 00:33:44.560 more towards the right,

NOTE Confidence: 0.958433195833333

00:33:44.560 --> 00:33:46.040 right.

NOTE Confidence: 0.958433195833333

00:33:46.040 --> 00:33:47.272 So that's how we kind of describe

NOTE Confidence: 0.958433195833333

00:33:47.272 --> 00:33:47.800 things to folks.

NOTE Confidence: 0.911917287368421

00:33:50.080 --> 00:33:51.508 But some people of course want more

NOTE Confidence: 0.911917287368421

00:33:51.508 --> 00:33:53.213 than just a big broad template and

NOTE Confidence: 0.911917287368421

00:33:53.213 --> 00:33:54.518 so some specifics of nutrition.

NOTE Confidence: 0.911917287368421

00:33:54.520 --> 00:33:55.724 For cardiovascular disease prevention,

NOTE Confidence: 0.911917287368421

00:33:55.724 --> 00:33:58.119 it comes down to just a few basics.

NOTE Confidence: 0.911917287368421

00:33:58.120 --> 00:33:59.640 Like we mentioned eating a lot of plants,

NOTE Confidence: 0.911917287368421

00:33:59.640 --> 00:34:00.960 there's many reasons for doing that.

NOTE Confidence: 0.911917287368421

00:34:00.960 --> 00:34:02.204 Vitamins, minerals, vital nutrients,

74

NOTE Confidence: 0.911917287368421

00:34:02.204 --> 00:34:04.998 but also they have a lot of soluble fiber,

NOTE Confidence: 0.911917287368421

00:34:05.000 --> 00:34:06.920 which lowers your LDL, and potassium,

NOTE Confidence: 0.911917287368421

00:34:06.920 --> 00:34:09.320 which lowers your blood pressure,

NOTE Confidence: 0.911917287368421

00:34:09.320 --> 00:34:11.040 replacing sources of saturated

NOTE Confidence: 0.911917287368421

00:34:11.040 --> 00:34:12.760 fat with unsaturated fat.

NOTE Confidence: 0.911917287368421

00:34:12.760 --> 00:34:15.238 So saturated fat increases your LDL

NOTE Confidence: 0.911917287368421

00:34:15.238 --> 00:34:17.680 from unsaturated fat lowers yoga right?

NOTE Confidence: 0.911917287368421

00:34:17.680 --> 00:34:19.648 And so we get our socials of saturated

NOTE Confidence: 0.911917287368421

00:34:19.648 --> 00:34:21.519 fat is from animal based foods,

NOTE Confidence: 0.911917287368421

00:34:21.520 --> 00:34:23.248 a lot of ultra processed foods

NOTE Confidence: 0.911917287368421

00:34:23.248 --> 00:34:25.244 and then tropical oils, so palm,

NOTE Confidence: 0.911917287368421

00:34:25.244 --> 00:34:27.354 palm, kernel and coconut oil.

NOTE Confidence: 0.911917287368421

00:34:27.360 --> 00:34:29.278 And then unsaturated fat comes from plants

NOTE Confidence: 0.909724792105263

00:34:31.560 --> 00:34:32.226 choosing slow carbs.

NOTE Confidence: 0.909724792105263

00:34:32.226 --> 00:34:34.283 So this is probably a new term for some

NOTE Confidence: 0.909724792105263

00:34:34.283 --> 00:34:35.872 folks that the dietitians like to use.

00:34:35.880 --> 00:34:37.707 And what it's emphasizing is you should

00:34:37.707 --> 00:34:39.425 think about how quickly the carbohydrates

00:34:39.425 --> 00:34:41.488 and sugars that you are eating are

00:34:41.488 --> 00:34:42.868 absorbed into the bloodstream, right.

00:34:42.868 --> 00:34:44.236 And so the slower the better.

00:34:44.240 --> 00:34:45.915 And so added sugar gets

00:34:45.915 --> 00:34:47.240 absorbed very quickly, right?

00:34:47.240 --> 00:34:49.480 So minimizing added sugar in our diet,

00:34:49.480 --> 00:34:52.036 replacing refined grains with whole grains,

00:34:52.040 --> 00:34:53.708 the difference there being that a

00:34:53.708 --> 00:34:56.138 whole grain has a bran in germ and the

00:34:56.138 --> 00:34:58.000 refined grain is just the endosperm.

00:34:58.000 --> 00:34:59.500 So the endosperm is quickly

00:34:59.500 --> 00:35:01.000 converted into simple sugars and

00:35:01.057 --> 00:35:02.557 taken up into the bloodstream.

NOTE Confidence: 0.909724792105263

00:35:02.560 --> 00:35:03.696 Whereas these whole grains,

NOTE Confidence: 0.909724792105263

00:35:03.696 --> 00:35:05.400 the bran and the germ contains

NOTE Confidence: 0.909724792105263

00:35:05.451 --> 00:35:06.941 fiber which slows the absorption

NOTE Confidence: 0.909724792105263

00:35:06.941 --> 00:35:08.431 in addition to healthy fats,

NOTE Confidence: 0.909724792105263

00:35:08.440 --> 00:35:10.720 vitamins and minerals.

NOTE Confidence: 0.909724792105263

00:35:10.720 --> 00:35:12.439 And just as a side note here sugar in

NOTE Confidence: 0.909724792105263

00:35:12.439 --> 00:35:14.253 the form of whole fruit is fine because

NOTE Confidence: 0.909724792105263

00:35:14.253 --> 00:35:16.237 the sugar is coming with a lot of fiber,

NOTE Confidence: 0.909724792105263

00:35:16.240 --> 00:35:17.680 which again slows the absorption

NOTE Confidence: 0.909724792105263

00:35:17.680 --> 00:35:18.832 rate into the bloodstream,

NOTE Confidence: 0.898670894

00:35:20.880 --> 00:35:22.720 avoiding excessive alcohol and caffeine.

NOTE Confidence: 0.898670894

00:35:22.720 --> 00:35:23.684 Take intake of course,

NOTE Confidence: 0.898670894

00:35:23.684 --> 00:35:25.130 which probably goes without saying and

NOTE Confidence: 0.898670894

00:35:25.174 --> 00:35:26.558 we all know and love the DASH diet,

NOTE Confidence: 0.898670894

00:35:26.560 --> 00:35:28.800 so decreasing salt intake is

NOTE Confidence: 0.898670894

00:35:28.800 --> 00:35:30.592 helpful for blood pressure.

NOTE Confidence: 0.898670894

00:35:30.600 --> 00:35:33.344 So these are some very specific tenants of

NOTE Confidence: 0.898670894

00:35:33.344 --> 00:35:34.999 preventing cardiovascular disease with diet.

NOTE Confidence: 0.898670894

00:35:35.000 --> 00:35:36.155 But when it comes down to how

NOTE Confidence: 0.898670894

00:35:36.155 --> 00:35:37.510 do we take recipes and modify

NOTE Confidence: 0.898670894

00:35:37.510 --> 00:35:38.594 them for heart healthiness,

NOTE Confidence: 0.898670894

00:35:38.600 --> 00:35:40.119 how do we put this into practice?

NOTE Confidence: 0.898670894

00:35:40.120 --> 00:35:41.912 So this is something we taught in

NOTE Confidence: 0.898670894

00:35:41.912 --> 00:35:43.700 this thesis project that led to,

NOTE Confidence: 0.898670894

00:35:43.700 --> 00:35:46.154 as you saw, a statistically significant

NOTE Confidence: 0.898670894

00:35:46.154 --> 00:35:48.544 increase in participants ability to

NOTE Confidence: 0.898670894

00:35:48.544 --> 00:35:50.920 modify recipes for heart healthiness.

NOTE Confidence: 0.898670894

00:35:50.920 --> 00:35:52.160 So there's three different techniques.

NOTE Confidence: 0.898670894

00:35:52.160 --> 00:35:53.198 You can either take something out,

NOTE Confidence: 0.898670894

00:35:53.200 --> 00:35:54.280 you can add something in,

NOTE Confidence: 0.898670894

00:35:54.280 --> 00:35:55.396 or you can make a swap.

NOTE Confidence: 0.898670894

00:35:55.400 --> 00:35:56.445 So taking something out is

NOTE Confidence: 0.898670894

00:35:56.445 --> 00:35:57.759 generally the least fun thing to do,

NOTE Confidence: 0.898670894

00:35:57.760 --> 00:35:59.080 but it's always an option.

NOTE Confidence: 0.898670894

00:35:59.080 --> 00:36:00.520 So you can just subtract sugar and salt,

NOTE Confidence: 0.898670894

00:36:00.520 --> 00:36:00.741 right?

NOTE Confidence: 0.898670894

00:36:00.741 --> 00:36:02.288 We know those things are not heart

NOTE Confidence: 0.898670894

00:36:02.288 --> 00:36:03.559 healthy salt for blood pressure.

NOTE Confidence: 0.898670894

00:36:03.560 --> 00:36:05.032 Sugar impacts your triglycerides,

NOTE Confidence: 0.898670894

00:36:05.032 --> 00:36:05.400 right?

NOTE Confidence: 0.898670894

00:36:05.400 --> 00:36:07.920 So subtracting those things out

NOTE Confidence: 0.898670894

00:36:07.920 --> 00:36:09.020 the replacements are maybe some

NOTE Confidence: 0.898670894

00:36:09.020 --> 00:36:10.384 more fun things to do, right?

NOTE Confidence: 0.898670894

00:36:10.384 --> 00:36:11.704 So instead of refined grains

NOTE Confidence: 0.898670894

00:36:11.704 --> 00:36:12.760 like a white pasta,

NOTE Confidence: 0.898670894

00:36:12.760 --> 00:36:14.620 replace it with a whole grain

NOTE Confidence: 0.898670894

00:36:14.620 --> 00:36:16.320 like a whole wheat pasta.

NOTE Confidence: 0.898670894

00:36:16.320 --> 00:36:17.070 Taking ingredients that

NOTE Confidence: 0.898670894

00:36:17.070 --> 00:36:18.320 are high in saturated fat,

NOTE Confidence: 0.898670894

00:36:18.320 --> 00:36:20.000 like these animal based products,

NOTE Confidence: 0.898670894

00:36:20.000 --> 00:36:21.314 and replacing them that with ingredients

NOTE Confidence: 0.898670894

00:36:21.314 --> 00:36:22.759 that are lower in saturated fat.

NOTE Confidence: 0.898670894

00:36:22.760 --> 00:36:23.885 So if you're thinking about

NOTE Confidence: 0.898670894

00:36:23.885 --> 00:36:25.320 what steak should I get right,

NOTE Confidence: 0.898670894

00:36:25.320 --> 00:36:27.036 a rib eye is my favorite.

NOTE Confidence: 0.898670894

00:36:27.040 --> 00:36:28.000 And why is it my favorite?

NOTE Confidence: 0.898670894

00:36:28.000 --> 00:36:29.680 It is so fatty, right?

NOTE Confidence: 0.898670894

00:36:29.680 --> 00:36:30.880 That's why it tastes so good.

NOTE Confidence: 0.898670894

00:36:30.880 --> 00:36:32.710 But instead get a steak that

NOTE Confidence: 0.898670894

00:36:32.710 --> 00:36:34.320 ends in the suffix loin.

NOTE Confidence: 0.898670894

00:36:34.320 --> 00:36:36.416 Anything that ends in loin is going to

NOTE Confidence: 0.898670894

00:36:36.416 --> 00:36:38.897 be more lower, much lower in fat, right?

00:36:38.897 --> 00:36:40.563 So instead of the rib eye, get a sirloin.

00:36:40.563 --> 00:36:41.968 You'll save a whole bunch

00:36:41.968 --> 00:36:43.279 of saturated fat that way.

00:36:43.280 --> 00:36:44.256 And then in general,

00:36:44.256 --> 00:36:45.476 instead of choosing the steak

00:36:45.480 --> 00:36:46.300 in the first place,

00:36:46.300 --> 00:36:47.829 maybe like we did with our lentil

00:36:47.829 --> 00:36:49.607 bolognese instead of the beef and the

00:36:49.607 --> 00:36:51.317 pancetta opt for mushrooms and lentils,

00:36:51.320 --> 00:36:51.536 right.

