

WEBVTT

NOTE duration: "00:56:59.562"

NOTE Confidence: 0.96588624

00:00:03.840 --> 00:00:04.340 Hello?

NOTE Confidence: 0.9903104

00:00:04.799 --> 00:00:05.779 Hello, everyone.

NOTE Confidence: 0.99846536

00:00:06.319 --> 00:00:07.540 We're gonna get started.

NOTE Confidence: 0.9556411

00:00:17.005 --> 00:00:18.845 We're gonna get started. Everyone

NOTE Confidence: 0.9556411

00:00:18.845 --> 00:00:20.065 can keep grabbing food,

NOTE Confidence: 0.99950343

00:00:22.204 --> 00:00:23.405 and just sit down whenever

NOTE Confidence: 0.99950343

00:00:23.405 --> 00:00:24.065 you're ready.

NOTE Confidence: 0.97809774

00:00:24.605 --> 00:00:25.105 Alright.

NOTE Confidence: 0.9993244

00:00:26.125 --> 00:00:26.625 Okay.

NOTE Confidence: 0.97845787

00:00:28.045 --> 00:00:29.265 Good afternoon, everyone,

NOTE Confidence: 0.9647147

00:00:29.960 --> 00:00:30.839 and welcome to the first

NOTE Confidence: 0.9647147

00:00:30.839 --> 00:00:32.280 of four presentations this year

NOTE Confidence: 0.9647147

00:00:32.280 --> 00:00:33.739 of the Medical Student Council

NOTE Confidence: 0.9647147

00:00:33.800 --> 00:00:34.860 perspectives on medicine

NOTE Confidence: 0.9861014

00:00:35.399 --> 00:00:36.300 lecture series.
NOTE Confidence: 0.9998277
00:00:36.920 --> 00:00:37.800 It's so good to see
NOTE Confidence: 0.9998277
00:00:37.800 --> 00:00:38.680 everyone in person.
NOTE Confidence: 0.9929766
00:00:39.800 --> 00:00:40.760 We've been doing this over
NOTE Confidence: 0.9929766
00:00:40.760 --> 00:00:41.800 Zoom for the past couple
NOTE Confidence: 0.9929766
00:00:41.800 --> 00:00:42.760 years, so it's nice to
NOTE Confidence: 0.9929766
00:00:42.760 --> 00:00:44.140 see a good showing here.
NOTE Confidence: 0.9929766
00:00:44.315 --> 00:00:45.695 Hope you're enjoying the lunch.
NOTE Confidence: 0.9648526
00:00:46.795 --> 00:00:48.015 My name is Jordan Shaqued,
NOTE Confidence: 0.9648526
00:00:48.235 --> 00:00:49.195 and I'm a second year
NOTE Confidence: 0.9648526
00:00:49.195 --> 00:00:50.395 medical student here at Yale
NOTE Confidence: 0.9648526
00:00:50.395 --> 00:00:51.115 as well as the vice
NOTE Confidence: 0.9648526
00:00:51.115 --> 00:00:52.235 president of the medical student
NOTE Confidence: 0.9648526
00:00:52.235 --> 00:00:52.735 council.
NOTE Confidence: 0.95543796
00:00:53.515 --> 00:00:54.955 I'll be filling in for
NOTE Confidence: 0.95543796
00:00:54.955 --> 00:00:57.595 the MSC president, Gabe, Carrillo

NOTE Confidence: 0.95543796
00:00:57.595 --> 00:00:58.635 today as he's away at
NOTE Confidence: 0.95543796
00:00:58.635 --> 00:00:59.295 a conference.
NOTE Confidence: 0.97775924
00:01:00.850 --> 00:01:02.370 This series was created to
NOTE Confidence: 0.97775924
00:01:02.370 --> 00:01:03.430 offer fresh perspectives
NOTE Confidence: 0.99916023
00:01:03.809 --> 00:01:05.090 on pivotal topics in the
NOTE Confidence: 0.99916023
00:01:05.090 --> 00:01:05.490 magical
NOTE Confidence: 0.9056007
00:01:05.890 --> 00:01:07.569 not magical. In the medical
NOTE Confidence: 0.9056007
00:01:07.569 --> 00:01:08.069 field.
NOTE Confidence: 0.9884876
00:01:09.330 --> 00:01:10.310 Magical too.
NOTE Confidence: 0.9935692
00:01:11.010 --> 00:01:12.209 And this year, we're excited
NOTE Confidence: 0.9935692
00:01:12.209 --> 00:01:13.330 to focus on a theme
NOTE Confidence: 0.9935692
00:01:13.330 --> 00:01:14.770 that is incredibly relevant to
NOTE Confidence: 0.9935692
00:01:14.770 --> 00:01:16.435 us all, medical education.
NOTE Confidence: 0.9920123
00:01:17.375 --> 00:01:18.975 Throughout this series, we'll hear
NOTE Confidence: 0.9920123
00:01:18.975 --> 00:01:20.175 from individuals who are not
NOTE Confidence: 0.9920123

00:01:20.175 --> 00:01:21.935 only shaping the way medical
NOTE Confidence: 0.9920123

00:01:21.935 --> 00:01:22.995 education is delivered,
NOTE Confidence: 0.97065765

00:01:23.694 --> 00:01:25.375 but are also actively contributing
NOTE Confidence: 0.97065765

00:01:25.375 --> 00:01:26.175 to the future of how
NOTE Confidence: 0.97065765

00:01:26.175 --> 00:01:27.955 we train health care professionals.
NOTE Confidence: 0.99952394

00:01:29.180 --> 00:01:30.380 Before we begin, I'd like
NOTE Confidence: 0.99952394

00:01:30.380 --> 00:01:31.020 to take a moment to
NOTE Confidence: 0.99952394

00:01:31.020 --> 00:01:32.540 acknowledge the incredible efforts of
NOTE Confidence: 0.99952394

00:01:32.540 --> 00:01:34.140 those who made this lecture
NOTE Confidence: 0.99952394

00:01:34.140 --> 00:01:34.959 series possible.
NOTE Confidence: 0.94885236

00:01:35.260 --> 00:01:36.220 A special thank you to
NOTE Confidence: 0.94885236

00:01:36.220 --> 00:01:38.060 Barbara Watts, Dean Ment, and
NOTE Confidence: 0.94885236

00:01:38.060 --> 00:01:38.940 my fellow members of the
NOTE Confidence: 0.94885236

00:01:38.940 --> 00:01:40.720 Medical Student Council, Gabe Carrillo,
NOTE Confidence: 0.94885236

00:01:40.780 --> 00:01:42.845 Amanda Jerrod, and Marion Berry
NOTE Confidence: 0.94885236

00:01:42.845 --> 00:01:43.725 for their hard work in

NOTE Confidence: 0.94885236

00:01:43.725 --> 00:01:45.084 organizing this event and bringing

NOTE Confidence: 0.94885236

00:01:45.084 --> 00:01:46.365 such important voices to our

NOTE Confidence: 0.94885236

00:01:46.365 --> 00:01:46.865 community.

NOTE Confidence: 0.9816034

00:01:47.805 --> 00:01:48.605 It is fitting that we

NOTE Confidence: 0.9816034

00:01:48.605 --> 00:01:49.885 start this series with today's

NOTE Confidence: 0.9816034

00:01:49.885 --> 00:01:51.725 speaker, doctor Nate Wood, whose

NOTE Confidence: 0.9816034

00:01:51.725 --> 00:01:53.565 innovative work in culinary medicine

NOTE Confidence: 0.9816034

00:01:53.565 --> 00:01:54.705 and nutrition education

NOTE Confidence: 0.9808918

00:01:55.140 --> 00:01:56.740 embodies the forward thinking approach

NOTE Confidence: 0.9808918

00:01:56.740 --> 00:01:57.780 we hope to highlight throughout

NOTE Confidence: 0.9808918

00:01:57.780 --> 00:01:58.260 these,

NOTE Confidence: 0.9988264

00:01:58.660 --> 00:01:59.160 lectures.

NOTE Confidence: 0.9847234

00:01:59.620 --> 00:02:00.980 Doctor Wood is an instructor

NOTE Confidence: 0.9847234

00:02:00.980 --> 00:02:02.420 of medicine and the inaugural

NOTE Confidence: 0.9847234

00:02:02.420 --> 00:02:03.860 director of culinary medicine at

NOTE Confidence: 0.9847234

00:02:03.860 --> 00:02:05.060 the Yale School of Medicine
NOTE Confidence: 0.9847234

00:02:05.060 --> 00:02:06.340 and the Irving and Alice
NOTE Confidence: 0.9847234

00:02:06.340 --> 00:02:07.620 Brown Teaching Kitchen at Yale
NOTE Confidence: 0.9847234

00:02:07.620 --> 00:02:08.520 New Haven Health.
NOTE Confidence: 0.9776302

00:02:09.075 --> 00:02:10.275 He is board certified in
NOTE Confidence: 0.9776302

00:02:10.275 --> 00:02:11.715 both internal medicine and obesity
NOTE Confidence: 0.9776302

00:02:11.715 --> 00:02:13.315 medicine and also serves as
NOTE Confidence: 0.9776302

00:02:13.315 --> 00:02:14.614 a primary care physician,
NOTE Confidence: 0.96399707

00:02:14.915 --> 00:02:16.114 core faculty member in the
NOTE Confidence: 0.96399707

00:02:16.114 --> 00:02:18.055 Yale primary care residency program,
NOTE Confidence: 0.96399707

00:02:18.194 --> 00:02:19.394 and coleader of the weight
NOTE Confidence: 0.96399707

00:02:19.394 --> 00:02:20.595 management clinic at the New
NOTE Confidence: 0.96399707

00:02:20.595 --> 00:02:22.055 Haven Primary Care Consortium.
NOTE Confidence: 0.98683846

00:02:23.209 --> 00:02:24.329 I personally had the opportunity
NOTE Confidence: 0.98683846

00:02:24.329 --> 00:02:25.209 to attend one of doctor
NOTE Confidence: 0.98683846

00:02:25.209 --> 00:02:26.989 Wood's culinary medicine teaching sessions

NOTE Confidence: 0.98683846
00:02:27.129 --> 00:02:28.409 at the Teaching Kitchen last
NOTE Confidence: 0.98683846
00:02:28.409 --> 00:02:29.450 May, and I was struck
NOTE Confidence: 0.98683846
00:02:29.450 --> 00:02:30.730 by how engaging and informative
NOTE Confidence: 0.98683846
00:02:30.730 --> 00:02:32.409 the experience was. I walked
NOTE Confidence: 0.98683846
00:02:32.409 --> 00:02:33.689 away with new culinary skills
NOTE Confidence: 0.98683846
00:02:33.689 --> 00:02:34.810 and a deeper understanding of
NOTE Confidence: 0.98683846
00:02:34.810 --> 00:02:35.530 how food can be a
NOTE Confidence: 0.98683846
00:02:35.530 --> 00:02:37.150 powerful tool in patient care.
NOTE Confidence: 0.99101007
00:02:37.935 --> 00:02:39.535 Doctor Wood's unique career path
NOTE Confidence: 0.99101007
00:02:39.535 --> 00:02:40.895 reflects his passion for combining
NOTE Confidence: 0.99101007
00:02:40.895 --> 00:02:42.175 the science of medicine with
NOTE Confidence: 0.99101007
00:02:42.175 --> 00:02:43.075 the art of food.
NOTE Confidence: 0.98115987
00:02:43.455 --> 00:02:45.215 He arrived as, he earned
NOTE Confidence: 0.98115987
00:02:45.215 --> 00:02:46.975 his med MD from Wayne
NOTE Confidence: 0.98115987
00:02:46.975 --> 00:02:48.515 State University School of Medicine,
NOTE Confidence: 0.98115987

00:02:48.815 --> 00:02:50.335 completed his residency and fellowship

NOTE Confidence: 0.98115987

00:02:50.335 --> 00:02:51.579 here at Yale, and most

NOTE Confidence: 0.98115987

00:02:51.579 --> 00:02:53.019 recently finished the master's of

NOTE Confidence: 0.98115987

00:02:53.019 --> 00:02:54.139 health science degree with a

NOTE Confidence: 0.98115987

00:02:54.139 --> 00:02:55.439 focus on medical education.

NOTE Confidence: 0.99082243

00:02:56.060 --> 00:02:57.500 However, his journey hasn't stopped

NOTE Confidence: 0.99082243

00:02:57.500 --> 00:02:59.180 there. Prior to his medical

NOTE Confidence: 0.99082243

00:02:59.180 --> 00:03:00.780 career, doctor Wood studied at

NOTE Confidence: 0.99082243

00:03:00.780 --> 00:03:02.400 the Institute of Culinary Education

NOTE Confidence: 0.99082243

00:03:02.459 --> 00:03:03.819 in New York, bringing together

NOTE Confidence: 0.99082243

00:03:03.819 --> 00:03:04.780 his love for food and

NOTE Confidence: 0.99082243

00:03:04.780 --> 00:03:05.819 his belief that a healthy

NOTE Confidence: 0.99082243

00:03:05.819 --> 00:03:07.144 diet can also be

NOTE Confidence: 0.99975884

00:03:07.484 --> 00:03:07.984 delicious.

NOTE Confidence: 0.9545556

00:03:08.325 --> 00:03:09.605 Doctor Wood is a strong

NOTE Confidence: 0.9545556

00:03:09.605 --> 00:03:10.644 advocate for the food as

NOTE Confidence: 0.9545556
00:03:10.644 --> 00:03:12.245 medicine movement and has made
NOTE Confidence: 0.9545556
00:03:12.245 --> 00:03:12.745 significant
NOTE Confidence: 0.9982796
00:03:13.044 --> 00:03:14.165 contributions to the field of
NOTE Confidence: 0.9982796
00:03:14.165 --> 00:03:15.784 culinary and obesity medicine.
NOTE Confidence: 0.9885293
00:03:16.325 --> 00:03:17.924 His work extends beyond patient
NOTE Confidence: 0.9885293
00:03:17.924 --> 00:03:19.680 care and medical education to
NOTE Confidence: 0.9885293
00:03:19.760 --> 00:03:21.439 include media outreach, where he
NOTE Confidence: 0.9885293
00:03:21.439 --> 00:03:22.719 aims to educate both health
NOTE Confidence: 0.9885293
00:03:22.719 --> 00:03:24.239 care professionals and the general
NOTE Confidence: 0.9885293
00:03:24.239 --> 00:03:25.840 public on the powerful link
NOTE Confidence: 0.9885293
00:03:25.840 --> 00:03:27.060 between diet and health.
NOTE Confidence: 0.9473531
00:03:28.079 --> 00:03:29.519 Today, doctor Wood will be
NOTE Confidence: 0.9473531
00:03:29.519 --> 00:03:31.859 presenting his talk titled culinary
NOTE Confidence: 0.9473531
00:03:31.919 --> 00:03:33.040 medicine and the future of
NOTE Confidence: 0.9473531
00:03:33.040 --> 00:03:34.879 nutrition education for patients and
NOTE Confidence: 0.9473531

00:03:34.879 --> 00:03:35.565 health care professionals,
NOTE Confidence: 0.9997842

00:03:49.170 --> 00:03:50.370 Thank you so much for
NOTE Confidence: 0.9997842

00:03:50.370 --> 00:03:51.430 that lovely introduction.
NOTE Confidence: 0.9795022

00:03:52.290 --> 00:03:53.330 What an honor it is
NOTE Confidence: 0.9795022

00:03:53.330 --> 00:03:54.370 to be here today. They
NOTE Confidence: 0.9795022

00:03:54.370 --> 00:03:55.570 reached out and asked me
NOTE Confidence: 0.9795022

00:03:55.570 --> 00:03:56.130 to do this, and I
NOTE Confidence: 0.9795022

00:03:56.130 --> 00:03:57.010 thought, okay. Cool. That sounds
NOTE Confidence: 0.9795022

00:03:57.010 --> 00:03:57.810 fun. I know people will
NOTE Confidence: 0.9795022

00:03:57.810 --> 00:03:58.690 come for the free lunch,
NOTE Confidence: 0.9795022

00:03:58.690 --> 00:03:59.730 and it sounds kinda low
NOTE Confidence: 0.9795022

00:03:59.730 --> 00:04:00.770 key. And then I read
NOTE Confidence: 0.9795022

00:04:00.770 --> 00:04:01.965 about it online, and said
NOTE Confidence: 0.9795022

00:04:01.965 --> 00:04:03.725 previous speakers include surgeon general
NOTE Confidence: 0.9795022

00:04:03.725 --> 00:04:05.085 Vivek Murthy. I thought, okay.
NOTE Confidence: 0.9795022

00:04:05.085 --> 00:04:05.885 This bar is a little

NOTE Confidence: 0.9795022
00:04:05.885 --> 00:04:06.605 higher than I thought it
NOTE Confidence: 0.9795022
00:04:06.605 --> 00:04:07.105 was.
NOTE Confidence: 0.9655181
00:04:07.485 --> 00:04:08.525 So hopefully, it prepared an
NOTE Confidence: 0.9655181
00:04:08.525 --> 00:04:10.285 engaging talk, that that you'll
NOTE Confidence: 0.9655181
00:04:10.285 --> 00:04:11.405 enjoy today. I could talk
NOTE Confidence: 0.9655181
00:04:11.405 --> 00:04:12.365 about food all day, but
NOTE Confidence: 0.9655181
00:04:12.365 --> 00:04:13.325 I'll try to keep myself
NOTE Confidence: 0.9655181
00:04:13.325 --> 00:04:14.610 to forty minutes or so.
NOTE Confidence: 0.98786986
00:04:16.050 --> 00:04:17.250 So my story is that
NOTE Confidence: 0.98786986
00:04:17.250 --> 00:04:18.450 I grew up loving to
NOTE Confidence: 0.98786986
00:04:18.450 --> 00:04:19.890 eat. My favorite hobby still
NOTE Confidence: 0.98786986
00:04:19.890 --> 00:04:21.270 to this day is eating,
NOTE Confidence: 0.989944
00:04:21.810 --> 00:04:23.430 and that love of eating
NOTE Confidence: 0.989944
00:04:23.490 --> 00:04:25.330 blossomed into loving to cook.
NOTE Confidence: 0.989944
00:04:25.330 --> 00:04:26.370 You can see me making
NOTE Confidence: 0.989944

00:04:26.370 --> 00:04:27.570 my bagel in the morning
NOTE Confidence: 0.989944

00:04:27.570 --> 00:04:28.470 at age three.
NOTE Confidence: 0.9749994

00:04:29.044 --> 00:04:30.324 And then that led me
NOTE Confidence: 0.9749994

00:04:30.324 --> 00:04:32.004 eventually into a combination of
NOTE Confidence: 0.9749994

00:04:32.004 --> 00:04:33.205 food and medicine. I broke
NOTE Confidence: 0.9749994

00:04:33.205 --> 00:04:34.164 my leg in eighth grade
NOTE Confidence: 0.9749994

00:04:34.164 --> 00:04:35.604 playing soccer, said, god, why
NOTE Confidence: 0.9749994

00:04:35.604 --> 00:04:36.964 me? And then ended up
NOTE Confidence: 0.9749994

00:04:36.964 --> 00:04:38.264 in, medical school.
NOTE Confidence: 0.9724088

00:04:39.205 --> 00:04:40.324 Loved what I was learning
NOTE Confidence: 0.9724088

00:04:40.324 --> 00:04:42.004 in medicine, but really felt
NOTE Confidence: 0.9724088

00:04:42.004 --> 00:04:43.044 that my passion for food
NOTE Confidence: 0.9724088

00:04:43.044 --> 00:04:44.120 was getting kind of squeezed
NOTE Confidence: 0.9724088

00:04:44.120 --> 00:04:44.839 out of my life. You
NOTE Confidence: 0.9724088

00:04:44.839 --> 00:04:45.879 know how medical school is,
NOTE Confidence: 0.9724088

00:04:45.879 --> 00:04:47.080 many of you. So I

NOTE Confidence: 0.9724088

00:04:47.080 --> 00:04:47.960 ended up taking a year

NOTE Confidence: 0.9724088

00:04:47.960 --> 00:04:49.240 off. And as Jordan said,

NOTE Confidence: 0.9724088

00:04:49.240 --> 00:04:50.279 went to, the Institute of

NOTE Confidence: 0.9724088

00:04:50.279 --> 00:04:51.879 Culinary Education and and worked

NOTE Confidence: 0.9724088

00:04:51.879 --> 00:04:53.319 in restaurants in New York.

NOTE Confidence: 0.9724088

00:04:53.319 --> 00:04:54.599 Came back to medical school

NOTE Confidence: 0.9724088

00:04:54.599 --> 00:04:56.295 and started combining those in,

NOTE Confidence: 0.9724088

00:04:56.615 --> 00:04:57.895 the form of culinary medicine,

NOTE Confidence: 0.9724088

00:04:57.895 --> 00:04:59.015 teaching classes both in the

NOTE Confidence: 0.9724088

00:04:59.015 --> 00:05:00.535 community in Detroit and then

NOTE Confidence: 0.9724088

00:05:00.535 --> 00:05:01.975 to fellow medical students at

NOTE Confidence: 0.9724088

00:05:01.975 --> 00:05:03.495 Wayne State. That led me

NOTE Confidence: 0.9724088

00:05:03.495 --> 00:05:04.695 here where I continued teaching

NOTE Confidence: 0.9724088

00:05:04.695 --> 00:05:06.214 culinary medicine classes and then

NOTE Confidence: 0.9724088

00:05:06.214 --> 00:05:07.735 in July assumed the role

NOTE Confidence: 0.9724088

00:05:07.735 --> 00:05:09.175 of director of culinary medicine

NOTE Confidence: 0.9724088

00:05:09.175 --> 00:05:10.110 here, which is a new

NOTE Confidence: 0.9724088

00:05:10.189 --> 00:05:11.069 a new role here at

NOTE Confidence: 0.9724088

00:05:11.069 --> 00:05:12.110 Yale, which is really exciting

NOTE Confidence: 0.9724088

00:05:12.110 --> 00:05:13.150 that Yale is so forward

NOTE Confidence: 0.9724088

00:05:13.150 --> 00:05:14.430 thinking that they that they

NOTE Confidence: 0.9724088

00:05:14.430 --> 00:05:15.250 support this.