00:36:51.536 --> 00:36:53.048 So as many plant based sources of

00:36:53.048 --> 00:36:54.624 protein you can get the better because

00:36:54.624 --> 00:36:56.143 you save on that saturated fat plus

00:36:56.143 --> 00:36:58.692 you get all the benefits of it being a plant,

00:36:58.692 --> 00:37:00.796 the fiber, the micronutrients.

00:37:00.800 --> 00:37:02.284 And then finally we like I said

NOTE Confidence: 0.898670894

00:37:02.284 --> 00:37:02.920 we have subtract,

NOTE Confidence: 0.898670894

00:37:02.920 --> 00:37:04.320 we have replaced and then we have add.

NOTE Confidence: 0.898670894

00:37:04.320 --> 00:37:06.210 So just add whole or minimally

NOTE Confidence: 0.898670894

00:37:06.210 --> 00:37:06.840 processed plants,

NOTE Confidence: 0.898670894

00:37:06.840 --> 00:37:07.852 take whatever you're making,

NOTE Confidence: 0.898670894

00:37:07.852 --> 00:37:08.988 you know, instant ramen,

NOTE Confidence: 0.898670894

00:37:08.988 --> 00:37:10.756 add in some frozen vegetables, right.

NOTE Confidence: 0.898670894

00:37:10.756 --> 00:37:11.736 That's immediately a way to

NOTE Confidence: 0.898670894

00:37:11.736 --> 00:37:12.520 make it slightly better,

NOTE Confidence: 0.898670894

00:37:12.520 --> 00:37:12.835 right?

NOTE Confidence: 0.898670894

00:37:12.835 --> 00:37:14.410 So just thinking about these

NOTE Confidence: 0.898670894

00:37:14.410 --> 00:37:15.670 specific ways to modify

NOTE Confidence: 0.898670894

00:37:15.729 --> 00:37:17.277 recipes for metabolic health.

NOTE Confidence: 0.921736466428572

00:37:19.800 --> 00:37:21.879 So with that, I'm going to try this challenge

NOTE Confidence: 0.921736466428572

00:37:21.879 --> 00:37:23.580 that could be very interesting, right?

NOTE Confidence: 0.921736466428572

00:37:23.580 --> 00:37:25.340 So I want you to think of your

NOTE Confidence: 0.921736466428572

00:37:25.340 --> 00:37:26.716 favorite dish to prepare or eat.

NOTE Confidence: 0.921736466428572

00:37:26.720 --> 00:37:28.080 And if you have, like a story about why I,

NOTE Confidence: 0.921736466428572

00:37:28.080 --> 00:37:29.640 I would be curious to hear that too.

NOTE Confidence: 0.921736466428572

00:37:29.640 --> 00:37:30.680 You know, is it something

NOTE Confidence: 0.921736466428572

00:37:30.680 --> 00:37:31.720 your mom made growing up?

NOTE Confidence: 0.921736466428572

00:37:31.720 --> 00:37:33.057 Is it something that's a comfort for

NOTE Confidence: 0.921736466428572

00:37:33.057 --> 00:37:34.879 you and a particular time in your life?

NOTE Confidence: 0.921736466428572

00:37:34.880 --> 00:37:36.242 What is your favorite dish to

NOTE Confidence: 0.921736466428572

00:37:36.242 --> 00:37:37.519 either to prepare or to eat?

NOTE Confidence: 0.921736466428572

00:37:37.520 --> 00:37:38.558 I'll tell you, mine is pizza,

NOTE Confidence: 0.921736466428572

00:37:38.560 --> 00:37:40.320 which is why I'm showing you pizza there.

NOTE Confidence: 0.921736466428572

00:37:40.320 --> 00:37:41.797 And then if you could just either,

NOTE Confidence: 0.921736466428572

00:37:41.800 --> 00:37:43.256 you know, feel free to turn on your

NOTE Confidence: 0.921736466428572

00:37:43.256 --> 00:37:44.280 microphone and tell us about it,

NOTE Confidence: 0.921736466428572

83

00:37:44.280 --> 00:37:45.240 throw it into the chat.

NOTE Confidence: 0.921736466428572

00:37:45.240 --> 00:37:46.434 And then maybe I'll ask Janet

NOTE Confidence: 0.921736466428572

00:37:46.434 --> 00:37:47.520 to kind of monitor those.

NOTE Confidence: 0.921736466428572

00:37:47.520 --> 00:37:49.038 And let's, let's tackle a couple,

NOTE Confidence: 0.921736466428572

00:37:49.040 --> 00:37:50.752 see if we can come up with ways

NOTE Confidence: 0.921736466428572

00:37:50.752 --> 00:37:52.358 to improve the heart healthiness,

NOTE Confidence: 0.921736466428572

00:37:52.360 --> 00:37:54.118 the metabolic health of these recipes.

NOTE Confidence: 0.921736466428572

00:37:54.120 --> 00:37:54.981 And if you have an idea of

NOTE Confidence: 0.921736466428572

00:37:54.981 --> 00:37:55.839 how to do that already,

NOTE Confidence: 0.921736466428572

00:37:55.840 --> 00:37:57.240 feel free to share and then I'll,

NOTE Confidence: 0.921736466428572

00:37:57.240 --> 00:37:58.276 I can kind of chime in too.

NOTE Confidence: 0.921736466428572

00:37:58.280 --> 00:37:59.519 So we'll just put this to practice.

NOTE Confidence: 0.968154586666667

00:38:00.920 --> 00:38:05.295 Well, we have spaghettini, tiny pasta

NOTE Confidence: 0.968154586666667

00:38:05.295 --> 00:38:09.080 with butter and grated cheese. She does a

NOTE Confidence: 0.327807568

00:38:11.360 --> 00:38:14.160 for a little bowl. It is.

NOTE Confidence: 0.327807568

00:38:14.160 --> 00:38:17.040 What was the first word for the Bolognese?

00:38:17.040 --> 00:38:18.413 Oh, Papadel. Papadel. Yeah. Well,

00:38:18.413 --> 00:38:20.720 I'll tell you what we did with the Bolognese.

00:38:20.720 --> 00:38:21.560 But then I want to go back

00:38:21.560 --> 00:38:22.280 to the butter and cheese,

00:38:22.280 --> 00:38:24.200 pasta juice, the Papadel Bolognese.

00:38:24.200 --> 00:38:25.760 You know, there's pancetta, there's beef,

00:38:25.760 --> 00:38:27.320 there's whole milk, there's cheese.

00:38:27.320 --> 00:38:28.328 Right. So these are things that

00:38:28.328 --> 00:38:29.639 are kind of rich in saturated fat.

00:38:29.640 --> 00:38:31.334 So what we did for our Bolognese

00:38:31.334 --> 00:38:33.197 was we swapped out the beef instead.

00:38:33.200 --> 00:38:35.080 We did lentils and mushrooms.

00:38:35.080 --> 00:38:36.520 And you could also chop up some walnuts,

00:38:36.520 --> 00:38:37.368 believe it or not.

00:38:37.368 --> 00:38:39.080 But that combo of three things provides,

00:38:39.080 --> 00:38:40.500 like some meatiness actually,

NOTE Confidence: 0.327807568

00:38:40.500 --> 00:38:41.920 and some nice texture.

NOTE Confidence: 0.327807568

00:38:41.920 --> 00:38:43.280 But they're all plants, right?

NOTE Confidence: 0.327807568

00:38:43.280 --> 00:38:44.652 And then my biggest tip for that

NOTE Confidence: 0.327807568

00:38:44.652 --> 00:38:46.117 one is instead of using whole milk,

NOTE Confidence: 0.327807568

00:38:46.120 --> 00:38:48.478 we use evaporated fat free milk,

NOTE Confidence: 0.327807568

00:38:48.480 --> 00:38:49.384 which is shelf stable.

NOTE Confidence: 0.327807568

00:38:49.384 --> 00:38:51.532 You buy it in pans, there's no sugar added,

NOTE Confidence: 0.327807568

00:38:51.532 --> 00:38:52.797 it's not sweetened condensed milk.

NOTE Confidence: 0.327807568

00:38:52.800 --> 00:38:54.400 Sometimes people get that confused,

NOTE Confidence: 0.327807568

00:38:54.400 --> 00:38:55.320 but it's where they evaporate

NOTE Confidence: 0.327807568

00:38:55.320 --> 00:38:56.240 off some of the water.

NOTE Confidence: 0.327807568

00:38:56.240 --> 00:38:57.560 So it's thicker and creamier,

NOTE Confidence: 0.327807568

00:38:57.560 --> 00:38:58.536 like whole fat milk,

NOTE Confidence: 0.327807568

00:38:58.536 --> 00:38:59.756 but it's actually fat free.

NOTE Confidence: 0.327807568

00:38:59.760 --> 00:39:00.984 So those are my tips for

00:39:00.984 --> 00:39:01.596 the lentil bolognese.

00:39:01.600 --> 00:39:03.832 And then of course we swapped a a

00:39:03.832 --> 00:39:05.878 refined pasta for a whole grain pasta,

00:39:05.880 --> 00:39:07.416 the one about the pasta with

00:39:07.416 --> 00:39:08.440 the butter and cheese.

00:39:08.440 --> 00:39:10.276 First of all, that sounds amazing.

00:39:10.280 --> 00:39:10.730 You know,

00:39:10.730 --> 00:39:12.305 I think of another way possibly you

00:39:12.305 --> 00:39:13.938 could do that is you could swap out

00:39:13.938 --> 00:39:15.720 maybe half the butter for some olive oil.

00:39:15.720 --> 00:39:17.160 You could almost go towards the

00:39:17.160 --> 00:39:19.039 route of like a pasta aglio yoyo,

00:39:19.040 --> 00:39:21.633 which is a delicious pasta with

00:39:21.633 --> 00:39:23.133 garlic and olive oil, right?

00:39:23.133 --> 00:39:23.998 So you could add in,

00:39:24.000 --> 00:39:25.518 add in some vegetables like garlic,

NOTE Confidence: 0.327807568

00:39:25.520 --> 00:39:26.440 it would be good.

NOTE Confidence: 0.327807568

00:39:26.440 --> 00:39:28.251 Of course with broccoli you could use

NOTE Confidence: 0.327807568

00:39:28.251 --> 00:39:30.033 some nutritional yeast and some parmesan,

NOTE Confidence: 0.327807568

00:39:30.040 --> 00:39:30.238 right?

NOTE Confidence: 0.327807568

00:39:30.238 --> 00:39:32.020 So to cut back on the amount of cheese

NOTE Confidence: 0.327807568

00:39:32.066 --> 00:39:33.518 you could add in some vegetables.

NOTE Confidence: 0.327807568

00:39:33.520 --> 00:39:34.760 So that could be a fun one to play with.

NOTE Confidence: 0.327807568

00:39:34.760 --> 00:39:36.038 But I think swapping the butter

NOTE Confidence: 0.327807568

00:39:36.038 --> 00:39:37.517 with a little bit of olive oil

NOTE Confidence: 0.327807568

00:39:37.517 --> 00:39:38.675 could be a good first step.

NOTE Confidence: 0.327807568

00:39:38.680 --> 00:39:39.320 What else we got,

NOTE Confidence: 0.327807568

00:39:39.320 --> 00:39:39.480 Janet?

NOTE Confidence: 0.879842452222222

00:39:39.880 --> 00:39:42.008 Oh my gosh, we have so many interesting

NOTE Confidence: 0.879842452222222

00:39:42.008 --> 00:39:45.465 ideas. One is that we we have Rachel

NOTE Confidence: 0.879842452222222

00:39:45.465 --> 00:39:48.478 sneaking hummus into her pasta sauces.

NOTE Confidence: 0.890955108333333

00:39:49.440 --> 00:39:50.916 Oh, lovely. Oh, I like that.

NOTE Confidence: 0.890955108333333

00:39:50.920 --> 00:39:52.295 Right. So some plant based

NOTE Confidence: 0.890955108333333

00:39:52.295 --> 00:39:53.395 protein from the chickpeas.

NOTE Confidence: 0.890955108333333

00:39:53.400 --> 00:39:54.720 You can do the same thing with vegetables.

NOTE Confidence: 0.890955108333333

00:39:54.720 --> 00:39:56.456 You know, if you actually just, like,

NOTE Confidence: 0.890955108333333

00:39:56.456 --> 00:39:57.992 boil some vegetables or take some

NOTE Confidence: 0.890955108333333

00:39:57.992 --> 00:39:59.439 frozen vegetables and microwave them,

NOTE Confidence: 0.890955108333333

00:39:59.440 --> 00:40:00.700 puree them, and then your kids

NOTE Confidence: 0.890955108333333

00:40:00.700 --> 00:40:02.118 will never know it's in the pasta.

NOTE Confidence: 0.890955108333333

00:40:02.120 --> 00:40:04.040 We've run this by the pediatricians.

NOTE Confidence: 0.890955108333333

00:40:04.040 --> 00:40:04.628 Who says this?

NOTE Confidence: 0.890955108333333

00:40:04.628 --> 00:40:06.293 Is this wrong to try to sneak in

NOTE Confidence: 0.890955108333333

00:40:06.293 --> 00:40:07.518 vegetables in the pasta sauce?

NOTE Confidence: 0.890955108333333

00:40:07.520 --> 00:40:09.356 They said no, absolutely do that.

NOTE Confidence: 0.890955108333333

00:40:09.360 --> 00:40:09.553 Right.

NOTE Confidence: 0.890955108333333

00:40:09.553 --> 00:40:12.440 So that's a great way. If

NOTE Confidence: 0.2785725948

00:40:12.440 --> 00:40:13.880 that's right, gotta do it.

NOTE Confidence: 0.2785725948

00:40:13.880 --> 00:40:16.118 So ants. Oh, this is interesting.

NOTE Confidence: 0.2785725948

00:40:16.120 --> 00:40:18.520 Replacing Parmesan with nutritional yeast.

NOTE Confidence: 0.2785725948

00:40:18.520 --> 00:40:20.640 I've never heard of that. Yeah,

NOTE Confidence: 0.933342535384615

00:40:20.640 --> 00:40:22.208 I find, you know, it actually makes a

NOTE Confidence: 0.933342535384615

00:40:22.208 --> 00:40:23.600 really good replacement for cheddar.

NOTE Confidence: 0.933342535384615

00:40:23.600 --> 00:40:25.280 It has kind of a cheddary flavor.

NOTE Confidence: 0.933342535384615

00:40:25.280 --> 00:40:27.170 So it's a little different than

NOTE Confidence: 0.933342535384615

00:40:27.170 --> 00:40:28.424 than Parmesan, but it's nice.

NOTE Confidence: 0.933342535384615

00:40:28.424 --> 00:40:30.126 And that has a similar texture and you

NOTE Confidence: 0.933342535384615

00:40:30.126 --> 00:40:31.678 can put it on top just like Parmesan.

NOTE Confidence: 0.933342535384615

00:40:31.680 --> 00:40:32.877 But yeah, it's a it's a really good one,

NOTE Confidence: 0.933342535384615

00:40:32.880 --> 00:40:33.996 'cause it's kind of cheesy flavored.

NOTE Confidence: 0.931293142142857

00:40:35.080 --> 00:40:38.352 And then to modify Greek moussaka by using

NOTE Confidence: 0.931293142142857

00:40:38.352 --> 00:40:41.077 mashed potatoes instead of bechamel sauce.

NOTE Confidence: 0.905761462

00:40:42.120 --> 00:40:44.448 Oh, that's a fabulous idea, right?

NOTE Confidence: 0.905761462

00:40:44.448 --> 00:40:46.112 So bechamel sauce, for folks who don't know,

NOTE Confidence: 0.905761462

00:40:46.120 --> 00:40:47.440 you take butter and flour,

NOTE Confidence: 0.905761462

00:40:47.440 --> 00:40:48.790 so already a refined grain

NOTE Confidence: 0.905761462

00:40:48.790 --> 00:40:49.769 and saturated fat, right?

NOTE Confidence: 0.905761462

00:40:49.769 --> 00:40:51.520 And then you add a whole bunch of whole milk,

NOTE Confidence: 0.905761462

00:40:51.520 --> 00:40:53.120 so a bunch more saturated fat, right?

NOTE Confidence: 0.905761462

00:40:53.120 --> 00:40:54.800 You make this delicious creamy sauce.

NOTE Confidence: 0.905761462

00:40:54.800 --> 00:40:57.480 It's used in pastas, it's used in lasagnas.

NOTE Confidence: 0.905761462

00:40:57.480 --> 00:41:00.234 And so thinking about how to take this thick,

NOTE Confidence: 0.905761462

00:41:00.240 --> 00:41:02.459 white creamy sauce and instead use a

NOTE Confidence: 0.905761462

00:41:02.459 --> 00:41:04.680 vegetable like mashed potatoes is fantastic.

NOTE Confidence: 0.905761462

00:41:04.680 --> 00:41:06.144 He could probably do the same

NOTE Confidence: 0.905761462

00:41:06.144 --> 00:41:06.876 with pureed cauliflower.

NOTE Confidence: 0.905761462

00:41:06.880 --> 00:41:08.280 So I love that idea.

NOTE Confidence: 0.905761462

91

00:41:08.280 --> 00:41:09.160 And then maybe one more.

NOTE Confidence: 0.819704948461539

00:41:09.680 --> 00:41:11.738 Well, how about Fred is wondering how

NOTE Confidence: 0.819704948461539

00:41:11.738 --> 00:41:13.839 would we modify chicken tikka masala?

NOTE Confidence: 0.71556055

00:41:14.920 --> 00:41:15.680 Oh well, that's great. Well,

NOTE Confidence: 0.71556055

00:41:15.680 --> 00:41:17.796 you could do paneer tikka masala, right?

NOTE Confidence: 0.71556055

00:41:17.796 --> 00:41:20.008 So switching from like a an animal

NOTE Confidence: 0.71556055

00:41:20.008 --> 00:41:21.900 based source of protein to a

NOTE Confidence: 0.71556055

00:41:21.900 --> 00:41:23.395 plant based source of protein,

NOTE Confidence: 0.71556055

00:41:23.400 --> 00:41:24.654 I would have to see what

NOTE Confidence: 0.71556055

00:41:24.654 --> 00:41:26.000 type of dairy is standard.

NOTE Confidence: 0.71556055

00:41:26.000 --> 00:41:28.835 But you could think about substituting for

NOTE Confidence: 0.71556055

00:41:28.835 --> 00:41:31.600 like a lower fat dairy or an alt dairy.

NOTE Confidence: 0.71556055

00:41:31.600 --> 00:41:33.160 So let's say it's common to

NOTE Confidence: 0.71556055

00:41:33.160 --> 00:41:34.200 use heavy cream instead.

NOTE Confidence: 0.71556055

00:41:34.200 --> 00:41:35.831 You could use like I said some

NOTE Confidence: 0.71556055

00:41:35.831 --> 00:41:37.185 of this evaporated milk or they

NOTE Confidence: 0.71556055

00:41:37.185 --> 00:41:38.929 make a fat free half and half you

NOTE Confidence: 0.71556055

00:41:38.929 --> 00:41:40.399 could consider switching to that.

NOTE Confidence: 0.71556055

00:41:40.400 --> 00:41:42.168 You could do a low fat coconut milk

NOTE Confidence: 0.71556055

00:41:42.168 --> 00:41:44.081 which would add you know arguably a

NOTE Confidence: 0.71556055

00:41:44.081 --> 00:41:45.496 slightly different flavor because of

NOTE Confidence: 0.71556055

00:41:45.545 --> 00:41:47.477 the coconut but would still be delicious.

NOTE Confidence: 0.71556055

00:41:47.480 --> 00:41:49.146 So thinking about how to swap again

NOTE Confidence: 0.71556055

00:41:49.146 --> 00:41:50.733 from the the animal based sources

NOTE Confidence: 0.71556055

00:41:50.733 --> 00:41:52.644 of protein to plant based and then

NOTE Confidence: 0.71556055

00:41:52.696 --> 00:41:54.186 kind of minimizing the saturated

NOTE Confidence: 0.71556055

00:41:54.186 --> 00:41:55.706 fat while still maintaining that

NOTE Confidence: 0.71556055

00:41:55.706 --> 00:41:56.958 delicious flavor and texture.

NOTE Confidence: 0.71556055

00:41:56.960 --> 00:41:58.927 And then the final suggestion I would

NOTE Confidence: 0.71556055

00:41:58.927 --> 00:42:00.996 have there is of course instead of

NOTE Confidence: 0.71556055

00:42:00.996 --> 00:42:03.131 white basmati rice you could use brown

NOTE Confidence: 0.71556055

00:42:03.131 --> 00:42:05.399 basmati rice which is which is delicious.

NOTE Confidence: 0.71556055

00:42:05.400 --> 00:42:06.640 Great questions

NOTE Confidence: 0.859599142352941

00:42:06.640 --> 00:42:08.089 Nate. I don't know if you want to take

NOTE Confidence: 0.859599142352941

00:42:08.089 --> 00:42:09.480 any questions now or do you want to

NOTE Confidence: 0.889833187083333

00:42:10.720 --> 00:42:12.250 I'm I'm super close to the end so let

NOTE Confidence: 0.889833187083333

00:42:12.250 --> 00:42:13.804 me just wrap up and then yeah let's

NOTE Confidence: 0.889833187083333

00:42:13.804 --> 00:42:15.280 take as many questions as we can.

NOTE Confidence: 0.889833187083333

00:42:15.280 --> 00:42:17.004 I want to leave time for that. OK,

NOTE Confidence: 0.889833187083333

00:42:17.004 --> 00:42:18.920 so I want to leave you with just a few tips,

NOTE Confidence: 0.889833187083333

00:42:18.920 --> 00:42:21.038 Practical tips for making healthy happen.

NOTE Confidence: 0.889833187083333

00:42:21.040 --> 00:42:22.660 So thinking about how you

NOTE Confidence: 0.889833187083333

00:42:22.660 --> 00:42:23.956 can construct your default,

NOTE Confidence: 0.889833187083333

00:42:23.960 --> 00:42:24.608 healthy environment, Right.

NOTE Confidence: 0.889833187083333

00:42:24.608 --> 00:42:26.352 So if the chips are what you see

NOTE Confidence: 0.889833187083333

00:42:26.352 --> 00:42:27.640 on the counter when you come home,

NOTE Confidence: 0.889833187083333

00:42:27.640 --> 00:42:29.075 you're going to go for the chips.

NOTE Confidence: 0.889833187083333

00:42:29.080 --> 00:42:30.512 If it's fruit out there, you're going

NOTE Confidence: 0.889833187083333

00:42:30.512 --> 00:42:32.080 to do that when you open the cupboard.

NOTE Confidence: 0.889833187083333

00:42:32.080 --> 00:42:34.159 Are the Oreos the first thing that you see?

NOTE Confidence: 0.889833187083333

00:42:34.160 --> 00:42:36.320 Or is it the, you know,

NOTE Confidence: 0.889833187083333

00:42:36.320 --> 00:42:38.518 whole wheat crackers and and other pantry

NOTE Confidence: 0.889833187083333

00:42:38.518 --> 00:42:40.639 staples like like beans and vegetables,

NOTE Confidence: 0.889833187083333

00:42:40.640 --> 00:42:42.080 right? Keeping snacks on hand

NOTE Confidence: 0.889833187083333

00:42:42.080 --> 00:42:43.232 for when you're healthy.

NOTE Confidence: 0.889833187083333

00:42:43.240 --> 00:42:45.238 Making sure they're when you're hungry.

NOTE Confidence: 0.889833187083333

00:42:45.240 --> 00:42:47.360 Making sure they're healthy.

NOTE Confidence: 0.889833187083333

00:42:47.360 --> 00:42:48.760 Planning ahead, which is hard.

NOTE Confidence: 0.889833187083333

00:42:48.760 --> 00:42:49.304 I know it is.

NOTE Confidence: 0.889833187083333

00:42:49.304 --> 00:42:51.480 I, I, I, I personally know that, believe me.