NOTE Confidence: 0.978005

00:05:15.710 --> 00:05:16.669 Happy to talk more about

NOTE Confidence: 0.978005

00:05:16.669 --> 00:05:18.029 my journey. But today, what

NOTE Confidence: 0.978005

00:05:18.029 --> 00:05:19.310 I really wanna talk about

NOTE Confidence: 0.978005

00:05:19.310 --> 00:05:20.990 is the prevalence and impact

NOTE Confidence: 0.978005

00:05:20.990 --> 00:05:22.509 of diet sensitive diseases here

NOTE Confidence: 0.978005

00:05:22.509 --> 00:05:24.025 in the United States, how

NOTE Confidence: 0.978005

00:05:24.025 --> 00:05:25.384 we do nutrition and medical

NOTE Confidence: 0.978005

00:05:25.384 --> 00:05:26.745 education currently, and what we've

NOTE Confidence: 0.978005

00:05:26.745 --> 00:05:28.025 done in the past. We'll

NOTE Confidence: 0.978005
00:05:28.025 --> 00:05:29.305 talk more about what is
NOTE Confidence: 0.978005
00:05:29.305 --> 00:05:30.664 culinary medicine. It's probably a
NOTE Confidence: 0.978005
00:05:30.664 --> 00:05:31.964 question some of you have.
NOTE Confidence: 0.978005
00:05:32.104 --> 00:05:33.065 We'll talk about the work
NOTE Confidence: 0.978005
00:05:33.065 --> 00:05:33.625 that we do at our
NOTE Confidence: 0.978005
00:05:33.625 --> 00:05:35.085 teaching kitchen here at Yale,
NOTE Confidence: 0.978005
00:05:35.145 --> 00:05:36.345 and then this new field
NOTE Confidence: 0.978005
00:05:36.345 --> 00:05:37.800 that's really only five or
NOTE Confidence: 0.978005
00:05:37.800 --> 00:05:38.760 ten years old, which is
NOTE Confidence: 0.978005
00:05:38.760 --> 00:05:40.279 called food is medicine or
NOTE Confidence: 0.978005
00:05:40.279 --> 00:05:41.740 sometimes food as medicine.
NOTE Confidence: 0.9954873
00:05:43.000 --> 00:05:43.800 So I'm gonna start by
NOTE Confidence: 0.9954873
00:05:43.800 --> 00:05:45.000 telling you something you probably
NOTE Confidence: 0.9954873
00:05:45.000 --> 00:05:45.800 don't need to be told,
NOTE Confidence: 0.9954873
00:05:45.800 --> 00:05:47.080 which is that diet sensitive
NOTE Confidence: 0.9954873

00:05:47.080 --> 00:05:48.360 diseases in the United States
NOTE Confidence: 0.9954873

00:05:48.360 --> 00:05:50.140 are highly prevalent. So cardiovascular
NOTE Confidence: 0.96553105

00:05:50.520 --> 00:05:52.075 disease, if you include hypertension,
NOTE Confidence: 0.96321875

00:05:52.535 --> 00:05:54.055 hypertension afflicts almost one in
NOTE Confidence: 0.96321875

00:05:54.055 --> 00:05:55.415 two Americans and has been
NOTE Confidence: 0.96321875

00:05:55.415 --> 00:05:56.535 the number one killer every
NOTE Confidence: 0.96321875

00:05:56.535 --> 00:05:58.315 single year even throughout COVID
NOTE Confidence: 0.96321875

00:05:58.375 --> 00:05:59.835 since nineteen twenty one.
NOTE Confidence: 0.97666365

00:06:00.775 --> 00:06:01.975 About a third of the
NOTE Confidence: 0.97666365

00:06:01.975 --> 00:06:03.335 population in the United States
NOTE Confidence: 0.97666365

00:06:03.335 --> 00:06:04.720 has prediabetes and over ten
NOTE Confidence: 0.97666365

00:06:04.720 --> 00:06:05.919 percent of us have diabetes.
NOTE Confidence: 0.97666365

00:06:05.919 --> 00:06:07.139 You can see that's increased
NOTE Confidence: 0.97666365

00:06:07.279 --> 00:06:09.120 quite precipitously since the nineteen
NOTE Confidence: 0.97666365

00:06:09.120 --> 00:06:11.120 sixties along with obesity. Again,
NOTE Confidence: 0.97666365

00:06:11.120 --> 00:06:12.320 by twenty thirty, one in

NOTE Confidence: 0.97666365

00:06:12.320 --> 00:06:13.600 two adults are expected to

NOTE Confidence: 0.97666365

00:06:13.600 --> 00:06:15.040 have obesity, and this has

NOTE Confidence: 0.97666365

00:06:15.040 --> 00:06:16.400 increased a lot since the

NOTE Confidence: 0.97666365

00:06:16.400 --> 00:06:17.860 nineteen sixties, roughly.

NOTE Confidence: 0.9992731

00:06:18.585 --> 00:06:19.725 There are lots of other

NOTE Confidence: 0.98345345

00:06:20.104 --> 00:06:21.865 diet sensitive diseases. This new

NOTE Confidence: 0.98345345

00:06:21.865 --> 00:06:22.985 term for fatty liver disease,

NOTE Confidence: 0.98345345

00:06:22.985 --> 00:06:24.185 which seems to change every

NOTE Confidence: 0.98345345

00:06:24.185 --> 00:06:26.044 five years, cancer, dementia,

NOTE Confidence: 0.9867563

00:06:26.505 --> 00:06:28.505 IBD, IBS, celiac, there's so

NOTE Confidence: 0.9867563

00:06:28.505 --> 00:06:30.264 many other diseases that are

NOTE Confidence: 0.9867563

00:06:30.264 --> 00:06:31.645 sensitive to our diet.

NOTE Confidence: 0.98467255

00:06:33.010 --> 00:06:34.210 Diet, in fact, is the

NOTE Confidence: 0.98467255

00:06:34.210 --> 00:06:35.810 third leading risk factor for

NOTE Confidence: 0.98467255

00:06:35.810 --> 00:06:37.089 morbidity in the United States,

NOTE Confidence: 0.98467255

00:06:37.089 --> 00:06:38.450 and it is the leading
NOTE Confidence: 0.98467255

00:06:38.450 --> 00:06:40.130 risk factor for mortality. So
NOTE Confidence: 0.98467255

00:06:40.130 --> 00:06:41.250 notably, this is higher than
NOTE Confidence: 0.98467255

00:06:41.250 --> 00:06:43.750 tobacco. Right? High BMI, high
NOTE Confidence: 0.50990254

00:06:44.355 --> 00:06:44.855 and
NOTE Confidence: 0.8799401

00:06:45.315 --> 00:06:45.627 the other things that you
NOTE Confidence: 0.8799401

00:06:45.627 --> 00:06:45.749 see here. This is a
NOTE Confidence: 0.8799401

00:06:45.749 --> 00:06:47.520 major cause of both morbidity
NOTE Confidence: 0.8799401

00:06:47.520 --> 00:06:47.901 and mortality here in the
NOTE Confidence: 0.8799401

00:06:47.901 --> 00:06:47.935 United States. And despite that,
NOTE Confidence: 0.8799401

00:06:47.935 --> 00:06:48.515 as doctors, we really don't
NOTE Confidence: 0.8799401

00:06:48.515 --> 00:06:49.015 do
NOTE Confidence: 0.94045365

00:06:49.555 --> 00:06:50.835 much with nutrition. So this
NOTE Confidence: 0.94045365

00:06:50.835 --> 00:06:51.875 was first recognized as an
NOTE Confidence: 0.94045365

00:06:51.875 --> 00:06:53.495 issue long ago in the
NOTE Confidence: 0.9603179

00:06:58.310 --> 00:06:59.589 1980s and nineteen eighty five,

NOTE Confidence: 0.9603179
00:06:59.589 --> 00:07:01.029 the national academy of sciences
NOTE Confidence: 0.9603179
00:07:01.029 --> 00:07:02.870 said, listen, our medical students
NOTE Confidence: 0.9603179
00:07:02.870 --> 00:07:04.550 in their preclinical years should
NOTE Confidence: 0.9603179
00:07:04.550 --> 00:07:06.230 get about twenty five hours
NOTE Confidence: 0.9603179
00:07:06.230 --> 00:07:07.610 of nutrition education.
NOTE Confidence: 0.9554377
00:07:08.230 --> 00:07:09.190 Do you any any guess
NOTE Confidence: 0.9554377
00:07:09.190 --> 00:07:10.630 what the national average is
NOTE Confidence: 0.9554377
00:07:10.630 --> 00:07:11.130 currently?
NOTE Confidence: 0.94444907
00:07:14.115 --> 00:07:15.235 We we see some fours.
NOTE Confidence: 0.94444907
00:07:15.235 --> 00:07:16.915 Yeah. So Yale gets about
NOTE Confidence: 0.94444907
00:07:16.915 --> 00:07:17.315 four,
NOTE Confidence: 0.9785356
00:07:17.795 --> 00:07:19.315 at in nineteen eighty five,
NOTE Confidence: 0.9785356
00:07:19.315 --> 00:07:20.435 the average was twenty one
NOTE Confidence: 0.9785356
00:07:20.435 --> 00:07:21.555 and the average today is
NOTE Confidence: 0.9785356
00:07:21.555 --> 00:07:22.995 eleven. So things have gotten
NOTE Confidence: 0.9785356

00:07:22.995 --> 00:07:24.450 much worse, not better.
NOTE Confidence: 0.9829777

00:07:25.010 --> 00:07:26.290 And really we're not providing
NOTE Confidence: 0.9829777

00:07:26.290 --> 00:07:28.450 adequate nutritional education in medical
NOTE Confidence: 0.9829777

00:07:28.450 --> 00:07:29.410 school. And then when people
NOTE Confidence: 0.9829777

00:07:29.410 --> 00:07:30.690 get to residency, only about
NOTE Confidence: 0.9829777

00:07:30.690 --> 00:07:32.450 a quarter of providers, receive
NOTE Confidence: 0.9829777

00:07:32.450 --> 00:07:34.210 education in nutrition. So really
NOTE Confidence: 0.9829777

00:07:34.210 --> 00:07:35.110 poorly educated.
NOTE Confidence: 0.9746222

00:07:35.570 --> 00:07:36.645 As a result of that,
NOTE Confidence: 0.9746222

00:07:36.724 --> 00:07:38.324 we don't deal with nutrition
NOTE Confidence: 0.9746222

00:07:38.324 --> 00:07:39.525 very well. We don't really
NOTE Confidence: 0.9746222

00:07:39.525 --> 00:07:41.305 value sometimes our registered dietitian
NOTE Confidence: 0.9746222

00:07:41.365 --> 00:07:43.365 colleagues, cardiologists, you know, what
NOTE Confidence: 0.9746222

00:07:43.365 --> 00:07:45.944 specialty could rely more heavily
NOTE Confidence: 0.9746222

00:07:46.164 --> 00:07:47.705 on dietitians than cardiologists,
NOTE Confidence: 0.97192156

00:07:48.085 --> 00:07:49.925 but most cardiologists refer very

NOTE Confidence: 0.97192156

00:07:49.925 --> 00:07:50.884 few of their patients to

NOTE Confidence: 0.97192156

00:07:50.884 --> 00:07:52.264 register dietitian nutritionists.

NOTE Confidence: 0.9980655

00:07:52.750 --> 00:07:54.130 And in surveys repeatedly,

NOTE Confidence: 0.9728279

00:07:54.669 --> 00:07:56.110 ten years apart here, we're

NOTE Confidence: 0.9728279

00:07:56.110 --> 00:07:57.870 finding that fourteen percent of

NOTE Confidence: 0.9728279

00:07:57.870 --> 00:07:59.730 physicians feel that they're adequately

NOTE Confidence: 0.9728279

00:07:59.790 --> 00:08:01.550 pr trained to provide nutrition

NOTE Confidence: 0.9728279

00:08:01.550 --> 00:08:02.610 counseling to patients.

NOTE Confidence: 0.99298406

00:08:02.910 --> 00:08:04.030 We did a similar study

NOTE Confidence: 0.99298406

00:08:04.030 --> 00:08:05.229 here with our Yale primary

NOTE Confidence: 0.99298406

00:08:05.229 --> 00:08:06.350 care residents and found a

NOTE Confidence: 0.99298406

00:08:06.350 --> 00:08:08.085 similar number. So about seventeen

NOTE Confidence: 0.99298406

00:08:08.085 --> 00:08:09.845 percent felt that their training

NOTE Confidence: 0.99298406

00:08:09.845 --> 00:08:11.065 to date had been sufficient.

NOTE Confidence: 0.96613455

00:08:11.925 --> 00:08:12.965 Very few felt that they

NOTE Confidence: 0.96613455

00:08:12.965 --> 00:08:14.325 had the nutrition knowledge and
NOTE Confidence: 0.96613455

00:08:14.325 --> 00:08:16.245 skills necessary to provide dietary
NOTE Confidence: 0.96613455

00:08:16.245 --> 00:08:18.085 counseling to patients. And despite
NOTE Confidence: 0.96613455

00:08:18.085 --> 00:08:19.045 all of that, nearly a
NOTE Confidence: 0.96613455

00:08:19.045 --> 00:08:20.580 hundred percent, essentially all but
NOTE Confidence: 0.96613455

00:08:20.580 --> 00:08:21.940 two people felt that if
NOTE Confidence: 0.96613455

00:08:21.940 --> 00:08:22.979 we were to provide them
NOTE Confidence: 0.96613455

00:08:22.979 --> 00:08:24.580 additional training and nutrition that
NOTE Confidence: 0.96613455

00:08:24.580 --> 00:08:25.460 they would be able to
NOTE Confidence: 0.96613455

00:08:25.460 --> 00:08:27.220 provide better clinical care for
NOTE Confidence: 0.96613455

00:08:27.220 --> 00:08:28.820 patients. So clearly, a gap
NOTE Confidence: 0.96613455

00:08:28.820 --> 00:08:29.320 here.
NOTE Confidence: 0.99129987

00:08:30.979 --> 00:08:32.339 Recently, this has been realized
NOTE Confidence: 0.99129987

00:08:32.339 --> 00:08:33.620 to be a systemic issue.
NOTE Confidence: 0.99129987

00:08:33.620 --> 00:08:35.235 This is perhaps an ethical
NOTE Confidence: 0.99129987

00:08:35.295 --> 00:08:36.735 lapse to fail to address

NOTE Confidence: 0.99129987
00:08:36.735 --> 00:08:38.175 the contributions of food to
NOTE Confidence: 0.99129987
00:08:38.175 --> 00:08:39.934 health and could be viewed
NOTE Confidence: 0.99129987
00:08:39.934 --> 00:08:41.134 even in and of itself
NOTE Confidence: 0.99129987
00:08:41.134 --> 00:08:42.975 as a structural contributor to
NOTE Confidence: 0.99129987
00:08:42.975 --> 00:08:44.334 diet related disease. So in
NOTE Confidence: 0.99129987
00:08:44.334 --> 00:08:45.295 the past decade or so,
NOTE Confidence: 0.99129987
00:08:45.295 --> 00:08:46.780 people have really started to
NOTE Confidence: 0.99129987
00:08:46.780 --> 00:08:47.820 pay more attention to this
NOTE Confidence: 0.99129987
00:08:47.820 --> 00:08:48.860 realizing that we can no
NOTE Confidence: 0.99129987
00:08:48.860 --> 00:08:49.980 longer ignore this in the
NOTE Confidence: 0.99129987
00:08:49.980 --> 00:08:50.800 medical community.
NOTE Confidence: 0.99244094
00:08:52.620 --> 00:08:53.580 So a lot of things
NOTE Confidence: 0.99244094
00:08:53.580 --> 00:08:55.260 have changed recently in twenty
NOTE Confidence: 0.99244094
00:08:55.260 --> 00:08:56.640 twenty two, a house resolution
NOTE Confidence: 0.99244094
00:08:56.860 --> 00:08:58.059 passed, which is, you know,
NOTE Confidence: 0.99244094

00:08:58.059 --> 00:08:59.100 in the, in the national,
NOTE Confidence: 0.99244094
00:08:59.500 --> 00:09:01.020 government, which was to say
NOTE Confidence: 0.99244094
00:09:01.020 --> 00:09:01.425 that,
NOTE Confidence: 0.98154116
00:09:01.985 --> 00:09:04.385 essentially in Medicare, we've shunned
NOTE Confidence: 0.98154116
00:09:04.385 --> 00:09:05.745 those Medicare dollars to pay
NOTE Confidence: 0.98154116
00:09:05.745 --> 00:09:07.425 for residency programs. Right? And
NOTE Confidence: 0.98154116
00:09:07.425 --> 00:09:08.304 they said, low key, if
NOTE Confidence: 0.98154116
00:09:08.304 --> 00:09:09.425 you guys don't teach nutrition,
NOTE Confidence: 0.98154116
00:09:09.425 --> 00:09:10.545 we're gonna threaten to take
NOTE Confidence: 0.98154116
00:09:10.545 --> 00:09:11.985 away your Medicare dollars. Right?
NOTE Confidence: 0.98154116
00:09:11.985 --> 00:09:12.785 So they said, this is
NOTE Confidence: 0.98154116
00:09:12.785 --> 00:09:13.985 really important that we teach
NOTE Confidence: 0.98154116
00:09:13.985 --> 00:09:14.705 this and we have a
NOTE Confidence: 0.98154116
00:09:14.705 --> 00:09:15.630 lever that we can pull.
NOTE Confidence: 0.98154116
00:09:15.630 --> 00:09:16.750 So that kind of lit
NOTE Confidence: 0.98154116
00:09:16.750 --> 00:09:17.970 the fire a little bit.

NOTE Confidence: 0.98154116

00:09:18.190 --> 00:09:19.630 In September of twenty twenty

NOTE Confidence: 0.98154116

00:09:19.630 --> 00:09:20.750 two, we had the first

NOTE Confidence: 0.98154116

00:09:20.750 --> 00:09:22.190 White House conference on hunger,

NOTE Confidence: 0.98154116

00:09:22.190 --> 00:09:23.470 nutrition, and health in over

NOTE Confidence: 0.98154116

00:09:23.470 --> 00:09:25.150 fifty years. Again, this really

NOTE Confidence: 0.98154116

00:09:25.150 --> 00:09:26.510 catalyzed things in the field

NOTE Confidence: 0.98154116

00:09:26.510 --> 00:09:27.870 of nutrition education and in

NOTE Confidence: 0.98154116

00:09:27.870 --> 00:09:28.770 medical education.

NOTE Confidence: 0.9722347

00:09:29.714 --> 00:09:30.755 In March of twenty twenty

NOTE Confidence: 0.9722347

00:09:30.755 --> 00:09:31.714 three, we had the first

NOTE Confidence: 0.9722347

00:09:31.714 --> 00:09:33.235 ever summit on nutrition and

NOTE Confidence: 0.9722347

00:09:33.235 --> 00:09:34.434 medical education, which was co

NOTE Confidence: 0.9722347

00:09:34.434 --> 00:09:36.054 hosted by the American Association

NOTE Confidence: 0.9722347

00:09:36.115 --> 00:09:37.795 of Medical Colleges and the

NOTE Confidence: 0.9722347

00:09:37.795 --> 00:09:39.954 ACGME, which oversees residency programs.

NOTE Confidence: 0.9722347

00:09:39.954 --> 00:09:41.235 So they got together, and
NOTE Confidence: 0.9722347

00:09:41.235 --> 00:09:42.115 they said, okay. We need
NOTE Confidence: 0.9722347

00:09:42.115 --> 00:09:43.394 to teach nutrition. What should
NOTE Confidence: 0.9722347

00:09:43.394 --> 00:09:44.640 be taught in medical school?
NOTE Confidence: 0.9722347

00:09:44.640 --> 00:09:45.520 What should be taught in
NOTE Confidence: 0.9722347

00:09:45.520 --> 00:09:46.640 residency and how are we
NOTE Confidence: 0.9722347

00:09:46.640 --> 00:09:47.760 gonna do that? So really
NOTE Confidence: 0.9722347

00:09:47.760 --> 00:09:48.420 our first
NOTE Confidence: 0.98832726

00:09:48.960 --> 00:09:50.320 comprehensive view of that coming
NOTE Confidence: 0.98832726

00:09:50.320 --> 00:09:51.860 out, just last year.
NOTE Confidence: 0.9782346

00:09:52.400 --> 00:09:53.600 One month later, the NIH
NOTE Confidence: 0.9782346

00:09:53.600 --> 00:09:54.240 came out and they said,
NOTE Confidence: 0.9782346

00:09:54.240 --> 00:09:55.120 we're about to pump a
NOTE Confidence: 0.9782346

00:09:55.120 --> 00:09:56.080 whole bunch of money into
NOTE Confidence: 0.9782346

00:09:56.080 --> 00:09:56.880 this field of food as
NOTE Confidence: 0.9782346

00:09:56.880 --> 00:09:57.380 medicine,

NOTE Confidence: 0.9981174
00:09:57.735 --> 00:09:59.654 including nutrition and culinary medicine
NOTE Confidence: 0.9981174
00:09:59.654 --> 00:10:00.154 education
NOTE Confidence: 0.9620878
00:10:00.455 --> 00:10:01.575 for our future health care
NOTE Confidence: 0.9620878
00:10:01.575 --> 00:10:02.075 professionals.
NOTE Confidence: 0.9826461
00:10:02.615 --> 00:10:03.654 And then earlier this year,
NOTE Confidence: 0.9826461
00:10:03.654 --> 00:10:05.115 the American College of Culinary
NOTE Confidence: 0.9826461
00:10:05.175 --> 00:10:06.235 Medicine was founded.
NOTE Confidence: 0.96487767
00:10:06.615 --> 00:10:07.735 And so things as I'm
NOTE Confidence: 0.96487767
00:10:07.735 --> 00:10:09.335 showing you are changing really,
NOTE Confidence: 0.96487767
00:10:09.335 --> 00:10:10.154 really rapidly,
NOTE Confidence: 0.9797717
00:10:10.535 --> 00:10:11.735 especially given that we first
NOTE Confidence: 0.9797717
00:10:11.735 --> 00:10:12.850 realized this was a problem
NOTE Confidence: 0.9797717
00:10:12.850 --> 00:10:14.150 in nineteen eighty five.
NOTE Confidence: 0.9872218
00:10:15.330 --> 00:10:16.290 So I wanna talk a
NOTE Confidence: 0.9872218
00:10:16.290 --> 00:10:17.570 little bit more about culinary
NOTE Confidence: 0.9872218

00:10:17.570 --> 00:10:19.650 medicine. Culinary medicine is both
NOTE Confidence: 0.9872218

00:10:19.650 --> 00:10:21.170 for patients and for health
NOTE Confidence: 0.9872218

00:10:21.170 --> 00:10:22.370 care professionals, but we're first
NOTE Confidence: 0.9872218

00:10:22.370 --> 00:10:23.490 gonna focus on health care
NOTE Confidence: 0.9872218

00:10:23.490 --> 00:10:24.929 professionals given the theme of
NOTE Confidence: 0.9872218

00:10:24.929 --> 00:10:25.830 medical education.
NOTE Confidence: 0.97721076

00:10:26.595 --> 00:10:28.274 So culinary medicine, essentially, the
NOTE Confidence: 0.97721076

00:10:28.274 --> 00:10:29.735 goal is to take nutrition
NOTE Confidence: 0.97721076

00:10:29.875 --> 00:10:32.135 science, culinary arts, medical education,
NOTE Confidence: 0.97721076

00:10:32.195 --> 00:10:33.554 medicine, you combine it all
NOTE Confidence: 0.97721076

00:10:33.554 --> 00:10:35.554 together. It's an interprofessional evidence
NOTE Confidence: 0.97721076

00:10:35.554 --> 00:10:36.755 based field, and you bring
NOTE Confidence: 0.97721076

00:10:36.755 --> 00:10:38.035 people into a teaching kitchen,
NOTE Confidence: 0.97721076

00:10:38.035 --> 00:10:39.315 whether that's a virtual teaching
NOTE Confidence: 0.97721076

00:10:39.315 --> 00:10:40.514 kitchen or it's a physical
NOTE Confidence: 0.97721076

00:10:40.514 --> 00:10:42.089 teaching kitchen, and you teach

NOTE Confidence: 0.97721076

00:10:42.089 --> 00:10:43.529 them the science of healthy

NOTE Confidence: 0.97721076

00:10:43.529 --> 00:10:45.309 eating through hands on cooking.

NOTE Confidence: 0.98053026

00:10:45.690 --> 00:10:46.490 So one way to think

NOTE Confidence: 0.98053026

00:10:46.490 --> 00:10:47.370 about this is, you know,

NOTE Confidence: 0.98053026

00:10:47.370 --> 00:10:48.970 you have bio lecture in

NOTE Confidence: 0.98053026

00:10:48.970 --> 00:10:49.929 undergrad and then you go

NOTE Confidence: 0.98053026

00:10:49.929 --> 00:10:51.290 to bio lab. Right? So

NOTE Confidence: 0.98053026

00:10:51.290 --> 00:10:52.890 here we have nutrition lectures,

NOTE Confidence: 0.98053026

00:10:52.890 --> 00:10:53.770 and then we bring them

NOTE Confidence: 0.98053026

00:10:53.770 --> 00:10:55.050 immediately into the lab, which

NOTE Confidence: 0.98053026

00:10:55.050 --> 00:10:56.330 is the teaching kitchen, and

NOTE Confidence: 0.98053026

00:10:56.330 --> 00:10:57.130 you really bring it to

NOTE Confidence: 0.98053026

00:10:57.130 --> 00:10:58.464 life. It's one thing to

NOTE Confidence: 0.98053026

00:10:58.464 --> 00:10:59.584 say you need to eat

NOTE Confidence: 0.98053026

00:10:59.584 --> 00:11:01.105 more broccoli. It's another thing

NOTE Confidence: 0.98053026

00:11:01.105 --> 00:11:02.225 to say you need to
NOTE Confidence: 0.98053026

00:11:02.225 --> 00:11:03.745 eat more broccoli. Let's cook
NOTE Confidence: 0.98053026

00:11:03.745 --> 00:11:04.865 it together at four hundred
NOTE Confidence: 0.98053026

00:11:04.865 --> 00:11:05.904 degrees in the oven with
NOTE Confidence: 0.98053026

00:11:05.904 --> 00:11:06.625 a little bit of salt
NOTE Confidence: 0.98053026

00:11:06.625 --> 00:11:07.665 and lemon juice, and look
NOTE Confidence: 0.98053026

00:11:07.665 --> 00:11:08.944 how delicious it tastes. Right?
NOTE Confidence: 0.98053026

00:11:08.944 --> 00:11:10.225 People go home with recipes,
NOTE Confidence: 0.98053026

00:11:10.225 --> 00:11:11.790 and they're more interested in
NOTE Confidence: 0.98053026

00:11:11.790 --> 00:11:12.910 eating this healthy diet because
NOTE Confidence: 0.98053026

00:11:12.910 --> 00:11:14.350 we've increased their self efficacy
NOTE Confidence: 0.98053026

00:11:14.350 --> 00:11:15.309 and their interest in doing
NOTE Confidence: 0.98053026

00:11:15.309 --> 00:11:15.809 it.
NOTE Confidence: 0.97216326

00:11:17.230 --> 00:11:18.670 So culinary medicine, of course,
NOTE Confidence: 0.97216326

00:11:18.670 --> 00:11:19.790 includes hands on cooking, but
NOTE Confidence: 0.97216326

00:11:19.790 --> 00:11:20.990 when we're thinking specifically of

NOTE Confidence: 0.97216326

00:11:20.990 --> 00:11:22.750 pedagogies in culinary medicine, there's

NOTE Confidence: 0.97216326

00:11:22.750 --> 00:11:23.950 also lectures. We definitely do

NOTE Confidence: 0.97216326

00:11:23.950 --> 00:11:24.910 lectures like the one I'm

NOTE Confidence: 0.97216326

00:11:24.910 --> 00:11:26.065 giving here. We do small

NOTE Confidence: 0.97216326

00:11:26.065 --> 00:11:26.945 group work or we break

NOTE Confidence: 0.97216326

00:11:26.945 --> 00:11:27.904 them up into small groups

NOTE Confidence: 0.97216326

00:11:27.904 --> 00:11:29.265 and do journal clubs. We

NOTE Confidence: 0.97216326

00:11:29.265 --> 00:11:30.485 do case based learning.

NOTE Confidence: 0.98504496

00:11:30.865 --> 00:11:31.985 I mentioned the journal clubs

NOTE Confidence: 0.98504496

00:11:31.985 --> 00:11:33.445 and then practice with standardized

NOTE Confidence: 0.98504496

00:11:33.505 --> 00:11:34.705 patients. Right? So if we

NOTE Confidence: 0.98504496

00:11:34.705 --> 00:11:36.464 think that culinary medicine might

NOTE Confidence: 0.98504496

00:11:36.464 --> 00:11:38.385 help people better counsel their

NOTE Confidence: 0.98504496

00:11:38.385 --> 00:11:40.380 patients in nutrition, why don't

NOTE Confidence: 0.98504496

00:11:40.380 --> 00:11:41.260 we give them practice doing

NOTE Confidence: 0.98504496

00:11:41.260 --> 00:11:42.860 that with standardized patients, right

NOTE Confidence: 0.98504496

00:11:42.860 --> 00:11:43.820 next to the teaching kitchen?

NOTE Confidence: 0.98504496

00:11:43.820 --> 00:11:44.620 So that's something we did

NOTE Confidence: 0.98504496

00:11:44.620 --> 00:11:45.740 in the project earlier this

NOTE Confidence: 0.98504496

00:11:45.740 --> 00:11:47.020 year and is becoming more

NOTE Confidence: 0.98504496

00:11:47.020 --> 00:11:47.520 common.

NOTE Confidence: 0.9855645

00:11:48.940 --> 00:11:50.620 So culinary medicine, also a

NOTE Confidence: 0.9855645

00:11:50.620 --> 00:11:51.660 pretty new field, but a

NOTE Confidence: 0.9855645

00:11:51.660 --> 00:11:53.200 little older than this revamped

NOTE Confidence: 0.9855645

00:11:53.260 --> 00:11:54.915 nutrition education idea. So the

NOTE Confidence: 0.9855645

00:11:54.995 --> 00:11:56.915 first cooking and nutrition elective

NOTE Confidence: 0.9855645

00:11:56.915 --> 00:11:57.954 was taught at a medical

NOTE Confidence: 0.9855645

00:11:57.954 --> 00:11:59.235 school in two thousand three

NOTE Confidence: 0.9855645

00:11:59.235 --> 00:12:00.295 at SUNY Upstate.

NOTE Confidence: 0.95506805

00:12:00.755 --> 00:12:02.514 There's this amazing conference that

NOTE Confidence: 0.95506805

00:12:02.514 --> 00:12:03.394 all of you are eligible

NOTE Confidence: 0.95506805

00:12:03.394 --> 00:12:04.035 to go to if you'd

NOTE Confidence: 0.95506805

00:12:04.035 --> 00:12:05.235 like to called healthy kitchens,

NOTE Confidence: 0.95506805

00:12:05.235 --> 00:12:06.595 healthy lives. It's between the

NOTE Confidence: 0.95506805

00:12:06.595 --> 00:12:08.470 culinary institute of America and

NOTE Confidence: 0.95506805

00:12:08.470 --> 00:12:09.590 the Harvard TH Chan School

NOTE Confidence: 0.95506805

00:12:09.590 --> 00:12:10.550 of Public Health. I've been

NOTE Confidence: 0.95506805

00:12:10.550 --> 00:12:11.510 trying to get in for

NOTE Confidence: 0.95506805

00:12:11.510 --> 00:12:12.790 years, and I finally this

NOTE Confidence: 0.95506805

00:12:12.790 --> 00:12:13.830 year got in. It's in

NOTE Confidence: 0.95506805

00:12:13.830 --> 00:12:15.929 Napa Valley in February. Amazing.

NOTE Confidence: 0.98382825

00:12:16.309 --> 00:12:17.750 So I'm going to that

NOTE Confidence: 0.98382825

00:12:17.750 --> 00:12:18.790 and looking forward to it.

NOTE Confidence: 0.98382825

00:12:18.790 --> 00:12:19.670 But, again, learning how to

NOTE Confidence: 0.98382825

00:12:19.670 --> 00:12:20.870 cook healthy food to improve

NOTE Confidence: 0.98382825

00:12:20.870 --> 00:12:21.370 health.

NOTE Confidence: 0.97813743

00:12:21.995 --> 00:12:23.515 This term culinary medicine was

NOTE Confidence: 0.97813743

00:12:23.515 --> 00:12:24.875 first coined in two thousand

NOTE Confidence: 0.97813743

00:12:24.875 --> 00:12:26.635 nine by another chef internist.

NOTE Confidence: 0.97813743

00:12:26.635 --> 00:12:27.855 His name is John Lapuma,

NOTE Confidence: 0.97813743

00:12:27.915 --> 00:12:29.355 amazing guy. He wrote this

NOTE Confidence: 0.97813743

00:12:29.355 --> 00:12:30.554 book. He had a PBS

NOTE Confidence: 0.97813743

00:12:30.554 --> 00:12:31.434 show, and this was when

NOTE Confidence: 0.97813743

00:12:31.434 --> 00:12:33.195 the the the term culinary

NOTE Confidence: 0.97813743

00:12:33.195 --> 00:12:34.735 medicine first came to be.

NOTE Confidence: 0.9915331

00:12:35.210 --> 00:12:36.330 And then things really took

NOTE Confidence: 0.9915331

00:12:36.330 --> 00:12:37.850 off in twenty twelve when

NOTE Confidence: 0.9915331

00:12:37.850 --> 00:12:39.050 the first ever center for

NOTE Confidence: 0.9915331

00:12:39.050 --> 00:12:40.410 culinary medicine at a medical

NOTE Confidence: 0.9915331

00:12:40.410 --> 00:12:42.410 school was established at Tulane.

NOTE Confidence: 0.9915331

00:12:42.650 --> 00:12:43.690 I I trained when I

NOTE Confidence: 0.9915331

00:12:43.690 --> 00:12:44.570 was in medical school at

NOTE Confidence: 0.9915331

00:12:44.570 --> 00:12:46.410 Tulane. They developed curricula. It

NOTE Confidence: 0.9915331

00:12:46.410 --> 00:12:47.370 has since grown into the

NOTE Confidence: 0.9915331

00:12:47.370 --> 00:12:48.890 American College of Culinary Medicine.

NOTE Confidence: 0.9915331

00:12:48.890 --> 00:12:49.770 They have patients in the

NOTE Confidence: 0.9915331

00:12:49.770 --> 00:12:51.235 New Orleans community come in

NOTE Confidence: 0.9915331

00:12:51.235 --> 00:12:52.275 and take cooking classes. They

NOTE Confidence: 0.9915331

00:12:52.275 --> 00:12:54.275 teach culinary medicine to their

NOTE Confidence: 0.9915331

00:12:54.275 --> 00:12:55.395 residents and to their medical

NOTE Confidence: 0.9915331

00:12:55.395 --> 00:12:56.515 students, and they really kicked

NOTE Confidence: 0.9915331

00:12:56.515 --> 00:12:57.415 off this movement.

NOTE Confidence: 0.9895139

00:12:58.355 --> 00:12:59.715 Now, you know, if this

NOTE Confidence: 0.9895139

00:12:59.715 --> 00:13:01.475 just started essentially ten, twenty

NOTE Confidence: 0.9895139

00:13:01.475 --> 00:13:02.595 years ago, now we have,

NOTE Confidence: 0.9895139

00:13:02.595 --> 00:13:03.895 I would guess, a hundred

NOTE Confidence: 0.9895139

00:13:03.955 --> 00:13:05.335 to a hundred and fifty

NOTE Confidence: 0.9978634

00:13:06.000 --> 00:13:07.679 academic medical centers, community,
NOTE Confidence: 0.99933267

00:13:08.080 --> 00:13:08.580 programs,
NOTE Confidence: 0.98707265

00:13:09.040 --> 00:13:11.120 local hospitals, and medical schools,
NOTE Confidence: 0.98707265

00:13:11.120 --> 00:13:13.200 etcetera, teaching culinary medicine. So
NOTE Confidence: 0.98707265

00:13:13.200 --> 00:13:14.720 it's really taken off very,
NOTE Confidence: 0.98707265

00:13:14.720 --> 00:13:15.460 very quickly.
NOTE Confidence: 0.99506664

00:13:17.200 --> 00:13:18.495 So what does culinary medicine
NOTE Confidence: 0.99506664

00:13:18.495 --> 00:13:19.375 seek to do? All of
NOTE Confidence: 0.99506664

00:13:19.375 --> 00:13:20.655 these things have been demonstrated
NOTE Confidence: 0.99506664

00:13:20.655 --> 00:13:22.035 in the literature. It increases
NOTE Confidence: 0.99506664

00:13:22.095 --> 00:13:23.715 knowledge of nutrition and cooking,
NOTE Confidence: 0.99506664

00:13:23.775 --> 00:13:25.155 obviously. It increases
NOTE Confidence: 0.9764605

00:13:25.615 --> 00:13:27.295 confidence and competence or at
NOTE Confidence: 0.9764605

00:13:27.295 --> 00:13:29.155 least perceived confidence and competence
NOTE Confidence: 0.9764605

00:13:29.215 --> 00:13:30.815 in providing nutrition counseling to
NOTE Confidence: 0.9764605

00:13:30.815 --> 00:13:33.429 patients. It improves interprofessional collaboration,

NOTE Confidence: 0.9764605

00:13:33.429 --> 00:13:34.389 which is a huge goal

NOTE Confidence: 0.9764605

00:13:34.389 --> 00:13:35.449 of medical education,

NOTE Confidence: 0.9833936

00:13:35.910 --> 00:13:37.589 increases folks' motivation to eat

NOTE Confidence: 0.9833936

00:13:37.589 --> 00:13:39.910 healthily, and actually improves dietary

NOTE Confidence: 0.9833936

00:13:39.910 --> 00:13:40.949 behaviors. So in one of

NOTE Confidence: 0.9833936

00:13:40.949 --> 00:13:42.069 my first studies that I

NOTE Confidence: 0.9833936

00:13:42.069 --> 00:13:43.350 conducted at Wayne State, we

NOTE Confidence: 0.9833936

00:13:43.350 --> 00:13:44.949 showed that pre versus post

NOTE Confidence: 0.9833936

00:13:45.269 --> 00:13:46.309 or post versus pre, I

NOTE Confidence: 0.9833936

00:13:46.309 --> 00:13:46.725 should say,

NOTE Confidence: 0.9986124

00:13:47.444 --> 00:13:47.925 that the people who participated

NOTE Confidence: 0.9986124

00:13:47.925 --> 00:13:49.545 in the culinary medicine intervention

NOTE Confidence: 0.9862974

00:13:49.925 --> 00:13:51.204 cooked more of their meals

NOTE Confidence: 0.9862974

00:13:51.204 --> 00:13:52.884 at home afterwards. And other

NOTE Confidence: 0.9862974

00:13:52.884 --> 00:13:54.485 studies have shown greater adherence

NOTE Confidence: 0.9862974

00:13:54.485 --> 00:13:55.865 to a Mediterranean diet.

NOTE Confidence: 0.9891695

00:13:56.324 --> 00:13:57.285 So if all this has

NOTE Confidence: 0.9891695

00:13:57.285 --> 00:13:58.964 been demonstrated, that's cool, but,

NOTE Confidence: 0.9891695

00:13:58.964 --> 00:13:59.925 like, what do we hope

NOTE Confidence: 0.9891695

00:13:59.925 --> 00:14:01.304 is the outcome for patients?

NOTE Confidence: 0.9891695

00:14:01.580 --> 00:14:02.960 We hope that we're providing

NOTE Confidence: 0.9891695

00:14:03.020 --> 00:14:04.380 nutrition counseling to our patients

NOTE Confidence: 0.9891695

00:14:04.380 --> 00:14:05.580 more frequently and that it's

NOTE Confidence: 0.9891695

00:14:05.580 --> 00:14:06.480 of higher quality.

NOTE Confidence: 0.9741272

00:14:07.020 --> 00:14:08.220 We want people to refer

NOTE Confidence: 0.9741272

00:14:08.220 --> 00:14:10.140 to registered dietitians more, and

NOTE Confidence: 0.9741272

00:14:10.140 --> 00:14:11.340 we want our providers to

NOTE Confidence: 0.9741272

00:14:11.340 --> 00:14:13.020 walk the talk, essentially. There's

NOTE Confidence: 0.9741272

00:14:13.020 --> 00:14:13.820 a lot of research to

NOTE Confidence: 0.9741272

00:14:13.820 --> 00:14:15.260 suggest that those who practice

NOTE Confidence: 0.9741272

00:14:15.260 --> 00:14:16.000 they themselves,

NOTE Confidence: 0.9973477

00:14:16.315 --> 00:14:18.155 healthy lifestyle behaviors are more

NOTE Confidence: 0.9973477

00:14:18.155 --> 00:14:19.115 likely to talk to their

NOTE Confidence: 0.9973477

00:14:19.115 --> 00:14:20.175 patients about it.

NOTE Confidence: 0.9764672

00:14:22.475 --> 00:14:23.355 So that brings us to

NOTE Confidence: 0.9764672

00:14:23.355 --> 00:14:24.075 our work in the Yale

NOTE Confidence: 0.9764672

00:14:24.075 --> 00:14:25.515 New Haven hospital teaching kitchen,

NOTE Confidence: 0.9764672

00:14:25.515 --> 00:14:26.555 Yale New Haven health teaching

NOTE Confidence: 0.9764672

00:14:26.555 --> 00:14:27.515 kitchen, I should say. It

NOTE Confidence: 0.9764672

00:14:27.515 --> 00:14:28.015 opened,

NOTE Confidence: 0.9831186

00:14:29.259 --> 00:14:30.139 formally, I would say, like,

NOTE Confidence: 0.9831186

00:14:30.139 --> 00:14:31.339 in in April of last

NOTE Confidence: 0.9831186

00:14:31.339 --> 00:14:32.220 year, but we really opened

NOTE Confidence: 0.9831186

00:14:32.220 --> 00:14:33.420 our doors to learners in

NOTE Confidence: 0.9831186

00:14:33.420 --> 00:14:34.380 June, and then we had

NOTE Confidence: 0.9831186

00:14:34.380 --> 00:14:35.740 our first patients in August.
NOTE Confidence: 0.9831186

00:14:35.740 --> 00:14:36.620 I was just telling Jordan
NOTE Confidence: 0.9831186

00:14:36.620 --> 00:14:37.500 that at this time last
NOTE Confidence: 0.9831186

00:14:37.500 --> 00:14:38.540 year, we had, like, patient
NOTE Confidence: 0.9831186

00:14:38.540 --> 00:14:39.579 classes and they had, like,
NOTE Confidence: 0.9831186

00:14:39.579 --> 00:14:40.779 two people in them. It
NOTE Confidence: 0.9831186

00:14:40.779 --> 00:14:42.220 was, like, kind of hard
NOTE Confidence: 0.9831186

00:14:42.220 --> 00:14:43.765 to get people to come
NOTE Confidence: 0.9831186

00:14:43.765 --> 00:14:45.045 around to this idea of
NOTE Confidence: 0.9831186

00:14:45.045 --> 00:14:46.165 going to a medical appointment
NOTE Confidence: 0.9831186

00:14:46.165 --> 00:14:47.685 where you're basically just cooking.
NOTE Confidence: 0.9831186

00:14:47.685 --> 00:14:48.185 Right?
NOTE Confidence: 0.97006154

00:14:48.725 --> 00:14:50.404 And then, now we have
NOTE Confidence: 0.97006154

00:14:50.404 --> 00:14:51.605 classes so packed that we
NOTE Confidence: 0.97006154

00:14:51.605 --> 00:14:52.565 have to kinda limit, you
NOTE Confidence: 0.97006154

00:14:52.565 --> 00:14:53.925 know, people bringing guests. We

NOTE Confidence: 0.97006154

00:14:53.925 --> 00:14:55.205 have to start overbooking less.

NOTE Confidence: 0.97006154

00:14:55.205 --> 00:14:56.245 We're booked out for months

NOTE Confidence: 0.97006154

00:14:56.245 --> 00:14:57.765 essentially looking at twenty twenty

NOTE Confidence: 0.97006154

00:14:57.765 --> 00:14:58.904 five now with our patients.