NOTE Confidence: 0.889833187083333

00:42:51.480 --> 00:42:52.707 But it's worth it, right?

NOTE Confidence: 0.889833187083333

00:42:52.707 --> 00:42:53.642 So thinking about what meals

NOTE Confidence: 0.889833187083333

00:42:53.642 --> 00:42:54.998 am I going to make this week?

NOTE Confidence: 0.889833187083333

00:42:55.000 --> 00:42:56.870 What days of the week will I have time to

NOTE Confidence: 0.889833187083333

00:42:56.917 --> 00:42:58.877 cook and when will I not have time to cook?

NOTE Confidence: 0.889833187083333

00:42:58.880 --> 00:43:00.080 And really planning ahead for that.

NOTE Confidence: 0.889833187083333

00:43:00.080 --> 00:43:01.795 And then one of my favorite tips,

NOTE Confidence: 0.889833187083333

00:43:01.800 --> 00:43:02.097 tips,

NOTE Confidence: 0.889833187083333

00:43:02.097 --> 00:43:03.879 looking at restaurant menus in advance.

NOTE Confidence: 0.889833187083333

00:43:03.880 --> 00:43:05.720 So saying you know I'm going to go out for

NOTE Confidence: 0.889833187083333

00:43:05.764 --> 00:43:07.556 a happy hour on Thursday with colleagues.

NOTE Confidence: 0.889833187083333

00:43:07.560 --> 00:43:09.480 I'm going to celebrate with my family at

NOTE Confidence: 0.889833187083333

00:43:09.480 --> 00:43:11.232 a dinner out on Saturday night looking

NOTE Confidence: 0.889833187083333

00:43:11.232 --> 00:43:12.989 in advance when you are hungry and

NOTE Confidence: 0.889833187083333

00:43:12.989 --> 00:43:14.627 satiated saying you know at that time

NOTE Confidence: 0.889833187083333

00:43:14.674 --> 00:43:16.514 say what am I going to eat in the future.

NOTE Confidence: 0.889833187083333

00:43:16.520 --> 00:43:18.040 And then and then try to stick to

NOTE Confidence: 0.889833187083333

00:43:18.040 --> 00:43:19.720 that to make some positive choices,

00:43:19.720 --> 00:43:21.498 repurpose leftovers as much as you can

00:43:21.498 --> 00:43:23.560 and do not be afraid to use frozen,

00:43:23.560 --> 00:43:24.220 dried, canned,

00:43:24.220 --> 00:43:26.200 pre cut produce and legumes right.

00:43:26.200 --> 00:43:27.796 These things are healthy when they're frozen,

00:43:27.800 --> 00:43:29.090 they're picked at the peak of

00:43:29.090 --> 00:43:30.520 ripeness and then flash frozen right?

00:43:30.520 --> 00:43:33.328 They are just as nutritious as fresh and

00:43:33.328 --> 00:43:36.000 sometimes more delicious and more healthy,

00:43:36.000 --> 00:43:37.420 especially if they're not

00:43:37.420 --> 00:43:39.160 currently in season fresh, right?

00:43:39.160 --> 00:43:41.400 So thinking about making use of those

00:43:41.400 --> 00:43:43.320 and then just some other small tips here.

00:43:43.320 --> 00:43:44.755 Don't grocery shop on an empty stomach.

00:43:44.760 --> 00:43:46.116 We all know where that leads.

00:43:46.120 --> 00:43:47.713 This is one that I started doing in college,

NOTE Confidence: 0.889833187083333

00:43:47.720 --> 00:43:48.464 which I highly recommend.

NOTE Confidence: 0.889833187083333

00:43:48.464 --> 00:43:50.480 You know, if you have fried chicken,

NOTE Confidence: 0.889833187083333

00:43:50.480 --> 00:43:51.028 collard greens,

NOTE Confidence: 0.889833187083333

00:43:51.028 --> 00:43:52.672 kind of some macaroni and cheese

NOTE Confidence: 0.889833187083333

00:43:52.672 --> 00:43:53.892 and baked beans, right?

NOTE Confidence: 0.889833187083333

00:43:53.892 --> 00:43:55.552 Think about starting with the

NOTE Confidence: 0.889833187083333

00:43:55.552 --> 00:43:56.880 fiber rich vegetables first.

NOTE Confidence: 0.889833187083333

00:43:56.880 --> 00:43:58.322 Make your way into the refined carbs

NOTE Confidence: 0.889833187083333

00:43:58.322 --> 00:43:59.958 and then end with the fried chicken,

NOTE Confidence: 0.889833187083333

00:43:59.960 --> 00:44:00.185 right?

NOTE Confidence: 0.889833187083333

00:44:00.185 --> 00:44:01.535 And instead of eating four pieces

NOTE Confidence: 0.889833187083333

00:44:01.535 --> 00:44:02.916 of fried chicken and a smattering

NOTE Confidence: 0.889833187083333

00:44:02.916 --> 00:44:03.796 of these other things,

NOTE Confidence: 0.889833187083333

00:44:03.800 --> 00:44:05.095 you've really kind of filled up first

NOTE Confidence: 0.889833187083333

00:44:05.095 --> 00:44:06.208 on vegetables and then supplemented it

NOTE Confidence: 0.889833187083333

00:44:06.208 --> 00:44:07.720 with a little bit of the fried chicken,

NOTE Confidence: 0.889833187083333

00:44:07.720 --> 00:44:08.036 right?

NOTE Confidence: 0.889833187083333

00:44:08.036 --> 00:44:10.248 So some small changes like that can

NOTE Confidence: 0.889833187083333

00:44:10.248 --> 00:44:12.318 can really have a positive effect.

NOTE Confidence: 0.889833187083333

00:44:12.320 --> 00:44:14.006 And then drinking plenty of water

NOTE Confidence: 0.889833187083333

00:44:14.006 --> 00:44:15.130 in unsweetened beverages because

NOTE Confidence: 0.824471499375

00:44:15.177 --> 00:44:16.839 sometimes our brain says you're hungry,

NOTE Confidence: 0.824471499375

00:44:16.840 --> 00:44:18.640 but really, it's, I'm thirsty,

NOTE Confidence: 0.824471499375

00:44:18.640 --> 00:44:19.640 right? So stay hydrated.

NOTE Confidence: 0.926684366666667

00:44:21.880 --> 00:44:23.700 So again, we'll just leave you with

NOTE Confidence: 0.926684366666667

00:44:23.700 --> 00:44:25.838 kind of this last tip to take action.

NOTE Confidence: 0.926684366666667

00:44:25.840 --> 00:44:27.595 So we talked about a lot of things today,

NOTE Confidence: 0.926684366666667

00:44:27.600 --> 00:44:28.360 practical applications,

NOTE Confidence: 0.926684366666667

00:44:28.360 --> 00:44:30.640 what a plant for diet is,

NOTE Confidence: 0.926684366666667

00:44:30.640 --> 00:44:32.440 how to prevent cardiovascular disease,

NOTE Confidence: 0.926684366666667

00:44:32.440 --> 00:44:34.010 how to modify recipes for

NOTE Confidence: 0.926684366666667

00:44:34.010 --> 00:44:34.915 heart healthiness, right.

NOTE Confidence: 0.926684366666667

00:44:34.915 --> 00:44:37.115 So we took a a lot of knowledge

NOTE Confidence: 0.926684366666667

00:44:37.115 --> 00:44:38.997 in a short period of time.

NOTE Confidence: 0.926684366666667

00:44:39.000 --> 00:44:40.692 And so I'd encourage you to think of one

NOTE Confidence: 0.926684366666667

00:44:40.692 --> 00:44:42.450 thing that you could change that would

NOTE Confidence: 0.926684366666667

00:44:42.450 --> 00:44:44.038 improve the heart healthiness of your diet.

NOTE Confidence: 0.926684366666667

00:44:44.040 --> 00:44:45.320 I'd encourage you to make a smart goal,

NOTE Confidence: 0.926684366666667

00:44:45.320 --> 00:44:46.520 which is something you all

NOTE Confidence: 0.926684366666667

00:44:46.520 --> 00:44:47.720 I'm sure are familiar with.

NOTE Confidence: 0.926684366666667

00:44:47.720 --> 00:44:48.980 And then if you feel comfortable as

NOTE Confidence: 0.926684366666667

00:44:48.980 --> 00:44:50.478 kind of a form of accountability,

NOTE Confidence: 0.926684366666667

00:44:50.480 --> 00:44:52.046 to put it out there in the chat and

NOTE Confidence: 0.926684366666667

00:44:52.046 --> 00:44:53.435 then we can support you in that.

NOTE Confidence: 0.933217475

00:44:55.560 --> 00:44:56.520 Hopefully now you feel at

NOTE Confidence: 0.933217475

00:44:56.520 --> 00:44:57.480 least a little more confident.

100

NOTE Confidence: 0.933217475

00:44:57.480 --> 00:44:58.680 Actually, this group felt very

NOTE Confidence: 0.933217475

00:44:58.680 --> 00:44:59.789 confident to begin with, right?

NOTE Confidence: 0.933217475

00:44:59.789 --> 00:45:00.981 And so for those of you who are

NOTE Confidence: 0.933217475

00:45:00.981 --> 00:45:02.472 not feeling as confident, hope you.

NOTE Confidence: 0.933217475

00:45:02.472 --> 00:45:03.576 Hopefully you feel slightly

NOTE Confidence: 0.933217475

00:45:03.576 --> 00:45:04.680 more confident if Mr.

NOTE Confidence: 0.933217475

00:45:04.680 --> 00:45:06.840 Jones walks into your office.

NOTE Confidence: 0.933217475

00:45:06.840 --> 00:45:08.384 And then in conclusion,

NOTE Confidence: 0.933217475

00:45:08.384 --> 00:45:09.156 chronic diseases,

NOTE Confidence: 0.933217475

00:45:09.160 --> 00:45:11.071 the leading cause of death in the

NOTE Confidence: 0.933217475

00:45:11.071 --> 00:45:13.159 United States and diet is the biggest

NOTE Confidence: 0.933217475

00:45:13.159 --> 00:45:14.674 risk factor for these diseases.

NOTE Confidence: 0.933217475

00:45:14.680 --> 00:45:16.345 We as healthcare providers do

NOTE Confidence: 0.933217475

00:45:16.345 --> 00:45:18.010 not receive enough education and

NOTE Confidence: 0.933217475

00:45:18.073 --> 00:45:20.119 nutrition and neither do our patients.

NOTE Confidence: 0.933217475

00:45:20.120 --> 00:45:21.715 Culinary medicine seeks to address

NOTE Confidence: 0.933217475

00:45:21.715 --> 00:45:23.310 that to improve the nutrition

NOTE Confidence: 0.933217475

00:45:23.365 --> 00:45:24.761 education in both healthcare

NOTE Confidence: 0.933217475

00:45:24.761 --> 00:45:26.157 providers and patient care.

NOTE Confidence: 0.933217475

00:45:26.160 --> 00:45:28.008 And thus we hope to improve

NOTE Confidence: 0.933217475

00:45:28.008 --> 00:45:29.480 outcomes and really in the future,

NOTE Confidence: 0.933217475

00:45:29.480 --> 00:45:30.688 The next 1020 years,

NOTE Confidence: 0.933217475

00:45:30.688 --> 00:45:32.198 I think culinary medicine is

NOTE Confidence: 0.933217475

00:45:32.198 --> 00:45:33.858 going to be increasingly adopted

NOTE Confidence: 0.933217475

00:45:33.858 --> 00:45:35.478 into medical education and as

NOTE Confidence: 0.933217475

00:45:35.478 --> 00:45:37.039 an intervention that improves

NOTE Confidence: 0.933217475

00:45:37.039 --> 00:45:38.999 value based care for patients.

NOTE Confidence: 0.933217475

00:45:39.000 --> 00:45:40.380 And it's really poised to dramatically

NOTE Confidence: 0.933217475

00:45:40.380 --> 00:45:42.198 impact I think the future of healthcare.

NOTE Confidence: 0.478757512

00:45:44.320 --> 00:45:45.680 Nate, that's your reality show.

NOTE Confidence: 0.793392917777778

00:45:47.760 --> 00:45:49.119 There we go. That's how I make it happen,

00:45:49.120 --> 00:45:53.560 huh, That's how you make it happen. Great.

00:45:53.560 --> 00:45:56.280 So everyone can the feedback,

00:45:56.280 --> 00:46:00.160 if you wouldn't mind doing the QR code

00:46:00.160 --> 00:46:01.756 and then we're going to have questions.

00:46:01.760 --> 00:46:03.804 I'll just mention some of the questions

00:46:03.804 --> 00:46:06.109 as you're doing the QR code to give us

00:46:06.109 --> 00:46:07.848 feedback which is so important to help

00:46:07.848 --> 00:46:10.590 us and always provide feedback to our

00:46:10.590 --> 00:46:13.560 presenters and and enhance our learning.

00:46:13.560 --> 00:46:16.040 I loved all these ideas, Nate,

00:46:16.040 --> 00:46:18.040 about what people are doing.

00:46:18.040 --> 00:46:19.348 So that was terrific.

00:46:19.348 --> 00:46:21.310 Even at the very beginning oughta

00:46:21.378 --> 00:46:23.073 mentioned that even just cooking

00:46:23.073 --> 00:46:25.167 together is good for our well-being

00:46:25.167 --> 00:46:27.159 which I I love that comment.

NOTE Confidence: 0.897358344

00:46:27.160 --> 00:46:29.470 Laura was asking if you have any

NOTE Confidence: 0.897358344

00:46:29.470 --> 00:46:31.338 data to indicate that learning

NOTE Confidence: 0.897358344

00:46:31.338 --> 00:46:33.358 is enhanced for patients and

NOTE Confidence: 0.897358344

00:46:33.358 --> 00:46:35.720 clinicians in the kitchen setting.

NOTE Confidence: 0.897358344

00:46:35.720 --> 00:46:37.856 She was thinking that the experiential

NOTE Confidence: 0.897358344

00:46:37.856 --> 00:46:39.280 part is hugely impactful,

NOTE Confidence: 0.897358344

00:46:39.280 --> 00:46:41.360 but also the fact that there are smells,

NOTE Confidence: 0.897358344

00:46:41.360 --> 00:46:41.860 tastes,

NOTE Confidence: 0.897358344

00:46:41.860 --> 00:46:44.360 noises and all the affective

NOTE Confidence: 0.897358344

00:46:44.360 --> 00:46:48.120 connections would be hard to keep.

NOTE Confidence: 0.786336546363636

00:46:48.120 --> 00:46:49.356 Yeah, yeah, great, exactly.

NOTE Confidence: 0.786336546363636

00:46:49.356 --> 00:46:50.901 Great point that this learning

NOTE Confidence: 0.786336546363636

00:46:50.901 --> 00:46:52.131 is kinesthetic, right?

NOTE Confidence: 0.786336546363636

00:46:52.131 --> 00:46:53.637 And generally they're learning it twice.

NOTE Confidence: 0.786336546363636

00:46:53.640 --> 00:46:55.719 So instead of just learning it in a lecture,

104

NOTE Confidence: 0.786336546363636

00:46:55.720 --> 00:46:57.304 they're learning it in a lecture and then

NOTE Confidence: 0.786336546363636

00:46:57.304 --> 00:46:58.737 they're learning it in the kitchen. Right.

NOTE Confidence: 0.786336546363636

00:46:58.737 --> 00:47:02.360 And so we do believe that this is, you know,

NOTE Confidence: 0.786336546363636

00:47:02.360 --> 00:47:04.160 better than just lecture based learning.

NOTE Confidence: 0.786336546363636

00:47:04.160 --> 00:47:05.056 And like I said,

NOTE Confidence: 0.786336546363636

00:47:05.056 --> 00:47:06.176 really we would need randomized

NOTE Confidence: 0.786336546363636

00:47:06.176 --> 00:47:07.556 control trials to say that for sure.

NOTE Confidence: 0.786336546363636

00:47:07.560 --> 00:47:09.063 And the one that I did as kind of

NOTE Confidence: 0.786336546363636

00:47:09.063 --> 00:47:10.755 a pilot study was the first ever.

NOTE Confidence: 0.786336546363636

00:47:10.760 --> 00:47:11.800 So we'll have better data

NOTE Confidence: 0.786336546363636

00:47:11.800 --> 00:47:12.840 on that in the future.

NOTE Confidence: 0.786336546363636

00:47:12.840 --> 00:47:15.186 There's been some other studies where

NOTE Confidence: 0.786336546363636

00:47:15.186 --> 00:47:17.310 they essentially gave some medical

NOTE Confidence: 0.786336546363636

00:47:17.310 --> 00:47:19.755 students a culinary medicine curriculum.

NOTE Confidence: 0.786336546363636

00:47:19.760 --> 00:47:20.720 And for the other Med students,

NOTE Confidence: 0.786336546363636

00:47:20.720 --> 00:47:21.680 they just said like, oh,

NOTE Confidence: 0.786336546363636

00:47:21.680 --> 00:47:22.800 keep doing what you're doing,

NOTE Confidence: 0.786336546363636

00:47:22.800 --> 00:47:24.360 whatever it is at your school.

NOTE Confidence: 0.786336546363636

00:47:24.360 --> 00:47:26.340 And so that's kind of low quality data and

NOTE Confidence: 0.786336546363636

00:47:26.340 --> 00:47:28.296 such in that these medical schools were

NOTE Confidence: 0.786336546363636

00:47:28.296 --> 00:47:30.080 all doing different types of curricula.

NOTE Confidence: 0.786336546363636

00:47:30.080 --> 00:47:31.520 So that wasn't really very standard.

NOTE Confidence: 0.786336546363636

00:47:31.520 --> 00:47:32.780 It wasn't randomized or blinded

NOTE Confidence: 0.786336546363636

00:47:32.780 --> 00:47:34.040 or any of those things,

NOTE Confidence: 0.786336546363636

00:47:34.040 --> 00:47:34.300 right?

NOTE Confidence: 0.786336546363636

00:47:34.300 --> 00:47:36.380 But it indicated that those folks were more

NOTE Confidence: 0.786336546363636

00:47:36.380 --> 00:47:38.236 likely to adhere to a Mediterranean diet.

NOTE Confidence: 0.786336546363636

00:47:38.240 --> 00:47:39.865 They felt more confident in

NOTE Confidence: 0.786336546363636

00:47:39.865 --> 00:47:40.840 counseling their patients.

NOTE Confidence: 0.786336546363636

00:47:40.840 --> 00:47:41.492 But like you said,

NOTE Confidence: 0.786336546363636

00:47:41.492 --> 00:47:43.175 I think a lot of this comes from them

NOTE Confidence: 0.786336546363636

00:47:43.175 --> 00:47:44.715 just being so engaged in the learning.

NOTE Confidence: 0.786336546363636

00:47:44.720 --> 00:47:45.812 This is just fun.

NOTE Confidence: 0.786336546363636

00:47:45.812 --> 00:47:47.829 This is such a fun field and

NOTE Confidence: 0.786336546363636

00:47:47.829 --> 00:47:49.399 a way to learn nutrition.

NOTE Confidence: 0.786336546363636

00:47:49.400 --> 00:47:50.720 And so I feel lucky to be involved.

NOTE Confidence: 0.786336546363636

00:47:50.720 --> 00:47:51.800 But more and better data

NOTE Confidence: 0.786336546363636

00:47:51.800 --> 00:47:52.880 to come in the future.

NOTE Confidence: 0.821001783636364

00:47:53.600 --> 00:47:55.010 Yeah. And I I think everyone's

NOTE Confidence: 0.821001783636364

00:47:55.010 --> 00:47:56.240 probably has the QR code.

NOTE Confidence: 0.821001783636364

00:47:56.240 --> 00:47:57.514 So you could take down your slides.

NOTE Confidence: 0.821001783636364

00:47:57.520 --> 00:47:59.718 Nate, we have so many more questions.

NOTE Confidence: 0.821001783636364

00:47:59.720 --> 00:48:02.042 Anisha's asking if your team has

NOTE Confidence: 0.821001783636364

00:48:02.042 --> 00:48:04.960 collaborated with any of the public schools.

NOTE Confidence: 0.821001783636364

00:48:04.960 --> 00:48:07.176 Because as we know what our children are

NOTE Confidence: 0.821001783636364

00:48:07.176 --> 00:48:09.277 being offered to eat at the public schools.

NOTE Confidence: 0.705509107142857

00:48:10.240 --> 00:48:12.396 Yeah, yeah. A lot of issues there.

NOTE Confidence: 0.705509107142857

00:48:12.400 --> 00:48:14.416 One being that like we are effectively

NOTE Confidence: 0.705509107142857

00:48:14.416 --> 00:48:16.432 teaching our kids how to eat through

NOTE Confidence: 0.705509107142857

00:48:16.432 --> 00:48:18.280 school lunch and what school lunch is,

NOTE Confidence: 0.705509107142857

00:48:18.280 --> 00:48:20.608 is let's eat ultra processed foods in 15

NOTE Confidence: 0.705509107142857

00:48:20.608 --> 00:48:22.595 minutes as quickly as possible, right.

NOTE Confidence: 0.705509107142857

00:48:22.595 --> 00:48:24.155 So that's how we're teaching kids to eat.

NOTE Confidence: 0.705509107142857

00:48:24.160 --> 00:48:25.924 So that's one problem that you know

NOTE Confidence: 0.705509107142857

00:48:25.924 --> 00:48:27.640 obviously I can't address at present,

NOTE Confidence: 0.705509107142857

00:48:27.640 --> 00:48:29.355 but as far as education of K

NOTE Confidence: 0.705509107142857

00:48:29.355 --> 00:48:30.735 through 12 students that definitely

NOTE Confidence: 0.705509107142857

00:48:30.735 --> 00:48:32.195 needs to change as well.

NOTE Confidence: 0.705509107142857

00:48:32.200 --> 00:48:33.340 And so we haven't yet partnered

NOTE Confidence: 0.705509107142857

00:48:33.340 --> 00:48:34.840 with any of our our schools here,

NOTE Confidence: 0.705509107142857

00:48:34.840 --> 00:48:37.520 but we're hoping to really ramp up this

NOTE Confidence: 0.705509107142857

00:48:37.520 --> 00:48:40.305 work starting in July as I finish up

00:48:40.305 --> 00:48:42.025 my medical education fellowship and

00:48:42.025 --> 00:48:44.160 move into more kind of higher level

00:48:44.160 --> 00:48:45.760 collaboration with this teaching kitchen.

00:48:45.760 --> 00:48:46.960 And we have, like I said,

00:48:46.960 --> 00:48:48.616 several connections and we will be

00:48:48.616 --> 00:48:50.188 going into the schools very soon.

00:48:50.188 --> 00:48:51.592 I'm overseeing a medical student who's

00:48:51.592 --> 00:48:53.436 going to start doing that as well in July.

00:48:53.440 --> 00:48:55.176 And so that's a fantastic idea and

00:48:55.176 --> 00:48:57.153 we're going to start locally and then

00:48:57.153 --> 00:48:58.917 hopefully study that and help folks

00:48:58.920 --> 00:49:00.120 more nationally do that as well.

00:49:00.120 --> 00:49:00.759 It's very important.

00:49:01.160 --> 00:49:02.280 And just to add to that hope,

00:49:02.280 --> 00:49:04.492 Ricky Audi was head of the OBGYN

00:49:04.492 --> 00:49:06.280 residency at the Beth Israel,

NOTE Confidence: 0.855489762857143

00:49:06.280 --> 00:49:08.128 and I'm sure Jessica knew her well at

NOTE Confidence: 0.855489762857143

00:49:08.128 --> 00:49:10.090 Harvard and her husband was a chef and he

NOTE Confidence: 0.855489762857143

00:49:10.090 --> 00:49:12.037 ended up going into the Brookline schools.