NOTE Confidence: 0.97006154

00:14:58.920 --> 00:15:00.139 This has gotten really,

NOTE Confidence: 0.98067147

00:15:00.839 --> 00:15:02.360 popular really fast. So I'll

NOTE Confidence: 0.98067147

00:15:02.360 --> 00:15:03.160 tell you more about the

NOTE Confidence: 0.98067147

00:15:03.160 --> 00:15:04.600 patient impact later, but we

NOTE Confidence: 0.98067147

00:15:04.600 --> 00:15:05.480 also have lots of health

NOTE Confidence: 0.98067147

00:15:05.480 --> 00:15:06.680 care professionals here in the

NOTE Confidence: 0.98067147

00:15:06.680 --> 00:15:08.200 teaching kitchen. So we've had

NOTE Confidence: 0.98067147

00:15:08.200 --> 00:15:09.800 physician associate students. They come

NOTE Confidence: 0.98067147

00:15:09.800 --> 00:15:10.839 through once a year as

NOTE Confidence: 0.98067147

00:15:10.839 --> 00:15:11.720 second years. This is a

NOTE Confidence: 0.98067147

00:15:11.720 --> 00:15:13.725 mandatory experience for them. Our

NOTE Confidence: 0.98067147

00:15:13.725 --> 00:15:15.245 medical students, we've had three
NOTE Confidence: 0.98067147

00:15:15.245 --> 00:15:16.925 classes in the past year
NOTE Confidence: 0.98067147

00:15:16.925 --> 00:15:17.885 or so, and we're gonna
NOTE Confidence: 0.98067147

00:15:17.885 --> 00:15:19.325 do six more, this coming
NOTE Confidence: 0.98067147

00:15:19.325 --> 00:15:20.365 year. So stay tuned if
NOTE Confidence: 0.98067147

00:15:20.365 --> 00:15:21.425 you're a medical student.
NOTE Confidence: 0.99075776

00:15:21.885 --> 00:15:22.925 All of our primary care
NOTE Confidence: 0.99075776

00:15:22.925 --> 00:15:24.125 residents come through once a
NOTE Confidence: 0.99075776

00:15:24.125 --> 00:15:25.185 year. This is a mandatory
NOTE Confidence: 0.99075776

00:15:25.325 --> 00:15:26.524 experience for them. Same with
NOTE Confidence: 0.99075776

00:15:26.524 --> 00:15:28.290 our pediatrics residents throughout their
NOTE Confidence: 0.99075776

00:15:28.290 --> 00:15:29.350 three year residencies.
NOTE Confidence: 0.9890656

00:15:29.810 --> 00:15:30.770 We recently had our first
NOTE Confidence: 0.9890656

00:15:30.770 --> 00:15:32.370 group of surgery residents. We
NOTE Confidence: 0.9890656

00:15:32.370 --> 00:15:33.490 have nurses who come in
NOTE Confidence: 0.9890656

00:15:33.490 --> 00:15:34.770 and do wellness classes. We

NOTE Confidence: 0.9890656

00:15:34.770 --> 00:15:36.450 had my fellow Yale primary

NOTE Confidence: 0.9890656

00:15:36.450 --> 00:15:37.970 care faculty come in. So

NOTE Confidence: 0.9890656

00:15:37.970 --> 00:15:38.930 as you can see, this

NOTE Confidence: 0.9890656

00:15:38.930 --> 00:15:40.495 really benefits a lot of

NOTE Confidence: 0.9890656

00:15:40.495 --> 00:15:41.855 people, and in the future,

NOTE Confidence: 0.9890656

00:15:41.855 --> 00:15:42.654 we hope to have public

NOTE Confidence: 0.9890656

00:15:42.654 --> 00:15:44.975 health students, APRN students, practicing

NOTE Confidence: 0.9890656

00:15:44.975 --> 00:15:46.274 clinicians in the community,

NOTE Confidence: 0.94559336

00:15:46.654 --> 00:15:48.975 more residents, medical educators staff,

NOTE Confidence: 0.94559336

00:15:48.975 --> 00:15:50.014 and you. If you're interested

NOTE Confidence: 0.94559336

00:15:50.014 --> 00:15:51.135 in coming in, reach out

NOTE Confidence: 0.94559336

00:15:51.135 --> 00:15:51.935 and we can find a

NOTE Confidence: 0.94559336

00:15:51.935 --> 00:15:52.435 way.

NOTE Confidence: 0.9955923

00:15:54.829 --> 00:15:55.790 So I wanna answer this

NOTE Confidence: 0.9955923

00:15:55.790 --> 00:15:57.389 question of why culinary medicine.

NOTE Confidence: 0.9955923

00:15:57.389 --> 00:15:58.589 Right? Because if the goal
NOTE Confidence: 0.9955923

00:15:58.589 --> 00:15:59.970 is to teach more nutrition,
NOTE Confidence: 0.9955923

00:16:00.190 --> 00:16:01.230 why don't we just do
NOTE Confidence: 0.9955923

00:16:01.230 --> 00:16:02.430 nutrition lectures? Why do you
NOTE Confidence: 0.9955923

00:16:02.430 --> 00:16:03.310 have to bring people into
NOTE Confidence: 0.9955923

00:16:03.310 --> 00:16:04.509 a teaching kitchen? And this
NOTE Confidence: 0.9955923

00:16:04.509 --> 00:16:05.810 is kind of an unanswered
NOTE Confidence: 0.9955923

00:16:05.949 --> 00:16:07.570 question in the literature currently.
NOTE Confidence: 0.9684718

00:16:07.895 --> 00:16:09.835 Right? Because lectures are standard,
NOTE Confidence: 0.9684718

00:16:09.895 --> 00:16:11.255 they're low resource, and if
NOTE Confidence: 0.9684718

00:16:11.255 --> 00:16:12.455 you have a nutrition expert
NOTE Confidence: 0.9684718

00:16:12.455 --> 00:16:13.495 at your medical school, which
NOTE Confidence: 0.9684718

00:16:13.495 --> 00:16:14.695 again is is quite rare
NOTE Confidence: 0.9684718

00:16:14.695 --> 00:16:15.195 honestly,
NOTE Confidence: 0.9750315

00:16:16.055 --> 00:16:17.655 then they're probably trained to
NOTE Confidence: 0.9750315

00:16:17.655 --> 00:16:19.735 give lectures. Whereas culinary medicine,

NOTE Confidence: 0.9750315

00:16:19.735 --> 00:16:21.415 not normal, high resource, and

NOTE Confidence: 0.9750315

00:16:21.415 --> 00:16:22.860 people generally aren't trained to

NOTE Confidence: 0.9750315

00:16:23.019 --> 00:16:24.779 teach culinary medicine. So the

NOTE Confidence: 0.9750315

00:16:24.779 --> 00:16:26.640 question then, why culinary medicine?

NOTE Confidence: 0.9708353

00:16:27.420 --> 00:16:28.300 Really, if you wanted to

NOTE Confidence: 0.9708353

00:16:28.300 --> 00:16:29.339 answer that question, you would

NOTE Confidence: 0.9708353

00:16:29.339 --> 00:16:30.700 need a randomized control trial.

NOTE Confidence: 0.9708353

00:16:30.700 --> 00:16:31.980 Right? People get randomized and

NOTE Confidence: 0.9708353

00:16:31.980 --> 00:16:32.860 you say, what is the

NOTE Confidence: 0.9708353

00:16:32.860 --> 00:16:34.459 benefit of one potentially over

NOTE Confidence: 0.9708353

00:16:34.459 --> 00:16:35.820 the other? And there are

NOTE Confidence: 0.9708353

00:16:35.820 --> 00:16:37.815 no randomized control trials among

NOTE Confidence: 0.9708353

00:16:37.895 --> 00:16:39.415 medical trainees to really answer

NOTE Confidence: 0.9708353

00:16:39.415 --> 00:16:40.075 this question.

NOTE Confidence: 0.99655396

00:16:40.695 --> 00:16:41.575 So that's what I did

NOTE Confidence: 0.99655396

00:16:41.575 --> 00:16:42.695 during my fellowship. So we
NOTE Confidence: 0.99655396

00:16:42.695 --> 00:16:44.055 ran the first ever randomized
NOTE Confidence: 0.99655396

00:16:44.055 --> 00:16:45.335 controlled trial of a culinary
NOTE Confidence: 0.99655396

00:16:45.335 --> 00:16:47.275 medicine intervention among medical trainees
NOTE Confidence: 0.99655396

00:16:47.335 --> 00:16:48.535 to try to start answering
NOTE Confidence: 0.99655396

00:16:48.535 --> 00:16:49.515 some of these questions.
NOTE Confidence: 0.9920119

00:16:49.830 --> 00:16:51.030 We took our Yale primary
NOTE Confidence: 0.9920119

00:16:51.030 --> 00:16:52.330 care residents. We,
NOTE Confidence: 0.9778705

00:16:53.350 --> 00:16:54.630 randomized them into two groups,
NOTE Confidence: 0.9778705

00:16:54.630 --> 00:16:55.670 an intervention group and a
NOTE Confidence: 0.9778705

00:16:55.670 --> 00:16:56.790 control group, and then we
NOTE Confidence: 0.9778705

00:16:56.790 --> 00:16:58.070 surveyed them at three different
NOTE Confidence: 0.9778705

00:16:58.070 --> 00:16:58.810 time points.
NOTE Confidence: 0.9863536

00:16:59.670 --> 00:17:00.710 Now I felt really bad
NOTE Confidence: 0.9863536

00:17:00.710 --> 00:17:02.010 because this was a mandatory
NOTE Confidence: 0.9863536

00:17:02.150 --> 00:17:03.110 experience for all of our

NOTE Confidence: 0.9863536
00:17:03.110 --> 00:17:04.410 residents, and then I randomized
NOTE Confidence: 0.9863536
00:17:04.470 --> 00:17:05.785 half to receive the intervention
NOTE Confidence: 0.9863536
00:17:05.785 --> 00:17:06.984 curriculum. So I wanted it
NOTE Confidence: 0.9863536
00:17:06.984 --> 00:17:08.225 to still be beneficial. So
NOTE Confidence: 0.9863536
00:17:08.225 --> 00:17:09.225 a lot of the components
NOTE Confidence: 0.9863536
00:17:09.225 --> 00:17:10.585 are the same. So in
NOTE Confidence: 0.9863536
00:17:10.585 --> 00:17:12.105 both groups, they participated in
NOTE Confidence: 0.9863536
00:17:12.105 --> 00:17:13.305 a discussion of this Yale
NOTE Confidence: 0.9863536
00:17:13.305 --> 00:17:15.065 office based medicine chapter on
NOTE Confidence: 0.9863536
00:17:15.065 --> 00:17:17.085 dietary counseling and primary care.
NOTE Confidence: 0.9972698
00:17:17.539 --> 00:17:18.980 They both participated in a
NOTE Confidence: 0.9972698
00:17:18.980 --> 00:17:20.020 one hour lecture I gave
NOTE Confidence: 0.9972698
00:17:20.020 --> 00:17:21.539 on the, connection between diet
NOTE Confidence: 0.9972698
00:17:21.539 --> 00:17:22.200 and cardiovascular
NOTE Confidence: 0.9824822
00:17:22.500 --> 00:17:24.100 disease. And then the next
NOTE Confidence: 0.9824822

00:17:24.100 --> 00:17:25.539 section was different. So if
NOTE Confidence: 0.9824822

00:17:25.539 --> 00:17:26.820 they were in the intervention
NOTE Confidence: 0.9824822

00:17:26.820 --> 00:17:27.940 group, I said, okay. You
NOTE Confidence: 0.9824822

00:17:27.940 --> 00:17:29.299 have fifteen minutes. Grab these
NOTE Confidence: 0.9824822

00:17:29.299 --> 00:17:30.580 groceries, go home, get on
NOTE Confidence: 0.9824822

00:17:30.580 --> 00:17:31.725 Zoom, and we're gonna cook
NOTE Confidence: 0.9824822

00:17:31.725 --> 00:17:33.005 together in a virtual teaching
NOTE Confidence: 0.9824822

00:17:33.005 --> 00:17:34.045 kitchen. This was before the
NOTE Confidence: 0.9824822

00:17:34.045 --> 00:17:35.744 teaching kitchen was established here.
NOTE Confidence: 0.99139744

00:17:36.125 --> 00:17:37.005 And we made this plant
NOTE Confidence: 0.99139744

00:17:37.005 --> 00:17:38.365 based lentil bolognese and talked
NOTE Confidence: 0.99139744

00:17:38.365 --> 00:17:39.405 about how we made recipe
NOTE Confidence: 0.99139744

00:17:39.405 --> 00:17:40.845 modifications to improve its heart
NOTE Confidence: 0.99139744

00:17:40.845 --> 00:17:42.205 healthiness and how this could
NOTE Confidence: 0.99139744

00:17:42.205 --> 00:17:43.105 apply to patients.
NOTE Confidence: 0.9834883

00:17:43.600 --> 00:17:44.720 In the control group, they

NOTE Confidence: 0.9834883
00:17:44.720 --> 00:17:45.700 watched some videos
NOTE Confidence: 0.9808823
00:17:46.000 --> 00:17:47.440 on the connection between diet
NOTE Confidence: 0.9808823
00:17:47.440 --> 00:17:48.559 and health. I felt very
NOTE Confidence: 0.9808823
00:17:48.559 --> 00:17:50.240 bad for them, but this
NOTE Confidence: 0.9808823
00:17:50.240 --> 00:17:51.840 is the standard of care
NOTE Confidence: 0.9808823
00:17:51.840 --> 00:17:52.799 and I'll tell you that
NOTE Confidence: 0.9808823
00:17:52.799 --> 00:17:53.600 we used to have this
NOTE Confidence: 0.9808823
00:17:53.600 --> 00:17:55.379 curriculum that was used in
NOTE Confidence: 0.9808823
00:17:55.440 --> 00:17:57.039 a large plurality of medical
NOTE Confidence: 0.9808823
00:17:57.039 --> 00:17:58.115 schools called,
NOTE Confidence: 0.96264786
00:17:58.675 --> 00:17:59.715 I think it's called nutrition
NOTE Confidence: 0.96264786
00:17:59.715 --> 00:18:00.595 and medicine, but it was
NOTE Confidence: 0.96264786
00:18:00.595 --> 00:18:01.635 based in Flash Player and
NOTE Confidence: 0.96264786
00:18:01.635 --> 00:18:02.994 DVDs. And the DVDs have
NOTE Confidence: 0.96264786
00:18:02.994 --> 00:18:04.115 been destroyed and Flash Player
NOTE Confidence: 0.96264786

00:18:04.115 --> 00:18:05.155 is now defunct. So I
NOTE Confidence: 0.96264786

00:18:05.155 --> 00:18:05.795 reached out to them. I
NOTE Confidence: 0.96264786

00:18:05.795 --> 00:18:06.595 said, can I use this
NOTE Confidence: 0.96264786

00:18:06.595 --> 00:18:07.475 in my curriculum? And they're
NOTE Confidence: 0.96264786

00:18:07.475 --> 00:18:08.435 like, no. It doesn't exist
NOTE Confidence: 0.96264786

00:18:08.435 --> 00:18:09.955 anymore. So I looked for
NOTE Confidence: 0.96264786

00:18:09.955 --> 00:18:11.715 one that could be similar,
NOTE Confidence: 0.96264786

00:18:11.715 --> 00:18:12.450 and this is the one
NOTE Confidence: 0.96264786

00:18:12.450 --> 00:18:13.650 I landed on because as
NOTE Confidence: 0.96264786

00:18:13.650 --> 00:18:14.530 some of you may know,
NOTE Confidence: 0.96264786

00:18:14.530 --> 00:18:15.570 if you are interested in
NOTE Confidence: 0.96264786

00:18:15.570 --> 00:18:17.190 nutrition at Yale, they say,
NOTE Confidence: 0.96264786

00:18:17.250 --> 00:18:18.289 great. There's a set of
NOTE Confidence: 0.96264786

00:18:18.289 --> 00:18:19.570 DVDs in the library. Feel
NOTE Confidence: 0.96264786

00:18:19.570 --> 00:18:20.289 free to check them out.
NOTE Confidence: 0.96264786

00:18:20.289 --> 00:18:21.169 And that can be your

NOTE Confidence: 0.96264786
00:18:21.169 --> 00:18:22.609 nutrition education. And that is
NOTE Confidence: 0.96264786
00:18:22.609 --> 00:18:23.809 what I made my residents
NOTE Confidence: 0.96264786
00:18:23.809 --> 00:18:24.309 watch.
NOTE Confidence: 0.9885968
00:18:25.095 --> 00:18:25.895 So that was the one
NOTE Confidence: 0.9885968
00:18:25.895 --> 00:18:26.615 hour that they got. I
NOTE Confidence: 0.9885968
00:18:26.615 --> 00:18:27.335 can tell you they didn't
NOTE Confidence: 0.9885968
00:18:27.335 --> 00:18:28.054 really like it, and they
NOTE Confidence: 0.9885968
00:18:28.054 --> 00:18:28.775 spent a lot of time
NOTE Confidence: 0.9885968
00:18:28.775 --> 00:18:29.755 writing patient notes.
NOTE Confidence: 0.96335435
00:18:30.775 --> 00:18:32.054 We then in both groups
NOTE Confidence: 0.96335435
00:18:32.054 --> 00:18:33.335 spent some time discussing how
NOTE Confidence: 0.96335435
00:18:33.335 --> 00:18:34.775 this knowledge applies to patients,
NOTE Confidence: 0.96335435
00:18:34.775 --> 00:18:35.494 and they had a q
NOTE Confidence: 0.96335435
00:18:35.494 --> 00:18:36.375 and a with a registered
NOTE Confidence: 0.96335435
00:18:36.375 --> 00:18:37.770 dietitian. So as you can
NOTE Confidence: 0.96335435

00:18:37.770 --> 00:18:39.050 see, the intervention and the
NOTE Confidence: 0.96335435

00:18:39.050 --> 00:18:39.550 control,
NOTE Confidence: 0.95619076

00:18:39.850 --> 00:18:40.970 quite similar, but with a
NOTE Confidence: 0.95619076

00:18:40.970 --> 00:18:41.710 key difference.
NOTE Confidence: 0.9886163

00:18:43.130 --> 00:18:44.490 We evaluated them on their
NOTE Confidence: 0.9886163

00:18:44.490 --> 00:18:45.930 knowledge, their skills, their attitudes,
NOTE Confidence: 0.9886163

00:18:45.930 --> 00:18:46.970 and behaviors at each of
NOTE Confidence: 0.9886163

00:18:46.970 --> 00:18:47.850 the three time points, and
NOTE Confidence: 0.9886163

00:18:47.850 --> 00:18:48.810 I'm just gonna briefly go
NOTE Confidence: 0.9886163

00:18:48.810 --> 00:18:49.610 through some of the results
NOTE Confidence: 0.9886163

00:18:49.610 --> 00:18:50.270 with you.
NOTE Confidence: 0.95710856

00:18:50.935 --> 00:18:51.575 So we gave him a
NOTE Confidence: 0.95710856

00:18:51.575 --> 00:18:53.895 five, five question nutrition quiz.
NOTE Confidence: 0.95710856

00:18:54.215 --> 00:18:54.935 At each of the three
NOTE Confidence: 0.95710856

00:18:54.935 --> 00:18:55.975 time points, they were different
NOTE Confidence: 0.95710856

00:18:55.975 --> 00:18:57.255 questions, but the same learning

NOTE Confidence: 0.95710856

00:18:57.255 --> 00:18:58.935 objectives, essentially, like, what is

NOTE Confidence: 0.95710856

00:18:58.935 --> 00:19:00.615 the impact of refined grains

NOTE Confidence: 0.95710856

00:19:00.615 --> 00:19:01.355 on triglycerides?

NOTE Confidence: 0.96885914

00:19:01.895 --> 00:19:02.775 What is the impact of

NOTE Confidence: 0.96885914

00:19:02.775 --> 00:19:04.455 saturated fat on LDL? Right?

NOTE Confidence: 0.96885914

00:19:04.455 --> 00:19:05.410 And we would ask it

NOTE Confidence: 0.96885914

00:19:05.410 --> 00:19:06.690 in kind of food centric

NOTE Confidence: 0.96885914

00:19:06.690 --> 00:19:07.970 ways. And as you can

NOTE Confidence: 0.96885914

00:19:07.970 --> 00:19:09.090 see in both groups at

NOTE Confidence: 0.96885914

00:19:09.090 --> 00:19:10.530 baseline, scores were quite low.

NOTE Confidence: 0.96885914

00:19:10.530 --> 00:19:11.490 You know, they were getting

NOTE Confidence: 0.96885914

00:19:11.490 --> 00:19:13.010 half ish of the questions

NOTE Confidence: 0.96885914

00:19:13.010 --> 00:19:15.270 right. That that increased dramatically

NOTE Confidence: 0.96885914

00:19:15.410 --> 00:19:16.450 in both groups after the

NOTE Confidence: 0.96885914

00:19:16.450 --> 00:19:17.490 intervention and then at the

NOTE Confidence: 0.96885914

00:19:17.490 --> 00:19:18.530 eight week follow-up time point,
NOTE Confidence: 0.96885914

00:19:18.530 --> 00:19:19.785 those scores were still high.
NOTE Confidence: 0.96885914

00:19:19.785 --> 00:19:20.905 So people learned from this
NOTE Confidence: 0.96885914

00:19:20.905 --> 00:19:22.105 intervention and that knowledge was
NOTE Confidence: 0.96885914

00:19:22.105 --> 00:19:24.025 maintained over time in both
NOTE Confidence: 0.96885914

00:19:24.025 --> 00:19:25.465 groups, the lecture group and
NOTE Confidence: 0.96885914

00:19:25.465 --> 00:19:26.984 the culinary medicine group, and
NOTE Confidence: 0.96885914

00:19:26.984 --> 00:19:28.345 there was no difference between
NOTE Confidence: 0.96885914

00:19:28.345 --> 00:19:29.085 the two groups.
NOTE Confidence: 0.9848581

00:19:30.825 --> 00:19:31.865 We also asked them about
NOTE Confidence: 0.9848581

00:19:31.865 --> 00:19:33.560 their confidence. And so several
NOTE Confidence: 0.9848581

00:19:33.560 --> 00:19:35.640 aspects of providing dietary counseling
NOTE Confidence: 0.9848581

00:19:35.640 --> 00:19:36.440 you can see on the
NOTE Confidence: 0.9848581

00:19:36.440 --> 00:19:38.220 left, and then we surveyed
NOTE Confidence: 0.9848581

00:19:38.280 --> 00:19:39.560 residents pre and post in
NOTE Confidence: 0.9848581

00:19:39.560 --> 00:19:40.920 both groups to see how

NOTE Confidence: 0.9848581
00:19:40.920 --> 00:19:42.700 their perceived level of confidence
NOTE Confidence: 0.9848581
00:19:42.760 --> 00:19:43.960 changed. And as you can
NOTE Confidence: 0.9848581
00:19:43.960 --> 00:19:45.925 see, their confidence increased across
NOTE Confidence: 0.9848581
00:19:45.925 --> 00:19:47.165 all five domains in the
NOTE Confidence: 0.9848581
00:19:47.165 --> 00:19:49.005 intervention, the culinary medicine group,
NOTE Confidence: 0.9848581
00:19:49.005 --> 00:19:50.125 whereas it went up in
NOTE Confidence: 0.9848581
00:19:50.125 --> 00:19:50.925 only two of the five
NOTE Confidence: 0.9848581
00:19:50.925 --> 00:19:52.545 domains in the control group.
NOTE Confidence: 0.9811855
00:19:54.605 --> 00:19:55.805 We did this cool recipe
NOTE Confidence: 0.9811855
00:19:55.805 --> 00:19:57.244 modification activity. So in the
NOTE Confidence: 0.9811855
00:19:57.244 --> 00:19:58.919 field of medical education scholarship
NOTE Confidence: 0.9811855
00:19:58.919 --> 00:20:00.119 in culinary medicine right now,
NOTE Confidence: 0.9811855
00:20:00.119 --> 00:20:01.080 we have this big question
NOTE Confidence: 0.9811855
00:20:01.080 --> 00:20:02.200 of how should we even
NOTE Confidence: 0.9811855
00:20:02.200 --> 00:20:02.940 be assessing
NOTE Confidence: 0.9728985

00:20:03.240 --> 00:20:04.619 the efficacy of our curricula.