NOTE Confidence: 0.855489762857143

00:49:12.040 --> 00:49:13.594 I don't think he published on it,

NOTE Confidence: 0.855489762857143

00:49:13.600 --> 00:49:16.032 but it could be good to connect with

NOTE Confidence: 0.855489762857143

00:49:16.032 --> 00:49:17.928 him because he totally revamped

NOTE Confidence: 0.855489762857143

00:49:17.928 --> 00:49:19.768 the public school program just

NOTE Confidence: 0.855489762857143

00:49:19.768 --> 00:49:20.937 because what you're saying, Nate,

NOTE Confidence: 0.855489762857143

00:49:20.937 --> 00:49:22.959 it's it's full of processed foods.

NOTE Confidence: 0.855489762857143

00:49:22.960 --> 00:49:25.398 So we have a number of Julie's saying

NOTE Confidence: 0.855489762857143

00:49:25.398 --> 00:49:26.693 she's a physician at Bridgeport

NOTE Confidence: 0.855489762857143

00:49:26.693 --> 00:49:28.560 and if you want to start up there,

NOTE Confidence: 0.855489762857143

00:49:28.560 --> 00:49:30.320 she has a strong background in this area.

NOTE Confidence: 0.855489762857143

00:49:30.320 --> 00:49:33.680 We have so much excitement about that.

NOTE Confidence: 0.855489762857143

00:49:33.680 --> 00:49:36.552 And and then Carol asks,

NOTE Confidence: 0.855489762857143

00:49:36.552 --> 00:49:39.280 are you going to have a kitchen in New Haven?

NOTE Confidence: 0.855489762857143

00:49:39.280 --> 00:49:42.196 Valeria is asking about Greenwich Hospital.

NOTE Confidence: 0.855489762857143

00:49:42.200 --> 00:49:43.900 So we really start looking

NOTE Confidence: 0.855489762857143

00:49:43.900 --> 00:49:45.320 at all our hospitals.

NOTE Confidence: 0.855489762857143

00:49:45.320 --> 00:49:48.640 So lots of excitement here.

NOTE Confidence: 0.855489762857143

00:49:48.640 --> 00:49:51.340 One important question was about

NOTE Confidence: 0.855489762857143

00:49:51.340 --> 00:49:54.430 EPIC and it so is the referral

NOTE Confidence: 0.855489762857143

00:49:54.430 --> 00:49:56.920 to the patient teaching kitchen.

NOTE Confidence: 0.855489762857143

00:49:56.920 --> 00:49:58.280 I was very impressed, Nate,

NOTE Confidence: 0.855489762857143

00:49:58.280 --> 00:50:00.948 that you know,

NOTE Confidence: 0.855489762857143

00:50:00.948 --> 00:50:03.440 you can refer anybody and I think it was,

NOTE Confidence: 0.898614145555556

00:50:05.680 --> 00:50:06.625 yeah, yeah, yeah.

NOTE Confidence: 0.898614145555556

00:50:06.625 --> 00:50:08.515 So there is an EPIC referral.

NOTE Confidence: 0.898614145555556

00:50:08.520 --> 00:50:10.332 There's one referral for dietitians and

NOTE Confidence: 0.898614145555556

00:50:10.332 --> 00:50:12.440 there's one referral for teaching kitchens,

NOTE Confidence: 0.898614145555556

00:50:12.440 --> 00:50:13.592 but they're both ref.

NOTE Confidence: 0.898614145555556

00:50:13.592 --> 00:50:14.418 50, I believe.

NOTE Confidence: 0.898614145555556

00:50:14.418 --> 00:50:16.960 And so this if you scan this QR code,

NOTE Confidence: 0.898614145555556

00:50:16.960 --> 00:50:17.835 let me know if it doesn't work.

NOTE Confidence: 0.898614145555556

00:50:17.840 --> 00:50:19.964 But this should take you to

NOTE Confidence: 0.898614145555556

00:50:19.964 --> 00:50:21.800 the form that tells you how

NOTE Confidence: 0.898614145555556

00:50:21.800 --> 00:50:23.280 specifically to place the referral.

NOTE Confidence: 0.898614145555556

00:50:23.280 --> 00:50:24.330 And again, any Yale provider

NOTE Confidence: 0.898614145555556

00:50:24.330 --> 00:50:25.800 can do this for their patients.

NOTE Confidence: 0.898614145555556

00:50:25.800 --> 00:50:27.060 And if you have any clue about

NOTE Confidence: 0.898614145555556

00:50:27.060 --> 00:50:28.159 that feel free to e-mail me.

NOTE Confidence: 0.898614145555556

00:50:28.160 --> 00:50:31.368 Or you can e-mail Max in the teaching

NOTE Confidence: 0.898614145555556

00:50:31.368 --> 00:50:32.583 kitchen directly at teachingkitchen@ynhh.org.

NOTE Confidence: 0.898614145555556

00:50:32.583 --> 00:50:33.864 So I'll just leave this QR code

NOTE Confidence: 0.898614145555556

00:50:33.864 --> 00:50:34.918 up for another couple seconds.

NOTE Confidence: 0.719848184285714

00:50:36.360 --> 00:50:37.776 Thanks Nate. Another question

00:50:37.776 --> 00:50:40.596 that Ben's asking, do you know if

00:50:40.596 --> 00:50:41.913 non-emergency medical transportation

00:50:41.913 --> 00:50:44.679 covers rides to the teaching classes?

00:50:45.560 --> 00:50:48.998 Yes, we we think it does and we're not.

00:50:49.000 --> 00:50:51.118 We I haven't confirmed that yet,

00:50:51.120 --> 00:50:52.555 but basically patients get in

00:50:52.555 --> 00:50:54.386 their my chart like a scheduled

00:50:54.386 --> 00:50:56.071 appointment just like they were

00:50:56.071 --> 00:50:58.160 seeing a doctor or anyone else.

00:50:58.160 --> 00:50:59.640 And as you mentioned it's in North Haven,

00:50:59.640 --> 00:51:00.918 so we need transportation for that.

00:51:00.920 --> 00:51:03.000 So Baio which now I know has a new name,

00:51:03.000 --> 00:51:04.920 this non emergent medical transport,

00:51:04.920 --> 00:51:07.476 I'm 95% sure it'll cover it,

00:51:07.480 --> 00:51:08.920 but we haven't confirmed that yet.

00:51:08.920 --> 00:51:10.117 So if you're able to confirm that,

NOTE Confidence: 0.942637688888889

00:51:10.120 --> 00:51:10.868 please let me know.

NOTE Confidence: 0.942637688888889

00:51:10.868 --> 00:51:12.438 But we are telling patients that it that

NOTE Confidence: 0.942637688888889

00:51:12.438 --> 00:51:13.674 it works because it definitely should.

NOTE Confidence: 0.669499365

00:51:15.840 --> 00:51:16.720 That's great.

NOTE Confidence: 0.83558033

00:51:19.360 --> 00:51:19.600 Let's see.

NOTE Confidence: 0.781405639

00:51:23.240 --> 00:51:24.056 And while you're kind of reading

NOTE Confidence: 0.781405639

00:51:24.056 --> 00:51:24.600 through some more there,

NOTE Confidence: 0.781405639

00:51:24.600 --> 00:51:26.180 I'll just mention that this

NOTE Confidence: 0.781405639

00:51:26.180 --> 00:51:28.019 teaching kitchen in North Haven is

NOTE Confidence: 0.781405639

00:51:28.019 --> 00:51:29.635 1 of what we hope will be many.

NOTE Confidence: 0.781405639

00:51:29.640 --> 00:51:31.350 And so thinking about teaching

NOTE Confidence: 0.781405639

00:51:31.350 --> 00:51:32.718 kitchens and other locations,

NOTE Confidence: 0.781405639

00:51:32.720 --> 00:51:34.305 perhaps a mobile teaching kitchen

NOTE Confidence: 0.781405639

00:51:34.305 --> 00:51:36.209 which could go into communities and

NOTE Confidence: 0.781405639

00:51:36.209 --> 00:51:37.835 and provide this kind of education,

NOTE Confidence: 0.781405639

00:51:37.840 --> 00:51:39.240 I think would be huge.

NOTE Confidence: 0.781405639

00:51:39.240 --> 00:51:40.232 And as I mentioned,

NOTE Confidence: 0.781405639

00:51:40.232 --> 00:51:42.089 the NIH is very interested in supporting

NOTE Confidence: 0.781405639

00:51:42.089 --> 00:51:43.955 this kind of work going forward.

NOTE Confidence: 0.781405639

00:51:43.960 --> 00:51:45.589 And so we expect some funds to be made

NOTE Confidence: 0.781405639

00:51:45.589 --> 00:51:46.679 available for projects like that.

NOTE Confidence: 0.781405639

00:51:46.680 --> 00:51:48.678 So looking forward to that expansion.

NOTE Confidence: 0.840619674444444

00:51:49.400 --> 00:51:51.530 And there was a question about

NOTE Confidence: 0.840619674444444

00:51:51.530 --> 00:51:53.052 the cultural aspect, Nate.

NOTE Confidence: 0.840619674444444

00:51:53.052 --> 00:51:55.764 And do you incorporate any cultural

NOTE Confidence: 0.840619674444444

00:51:55.764 --> 00:51:58.759 aspects when you're providing counseling?

NOTE Confidence: 0.921767884

00:51:59.880 --> 00:52:01.320 Yeah, yeah, absolutely.

NOTE Confidence: 0.921767884

00:52:01.320 --> 00:52:04.120 Great point. So we like to use.

NOTE Confidence: 0.921767884

00:52:04.120 --> 00:52:06.878 So there's this organization called Old Ways,

NOTE Confidence: 0.921767884

00:52:06.880 --> 00:52:08.600 which I would recommend and

NOTE Confidence: 0.921767884

00:52:08.600 --> 00:52:10.320 it's been around for decades.

NOTE Confidence: 0.921767884

00:52:10.320 --> 00:52:12.868 And they focus on what are called

NOTE Confidence: 0.921767884

00:52:12.868 --> 00:52:13.960 traditional heritage diets.

NOTE Confidence: 0.921767884

00:52:13.960 --> 00:52:15.440 So one traditional heritage diet,

NOTE Confidence: 0.921767884

00:52:15.440 --> 00:52:16.798 which we all know and love is

NOTE Confidence: 0.921767884

00:52:16.798 --> 00:52:17.600 called the Mediterranean diet.

NOTE Confidence: 0.921767884

00:52:17.600 --> 00:52:18.998 And you can see their kind

NOTE Confidence: 0.921767884

00:52:18.998 --> 00:52:20.240 of pyramid for that here.

NOTE Confidence: 0.921767884

00:52:20.240 --> 00:52:22.058 But really, we've studied the Mediterranean

NOTE Confidence: 0.921767884

00:52:22.058 --> 00:52:24.120 diet in the field for a long time,

NOTE Confidence: 0.921767884

00:52:24.120 --> 00:52:26.808 but we haven't studied all of these

NOTE Confidence: 0.921767884

00:52:26.808 --> 00:52:28.400 other traditional heritage diets.

NOTE Confidence: 0.921767884

00:52:28.400 --> 00:52:28.868 But really,

NOTE Confidence: 0.921767884

00:52:28.868 --> 00:52:30.038 they're all basically the same.

NOTE Confidence: 0.921767884

00:52:30.040 --> 00:52:30.606 You know,

NOTE Confidence: 0.921767884

00:52:30.606 --> 00:52:33.316 it's not to say that the specific foods in

NOTE Confidence: 0.921767884

00:52:33.316 --> 00:52:35.596 this Mediterranean diet are what's healthy,

NOTE Confidence: 0.921767884

00:52:35.600 --> 00:52:36.600 but as you can see,

NOTE Confidence: 0.921767884

00:52:36.600 --> 00:52:38.800 it's that they're eating a lot of plants,

NOTE Confidence: 0.921767884

00:52:38.800 --> 00:52:41.236 mostly plants with a few animal products,

NOTE Confidence: 0.921767884

00:52:41.240 --> 00:52:41.553 right.

NOTE Confidence: 0.921767884

00:52:41.553 --> 00:52:43.431 And that same plant forward dietary

NOTE Confidence: 0.921767884

00:52:43.431 --> 00:52:45.032 formula is present across the

NOTE Confidence: 0.921767884

00:52:45.032 --> 00:52:47.153 world in the ways that people have

NOTE Confidence: 0.921767884

00:52:47.153 --> 00:52:48.639 traditionally eaten for a long time.

NOTE Confidence: 0.921767884

00:52:48.640 --> 00:52:49.708 And so this resource,

NOTE Confidence: 0.921767884

00:52:49.708 --> 00:52:51.920 old ways we use in our teaching,

NOTE Confidence: 0.921767884

00:52:51.920 --> 00:52:53.276 which is to say, you know,

NOTE Confidence: 0.921767884

00:52:53.280 --> 00:52:54.460 there's lots of different

NOTE Confidence: 0.921767884

00:52:54.460 --> 00:52:55.640 ways of eating culturally.

NOTE Confidence: 0.921767884

00:52:55.640 --> 00:52:56.840 We don't have to prescribe

NOTE Confidence: 0.921767884

00:52:56.840 --> 00:52:57.560 a Mediterranean diet.

NOTE Confidence: 0.921767884

00:52:57.560 --> 00:52:59.359 And really focusing and plants that are,

NOTE Confidence: 0.921767884

00:52:59.360 --> 00:52:59.948 you know,

NOTE Confidence: 0.921767884

00:52:59.948 --> 00:53:01.712 specific to your culture and your

NOTE Confidence: 0.921767884

00:53:01.712 --> 00:53:03.957 heritage is the best thing probably to do,

NOTE Confidence: 0.921767884

00:53:03.960 --> 00:53:04.208 right,

NOTE Confidence: 0.921767884

00:53:04.208 --> 00:53:05.448 instead of this ethnocentric recommendation

NOTE Confidence: 0.921767884

00:53:05.448 --> 00:53:07.397 of you should all eat a Mediterranean diet,

NOTE Confidence: 0.921767884

00:53:07.400 --> 00:53:07.615 right.

NOTE Confidence: 0.921767884

00:53:07.615 --> 00:53:09.335 So that's why we use this term plant

NOTE Confidence: 0.921767884

00:53:09.335 --> 00:53:11.033 forward and we make use of these old ways,

NOTE Confidence: 0.921767884

00:53:11.040 --> 00:53:12.930 ways of looking at traditional

NOTE Confidence: 0.921767884

00:53:12.930 --> 00:53:14.820 heritage diets to encourage folks

NOTE Confidence: 0.921767884

00:53:14.888 --> 00:53:17.392 to kind of need as many whole and

NOTE Confidence: 0.921767884

00:53:17.392 --> 00:53:19.189 minimally processed plants that are

NOTE Confidence: 0.921767884

00:53:19.189 --> 00:53:21.397 culturally specific to them as possible.

118

NOTE Confidence: 0.921767884

00:53:21.400 --> 00:53:22.330 And so this website allows you

NOTE Confidence: 0.921767884

00:53:22.330 --> 00:53:23.514 to look at all of those pyramids

NOTE Confidence: 0.921767884

00:53:23.514 --> 00:53:24.394 that I just showed you.

NOTE Confidence: 0.921767884

00:53:24.400 --> 00:53:26.072 But they also have a lot of recipes

NOTE Confidence: 0.921767884

00:53:26.072 --> 00:53:27.971 and you can sort them based on

NOTE Confidence: 0.921767884

00:53:27.971 --> 00:53:29.115 the traditional heritage diet,

NOTE Confidence: 0.921767884

00:53:29.120 --> 00:53:30.720 which is kind of fun.

NOTE Confidence: 0.921767884

00:53:30.720 --> 00:53:32.256 So we we really rely on some of

NOTE Confidence: 0.921767884

00:53:32.256 --> 00:53:33.497 their resources as well to do

NOTE Confidence: 0.921767884

00:53:33.497 --> 00:53:34.517 that because it's so important.

NOTE Confidence: 0.858663907777778

00:53:35.400 --> 00:53:37.902 And Nate, there's a little bit

NOTE Confidence: 0.858663907777778

00:53:37.902 --> 00:53:39.466 of confusion about caffeine.

NOTE Confidence: 0.858663907777778

00:53:39.466 --> 00:53:41.914 If you could make any comments about that.

NOTE Confidence: 0.858663907777778

00:53:41.920 --> 00:53:43.008 Someone says, well, Gee,

NOTE Confidence: 0.858663907777778

00:53:43.008 --> 00:53:45.236 maybe I'm going to take away and not

NOTE Confidence: 0.858663907777778

00:53:45.236 --> 00:53:47.112 have caffeine as as my morning routine.

NOTE Confidence: 0.858663907777778

00:53:47.120 --> 00:53:48.120 But then someone else says,

NOTE Confidence: 0.858663907777778

00:53:48.120 --> 00:53:50.892 well, Gee, maybe doesn't it have

NOTE Confidence: 0.858663907777778

00:53:50.892 --> 00:53:52.278 some cardiovascular benefits?

NOTE Confidence: 0.947484724

00:53:52.720 --> 00:53:53.632 Yeah. Yeah, great.

NOTE Confidence: 0.947484724

00:53:53.632 --> 00:53:55.974 So we, you know, we have kind of

NOTE Confidence: 0.947484724

00:53:55.974 --> 00:53:57.640 this U-shaped curved with alcohol.

NOTE Confidence: 0.947484724

00:53:57.640 --> 00:53:58.720 If we think about, like,

NOTE Confidence: 0.947484724

00:53:58.720 --> 00:54:00.197 I'm going to talk about alcohol first,

NOTE Confidence: 0.947484724

00:54:00.200 --> 00:54:01.730 kind of mortality and the

NOTE Confidence: 0.947484724

00:54:01.730 --> 00:54:02.954 amount that you consume.

NOTE Confidence: 0.947484724

00:54:02.960 --> 00:54:04.550 Right. So if you consume a

NOTE Confidence: 0.947484724

00:54:04.550 --> 00:54:06.120 very small amount of alcohol,

NOTE Confidence: 0.947484724

00:54:06.120 --> 00:54:07.110 your mortality's higher and then

NOTE Confidence: 0.947484724

00:54:07.110 --> 00:54:08.570 it dips down and seems like, oh,

NOTE Confidence: 0.947484724

00:54:08.570 --> 00:54:10.320 a small amount of alcohol is good,

NOTE Confidence: 0.947484724

00:54:10.320 --> 00:54:11.478 and then the more you consume,

NOTE Confidence: 0.947484724

00:54:11.480 --> 00:54:12.960 the higher your mortality is.

NOTE Confidence: 0.947484724

00:54:12.960 --> 00:54:14.538 Now that's a little fraught because

NOTE Confidence: 0.947484724

00:54:14.538 --> 00:54:16.107 we think there's kind of this

NOTE Confidence: 0.947484724

00:54:16.107 --> 00:54:17.517 subset of folks who are consuming

NOTE Confidence: 0.947484724

00:54:17.517 --> 00:54:18.957 0 glasses or of alcohol a day,

NOTE Confidence: 0.947484724

00:54:18.960 --> 00:54:20.144 zero drinks a day,

NOTE Confidence: 0.947484724

00:54:20.144 --> 00:54:21.624 who perhaps have had alcohol

NOTE Confidence: 0.947484724

00:54:21.624 --> 00:54:23.255 use disorder and then now

NOTE Confidence: 0.947484724

00:54:23.255 --> 00:54:24.840 are not drinking any right.

NOTE Confidence: 0.947484724

00:54:24.840 --> 00:54:26.520 So perhaps that data is a little skewed.

NOTE Confidence: 0.947484724

00:54:26.520 --> 00:54:27.848 But for caffeine specifically,

NOTE Confidence: 0.947484724

00:54:27.848 --> 00:54:29.176 if you're getting your

NOTE Confidence: 0.947484724

00:54:29.176 --> 00:54:30.639 caffeine from tea and coffee,

NOTE Confidence: 0.947484724

00:54:30.640 --> 00:54:31.998 it does seem that a moderate amount,

NOTE Confidence: 0.947484724

00:54:32.000 --> 00:54:32.408 you know,

NOTE Confidence: 0.947484724

00:54:32.408 --> 00:54:33.836 a couple cups a day is probably

NOTE Confidence: 0.947484724

00:54:33.836 --> 00:54:35.160 good but actively beneficial.

NOTE Confidence: 0.947484724

00:54:35.160 --> 00:54:37.050 But if you go overboard and they're

NOTE Confidence: 0.947484724

00:54:37.050 --> 00:54:38.880 consuming 6810 cups a day, right.

NOTE Confidence: 0.947484724

00:54:38.880 --> 00:54:40.574 This is going to keep your from

NOTE Confidence: 0.947484724

00:54:40.574 --> 00:54:41.643 a cardiovascular system pumping

NOTE Confidence: 0.947484724

00:54:41.643 --> 00:54:42.839 a little excessively fast.

NOTE Confidence: 0.947484724

00:54:42.840 --> 00:54:44.465 And it's it's related to

NOTE Confidence: 0.947484724

00:54:44.465 --> 00:54:45.440 some poorer outcomes.

NOTE Confidence: 0.947484724

00:54:45.440 --> 00:54:48.456 So I drink 2 cups of coffee day

NOTE Confidence: 0.947484724

00:54:48.456 --> 00:54:49.820 religiously or sometimes a cup of

NOTE Confidence: 0.947484724

00:54:49.820 --> 00:54:50.800 coffee and an espresso martini.

NOTE Confidence: 0.947484724

00:54:50.800 --> 00:54:51.057 Right.

NOTE Confidence: 0.947484724

00:54:51.057 --> 00:54:52.599 So thinking about a small amount

NOTE Confidence: 0.947484724

00:54:52.599 --> 00:54:54.423 of caffeine is is not a bad thing

NOTE Confidence: 0.947484724

00:54:54.423 --> 00:54:55.760 and it's perhaps a good thing,

NOTE Confidence: 0.947484724

00:54:55.760 --> 00:54:57.216 but the the the point is to

NOTE Confidence: 0.947484724

00:54:57.216 --> 00:54:58.520 not drink it excessively.

NOTE Confidence: 0.947484724

00:54:58.520 --> 00:54:59.654 And if there's a cardiologist down

NOTE Confidence: 0.947484724

00:54:59.654 --> 00:55:00.799 here who knows more than that,

NOTE Confidence: 0.947484724

00:55:00.800 --> 00:55:01.840 I'm happy to defer also.

NOTE Confidence: 0.947484724

00:55:01.840 --> 00:55:03.232 But that's my understanding

NOTE Confidence: 0.947484724

00:55:03.232 --> 00:55:04.276 of the literature.

NOTE Confidence: 0.947484724

00:55:04.280 --> 00:55:04.480 And

NOTE Confidence: 0.871548396

00:55:04.840 --> 00:55:06.080 Dana's had her hand up.

NOTE Confidence: 0.871548396

00:55:06.080 --> 00:55:07.120 Nate. Go ahead, Dana.

NOTE Confidence: 0.831077334285714

00:55:07.640 --> 00:55:09.159 Yeah. Dana. Yeah. It was so great.

NOTE Confidence: 0.831077334285714

00:55:09.160 --> 00:55:12.120 Nate, do you teach this patient,

NOTE Confidence: 0.831077334285714

00:55:12.120 --> 00:55:13.908 Yeah, patients how to read nutrition

NOTE Confidence: 0.831077334285714

00:55:13.908 --> 00:55:15.688 labels and maybe you don't 'cause

NOTE Confidence: 0.831077334285714

00:55:15.688 --> 00:55:17.557 you want them to eat Whole Foods.

NOTE Confidence: 0.831077334285714

00:55:17.560 --> 00:55:18.825 But I always remember reading

NOTE Confidence: 0.831077334285714

00:55:18.825 --> 00:55:19.837 Michael Pollan would like,

NOTE Confidence: 0.831077334285714

00:55:19.840 --> 00:55:21.600 say, tell them to not have

NOTE Confidence: 0.831077334285714

00:55:21.600 --> 00:55:23.580 more than five ingredients or

NOTE Confidence: 0.831077334285714

00:55:23.580 --> 00:55:25.560 something on a nutrition label.

NOTE Confidence: 0.831077334285714

00:55:25.560 --> 00:55:27.880 His food rules. Yeah, exactly.