NOTE Confidence: 0.9728985

00:20:04.919 --> 00:20:06.039 And this is a method

NOTE Confidence: 0.9728985

00:20:06.039 --> 00:20:07.000 that I developed that I

NOTE Confidence: 0.9728985

00:20:07.000 --> 00:20:07.720 I think is fun, and

NOTE Confidence: 0.9728985

00:20:07.720 --> 00:20:08.600 we'll see if people care

NOTE Confidence: 0.9728985

00:20:08.600 --> 00:20:09.399 about it when I publish

NOTE Confidence: 0.9728985

00:20:09.399 --> 00:20:10.519 it. But we basically said

NOTE Confidence: 0.9728985

00:20:10.519 --> 00:20:11.320 you saw a patient in

NOTE Confidence: 0.9728985

00:20:11.320 --> 00:20:12.525 clinic yesterday. You asked them

NOTE Confidence: 0.9728985

00:20:12.525 --> 00:20:13.325 what they ate for dinner

NOTE Confidence: 0.9728985

00:20:13.325 --> 00:20:14.125 as part of a twenty

NOTE Confidence: 0.9728985

00:20:14.125 --> 00:20:15.805 four hour dietary recall. They

NOTE Confidence: 0.9728985

00:20:15.805 --> 00:20:17.005 told you that they ate,

NOTE Confidence: 0.9728985

00:20:17.244 --> 00:20:18.605 you know, burrito casserole or

NOTE Confidence: 0.9728985

00:20:18.605 --> 00:20:19.805 a pad Thai. You look

NOTE Confidence: 0.9728985

00:20:19.805 --> 00:20:20.865 up the list of ingredients.

NOTE Confidence: 0.9728985

00:20:20.925 --> 00:20:21.805 Here they are. And then

NOTE Confidence: 0.9728985

00:20:21.805 --> 00:20:22.845 we give the residents the

NOTE Confidence: 0.9728985

00:20:22.845 --> 00:20:23.885 list of ingredients. And then

NOTE Confidence: 0.9728985

00:20:23.885 --> 00:20:24.545 I said,

NOTE Confidence: 0.97521776

00:20:24.900 --> 00:20:26.920 make three suggestions for substitutions

NOTE Confidence: 0.97521776

00:20:27.060 --> 00:20:28.260 or additions that you could

NOTE Confidence: 0.97521776

00:20:28.260 --> 00:20:29.220 make to this recipe to

NOTE Confidence: 0.97521776

00:20:29.220 --> 00:20:30.840 make it more heart healthy.

NOTE Confidence: 0.97521776

00:20:31.060 --> 00:20:32.100 So you couldn't just say

NOTE Confidence: 0.97521776

00:20:32.100 --> 00:20:33.220 use less oil, take out

NOTE Confidence: 0.97521776

00:20:33.220 --> 00:20:34.580 the soy sauce, use less

NOTE Confidence: 0.97521776

00:20:34.580 --> 00:20:35.460 cheese. Right? You'd have to

NOTE Confidence: 0.97521776

00:20:35.460 --> 00:20:37.780 say instead of beef, use

NOTE Confidence: 0.97521776

00:20:37.780 --> 00:20:39.715 tofu, add in broccoli, you

NOTE Confidence: 0.97521776

00:20:39.715 --> 00:20:41.095 know, these types of suggestions.

NOTE Confidence: 0.97521776

00:20:41.394 --> 00:20:42.355 So we saw how good
NOTE Confidence: 0.97521776

00:20:42.355 --> 00:20:43.315 they were at doing this
NOTE Confidence: 0.97521776

00:20:43.315 --> 00:20:44.615 before and after the intervention.
NOTE Confidence: 0.97521776

00:20:44.754 --> 00:20:46.034 Those in the culinary medicine
NOTE Confidence: 0.97521776

00:20:46.034 --> 00:20:47.154 group, their ability to do
NOTE Confidence: 0.97521776

00:20:47.154 --> 00:20:48.754 this increased pre versus post.
NOTE Confidence: 0.97521776

00:20:48.754 --> 00:20:49.794 And in the control group,
NOTE Confidence: 0.97521776

00:20:49.794 --> 00:20:51.075 there were no differences pre
NOTE Confidence: 0.97521776

00:20:51.075 --> 00:20:51.894 versus post.
NOTE Confidence: 0.9969959

00:20:53.960 --> 00:20:55.560 There's also this validated survey
NOTE Confidence: 0.9969959

00:20:55.560 --> 00:20:57.580 that basically assesses how important
NOTE Confidence: 0.9969959

00:20:57.640 --> 00:20:58.840 the learners think it is
NOTE Confidence: 0.9969959

00:20:58.840 --> 00:21:00.680 to incorporate nutrition into routine
NOTE Confidence: 0.9969959

00:21:00.680 --> 00:21:02.359 patient care. Higher scores are
NOTE Confidence: 0.9969959

00:21:02.359 --> 00:21:03.400 better. It's a maximum of
NOTE Confidence: 0.9969959

00:21:03.400 --> 00:21:04.680 forty on the eight point

NOTE Confidence: 0.9969959

00:21:04.680 --> 00:21:05.180 scale.

NOTE Confidence: 0.9796975

00:21:05.720 --> 00:21:06.440 And as you can see,

NOTE Confidence: 0.9796975

00:21:06.440 --> 00:21:07.560 scores in both groups were

NOTE Confidence: 0.9796975

00:21:07.560 --> 00:21:08.760 pretty high at baseline, but

NOTE Confidence: 0.9796975

00:21:08.760 --> 00:21:10.494 there was a statistically significant

NOTE Confidence: 0.9796975

00:21:10.494 --> 00:21:11.855 increase in scores in the

NOTE Confidence: 0.9796975

00:21:11.855 --> 00:21:13.215 intervention group that was not

NOTE Confidence: 0.9796975

00:21:13.215 --> 00:21:14.415 seen in the control group.

NOTE Confidence: 0.9796975

00:21:14.415 --> 00:21:15.135 So they thought it was

NOTE Confidence: 0.9796975

00:21:15.135 --> 00:21:15.875 more important,

NOTE Confidence: 0.99971986

00:21:16.494 --> 00:21:18.095 to incorporate nutrition into primary

NOTE Confidence: 0.99971986

00:21:18.095 --> 00:21:18.595 care.

NOTE Confidence: 0.9838826

00:21:20.415 --> 00:21:21.900 We asked them about how

NOTE Confidence: 0.9838826

00:21:21.900 --> 00:21:23.900 they're doing dietary counseling. And

NOTE Confidence: 0.9838826

00:21:23.900 --> 00:21:25.820 so whether they're providing dietary

NOTE Confidence: 0.9838826

00:21:25.820 --> 00:21:26.880 counseling for dyslipidemia,
NOTE Confidence: 0.97637314

00:21:27.180 --> 00:21:29.280 whether they're providing educational resources
NOTE Confidence: 0.97637314

00:21:29.500 --> 00:21:30.940 and pre versus post in
NOTE Confidence: 0.97637314

00:21:30.940 --> 00:21:32.619 the intervention group alone, we
NOTE Confidence: 0.97637314

00:21:32.619 --> 00:21:33.900 saw that those residents were
NOTE Confidence: 0.97637314

00:21:33.900 --> 00:21:35.980 providing more educational resources after
NOTE Confidence: 0.97637314

00:21:35.980 --> 00:21:37.875 the intervention, again, not seen
NOTE Confidence: 0.97637314

00:21:37.875 --> 00:21:39.015 in the control group.
NOTE Confidence: 0.95909023

00:21:40.595 --> 00:21:41.875 And then finally, we said
NOTE Confidence: 0.95909023

00:21:41.875 --> 00:21:43.635 just really point blank. Has
NOTE Confidence: 0.95909023

00:21:43.635 --> 00:21:45.155 this changed how you provide
NOTE Confidence: 0.95909023

00:21:45.155 --> 00:21:46.675 care essentially in all but
NOTE Confidence: 0.95909023

00:21:46.675 --> 00:21:48.195 one resident in the control
NOTE Confidence: 0.95909023

00:21:48.195 --> 00:21:49.795 group? So across both groups,
NOTE Confidence: 0.95909023

00:21:49.795 --> 00:21:50.994 all residents, except for one
NOTE Confidence: 0.95909023

00:21:50.994 --> 00:21:52.490 person said that this had

NOTE Confidence: 0.95909023

00:21:52.490 --> 00:21:53.850 impacted how they provide care

NOTE Confidence: 0.95909023

00:21:53.850 --> 00:21:54.429 to patients.

NOTE Confidence: 0.9520585

00:21:54.809 --> 00:21:55.609 And some of their quotes

NOTE Confidence: 0.9520585

00:21:55.609 --> 00:21:56.490 here you can see,

NOTE Confidence: 0.98409146

00:21:57.210 --> 00:21:58.409 warmed my heart. So really

NOTE Confidence: 0.98409146

00:21:58.409 --> 00:21:59.529 improving the care they provide

NOTE Confidence: 0.98409146

00:21:59.529 --> 00:22:00.750 to patients as a result.

NOTE Confidence: 0.9988661

00:22:02.490 --> 00:22:03.710 So what does this mean?

NOTE Confidence: 0.9986009

00:22:04.250 --> 00:22:06.725 So both culinary medicine and

NOTE Confidence: 0.9986009

00:22:06.725 --> 00:22:07.225 lectures,

NOTE Confidence: 0.9559778

00:22:07.525 --> 00:22:08.804 they are both effective in

NOTE Confidence: 0.9559778

00:22:08.804 --> 00:22:09.765 many ways. They can be

NOTE Confidence: 0.9559778

00:22:09.765 --> 00:22:10.885 feasible. They can be well

NOTE Confidence: 0.9559778

00:22:10.885 --> 00:22:13.044 received. They can achieve knowledge

NOTE Confidence: 0.9559778

00:22:13.044 --> 00:22:14.645 based learning objectives. Remember those

NOTE Confidence: 0.9559778

00:22:14.645 --> 00:22:16.244 nutrition scores went up in
NOTE Confidence: 0.9559778

00:22:16.244 --> 00:22:17.765 in both groups, and they're
NOTE Confidence: 0.9559778

00:22:17.765 --> 00:22:19.125 promising and their potential to
NOTE Confidence: 0.9559778

00:22:19.125 --> 00:22:20.190 impact patient care.
NOTE Confidence: 0.9764546

00:22:20.669 --> 00:22:22.350 But in some ways, perhaps
NOTE Confidence: 0.9764546

00:22:22.350 --> 00:22:24.210 culinary medicine is better, improving
NOTE Confidence: 0.9764546

00:22:24.269 --> 00:22:25.710 attitudes about how important it
NOTE Confidence: 0.9764546

00:22:25.710 --> 00:22:27.070 is to address nutrition with
NOTE Confidence: 0.9764546

00:22:27.070 --> 00:22:27.570 patients,
NOTE Confidence: 0.9802806

00:22:27.950 --> 00:22:30.109 increasing confidence in providing patient
NOTE Confidence: 0.9802806

00:22:30.109 --> 00:22:32.029 counseling, and this skill in
NOTE Confidence: 0.9802806

00:22:32.029 --> 00:22:33.889 modifying recipes for heart healthiness,
NOTE Confidence: 0.9802806

00:22:34.054 --> 00:22:35.575 which we hope would translate
NOTE Confidence: 0.9802806

00:22:35.575 --> 00:22:37.115 into providing more concrete,
NOTE Confidence: 0.999444

00:22:37.734 --> 00:22:39.434 dietary recommendations for patients.
NOTE Confidence: 0.9852317

00:22:40.934 --> 00:22:42.775 And the, kind of significance

NOTE Confidence: 0.9852317

00:22:42.775 --> 00:22:43.655 of this is that the

NOTE Confidence: 0.9852317

00:22:43.655 --> 00:22:45.674 ACGME is actually considering instituting

NOTE Confidence: 0.9852317

00:22:45.815 --> 00:22:47.734 mandatory nutrition education for residents

NOTE Confidence: 0.9852317

00:22:47.734 --> 00:22:49.020 as early as twenty twenty

NOTE Confidence: 0.9926232

00:22:49.500 --> 00:22:50.619 six. This was announced in

NOTE Confidence: 0.9926232

00:22:50.619 --> 00:22:51.920 October of last year.

NOTE Confidence: 0.9627723

00:22:52.300 --> 00:22:53.980 And so it's kind of

NOTE Confidence: 0.9627723

00:22:53.980 --> 00:22:55.020 like, again, that lever that

NOTE Confidence: 0.9627723

00:22:55.020 --> 00:22:56.060 they can pull with Medicare

NOTE Confidence: 0.9627723

00:22:56.060 --> 00:22:57.180 funding. People are like, oh,

NOTE Confidence: 0.9627723

00:22:57.180 --> 00:22:58.060 gosh. We need to get

NOTE Confidence: 0.9627723

00:22:58.060 --> 00:22:59.260 ready, like, now for when

NOTE Confidence: 0.9627723

00:22:59.260 --> 00:23:00.700 this happens. And so the

NOTE Confidence: 0.9627723

00:23:00.700 --> 00:23:01.740 good news is if you're

NOTE Confidence: 0.9627723

00:23:01.740 --> 00:23:03.520 at an institution that really

NOTE Confidence: 0.9627723

00:23:03.580 --> 00:23:04.720 can't provide culinary
NOTE Confidence: 0.96845704

00:23:05.125 --> 00:23:06.085 medicine education, you don't have
NOTE Confidence: 0.96845704

00:23:06.085 --> 00:23:08.085 dietitian, chef, physician, combos who
NOTE Confidence: 0.96845704

00:23:08.085 --> 00:23:09.205 can teach, you don't have
NOTE Confidence: 0.96845704

00:23:09.205 --> 00:23:10.325 a teaching kitchen, you don't
NOTE Confidence: 0.96845704

00:23:10.325 --> 00:23:11.205 have funds to pay for
NOTE Confidence: 0.96845704

00:23:11.205 --> 00:23:13.125 food, that's okay. Lectures can
NOTE Confidence: 0.96845704

00:23:13.125 --> 00:23:14.725 still be really effective. But
NOTE Confidence: 0.96845704

00:23:14.725 --> 00:23:15.605 if you do have all
NOTE Confidence: 0.96845704

00:23:15.605 --> 00:23:17.365 of those resources, culinary medicine
NOTE Confidence: 0.96845704

00:23:17.365 --> 00:23:18.404 is is probably better, and
NOTE Confidence: 0.96845704

00:23:18.404 --> 00:23:19.625 it's definitely more fun.
NOTE Confidence: 0.9676823

00:23:21.259 --> 00:23:22.700 So that's culinary medicine for
NOTE Confidence: 0.9676823

00:23:22.700 --> 00:23:24.220 health care professionals, but really
NOTE Confidence: 0.9676823

00:23:24.220 --> 00:23:26.720 no conversation about culinary medicine
NOTE Confidence: 0.9676823

00:23:26.859 --> 00:23:28.139 is complete without talking about

NOTE Confidence: 0.9676823
00:23:28.139 --> 00:23:29.179 how it can impact patients
NOTE Confidence: 0.9676823
00:23:29.179 --> 00:23:30.460 because the impact on patients
NOTE Confidence: 0.9676823
00:23:30.460 --> 00:23:31.359 is so great.
NOTE Confidence: 0.9970951
00:23:31.740 --> 00:23:32.720 So for patients,
NOTE Confidence: 0.98716277
00:23:33.100 --> 00:23:34.059 we do not think to
NOTE Confidence: 0.98716277
00:23:34.059 --> 00:23:35.679 be clear that culinary medicine
NOTE Confidence: 0.98716277
00:23:35.740 --> 00:23:37.625 is the answer to solving
NOTE Confidence: 0.98716277
00:23:37.845 --> 00:23:39.125 our our our issues with
NOTE Confidence: 0.98716277
00:23:39.125 --> 00:23:40.325 food in this country. And
NOTE Confidence: 0.98716277
00:23:40.325 --> 00:23:40.885 so this is from a
NOTE Confidence: 0.98716277
00:23:40.885 --> 00:23:42.005 paper we published last year,
NOTE Confidence: 0.98716277
00:23:42.005 --> 00:23:43.045 and we really think it's
NOTE Confidence: 0.98716277
00:23:43.045 --> 00:23:44.085 a important piece of the
NOTE Confidence: 0.98716277
00:23:44.085 --> 00:23:45.365 puzzle. So if you look
NOTE Confidence: 0.98716277
00:23:45.365 --> 00:23:46.244 on the right side of
NOTE Confidence: 0.98716277

00:23:46.244 --> 00:23:48.085 the screen, our ultimate goal
NOTE Confidence: 0.98716277

00:23:48.085 --> 00:23:49.605 is chronic disease prevention and
NOTE Confidence: 0.98716277

00:23:49.605 --> 00:23:50.885 treatment. Then we're gonna walk
NOTE Confidence: 0.98716277

00:23:50.885 --> 00:23:51.845 back step by step. How
NOTE Confidence: 0.98716277

00:23:51.845 --> 00:23:52.799 do you get there? You
NOTE Confidence: 0.98716277

00:23:52.799 --> 00:23:54.200 have to empower your patients
NOTE Confidence: 0.98716277

00:23:54.200 --> 00:23:55.720 to follow a nutritious diet.
NOTE Confidence: 0.98716277

00:23:55.720 --> 00:23:57.480 Okay. I don't always eat
NOTE Confidence: 0.98716277

00:23:57.480 --> 00:23:58.840 a perfectly nutritious diet as
NOTE Confidence: 0.98716277

00:23:58.840 --> 00:24:00.119 I'm sure, all of you
NOTE Confidence: 0.98716277

00:24:00.119 --> 00:24:01.639 can attest to also. And
NOTE Confidence: 0.98716277

00:24:01.639 --> 00:24:02.440 then our patients are the
NOTE Confidence: 0.98716277

00:24:02.440 --> 00:24:03.320 same. Right? So how do
NOTE Confidence: 0.98716277

00:24:03.320 --> 00:24:04.679 we empower folks to follow
NOTE Confidence: 0.98716277

00:24:04.679 --> 00:24:06.025 a nutritious diet? Well, of
NOTE Confidence: 0.98716277

00:24:06.025 --> 00:24:07.225 course, they should be seeing

NOTE Confidence: 0.98716277

00:24:07.225 --> 00:24:07.885 a dietitian,

NOTE Confidence: 0.9798717

00:24:08.505 --> 00:24:09.945 to get medical nutrition therapy,

NOTE Confidence: 0.9798717

00:24:09.945 --> 00:24:11.305 which is highly evidence based.

NOTE Confidence: 0.9798717

00:24:11.305 --> 00:24:12.025 They should be following up

NOTE Confidence: 0.9798717

00:24:12.025 --> 00:24:12.905 with their primary care doc

NOTE Confidence: 0.9798717

00:24:12.905 --> 00:24:13.865 to have a treatment plan

NOTE Confidence: 0.9798717

00:24:13.865 --> 00:24:14.744 kind of put together and

NOTE Confidence: 0.9798717

00:24:14.744 --> 00:24:15.885 talk about it with them.

NOTE Confidence: 0.9798717

00:24:15.945 --> 00:24:17.225 But then really the sinew,

NOTE Confidence: 0.9798717

00:24:17.225 --> 00:24:18.265 how we think we bring

NOTE Confidence: 0.9798717

00:24:18.265 --> 00:24:19.305 this to life, how we

NOTE Confidence: 0.9798717

00:24:19.305 --> 00:24:20.265 tie all of this together

NOTE Confidence: 0.9798717

00:24:20.265 --> 00:24:21.740 is culinary medicine in teaching

NOTE Confidence: 0.9798717

00:24:21.740 --> 00:24:23.020 kitchens. It's one thing to

NOTE Confidence: 0.9798717

00:24:23.020 --> 00:24:24.240 be told by your doctor,

NOTE Confidence: 0.9798717

00:24:24.539 --> 00:24:25.980 you know, to lose weight,
NOTE Confidence: 0.9798717

00:24:25.980 --> 00:24:27.500 essentially, right, or to eat
NOTE Confidence: 0.9798717

00:24:27.500 --> 00:24:28.240 less salt.
NOTE Confidence: 0.9855672

00:24:28.700 --> 00:24:29.820 But to actually figure out
NOTE Confidence: 0.9855672

00:24:29.820 --> 00:24:30.539 how to do that in
NOTE Confidence: 0.9855672

00:24:30.539 --> 00:24:31.340 a teaching kitchen is a
NOTE Confidence: 0.9855672

00:24:31.340 --> 00:24:32.380 whole another matter. So we
NOTE Confidence: 0.9855672

00:24:32.380 --> 00:24:33.500 really think that's an important
NOTE Confidence: 0.9855672

00:24:33.500 --> 00:24:34.000 part.
NOTE Confidence: 0.98394644

00:24:34.575 --> 00:24:36.255 Notably, looking on the far
NOTE Confidence: 0.98394644

00:24:36.255 --> 00:24:38.095 left here, this is not
NOTE Confidence: 0.98394644

00:24:38.095 --> 00:24:39.615 effective if people do not
NOTE Confidence: 0.98394644

00:24:39.615 --> 00:24:41.135 have access to healthy food.
NOTE Confidence: 0.98394644

00:24:41.135 --> 00:24:42.414 Right? So step number one,
NOTE Confidence: 0.98394644

00:24:42.414 --> 00:24:44.174 people need access to affordable
NOTE Confidence: 0.98394644

00:24:44.174 --> 00:24:45.615 and nutritious food. We have

NOTE Confidence: 0.98394644

00:24:45.615 --> 00:24:46.975 a lot of food insecurity

NOTE Confidence: 0.98394644

00:24:46.975 --> 00:24:48.255 in this country and even

NOTE Confidence: 0.98394644

00:24:48.255 --> 00:24:50.410 greater nutrition insecurity. Right? And

NOTE Confidence: 0.98394644

00:24:50.410 --> 00:24:52.410 so there are different levers

NOTE Confidence: 0.98394644

00:24:52.410 --> 00:24:53.770 and systemic solutions that need

NOTE Confidence: 0.98394644

00:24:53.770 --> 00:24:54.570 to be enacted if we

NOTE Confidence: 0.98394644

00:24:54.570 --> 00:24:55.609 want to solve those things.

NOTE Confidence: 0.98394644

00:24:55.609 --> 00:24:57.050 And then culinary medicine plays

NOTE Confidence: 0.98394644

00:24:57.050 --> 00:24:58.570 an even more important role.

NOTE Confidence: 0.98394644

00:24:58.570 --> 00:24:59.450 But I just want to

NOTE Confidence: 0.98394644

00:24:59.450 --> 00:25:00.570 acknowledge that that's an important

NOTE Confidence: 0.98394644

00:25:00.570 --> 00:25:01.690 piece of the puzzle and

NOTE Confidence: 0.98394644

00:25:01.690 --> 00:25:02.730 not only having access to

NOTE Confidence: 0.98394644

00:25:02.730 --> 00:25:03.609 this food, but having time

NOTE Confidence: 0.98394644

00:25:03.609 --> 00:25:04.624 to cook it. Right. So

NOTE Confidence: 0.98394644

00:25:04.624 --> 00:25:05.606 we live in a stressed
NOTE Confidence: 0.98394644

00:25:05.606 --> 00:25:06.595 out America where we have
NOTE Confidence: 0.98394644

00:25:06.595 --> 00:25:07.955 access to ultra processed foods
NOTE Confidence: 0.98394644

00:25:07.955 --> 00:25:09.395 and potentially not money or
NOTE Confidence: 0.98394644

00:25:09.395 --> 00:25:10.994 transportation to buy healthier foods.
NOTE Confidence: 0.98394644

00:25:10.994 --> 00:25:12.035 And we're working all the
NOTE Confidence: 0.98394644

00:25:12.035 --> 00:25:12.695 time and,
NOTE Confidence: 0.9741785

00:25:13.075 --> 00:25:13.715 you know, a lot of
NOTE Confidence: 0.9741785

00:25:13.715 --> 00:25:14.755 folks have kids and this
NOTE Confidence: 0.9741785

00:25:14.755 --> 00:25:16.275 really constrains their ability to
NOTE Confidence: 0.9741785

00:25:16.275 --> 00:25:16.859 have have time to cook
NOTE Confidence: 0.9741785

00:25:16.859 --> 00:25:17.820 that healthy food in the
NOTE Confidence: 0.9741785

00:25:17.820 --> 00:25:18.940 first place. And so again,
NOTE Confidence: 0.9741785

00:25:18.940 --> 00:25:20.300 there are other things that
NOTE Confidence: 0.9741785

00:25:20.300 --> 00:25:21.340 really we need to do
NOTE Confidence: 0.9741785

00:25:21.340 --> 00:25:21.920 to address,

NOTE Confidence: 0.9768976

00:25:22.780 --> 00:25:24.140 those kinds of underlying issues

NOTE Confidence: 0.9768976

00:25:24.140 --> 00:25:25.500 to make culinary medicine even

NOTE Confidence: 0.9768976

00:25:25.500 --> 00:25:26.780 more effective. But we do

NOTE Confidence: 0.9768976

00:25:26.780 --> 00:25:27.820 think it's important piece of

NOTE Confidence: 0.9768976

00:25:27.820 --> 00:25:28.400 the puzzle.

NOTE Confidence: 0.9714487

00:25:30.305 --> 00:25:31.265 And we've seen that in

NOTE Confidence: 0.9714487

00:25:31.265 --> 00:25:32.625 the research. So some outcomes,

NOTE Confidence: 0.9714487

00:25:32.865 --> 00:25:34.645 for culinary medicine among patients,

NOTE Confidence: 0.9714487

00:25:34.705 --> 00:25:35.665 it can lower all these

NOTE Confidence: 0.9714487

00:25:35.665 --> 00:25:37.025 things, a one c, blood

NOTE Confidence: 0.9714487

00:25:37.025 --> 00:25:39.205 pressure, cholesterol, BMI. It increases

NOTE Confidence: 0.9714487

00:25:39.265 --> 00:25:40.465 their fruit and vegetable intake,

NOTE Confidence: 0.9714487

00:25:40.465 --> 00:25:41.765 their adherence to a Mediterranean

NOTE Confidence: 0.9714487

00:25:41.825 --> 00:25:42.950 diet, and then these kind

NOTE Confidence: 0.9714487

00:25:42.950 --> 00:25:44.470 of softer outcomes, which mean

NOTE Confidence: 0.9714487

00:25:44.470 --> 00:25:45.990 potentially much more to patients,
NOTE Confidence: 0.9714487

00:25:45.990 --> 00:25:48.230 psychological well-being, improved quality of
NOTE Confidence: 0.9714487

00:25:48.230 --> 00:25:50.490 life. Right? Improve self efficacy.
NOTE Confidence: 0.968662

00:25:50.790 --> 00:25:52.710 So really, patients can learn
NOTE Confidence: 0.968662

00:25:52.710 --> 00:25:54.630 a lot from culinary medicine.
NOTE Confidence: 0.968662

00:25:54.630 --> 00:25:55.910 They enjoy it. It improves
NOTE Confidence: 0.968662

00:25:55.910 --> 00:25:57.030 their life, and it improves
NOTE Confidence: 0.968662

00:25:57.030 --> 00:25:57.690 their health.
NOTE Confidence: 0.99870145

00:25:59.615 --> 00:26:01.054 So we have patients in
NOTE Confidence: 0.99870145

00:26:01.054 --> 00:26:02.195 our teaching kitchen,
NOTE Confidence: 0.9860553

00:26:02.494 --> 00:26:03.375 two or three nights a
NOTE Confidence: 0.9860553

00:26:03.375 --> 00:26:04.174 week. So we do it
NOTE Confidence: 0.9860553

00:26:04.174 --> 00:26:05.215 in the evenings because it
NOTE Confidence: 0.9860553

00:26:05.294 --> 00:26:06.335 we find that's easiest for
NOTE Confidence: 0.9860553

00:26:06.335 --> 00:26:07.455 patients. Right? The classes are
NOTE Confidence: 0.9860553

00:26:07.455 --> 00:26:08.255 about two and a half

NOTE Confidence: 0.9860553
00:26:08.255 --> 00:26:08.755 hours,
NOTE Confidence: 0.90655416
00:26:09.615 --> 00:26:11.054 and they can take a
NOTE Confidence: 0.90655416
00:26:11.054 --> 00:26:12.150 kind of myriad of classes.
NOTE Confidence: 0.90655416
00:26:12.230 --> 00:26:12.730 Culinary
NOTE Confidence: 0.68172556
00:26:13.350 --> 00:26:13.850 medicine
NOTE Confidence: 0.8923144
00:26:15.430 --> 00:26:15.614 class, and then they can
NOTE Confidence: 0.8923144
00:26:15.614 --> 00:26:15.799 take these other kind of
NOTE Confidence: 0.8923144
00:26:15.799 --> 00:26:15.983 more specific themed classes as
NOTE Confidence: 0.8923144
00:26:15.983 --> 00:26:16.205 you see here. The snacks
NOTE Confidence: 0.8923144
00:26:16.205 --> 00:26:16.390 one is my personal favorite,
NOTE Confidence: 0.8923144
00:26:16.390 --> 00:26:16.970 really fun.
NOTE Confidence: 0.9683638
00:26:17.270 --> 00:26:18.950 Each class lasts about two
NOTE Confidence: 0.9683638
00:26:18.950 --> 00:26:19.910 and a half hours and
NOTE Confidence: 0.9683638
00:26:19.910 --> 00:26:20.410 notably
NOTE Confidence: 0.97489357
00:26:25.705 --> 00:26:27.145 totally free for patients. So
NOTE Confidence: 0.97489357

00:26:27.145 --> 00:26:28.265 it sounds too good to
NOTE Confidence: 0.97489357

00:26:28.265 --> 00:26:29.545 be true, but it's it's
NOTE Confidence: 0.97489357

00:26:29.545 --> 00:26:31.145 not. The patients do not
NOTE Confidence: 0.97489357

00:26:31.145 --> 00:26:32.585 have to be documented to
NOTE Confidence: 0.97489357

00:26:32.585 --> 00:26:33.785 have insurance. They don't pay
NOTE Confidence: 0.97489357

00:26:33.785 --> 00:26:34.825 co pays. They don't pay
NOTE Confidence: 0.97489357

00:26:34.825 --> 00:26:36.265 for these classes. You are
NOTE Confidence: 0.97489357

00:26:36.265 --> 00:26:38.185 referred by an NP, a
NOTE Confidence: 0.97489357

00:26:38.185 --> 00:26:39.385 PA, an MD, or a
NOTE Confidence: 0.97489357

00:26:39.385 --> 00:26:40.905 DO through Epic, and then
NOTE Confidence: 0.97489357

00:26:40.905 --> 00:26:42.220 patients can come take classes
NOTE Confidence: 0.97489357

00:26:42.220 --> 00:26:43.179 for free, and that is
NOTE Confidence: 0.97489357

00:26:43.179 --> 00:26:44.380 it. It's paid for by
NOTE Confidence: 0.97489357

00:26:44.380 --> 00:26:45.659 philanthropy and Yale New Haven
NOTE Confidence: 0.97489357

00:26:45.659 --> 00:26:47.340 Hospital. It's an amazing, an
NOTE Confidence: 0.97489357

00:26:47.340 --> 00:26:48.960 amazing resource, really

NOTE Confidence: 0.96114385
00:26:49.500 --> 00:26:50.940 unlike anything I've seen in
NOTE Confidence: 0.96114385
00:26:50.940 --> 00:26:51.900 in the nation. So it's
NOTE Confidence: 0.96114385
00:26:51.900 --> 00:26:53.260 really exciting. And as you
NOTE Confidence: 0.96114385
00:26:53.260 --> 00:26:54.779 can see, patients, really enjoy
NOTE Confidence: 0.96114385
00:26:54.779 --> 00:26:56.700 it, and they, have really
NOTE Confidence: 0.96114385
00:26:56.700 --> 00:26:57.575 good health outcomes outcomes as
NOTE Confidence: 0.96114385
00:26:57.575 --> 00:26:58.375 a result. And we've only
NOTE Confidence: 0.96114385
00:26:58.375 --> 00:26:59.175 been doing this for a
NOTE Confidence: 0.96114385
00:26:59.175 --> 00:27:01.195 year. So really, really exciting.
NOTE Confidence: 0.992919
00:27:03.494 --> 00:27:04.615 So now I wanna this
NOTE Confidence: 0.992919
00:27:04.615 --> 00:27:05.655 is me dressed up as
NOTE Confidence: 0.992919
00:27:05.655 --> 00:27:07.335 a wizard in in, third
NOTE Confidence: 0.992919
00:27:07.335 --> 00:27:08.615 grade with my sister. So
NOTE Confidence: 0.992919
00:27:08.615 --> 00:27:09.655 here's me and my crystal
NOTE Confidence: 0.992919
00:27:09.655 --> 00:27:10.455 ball trying to tell you
NOTE Confidence: 0.992919

00:27:10.455 --> 00:27:12.075 what the future of nutrition
NOTE Confidence: 0.992919

00:27:12.135 --> 00:27:13.480 education is going to look
NOTE Confidence: 0.992919

00:27:13.480 --> 00:27:14.460 like in medicine.
NOTE Confidence: 0.98896295

00:27:15.799 --> 00:27:16.760 So how many of you
NOTE Confidence: 0.98896295

00:27:16.760 --> 00:27:17.720 have heard of this field
NOTE Confidence: 0.98896295

00:27:17.720 --> 00:27:19.260 of food is medicine?
NOTE Confidence: 0.98351324

00:27:20.520 --> 00:27:21.720 Yeah. Oh, that's great. Okay.
NOTE Confidence: 0.98351324

00:27:21.720 --> 00:27:22.520 Great. If I asked you
NOTE Confidence: 0.98351324

00:27:22.520 --> 00:27:23.400 that five years ago, no
NOTE Confidence: 0.98351324

00:27:23.400 --> 00:27:24.119 one would have raised their
NOTE Confidence: 0.98351324

00:27:24.119 --> 00:27:25.159 hand. This so this is
NOTE Confidence: 0.98351324

00:27:25.159 --> 00:27:27.020 catching fire really, really quickly.
NOTE Confidence: 0.98351324

00:27:27.080 --> 00:27:27.914 So I'm gonna spend some
NOTE Confidence: 0.98351324

00:27:27.914 --> 00:27:28.794 time on this slide because
NOTE Confidence: 0.98351324

00:27:28.794 --> 00:27:30.075 this is really important. This
NOTE Confidence: 0.98351324

00:27:30.075 --> 00:27:31.195 is the food is medicine

NOTE Confidence: 0.98351324
00:27:31.195 --> 00:27:31.695 pyramid.
NOTE Confidence: 0.97041464
00:27:32.475 --> 00:27:34.154 This is from Mazafarian's work.
NOTE Confidence: 0.97041464
00:27:34.154 --> 00:27:35.674 He's a cardiologist at Tufts.
NOTE Confidence: 0.97041464
00:27:35.674 --> 00:27:36.794 They have the first ever
NOTE Confidence: 0.97041464
00:27:36.794 --> 00:27:38.234 food is medicine institute there
NOTE Confidence: 0.97041464
00:27:38.234 --> 00:27:39.434 at Tufts. Great work that
NOTE Confidence: 0.97041464
00:27:39.434 --> 00:27:40.470 they're doing. And this is
NOTE Confidence: 0.97041464
00:27:40.470 --> 00:27:42.309 addressing that food and nutrition
NOTE Confidence: 0.97041464
00:27:42.309 --> 00:27:43.429 and security that I touched
NOTE Confidence: 0.97041464
00:27:43.429 --> 00:27:44.090 on earlier.
NOTE Confidence: 0.9897958
00:27:44.390 --> 00:27:45.190 So I wanna walk us
NOTE Confidence: 0.9897958
00:27:45.190 --> 00:27:46.230 through this. You notice that
NOTE Confidence: 0.9897958
00:27:46.230 --> 00:27:47.190 it's a pyramid, which means
NOTE Confidence: 0.9897958
00:27:47.190 --> 00:27:48.150 it's broader at the base
NOTE Confidence: 0.9897958
00:27:48.150 --> 00:27:49.530 and smaller at the top.
NOTE Confidence: 0.9897958

00:27:49.590 --> 00:27:50.869 This is think of the
NOTE Confidence: 0.9897958

00:27:50.869 --> 00:27:52.970 broadness as how many people
NOTE Confidence: 0.9897958

00:27:53.190 --> 00:27:54.555 it would be appropriate for.
NOTE Confidence: 0.9897958

00:27:54.635 --> 00:27:55.515 Okay? And then you see
NOTE Confidence: 0.9897958

00:27:55.515 --> 00:27:56.875 on the left, there's prevention
NOTE Confidence: 0.9897958

00:27:56.875 --> 00:27:57.915 at the bottom, treatment at
NOTE Confidence: 0.9897958

00:27:57.915 --> 00:27:58.715 the top. So as you
NOTE Confidence: 0.9897958

00:27:58.715 --> 00:28:00.315 move up, it's less for
NOTE Confidence: 0.9897958

00:28:00.315 --> 00:28:01.855 prevention and more for treatment,
NOTE Confidence: 0.9897958

00:28:02.075 --> 00:28:03.994 and it's, tailored for a
NOTE Confidence: 0.9897958

00:28:03.994 --> 00:28:05.355 smaller number of people. So
NOTE Confidence: 0.9897958

00:28:05.355 --> 00:28:06.235 at the base, we have
NOTE Confidence: 0.9897958

00:28:06.235 --> 00:28:08.175 population level healthy food policies
NOTE Confidence: 0.9897958

00:28:08.235 --> 00:28:10.440 and programs. Right? So everyone
NOTE Confidence: 0.9897958

00:28:10.440 --> 00:28:12.039 could benefit from nutrition education
NOTE Confidence: 0.9897958

00:28:12.039 --> 00:28:13.000 in k twelve. We know

NOTE Confidence: 0.9897958

00:28:13.000 --> 00:28:14.039 we need to increase that.

NOTE Confidence: 0.9897958

00:28:14.039 --> 00:28:14.919 Perhaps we need to bring

NOTE Confidence: 0.9897958

00:28:14.919 --> 00:28:15.960 home ec back so that

NOTE Confidence: 0.9897958

00:28:15.960 --> 00:28:17.419 people learn how to cook

NOTE Confidence: 0.9897958

00:28:17.559 --> 00:28:18.059 again,

NOTE Confidence: 0.9885458

00:28:19.080 --> 00:28:19.820 in schools.

NOTE Confidence: 0.96974266

00:28:20.359 --> 00:28:21.720 Perhaps we need to have

NOTE Confidence: 0.96974266

00:28:21.720 --> 00:28:22.975 more of these soda taxes

NOTE Confidence: 0.96974266

00:28:22.975 --> 00:28:24.654 or perhaps instead of the

NOTE Confidence: 0.96974266

00:28:24.654 --> 00:28:26.494 government subsidizing commodity crops like

NOTE Confidence: 0.96974266

00:28:26.494 --> 00:28:28.514 soybean and corns, we subsidize

NOTE Confidence: 0.96974266

00:28:28.654 --> 00:28:30.335 healthy fruits and vegetables to

NOTE Confidence: 0.96974266

00:28:30.335 --> 00:28:31.294 decrease the cost for the

NOTE Confidence: 0.96974266

00:28:31.294 --> 00:28:32.894 everyday American. Right? So these

NOTE Confidence: 0.96974266

00:28:32.894 --> 00:28:34.575 population level healthy food policies

NOTE Confidence: 0.96974266

00:28:34.575 --> 00:28:36.520 and programs are helpful for
NOTE Confidence: 0.96974266

00:28:36.520 --> 00:28:37.020 everyone
NOTE Confidence: 0.9979393

00:28:37.320 --> 00:28:38.760 and are really helpful in
NOTE Confidence: 0.9979393

00:28:38.760 --> 00:28:39.900 prevention. Right?
NOTE Confidence: 0.9904502

00:28:40.200 --> 00:28:40.920 If you move up a
NOTE Confidence: 0.9904502

00:28:40.920 --> 00:28:42.120 level, we're moving into folks
NOTE Confidence: 0.9904502

00:28:42.120 --> 00:28:44.780 who perhaps experience nutrition insecurity.
NOTE Confidence: 0.9904502

00:28:44.840 --> 00:28:45.960 So maybe they have enough
NOTE Confidence: 0.9904502

00:28:45.960 --> 00:28:47.400 food, but they can't afford
NOTE Confidence: 0.9904502

00:28:47.400 --> 00:28:49.185 to buy healthy food. Right?
NOTE Confidence: 0.9904502

00:28:49.245 --> 00:28:50.365 Or maybe they have food
NOTE Confidence: 0.9904502

00:28:50.365 --> 00:28:51.565 insecurity, and they can't even
NOTE Confidence: 0.9904502

00:28:51.565 --> 00:28:52.845 afford to buy enough food,
NOTE Confidence: 0.9904502

00:28:52.845 --> 00:28:53.885 enough calories to feed their
NOTE Confidence: 0.9904502

00:28:53.885 --> 00:28:55.005 family. Right? And so this
NOTE Confidence: 0.9904502

00:28:55.005 --> 00:28:56.365 is where programs like SNAP,

NOTE Confidence: 0.9904502

00:28:56.365 --> 00:28:57.645 WIC, and school meals are

NOTE Confidence: 0.9904502

00:28:57.645 --> 00:28:59.405 super helpful. Again, a smaller

NOTE Confidence: 0.9904502

00:28:59.405 --> 00:29:00.605 number of patients will benefit

NOTE Confidence: 0.9904502

00:29:00.605 --> 00:29:01.480 from this, but still a

NOTE Confidence: 0.9904502

00:29:01.480 --> 00:29:02.840 large number of people. And

NOTE Confidence: 0.9904502

00:29:02.840 --> 00:29:03.880 again, the goal is to

NOTE Confidence: 0.9904502

00:29:03.880 --> 00:29:05.159 prevent chronic disease in the

NOTE Confidence: 0.9904502

00:29:05.159 --> 00:29:06.760 first place by ensuring adequate

NOTE Confidence: 0.9904502

00:29:06.760 --> 00:29:08.220 access to food and nutrition.

NOTE Confidence: 0.99222875

00:29:09.320 --> 00:29:10.200 Moving up a little bit

NOTE Confidence: 0.99222875

00:29:10.200 --> 00:29:11.659 further, we have produce prescription

NOTE Confidence: 0.99222875

00:29:11.720 --> 00:29:13.000 programs. And so this is

NOTE Confidence: 0.99222875

00:29:13.000 --> 00:29:13.500 either,

NOTE Confidence: 0.9729657

00:29:14.275 --> 00:29:15.155 you know, like at Grady

NOTE Confidence: 0.9729657

00:29:15.155 --> 00:29:16.595 in Atlanta, you can go

NOTE Confidence: 0.9729657

00:29:16.595 --> 00:29:18.035 into the lobby and pick
NOTE Confidence: 0.9729657

00:29:18.035 --> 00:29:19.815 up in their, like, pharmacy,
NOTE Confidence: 0.99701524

00:29:20.435 --> 00:29:21.635 fresh fruits and vegetables that
NOTE Confidence: 0.99701524

00:29:21.635 --> 00:29:23.075 your doctor prescribes for you.
NOTE Confidence: 0.99701524

00:29:23.075 --> 00:29:23.575 Right?
NOTE Confidence: 0.9871286

00:29:23.955 --> 00:29:25.075 So that's really helpful. In
NOTE Confidence: 0.9871286

00:29:25.075 --> 00:29:26.195 other places, they'll give you
NOTE Confidence: 0.9871286

00:29:26.195 --> 00:29:27.299 a card, and this card
NOTE Confidence: 0.9871286

00:29:27.299 --> 00:29:28.100 can be redeemed at your
NOTE Confidence: 0.9871286

00:29:28.100 --> 00:29:29.299 local grocery store. It's loaded
NOTE Confidence: 0.9871286

00:29:29.299 --> 00:29:30.500 with fifty, hundred, two hundred
NOTE Confidence: 0.9871286

00:29:30.500 --> 00:29:31.539 bucks a month, and you
NOTE Confidence: 0.9871286

00:29:31.539 --> 00:29:32.659 can only spend it on
NOTE Confidence: 0.9871286

00:29:32.659 --> 00:29:34.179 healthy fruits and vegetables, whole
NOTE Confidence: 0.9871286

00:29:34.179 --> 00:29:35.220 grains, and things like that.
NOTE Confidence: 0.9871286

00:29:35.220 --> 00:29:36.900 Right? So perhaps these produce

NOTE Confidence: 0.9871286

00:29:36.900 --> 00:29:38.600 prescription programs could be helpful

NOTE Confidence: 0.9871286

00:29:38.820 --> 00:29:40.260 for someone who has, like,

NOTE Confidence: 0.9871286

00:29:40.260 --> 00:29:41.159 say, prediabetes

NOTE Confidence: 0.9873238

00:29:41.554 --> 00:29:42.755 or they're just starting their

NOTE Confidence: 0.9873238

00:29:42.755 --> 00:29:44.195 first blood pressure medication. They're

NOTE Confidence: 0.9873238

00:29:44.195 --> 00:29:45.635 eating enough food, but they're

NOTE Confidence: 0.9873238

00:29:45.635 --> 00:29:46.755 not really eating fruits and

NOTE Confidence: 0.9873238

00:29:46.755 --> 00:29:47.794 vegetables, and they're not really

NOTE Confidence: 0.9873238

00:29:47.794 --> 00:29:48.835 interested in eating fruits and

NOTE Confidence: 0.9873238

00:29:48.835 --> 00:29:49.875 vegetables. But if you give

NOTE Confidence: 0.9873238

00:29:49.875 --> 00:29:50.995 them fruits and vegetables for

NOTE Confidence: 0.9873238

00:29:50.995 --> 00:29:51.955 a while, then they start

NOTE Confidence: 0.9873238

00:29:51.955 --> 00:29:53.475 incorporating it. You'll you get

NOTE Confidence: 0.9873238

00:29:53.475 --> 00:29:54.835 that behavior change set in

NOTE Confidence: 0.9873238

00:29:54.835 --> 00:29:55.870 after the six weeks it

NOTE Confidence: 0.9873238

00:29:55.870 --> 00:29:57.150 takes to really establish new
NOTE Confidence: 0.9873238