NOTE Confidence: 0.831077334285714

00:55:27.880 --> 00:55:29.679 So we, I'll say, first of all,

NOTE Confidence: 0.831077334285714

00:55:29.680 --> 00:55:30.980 I desperately want to incorporate

NOTE Confidence: 0.831077334285714

00:55:30.980 --> 00:55:32.280 that into my teaching with

NOTE Confidence: 0.831077334285714

00:55:32.332 --> 00:55:33.680 residents and medical students.

NOTE Confidence: 0.831077334285714

00:55:33.680 --> 00:55:34.880 And they ask for it frequently.

NOTE Confidence: 0.831077334285714

00:55:34.880 --> 00:55:35.760 So that's something that we're

NOTE Confidence: 0.831077334285714

00:55:35.760 --> 00:55:37.240 hoping to do in the next year or so.

NOTE Confidence: 0.831077334285714

00:55:37.240 --> 00:55:38.920 And Max, who teaches the patient classes,

NOTE Confidence: 0.831077334285714

00:55:38.920 --> 00:55:40.792 does teach them how to read a food label.

NOTE Confidence: 0.831077334285714

00:55:40.800 --> 00:55:41.920 We use this curriculum called

NOTE Confidence: 0.831077334285714

00:55:41.920 --> 00:55:43.040 the Health meets Food curriculum,

NOTE Confidence: 0.831077334285714

00:55:43.040 --> 00:55:44.480 which has been around for about 12 years.

NOTE Confidence: 0.831077334285714

00:55:44.480 --> 00:55:46.200 And it's kind of the gold standard for

NOTE Confidence: 0.831077334285714

00:55:46.200 --> 00:55:47.359 teaching patients culinary medicine.

NOTE Confidence: 0.831077334285714

00:55:47.360 --> 00:55:49.312 So we license with them and

NOTE Confidence: 0.831077334285714

00:55:49.312 --> 00:55:50.272 they have a handout teaching

NOTE Confidence: 0.831077334285714

00:55:50.272 --> 00:55:51.760 how to read a nutrition label.

NOTE Confidence: 0.831077334285714

00:55:51.760 --> 00:55:52.684 And like you said,

NOTE Confidence: 0.831077334285714

00:55:52.684 --> 00:55:53.839 that's a very important aspect,

NOTE Confidence: 0.831077334285714

00:55:53.840 --> 00:55:55.560 not just the nutrition facts,

NOTE Confidence: 0.831077334285714

00:55:55.560 --> 00:55:57.720 but then also the ingredients list where you

NOTE Confidence: 0.831077334285714

00:55:57.720 --> 00:55:59.640 said Michael Pollan is sometimes focused.

NOTE Confidence: 0.831077334285714

00:55:59.640 --> 00:56:00.557 So that's a huge part of it,

NOTE Confidence: 0.831077334285714

00:56:00.560 --> 00:56:00.759 right,

NOTE Confidence: 0.831077334285714

125

00:56:00.759 --> 00:56:01.953 Because we can say until we're

NOTE Confidence: 0.831077334285714

00:56:01.953 --> 00:56:02.800 blue in the face,

NOTE Confidence: 0.831077334285714

00:56:02.800 --> 00:56:04.156 eat as many plants as possible,

NOTE Confidence: 0.831077334285714

00:56:04.160 --> 00:56:05.924 but people are still going to eat

NOTE Confidence: 0.831077334285714

00:56:05.924 --> 00:56:07.313 ultra processed foods and thinking

NOTE Confidence: 0.831077334285714

00:56:07.313 --> 00:56:08.758 about harm reduction measures to

NOTE Confidence: 0.831077334285714

00:56:08.758 --> 00:56:10.295 improve the heart healthiness of

NOTE Confidence: 0.831077334285714

00:56:10.295 --> 00:56:11.835 the ultra processed and processed

NOTE Confidence: 0.831077334285714

00:56:11.835 --> 00:56:13.037 foods that they're eating.

NOTE Confidence: 0.831077334285714

00:56:13.037 --> 00:56:14.699 Reading that nutrition label and the

NOTE Confidence: 0.831077334285714

00:56:14.699 --> 00:56:16.320 ingredients list is really important.

NOTE Confidence: 0.831077334285714

00:56:16.320 --> 00:56:17.080 So that's a great question.

NOTE Confidence: 0.871429916818181

00:56:18.000 --> 00:56:19.939 So, so Fred is asking and this

NOTE Confidence: 0.871429916818181

00:56:19.939 --> 00:56:21.507 is interesting about the growing

NOTE Confidence: 0.871429916818181

00:56:21.507 --> 00:56:22.855 concerns about microplastics and

NOTE Confidence: 0.871429916818181

00:56:22.855 --> 00:56:24.920 we have about one minute left,

NOTE Confidence: 0.871429916818181

00:56:24.920 --> 00:56:25.920 Nate, just so you know,

NOTE Confidence: 0.842584555882353

00:56:26.880 --> 00:56:27.968 yeah, as you mentioned,

NOTE Confidence: 0.842584555882353

00:56:27.968 --> 00:56:29.947 it's a growing concern and the research

NOTE Confidence: 0.842584555882353

00:56:29.947 --> 00:56:32.308 we have today is not fantastic, but it's

NOTE Confidence: 0.842584555882353

00:56:32.308 --> 00:56:33.878 it's essentially to say microplastics,

NOTE Confidence: 0.842584555882353

00:56:33.880 --> 00:56:35.160 this is going to be a big downer.

NOTE Confidence: 0.842584555882353

00:56:35.160 --> 00:56:36.376 So don't let this be the last question

NOTE Confidence: 0.842584555882353

00:56:36.376 --> 00:56:38.096 we have, but microplastics are it

NOTE Confidence: 0.842584555882353

00:56:38.096 --> 00:56:39.583 seemingly in everything, right?

NOTE Confidence: 0.842584555882353

00:56:39.583 --> 00:56:42.544 And so we don't fully know the

NOTE Confidence: 0.842584555882353

00:56:42.544 --> 00:56:44.250 clinical implications or how

NOTE Confidence: 0.842584555882353

00:56:44.250 --> 00:56:46.200 best to avoid them essentially.

NOTE Confidence: 0.842584555882353

00:56:46.200 --> 00:56:48.864 And so I I don't really we have a

NOTE Confidence: 0.842584555882353

00:56:48.864 --> 00:56:50.620 lot of insightful thoughts about how

NOTE Confidence: 0.842584555882353

00:56:50.620 --> 00:56:52.902 to avoid them or what the potential

NOTE Confidence: 0.842584555882353

00:56:52.902 --> 00:56:54.550 impacts are from an evidence

NOTE Confidence: 0.842584555882353

00:56:54.550 --> 00:56:56.000 based standpoint at at present.

NOTE Confidence: 0.842584555882353

00:56:56.000 --> 00:56:56.660 So stay tuned,

NOTE Confidence: 0.842584555882353

00:56:56.660 --> 00:56:58.200 but that's a that's a great question.

NOTE Confidence: 0.86443308

00:56:58.720 --> 00:57:00.520 So I'm going to read for the last comment.

NOTE Confidence: 0.86443308

00:57:00.520 --> 00:57:03.005 Stephanie is one of our PA faculty

NOTE Confidence: 0.86443308

00:57:03.005 --> 00:57:05.080 and she's thanking you of course.

NOTE Confidence: 0.86443308

00:57:05.080 --> 00:57:07.439 And Otta had mentioned early but the

NOTE Confidence: 0.86443308

00:57:07.439 --> 00:57:09.358 well-being factor of the sessions and

NOTE Confidence: 0.86443308

00:57:09.358 --> 00:57:11.920 ** *** is saying Nate facilitated a

NOTE Confidence: 0.86443308

00:57:11.920 --> 00:57:13.440 virtual culinary medicine workshop

NOTE Confidence: 0.86443308

00:57:13.497 --> 00:57:15.639 for the PA online students and it

NOTE Confidence: 0.86443308

00:57:15.639 --> 00:57:17.535 brought the students together so well

NOTE Confidence: 0.86443308

00:57:17.535 --> 00:57:19.371 that a group of students continued

NOTE Confidence: 0.86443308

00:57:19.371 --> 00:57:22.382 to do it on their own virtual shared

NOTE Confidence: 0.86443308

00:57:22.382 --> 00:57:25.227 meals joining each other on to cook

NOTE Confidence: 0.86443308

00:57:25.227 --> 00:57:27.633 and eat together throughout the year.

NOTE Confidence: 0.86443308

00:57:27.640 --> 00:57:29.176 It was excellent.

NOTE Confidence: 0.86443308

00:57:29.176 --> 00:57:30.200 Excellent. And

NOTE Confidence: 0.658518018

00:57:32.080 --> 00:57:33.584 yes, I didn't know that I was that

NOTE Confidence: 0.658518018

00:57:33.584 --> 00:57:34.736 Stephanie Neri, thanks so much, Stephanie,

NOTE Confidence: 0.658518018

00:57:34.736 --> 00:57:36.480 for saying that. I had no idea. So

NOTE Confidence: 0.632743236

00:57:36.480 --> 00:57:37.400 we're we're going to end,

NOTE Confidence: 0.632743236

00:57:37.400 --> 00:57:39.044 we're going to collect all these

NOTE Confidence: 0.632743236

00:57:39.044 --> 00:57:40.438 comments because there's even Maria

NOTE Confidence: 0.632743236

00:57:40.438 --> 00:57:41.914 really wants to connect with you.

NOTE Confidence: 0.632743236

00:57:41.920 --> 00:57:43.468 She has sessions at Hill House

NOTE Confidence: 0.632743236

00:57:43.468 --> 00:57:45.040 and wants to join with you.

NOTE Confidence: 0.632743236

00:57:45.040 --> 00:57:46.456 We're going to get all of

NOTE Confidence: 0.632743236

00:57:46.456 --> 00:57:47.906 these comments to you, Nate.

NOTE Confidence: 0.632743236

00:57:47.906 --> 00:57:50.436 They're phenomenal comments and ideas.

NOTE Confidence: 0.632743236

00:57:50.440 --> 00:57:53.200 And I truly just want to thank you.

NOTE Confidence: 0.632743236

00:57:53.200 --> 00:57:55.378 I was a great session and

NOTE Confidence: 0.632743236

00:57:55.378 --> 00:57:57.560 I want to make a plug.

NOTE Confidence: 0.632743236

00:57:57.560 --> 00:57:58.370 Jessica Luziard,

NOTE Confidence: 0.632743236

00:57:58.370 --> 00:58:00.395 our deputy Dean for education,

NOTE Confidence: 0.632743236

00:58:00.400 --> 00:58:03.541 is giving our next session our MEDG.

NOTE Confidence: 0.632743236

00:58:03.541 --> 00:58:05.088 And I hope that you will all

NOTE Confidence: 0.632743236

00:58:05.088 --> 00:58:06.560 put it in your calendars.

NOTE Confidence: 0.632743236

00:58:06.560 --> 00:58:08.331 I I know that Sarah put it

NOTE Confidence: 0.632743236

00:58:08.331 --> 00:58:10.172 in the in the chat before,

NOTE Confidence: 0.632743236

00:58:10.172 --> 00:58:12.170 but I just so cherished getting

NOTE Confidence: 0.632743236

00:58:12.244 --> 00:58:14.599 together on these discussion groups.

NOTE Confidence: 0.632743236

00:58:14.600 --> 00:58:17.840 And so do do come to Jessica's next session,

NOTE Confidence: 0.632743236

00:58:17.840 --> 00:58:20.156 everybody. And thank you so much,

NOTE Confidence: 0.632743236

00:58:20.160 --> 00:58:20.555 Nate.

NOTE Confidence: 0.632743236

00:58:20.555 --> 00:58:23.715 This was an engaging and very exciting talk.

NOTE Confidence: 0.632743236

00:58:23.720 --> 00:58:24.280 Thank you.

NOTE Confidence: 0.94214728

00:58:25.080 --> 00:58:26.160 Yes, thank you so much.

NOTE Confidence: 0.94214728

00:58:26.160 --> 00:58:28.200 Appreciate you. Thank you.