00:29:57.150 --> 00:29:58.590 habits. They see improvements to
NOTE Confidence: 0.9873238

00:29:58.590 --> 00:29:59.710 their health. Their family gets
NOTE Confidence: 0.9873238

00:29:59.710 --> 00:30:01.169 used to eating broccoli. Right?
NOTE Confidence: 0.9873238

00:30:01.230 --> 00:30:02.270 And then you can see
NOTE Confidence: 0.9873238

00:30:02.270 --> 00:30:03.549 these benefits in folks who
NOTE Confidence: 0.9873238

00:30:03.549 --> 00:30:04.669 have start to have disease,
NOTE Confidence: 0.9873238

00:30:04.669 --> 00:30:05.790 and you're really moving away
NOTE Confidence: 0.9873238

00:30:05.790 --> 00:30:07.490 from prevention into early treatment.
NOTE Confidence: 0.9777552

00:30:08.615 --> 00:30:09.655 A step above that, which
NOTE Confidence: 0.9777552

00:30:09.655 --> 00:30:10.695 is even more intensive, are
NOTE Confidence: 0.9777552

00:30:10.695 --> 00:30:12.775 medically tailored groceries. So perhaps
NOTE Confidence: 0.9777552

00:30:12.775 --> 00:30:13.275 someone,
NOTE Confidence: 0.9386299

00:30:13.975 --> 00:30:15.815 has had many strokes or
NOTE Confidence: 0.9386299

00:30:15.815 --> 00:30:17.115 they have type two diabetes,
NOTE Confidence: 0.9945133

00:30:17.735 --> 00:30:18.775 or they have fatty liver

NOTE Confidence: 0.9945133
00:30:18.775 --> 00:30:19.975 disease. Right? And then,
NOTE Confidence: 0.9813665
00:30:20.430 --> 00:30:21.550 it's not just about giving
NOTE Confidence: 0.9813665
00:30:21.550 --> 00:30:22.930 them fresh fruits and vegetables.
NOTE Confidence: 0.9813665
00:30:22.990 --> 00:30:25.310 It's about giving them groceries.
NOTE Confidence: 0.9813665
00:30:25.310 --> 00:30:26.430 And so they're gonna go
NOTE Confidence: 0.9813665
00:30:26.430 --> 00:30:27.730 home and cook these groceries,
NOTE Confidence: 0.992454
00:30:28.270 --> 00:30:29.550 and it's not just giving
NOTE Confidence: 0.992454
00:30:29.550 --> 00:30:30.770 them fruits and vegetables,
NOTE Confidence: 0.9780621
00:30:31.070 --> 00:30:32.530 but also meats,
NOTE Confidence: 0.9771531
00:30:32.830 --> 00:30:34.270 that are lean and and
NOTE Confidence: 0.9771531
00:30:34.270 --> 00:30:35.710 low fat dairy and whole
NOTE Confidence: 0.9771531
00:30:35.710 --> 00:30:37.365 grains, really kind of a
NOTE Confidence: 0.9771531
00:30:37.365 --> 00:30:38.105 more comprehensive,
NOTE Confidence: 0.9755185
00:30:40.085 --> 00:30:42.005 food subscription that helps them
NOTE Confidence: 0.9755185
00:30:42.005 --> 00:30:43.305 cook healthy food at home.
NOTE Confidence: 0.9826058

00:30:43.685 --> 00:30:44.485 And then at the very
NOTE Confidence: 0.9826058

00:30:44.485 --> 00:30:45.685 top is medically tailored meals.
NOTE Confidence: 0.9826058

00:30:45.685 --> 00:30:46.965 Medically tailored meals get a
NOTE Confidence: 0.9826058

00:30:46.965 --> 00:30:48.485 lot of press because they
NOTE Confidence: 0.9826058

00:30:48.485 --> 00:30:50.159 are highly effective, because they
NOTE Confidence: 0.9826058

00:30:50.159 --> 00:30:51.679 are our most intensive intervention,
NOTE Confidence: 0.9826058

00:30:51.679 --> 00:30:52.559 and we've been studying them
NOTE Confidence: 0.9826058

00:30:52.559 --> 00:30:53.280 for the long for a
NOTE Confidence: 0.9826058

00:30:53.280 --> 00:30:54.020 long time.
NOTE Confidence: 0.9737618

00:30:54.400 --> 00:30:55.280 These really came out during
NOTE Confidence: 0.9737618

00:30:55.280 --> 00:30:56.720 the AIDS epidemic, and then
NOTE Confidence: 0.9737618

00:30:56.720 --> 00:30:58.260 folks were like, we have,
NOTE Confidence: 0.9737618

00:30:58.400 --> 00:30:59.539 you know, young men
NOTE Confidence: 0.98559064

00:30:59.840 --> 00:31:01.440 waste wasting away from AIDS
NOTE Confidence: 0.98559064

00:31:01.440 --> 00:31:03.120 and wanted to provide them
NOTE Confidence: 0.98559064

00:31:03.120 --> 00:31:04.475 with sustenance in, you know,

NOTE Confidence: 0.98559064

00:31:04.475 --> 00:31:05.355 kind of their final months.

NOTE Confidence: 0.98559064

00:31:05.355 --> 00:31:06.315 So kind of this tragic

NOTE Confidence: 0.98559064

00:31:06.315 --> 00:31:07.675 reason that medically tailored meals

NOTE Confidence: 0.98559064

00:31:07.675 --> 00:31:08.955 started. But then as we

NOTE Confidence: 0.98559064

00:31:08.955 --> 00:31:10.235 got more effective treatments for

NOTE Confidence: 0.98559064

00:31:10.235 --> 00:31:11.915 HIV, these folks who had

NOTE Confidence: 0.98559064

00:31:11.915 --> 00:31:13.355 really gotten good at providing

NOTE Confidence: 0.98559064

00:31:13.355 --> 00:31:14.555 medically tailored meals said what

NOTE Confidence: 0.98559064

00:31:14.555 --> 00:31:15.435 should we do now? So

NOTE Confidence: 0.98559064

00:31:15.435 --> 00:31:16.475 they kind of shifted over

NOTE Confidence: 0.98559064

00:31:16.475 --> 00:31:17.755 to providing meals for cancer

NOTE Confidence: 0.98559064

00:31:17.755 --> 00:31:19.409 patients, and now we provide

NOTE Confidence: 0.98559064

00:31:19.409 --> 00:31:21.169 them for folks with advanced

NOTE Confidence: 0.98559064

00:31:21.169 --> 00:31:22.610 chronic diseases. So let me

NOTE Confidence: 0.98559064

00:31:22.610 --> 00:31:23.330 tell you about the perfect

NOTE Confidence: 0.98559064

00:31:23.330 --> 00:31:24.450 patient who could benefit from
NOTE Confidence: 0.98559064

00:31:24.450 --> 00:31:25.889 this. Imagine an eighty year
NOTE Confidence: 0.98559064

00:31:25.889 --> 00:31:27.510 old guy who has congestive
NOTE Confidence: 0.98559064

00:31:27.809 --> 00:31:28.630 heart failure
NOTE Confidence: 0.9898641

00:31:29.169 --> 00:31:31.169 and he's widowed and never
NOTE Confidence: 0.9898641

00:31:31.169 --> 00:31:32.295 really learned to cook
NOTE Confidence: 0.9827978

00:31:33.015 --> 00:31:34.695 and he's quite debilitated and
NOTE Confidence: 0.9827978

00:31:34.695 --> 00:31:36.295 he's frequently ending up in
NOTE Confidence: 0.9827978

00:31:36.295 --> 00:31:37.575 the emergency room and admitted
NOTE Confidence: 0.9827978

00:31:37.575 --> 00:31:38.535 to the hospital for heart
NOTE Confidence: 0.9827978

00:31:38.535 --> 00:31:39.435 failure exacerbations.
NOTE Confidence: 0.9573786

00:31:40.135 --> 00:31:41.415 And at home, he's really
NOTE Confidence: 0.9573786

00:31:41.415 --> 00:31:43.655 eating frozen fast foods and
NOTE Confidence: 0.9573786

00:31:43.655 --> 00:31:45.015 canned soup, things like this.
NOTE Confidence: 0.9573786

00:31:45.015 --> 00:31:45.515 Right.
NOTE Confidence: 0.9869738

00:31:46.590 --> 00:31:48.750 Imagine instead of that vicious

NOTE Confidence: 0.9869738
00:31:48.750 --> 00:31:50.429 cycle, we sent him medically
NOTE Confidence: 0.9869738
00:31:50.429 --> 00:31:51.390 tailored meals that he could
NOTE Confidence: 0.9869738
00:31:51.390 --> 00:31:52.190 heat up on the stove,
NOTE Confidence: 0.9869738
00:31:52.190 --> 00:31:52.830 in the oven, in the
NOTE Confidence: 0.9869738
00:31:52.830 --> 00:31:54.289 microwave twice a day
NOTE Confidence: 0.9514915
00:31:54.590 --> 00:31:56.190 and keep him out of
NOTE Confidence: 0.9514915
00:31:56.190 --> 00:31:56.850 the hospital.
NOTE Confidence: 0.95595515
00:31:57.150 --> 00:31:59.005 This is a cheap and
NOTE Confidence: 0.95595515
00:31:59.005 --> 00:32:00.605 safe intervention. It saves the
NOTE Confidence: 0.95595515
00:32:00.605 --> 00:32:01.965 health care system and taxpayer
NOTE Confidence: 0.95595515
00:32:01.965 --> 00:32:04.465 dollars via Medicare, saves money,
NOTE Confidence: 0.95595515
00:32:04.525 --> 00:32:05.025 and,
NOTE Confidence: 0.9440177
00:32:05.405 --> 00:32:06.705 promotes health, essentially.
NOTE Confidence: 0.976857
00:32:07.005 --> 00:32:08.765 And, so these medically tailored
NOTE Confidence: 0.976857
00:32:08.765 --> 00:32:09.885 meals, not for everyone, but
NOTE Confidence: 0.976857

00:32:09.885 --> 00:32:11.245 for a select patient population
NOTE Confidence: 0.976857

00:32:11.245 --> 00:32:12.545 will be extremely helpful.
NOTE Confidence: 0.98871875

00:32:13.730 --> 00:32:14.690 So all of these things
NOTE Confidence: 0.98871875

00:32:14.690 --> 00:32:16.530 have kind of been swimming
NOTE Confidence: 0.98871875

00:32:16.530 --> 00:32:17.570 around in people's heads for
NOTE Confidence: 0.98871875

00:32:17.570 --> 00:32:18.530 five or ten years, but
NOTE Confidence: 0.98871875

00:32:18.530 --> 00:32:19.570 we're starting to get really
NOTE Confidence: 0.98871875

00:32:19.570 --> 00:32:21.010 good data on them. And
NOTE Confidence: 0.98871875

00:32:21.010 --> 00:32:22.050 to answer the question of,
NOTE Confidence: 0.98871875

00:32:22.050 --> 00:32:23.250 okay. Well, what about culinary
NOTE Confidence: 0.98871875

00:32:23.250 --> 00:32:24.130 medicine? Do we not need
NOTE Confidence: 0.98871875

00:32:24.130 --> 00:32:25.570 that anymore? It fits in
NOTE Confidence: 0.98871875

00:32:25.570 --> 00:32:27.170 so well with, like, all
NOTE Confidence: 0.98871875

00:32:27.170 --> 00:32:28.070 of these levels
NOTE Confidence: 0.99182254

00:32:28.505 --> 00:32:29.865 except for medically tailored meals.
NOTE Confidence: 0.99182254

00:32:29.865 --> 00:32:30.905 You know, if someone is

NOTE Confidence: 0.99182254

00:32:30.905 --> 00:32:32.025 receiving all of their medically

NOTE Confidence: 0.99182254

00:32:32.025 --> 00:32:32.985 tailored meals and there's, you

NOTE Confidence: 0.99182254

00:32:32.985 --> 00:32:34.425 know, debilitated such that they

NOTE Confidence: 0.99182254

00:32:34.425 --> 00:32:35.625 don't have the functionality to

NOTE Confidence: 0.99182254

00:32:35.625 --> 00:32:36.665 cook at home, then, you

NOTE Confidence: 0.99182254

00:32:36.665 --> 00:32:38.105 know, culinary medicine is probably

NOTE Confidence: 0.99182254

00:32:38.105 --> 00:32:39.225 not gonna be beneficial for

NOTE Confidence: 0.99182254

00:32:39.225 --> 00:32:41.225 them. But for everyone else,

NOTE Confidence: 0.99182254

00:32:41.225 --> 00:32:42.585 I think culinary medicine has

NOTE Confidence: 0.99182254

00:32:42.585 --> 00:32:43.165 a role.

NOTE Confidence: 0.96984786

00:32:43.549 --> 00:32:45.150 So the Aspen Institute is

NOTE Confidence: 0.96984786

00:32:45.150 --> 00:32:46.669 one of the leaders nationally

NOTE Confidence: 0.96984786

00:32:46.669 --> 00:32:47.549 in the food is medicine

NOTE Confidence: 0.96984786

00:32:47.549 --> 00:32:48.750 movement, and they're bringing together

NOTE Confidence: 0.96984786

00:32:48.750 --> 00:32:49.710 thought leaders in the coming

NOTE Confidence: 0.96984786

00:32:49.710 --> 00:32:50.830 months to say, how can
NOTE Confidence: 0.96984786

00:32:50.830 --> 00:32:51.710 we fit the fields of
NOTE Confidence: 0.96984786

00:32:51.710 --> 00:32:52.990 food is medicine and culinary
NOTE Confidence: 0.96984786

00:32:52.990 --> 00:32:54.669 medicine together? And that really
NOTE Confidence: 0.96984786

00:32:54.669 --> 00:32:55.549 is, I think, the next
NOTE Confidence: 0.96984786

00:32:55.549 --> 00:32:57.730 frontier to combine nutrition education
NOTE Confidence: 0.9974127

00:32:58.110 --> 00:32:59.815 with the provision of healthy
NOTE Confidence: 0.98427004

00:33:02.275 --> 00:33:03.155 food. So let me tell
NOTE Confidence: 0.98427004

00:33:03.155 --> 00:33:04.115 you how I see this,
NOTE Confidence: 0.98427004

00:33:04.355 --> 00:33:05.715 in the future being applied
NOTE Confidence: 0.98427004

00:33:05.715 --> 00:33:07.155 culinary medicine to patients, health
NOTE Confidence: 0.98427004

00:33:07.155 --> 00:33:08.195 care providers, and then we'll
NOTE Confidence: 0.98427004

00:33:08.195 --> 00:33:08.934 wrap up.
NOTE Confidence: 0.9664954

00:33:09.315 --> 00:33:10.674 So for patients, you're going
NOTE Confidence: 0.9664954

00:33:10.674 --> 00:33:11.554 to see more and more
NOTE Confidence: 0.9664954

00:33:11.554 --> 00:33:12.923 physical teaching kitchens, like like

NOTE Confidence: 0.9664954

00:33:12.923 --> 00:33:14.091 the one we have here

NOTE Confidence: 0.9664954

00:33:14.091 --> 00:33:15.492 at Yale. This, as you

NOTE Confidence: 0.9664954

00:33:15.492 --> 00:33:16.660 could see, makes the news,

NOTE Confidence: 0.9664954

00:33:16.660 --> 00:33:17.828 right, when when a place

NOTE Confidence: 0.9664954

00:33:17.828 --> 00:33:18.996 builds something like this, in

NOTE Confidence: 0.9664954

00:33:18.996 --> 00:33:20.164 ten years, this will be

NOTE Confidence: 0.9664954

00:33:20.164 --> 00:33:21.332 passe. There will be teaching

NOTE Confidence: 0.9664954

00:33:21.332 --> 00:33:22.500 kitchens everywhere. Right? So you're

NOTE Confidence: 0.9664954

00:33:22.500 --> 00:33:23.901 gonna con continue to see

NOTE Confidence: 0.9664954

00:33:23.901 --> 00:33:25.302 patients being referred, to physical

NOTE Confidence: 0.9664954

00:33:25.302 --> 00:33:26.470 teaching kitchens, and insurance companies

NOTE Confidence: 0.9664954

00:33:26.470 --> 00:33:27.645 will pay for this. There

NOTE Confidence: 0.9664954

00:33:27.645 --> 00:33:28.685 are ways to get insurance

NOTE Confidence: 0.9664954

00:33:28.685 --> 00:33:29.725 companies to pay for group

NOTE Confidence: 0.9664954

00:33:29.725 --> 00:33:31.325 visits and teaching kitchens, which

NOTE Confidence: 0.9664954

00:33:31.325 --> 00:33:32.205 really it's not gonna be
NOTE Confidence: 0.9664954

00:33:32.205 --> 00:33:33.405 some big money making scheme,
NOTE Confidence: 0.9664954

00:33:33.405 --> 00:33:34.365 but you can break even.
NOTE Confidence: 0.9664954

00:33:34.365 --> 00:33:35.245 Right? So you can make
NOTE Confidence: 0.9664954

00:33:35.245 --> 00:33:35.905 some money,
NOTE Confidence: 0.9823485

00:33:36.445 --> 00:33:37.405 and and kinda keep your
NOTE Confidence: 0.9823485

00:33:37.405 --> 00:33:38.685 programs open to provide this
NOTE Confidence: 0.9823485

00:33:38.685 --> 00:33:40.285 resource to patients in ways
NOTE Confidence: 0.9823485

00:33:40.285 --> 00:33:41.085 other than we do it,
NOTE Confidence: 0.9823485

00:33:41.085 --> 00:33:42.065 which is philanthropy.
NOTE Confidence: 0.99575377

00:33:43.399 --> 00:33:44.600 And then, of course, we
NOTE Confidence: 0.99575377

00:33:44.600 --> 00:33:45.240 had to get good at
NOTE Confidence: 0.99575377

00:33:45.240 --> 00:33:46.279 doing this virtually during the
NOTE Confidence: 0.99575377

00:33:46.279 --> 00:33:46.779 pandemic,
NOTE Confidence: 0.98709315

00:33:47.159 --> 00:33:48.200 because there was no option
NOTE Confidence: 0.98709315

00:33:48.200 --> 00:33:49.000 to do anything in a

NOTE Confidence: 0.98709315

00:33:49.000 --> 00:33:50.519 virtual in a physical teaching

NOTE Confidence: 0.98709315

00:33:50.519 --> 00:33:51.880 kitchen. And so in the

NOTE Confidence: 0.98709315

00:33:51.880 --> 00:33:53.080 future, you're gonna see many

NOTE Confidence: 0.98709315

00:33:53.080 --> 00:33:54.840 more video based curricula. So

NOTE Confidence: 0.98709315

00:33:54.840 --> 00:33:57.259 whether institutional or organizational platforms

NOTE Confidence: 0.98709315

00:33:57.399 --> 00:33:59.975 host asynchronous culinary medicine curricula,

NOTE Confidence: 0.9861467

00:34:00.595 --> 00:34:01.335 like Coursera

NOTE Confidence: 0.952614

00:34:01.795 --> 00:34:02.835 or these other, like I

NOTE Confidence: 0.952614

00:34:02.835 --> 00:34:04.035 said, platforms, you're going to

NOTE Confidence: 0.952614

00:34:04.035 --> 00:34:05.235 have more of these culinary

NOTE Confidence: 0.952614

00:34:05.235 --> 00:34:06.595 medicine options for patients that

NOTE Confidence: 0.952614

00:34:06.595 --> 00:34:07.255 are asynchronous.

NOTE Confidence: 0.980685

00:34:07.795 --> 00:34:08.675 There's going to be more

NOTE Confidence: 0.980685

00:34:08.675 --> 00:34:10.355 live community culinary classes. We're

NOTE Confidence: 0.980685

00:34:10.355 --> 00:34:11.235 hosting a couple out of

NOTE Confidence: 0.980685

00:34:11.235 --> 00:34:12.594 our teaching kitchen this fall
NOTE Confidence: 0.980685

00:34:12.594 --> 00:34:13.655 on healthy
NOTE Confidence: 0.97688377

00:34:14.090 --> 00:34:16.330 holiday snacks and mocktails and
NOTE Confidence: 0.97688377

00:34:16.330 --> 00:34:17.950 side dishes right around Thanksgiving
NOTE Confidence: 0.9920239

00:34:18.330 --> 00:34:19.070 and the holidays.
NOTE Confidence: 0.937123

00:34:19.690 --> 00:34:21.130 There's this really cool company
NOTE Confidence: 0.937123

00:34:21.130 --> 00:34:22.650 called Palm Health which also
NOTE Confidence: 0.937123

00:34:22.650 --> 00:34:23.850 has an amazing social media
NOTE Confidence: 0.937123

00:34:23.850 --> 00:34:26.170 presence and they basically partner
NOTE Confidence: 0.937123

00:34:26.170 --> 00:34:27.310 with insurance companies
NOTE Confidence: 0.999686

00:34:27.825 --> 00:34:28.724 to have providers
NOTE Confidence: 0.97386056

00:34:29.105 --> 00:34:30.305 refer their patients and then
NOTE Confidence: 0.97386056

00:34:30.305 --> 00:34:31.585 they do these virtual culinary
NOTE Confidence: 0.97386056

00:34:31.585 --> 00:34:33.265 medicine classes with dietitians and
NOTE Confidence: 0.97386056

00:34:33.265 --> 00:34:34.785 chefs. They provide the patients
NOTE Confidence: 0.97386056

00:34:34.785 --> 00:34:36.145 with recipes. They guide them

NOTE Confidence: 0.97386056
00:34:36.145 --> 00:34:37.105 as they kind of cook
NOTE Confidence: 0.97386056
00:34:37.105 --> 00:34:38.085 together and,
NOTE Confidence: 0.9834411
00:34:38.625 --> 00:34:39.825 with knife skills and things
NOTE Confidence: 0.9834411
00:34:39.825 --> 00:34:41.185 like that. And so they're
NOTE Confidence: 0.9834411
00:34:41.185 --> 00:34:42.545 finding a way to turn
NOTE Confidence: 0.9834411
00:34:42.545 --> 00:34:44.140 this into a company, right,
NOTE Confidence: 0.9834411
00:34:44.140 --> 00:34:45.739 to to offer this kind
NOTE Confidence: 0.9834411
00:34:45.739 --> 00:34:46.860 of education. You're gonna see
NOTE Confidence: 0.9834411
00:34:46.860 --> 00:34:47.500 more and more of those,
NOTE Confidence: 0.9834411
00:34:47.500 --> 00:34:48.460 I think, in the future,
NOTE Confidence: 0.9834411
00:34:48.460 --> 00:34:49.660 especially as we move towards
NOTE Confidence: 0.9834411
00:34:49.660 --> 00:34:50.719 value based care.
NOTE Confidence: 0.98182803
00:34:51.100 --> 00:34:52.300 And then this other option
NOTE Confidence: 0.98182803
00:34:52.300 --> 00:34:52.860 is, I think, you know,
NOTE Confidence: 0.98182803
00:34:52.860 --> 00:34:53.980 culinary medicine is about to
NOTE Confidence: 0.98182803

00:34:53.980 --> 00:34:55.265 go mainstream. Like, to a
NOTE Confidence: 0.98182803

00:34:55.265 --> 00:34:55.985 lot of you, this may
NOTE Confidence: 0.98182803

00:34:55.985 --> 00:34:56.864 have been a new term.
NOTE Confidence: 0.98182803

00:34:56.864 --> 00:34:58.145 To most Americans, this is
NOTE Confidence: 0.98182803

00:34:58.145 --> 00:34:59.105 a term they're not familiar
NOTE Confidence: 0.98182803

00:34:59.105 --> 00:35:00.065 with. This is about to
NOTE Confidence: 0.98182803

00:35:00.065 --> 00:35:01.425 go mainstream because just think
NOTE Confidence: 0.98182803

00:35:01.425 --> 00:35:02.625 about how exciting it would
NOTE Confidence: 0.98182803

00:35:02.625 --> 00:35:04.305 be to have someone engaging
NOTE Confidence: 0.98182803

00:35:04.305 --> 00:35:06.225 in the kitchen, cooking healthy
NOTE Confidence: 0.98182803

00:35:06.225 --> 00:35:08.065 food that's also delicious and
NOTE Confidence: 0.98182803

00:35:08.065 --> 00:35:09.025 sharing it with people what
NOTE Confidence: 0.98182803

00:35:09.025 --> 00:35:10.270 they love and talking about
NOTE Confidence: 0.98182803

00:35:10.270 --> 00:35:11.310 how it improves their health.
NOTE Confidence: 0.98182803

00:35:11.310 --> 00:35:12.110 Right? That is something I
NOTE Confidence: 0.98182803

00:35:12.110 --> 00:35:13.230 think people would watch. And

NOTE Confidence: 0.98182803

00:35:13.230 --> 00:35:13.870 so if no one else

NOTE Confidence: 0.98182803

00:35:13.870 --> 00:35:14.510 is gonna do it, I'm

NOTE Confidence: 0.98182803

00:35:14.510 --> 00:35:15.330 gonna do it.

NOTE Confidence: 0.9891174

00:35:17.150 --> 00:35:18.510 The future of culinary medicine

NOTE Confidence: 0.9891174

00:35:18.510 --> 00:35:19.710 for health care professionals, a

NOTE Confidence: 0.9891174

00:35:19.710 --> 00:35:20.910 little less sexy. We wanna

NOTE Confidence: 0.9891174

00:35:20.910 --> 00:35:22.750 establish some core competencies in

NOTE Confidence: 0.9891174

00:35:22.750 --> 00:35:24.864 culinary medicine. We need validated

NOTE Confidence: 0.9891174

00:35:24.864 --> 00:35:26.385 curricular assessment tools. And once

NOTE Confidence: 0.9891174

00:35:26.385 --> 00:35:27.105 we have those two things,

NOTE Confidence: 0.9891174

00:35:27.105 --> 00:35:28.225 we'll be able to develop

NOTE Confidence: 0.9891174

00:35:28.225 --> 00:35:29.745 standardized curricula and test them

NOTE Confidence: 0.9891174

00:35:29.745 --> 00:35:31.585 in multi institutional trials, and

NOTE Confidence: 0.9891174

00:35:31.585 --> 00:35:32.465 then we'll have the high

NOTE Confidence: 0.9891174

00:35:32.465 --> 00:35:33.745 quality data that we need

NOTE Confidence: 0.9891174

00:35:33.745 --> 00:35:34.625 to really get this,
NOTE Confidence: 0.9737099

00:35:35.345 --> 00:35:36.085 more broadly,
NOTE Confidence: 0.9989452

00:35:36.945 --> 00:35:38.225 accepted in medical schools and
NOTE Confidence: 0.9989452

00:35:38.225 --> 00:35:39.205 residency programs.
NOTE Confidence: 0.97178835

00:35:40.020 --> 00:35:41.800 We're currently developing an asynchronous
NOTE Confidence: 0.97178835

00:35:41.860 --> 00:35:43.719 video based culinary medicine curriculum
NOTE Confidence: 0.97178835

00:35:43.780 --> 00:35:44.739 that we got some grant
NOTE Confidence: 0.97178835

00:35:44.739 --> 00:35:46.420 funding for. This is important
NOTE Confidence: 0.97178835

00:35:46.420 --> 00:35:47.620 because a lot of medical
NOTE Confidence: 0.97178835

00:35:47.620 --> 00:35:48.980 schools, for instance, want to
NOTE Confidence: 0.97178835

00:35:48.980 --> 00:35:50.340 do culinary medicine, but they
NOTE Confidence: 0.97178835

00:35:50.340 --> 00:35:51.380 don't have a teaching kitchen
NOTE Confidence: 0.97178835

00:35:51.380 --> 00:35:52.500 and they don't have someone
NOTE Confidence: 0.97178835

00:35:52.500 --> 00:35:53.960 who can teach culinary medicine.
NOTE Confidence: 0.97178835

00:35:54.015 --> 00:35:55.214 So imagine instead you had
NOTE Confidence: 0.97178835

00:35:55.214 --> 00:35:56.174 a video based one where

NOTE Confidence: 0.97178835
00:35:56.174 --> 00:35:57.954 folks can watch the lecture,
NOTE Confidence: 0.97178835
00:35:58.015 --> 00:35:59.214 answer some questions that are
NOTE Confidence: 0.97178835
00:35:59.214 --> 00:36:00.894 embedded in, and then someone's
NOTE Confidence: 0.97178835
00:36:00.894 --> 00:36:02.174 cooking, like almost like a,
NOTE Confidence: 0.97178835
00:36:02.174 --> 00:36:03.375 you know, TV show essentially,
NOTE Confidence: 0.97178835
00:36:03.375 --> 00:36:04.575 but then you're cooking along
NOTE Confidence: 0.97178835
00:36:04.575 --> 00:36:05.375 at home and it'll be
NOTE Confidence: 0.97178835
00:36:05.375 --> 00:36:06.494 like pause the video here
NOTE Confidence: 0.97178835
00:36:06.494 --> 00:36:07.620 until your onion is chopped,
NOTE Confidence: 0.97178835
00:36:07.700 --> 00:36:08.340 you know, then resume the
NOTE Confidence: 0.97178835
00:36:08.340 --> 00:36:09.460 video. And then you kinda
NOTE Confidence: 0.97178835
00:36:09.460 --> 00:36:11.060 cook along with the video,
NOTE Confidence: 0.97178835
00:36:11.060 --> 00:36:12.340 right, with friends in your
NOTE Confidence: 0.97178835
00:36:12.340 --> 00:36:13.460 apartment, you know, your school
NOTE Confidence: 0.97178835
00:36:13.460 --> 00:36:14.660 buys you the groceries. This
NOTE Confidence: 0.97178835

00:36:14.660 --> 00:36:15.780 would be very, very easy
NOTE Confidence: 0.97178835

00:36:15.780 --> 00:36:16.580 to do. And so once
NOTE Confidence: 0.97178835

00:36:16.580 --> 00:36:17.460 we have something like this,
NOTE Confidence: 0.97178835

00:36:17.460 --> 00:36:18.980 it'll be easily scalable. So
NOTE Confidence: 0.97178835

00:36:18.980 --> 00:36:20.260 as I mentioned, we're developing
NOTE Confidence: 0.97178835

00:36:20.260 --> 00:36:21.460 one here and then Michelle
NOTE Confidence: 0.97178835

00:36:21.460 --> 00:36:22.100 Houser who's,
NOTE Confidence: 0.9491625

00:36:22.745 --> 00:36:24.585 a chef, an MD at
NOTE Confidence: 0.9491625

00:36:24.585 --> 00:36:26.265 Stanford and the president-elect of
NOTE Confidence: 0.9491625

00:36:26.265 --> 00:36:27.465 the American College of of
NOTE Confidence: 0.9491625

00:36:27.465 --> 00:36:29.305 lifestyle medicine. She is I
NOTE Confidence: 0.9491625

00:36:29.305 --> 00:36:30.344 know I'm also working on
NOTE Confidence: 0.9491625

00:36:30.344 --> 00:36:31.225 this and they're soon to
NOTE Confidence: 0.9491625

00:36:31.225 --> 00:36:32.025 be released. So this is
NOTE Confidence: 0.9491625

00:36:32.025 --> 00:36:33.245 something you'll see soon.
NOTE Confidence: 0.99225205

00:36:34.665 --> 00:36:37.225 And culinary medicine integrates so

NOTE Confidence: 0.99225205

00:36:37.225 --> 00:36:38.640 well with many other,

NOTE Confidence: 0.9812566

00:36:39.279 --> 00:36:40.319 areas of medicine that are

NOTE Confidence: 0.9812566

00:36:40.319 --> 00:36:41.599 increasing rapidly. So we talked

NOTE Confidence: 0.9812566

00:36:41.599 --> 00:36:42.980 about food as medicine interventions.

NOTE Confidence: 0.9812566

00:36:43.039 --> 00:36:44.400 That's a huge one. But

NOTE Confidence: 0.9812566

00:36:44.400 --> 00:36:45.599 culinary medicine also fits in

NOTE Confidence: 0.9812566

00:36:45.599 --> 00:36:46.880 really well with obesity medicine.

NOTE Confidence: 0.9812566

00:36:46.880 --> 00:36:47.839 So I came from our

NOTE Confidence: 0.9812566

00:36:47.839 --> 00:36:49.460 weight management clinic this morning

NOTE Confidence: 0.9812566

00:36:49.599 --> 00:36:50.960 where we talk about food

NOTE Confidence: 0.9812566

00:36:50.960 --> 00:36:52.635 and medications. We talk about

NOTE Confidence: 0.9812566

00:36:52.635 --> 00:36:53.915 sleep. We talk about social

NOTE Confidence: 0.9812566

00:36:53.915 --> 00:36:56.015 connectedness, avoiding risky substances,

NOTE Confidence: 0.97863

00:36:56.875 --> 00:36:57.755 and and kind of all

NOTE Confidence: 0.97863

00:36:57.755 --> 00:36:59.114 these other pillars of lifestyle

NOTE Confidence: 0.97863

00:36:59.114 --> 00:37:00.235 medicine, which you see as
NOTE Confidence: 0.97863

00:37:00.235 --> 00:37:01.275 another one of these areas
NOTE Confidence: 0.97863

00:37:01.275 --> 00:37:02.575 of health care that's improving.
NOTE Confidence: 0.9689518

00:37:02.955 --> 00:37:03.835 All of these things are
NOTE Confidence: 0.9689518

00:37:03.835 --> 00:37:05.841 important to prevent and manage
NOTE Confidence: 0.9689518

00:37:05.841 --> 00:37:07.377 chronic diseases, and culinary medicine
NOTE Confidence: 0.9689518

00:37:07.377 --> 00:37:08.913 as an educational endeavor that's
NOTE Confidence: 0.9689518

00:37:08.913 --> 00:37:10.449 actually fun and promotes behavior
NOTE Confidence: 0.9689518

00:37:10.449 --> 00:37:11.985 change is something that will
NOTE Confidence: 0.9689518

00:37:11.985 --> 00:37:13.522 really partner well with those
NOTE Confidence: 0.9689518

00:37:13.522 --> 00:37:15.057 areas of medicine that are
NOTE Confidence: 0.9689518

00:37:15.057 --> 00:37:16.594 increasing. And then finally, I'll
NOTE Confidence: 0.9689518

00:37:16.594 --> 00:37:18.130 just point out climate and
NOTE Confidence: 0.9689518

00:37:18.130 --> 00:37:19.666 sustainability education. So we know
NOTE Confidence: 0.9689518

00:37:19.666 --> 00:37:21.455 from the Eat Lancet and
NOTE Confidence: 0.9689518

00:37:21.455 --> 00:37:22.975 many others that the food

NOTE Confidence: 0.9689518
00:37:22.975 --> 00:37:23.855 that is best for our
NOTE Confidence: 0.9689518
00:37:23.855 --> 00:37:25.135 body is also the food
NOTE Confidence: 0.9689518
00:37:25.135 --> 00:37:25.935 that is best for the
NOTE Confidence: 0.9689518
00:37:25.935 --> 00:37:27.135 planet, which is to say
NOTE Confidence: 0.9689518
00:37:27.135 --> 00:37:29.375 fruits, vegetables, whole grains, nuts,
NOTE Confidence: 0.9689518
00:37:29.375 --> 00:37:30.275 seeds, legumes,
NOTE Confidence: 0.9827999
00:37:30.275 --> 00:37:32.815 and very little ultra processed
NOTE Confidence: 0.9827999
00:37:32.815 --> 00:37:34.690 foods, meat, dairy, eggs, and
NOTE Confidence: 0.9827999
00:37:34.690 --> 00:37:36.290 seafood. Right? But really focusing
NOTE Confidence: 0.9827999
00:37:36.290 --> 00:37:37.810 on plants. That's sustainable, and
NOTE Confidence: 0.9827999
00:37:37.810 --> 00:37:38.850 it's good for our body.
NOTE Confidence: 0.9827999
00:37:38.850 --> 00:37:39.350 Right?
NOTE Confidence: 0.9933009
00:37:41.010 --> 00:37:42.790 So in summary, chronic diseases,
NOTE Confidence: 0.9933009
00:37:43.010 --> 00:37:44.290 the leading causes of death
NOTE Confidence: 0.9933009
00:37:44.290 --> 00:37:45.489 in the United States, and
NOTE Confidence: 0.9933009

00:37:45.489 --> 00:37:46.850 diet is the biggest risk
NOTE Confidence: 0.9933009

00:37:46.850 --> 00:37:48.150 factor for these diseases.
NOTE Confidence: 0.98011255

00:37:48.665 --> 00:37:50.425 We are not adequately trained
NOTE Confidence: 0.98011255

00:37:50.425 --> 00:37:51.464 in nutrition, whether you're a
NOTE Confidence: 0.98011255

00:37:51.464 --> 00:37:52.425 patient or whether you're a
NOTE Confidence: 0.98011255

00:37:52.425 --> 00:37:53.244 healthcare professional.
NOTE Confidence: 0.94290674

00:37:54.025 --> 00:37:55.565 It has culinary medicine,
NOTE Confidence: 0.9683984

00:37:55.945 --> 00:37:57.464 been shown to positively impact
NOTE Confidence: 0.9683984

00:37:57.464 --> 00:37:59.224 medical education, both for healthcare
NOTE Confidence: 0.9683984

00:37:59.224 --> 00:38:00.825 professionals and for our patients.
NOTE Confidence: 0.9683984

00:38:00.825 --> 00:38:01.964 It improves outcomes
NOTE Confidence: 0.9608441

00:38:02.609 --> 00:38:04.529 And, culinary medicine and food
NOTE Confidence: 0.9608441

00:38:04.529 --> 00:38:05.489 is medicine in the future
NOTE Confidence: 0.9608441

00:38:05.489 --> 00:38:06.529 really is gonna change how
NOTE Confidence: 0.9608441

00:38:06.529 --> 00:38:07.650 we think about healthcare. So
NOTE Confidence: 0.9608441

00:38:07.650 --> 00:38:09.089 you're, you know, if you're

NOTE Confidence: 0.9608441

00:38:09.089 --> 00:38:10.130 in training right now, you're

NOTE Confidence: 0.9608441

00:38:10.130 --> 00:38:11.809 at an interesting time where

NOTE Confidence: 0.9608441

00:38:11.809 --> 00:38:12.849 you know this is coming

NOTE Confidence: 0.9608441

00:38:12.849 --> 00:38:14.369 and probably not receiving adequate

NOTE Confidence: 0.9608441

00:38:14.369 --> 00:38:15.650 nutrient, you know, training in

NOTE Confidence: 0.9608441

00:38:15.650 --> 00:38:16.150 it.

NOTE Confidence: 0.97860837

00:38:16.505 --> 00:38:17.705 I came up in a

NOTE Confidence: 0.97860837

00:38:17.705 --> 00:38:18.745 time where people were not

NOTE Confidence: 0.97860837

00:38:18.745 --> 00:38:20.185 even thinking about these things.

NOTE Confidence: 0.97860837

00:38:20.185 --> 00:38:21.545 And hopefully in twenty years,

NOTE Confidence: 0.97860837

00:38:21.545 --> 00:38:22.665 we will be better training

NOTE Confidence: 0.97860837

00:38:22.665 --> 00:38:23.885 our physicians of the future

NOTE Confidence: 0.97860837

00:38:24.025 --> 00:38:25.385 to address food in the

NOTE Confidence: 0.97860837

00:38:25.385 --> 00:38:27.005 in the, clinical context.

NOTE Confidence: 0.9658562

00:38:27.305 --> 00:38:27.805 So,

NOTE Confidence: 0.96846914

00:38:28.585 --> 00:38:29.385 thank thank you so much.
NOTE Confidence: 0.96846914

00:38:29.385 --> 00:38:30.505 Happy to take questions that
NOTE Confidence: 0.96846914

00:38:30.505 --> 00:38:31.325 folks have,
NOTE Confidence: 0.94626665

00:38:31.779 --> 00:38:33.079 and appreciate your time.
NOTE Confidence: 0.90270245

00:38:39.299 --> 00:38:40.339 We're gonna move on to
NOTE Confidence: 0.90270245

00:38:40.339 --> 00:38:41.619 questions if anyone has any
NOTE Confidence: 0.90270245

00:38:41.619 --> 00:38:42.680 questions for doctor.
NOTE Confidence: 0.97893554

00:38:49.505 --> 00:38:51.105 Thank you. Hi. Thanks so
NOTE Confidence: 0.97893554

00:38:51.105 --> 00:38:52.065 much for your talk. I
NOTE Confidence: 0.97893554

00:38:52.065 --> 00:38:53.344 really liked it. Can you
NOTE Confidence: 0.97893554

00:38:53.344 --> 00:38:54.144 talk about if there are
NOTE Confidence: 0.97893554

00:38:54.144 --> 00:38:55.844 any specific types of pushback
NOTE Confidence: 0.97893554

00:38:55.904 --> 00:38:56.944 that you're that people are
NOTE Confidence: 0.97893554

00:38:56.944 --> 00:38:58.864 getting against implementing these types
NOTE Confidence: 0.97893554

00:38:58.864 --> 00:39:00.359 of programs? Like, are there
NOTE Confidence: 0.97893554

00:39:00.359 --> 00:39:01.719 specific types of doctors who

NOTE Confidence: 0.97893554
00:39:01.719 --> 00:39:02.599 are very against this? Or,
NOTE Confidence: 0.97893554
00:39:02.599 --> 00:39:03.880 like, I could imagine, like,
NOTE Confidence: 0.97893554
00:39:03.880 --> 00:39:05.239 the fast food industry might
NOTE Confidence: 0.97893554
00:39:05.239 --> 00:39:06.519 try to lobby against something
NOTE Confidence: 0.97893554
00:39:06.519 --> 00:39:07.799 like this. Is there anything
NOTE Confidence: 0.97893554
00:39:07.799 --> 00:39:09.079 like like specific groups that
NOTE Confidence: 0.97893554
00:39:09.079 --> 00:39:10.039 really don't want these kinds
NOTE Confidence: 0.97893554
00:39:10.039 --> 00:39:11.019 of things to happen?
NOTE Confidence: 0.9782837
00:39:11.480 --> 00:39:12.359 Yeah. That's a really good
NOTE Confidence: 0.9782837
00:39:12.359 --> 00:39:13.719 question. So a lot I've
NOTE Confidence: 0.9782837
00:39:13.719 --> 00:39:15.160 had really good support here
NOTE Confidence: 0.9782837
00:39:15.160 --> 00:39:16.415 at Yale. I'll say that.
NOTE Confidence: 0.9782837
00:39:16.734 --> 00:39:17.695 Everyone's like, oh, that's really
NOTE Confidence: 0.9782837
00:39:17.695 --> 00:39:18.734 cool that you're doing that.
NOTE Confidence: 0.9782837
00:39:18.734 --> 00:39:20.015 Gold star. You know? Whereas
NOTE Confidence: 0.9782837

00:39:20.015 --> 00:39:21.055 a lot of institutions, they're
NOTE Confidence: 0.9782837

00:39:21.055 --> 00:39:22.355 like, that is not necessary.
NOTE Confidence: 0.9782837

00:39:22.415 --> 00:39:23.795 That is not real medicine.
NOTE Confidence: 0.9862645

00:39:24.255 --> 00:39:25.215 You know, we're not paying
NOTE Confidence: 0.9862645

00:39:25.215 --> 00:39:26.094 for this. You know, that's
NOTE Confidence: 0.9862645

00:39:26.094 --> 00:39:26.975 something that a lot of
NOTE Confidence: 0.9862645

00:39:26.975 --> 00:39:29.055 institutions are telling my colleagues
NOTE Confidence: 0.9862645

00:39:29.055 --> 00:39:30.175 in culinary medicines.
NOTE Confidence: 0.9877332

00:39:30.830 --> 00:39:31.790 I wouldn't say it's any
NOTE Confidence: 0.9877332

00:39:31.790 --> 00:39:33.150 doctors in particular. I'll I'll
NOTE Confidence: 0.9877332

00:39:33.150 --> 00:39:33.950 tell you that, you know,
NOTE Confidence: 0.9877332

00:39:33.950 --> 00:39:35.070 sometimes when I wanna teach
NOTE Confidence: 0.9877332

00:39:35.070 --> 00:39:36.350 nutrition here, they always bring
NOTE Confidence: 0.9877332

00:39:36.350 --> 00:39:36.989 up the,
NOTE Confidence: 0.9876961

00:39:37.870 --> 00:39:38.590 they always bring up the
NOTE Confidence: 0.9876961

00:39:38.590 --> 00:39:39.870 example of orthopedic surgeons. They'll

NOTE Confidence: 0.9876961

00:39:39.870 --> 00:39:40.590 be like, why does an

NOTE Confidence: 0.9876961

00:39:40.590 --> 00:39:41.950 orthopedic surgeon need to know

NOTE Confidence: 0.9876961

00:39:41.950 --> 00:39:42.610 about nutrition?

NOTE Confidence: 0.97350895

00:39:43.464 --> 00:39:44.425 And then I always tell

NOTE Confidence: 0.97350895

00:39:44.425 --> 00:39:45.464 them how frequently I send

NOTE Confidence: 0.97350895

00:39:45.464 --> 00:39:46.505 my primary care patients to

NOTE Confidence: 0.97350895

00:39:46.505 --> 00:39:47.464 get a knee replacement and

NOTE Confidence: 0.97350895

00:39:47.464 --> 00:39:48.105 then they can't get it

NOTE Confidence: 0.97350895

00:39:48.105 --> 00:39:48.905 because they need to lose

NOTE Confidence: 0.97350895

00:39:48.905 --> 00:39:49.785 weight and then the orthopedic

NOTE Confidence: 0.97350895

00:39:49.785 --> 00:39:50.905 surgeon just says, you know,

NOTE Confidence: 0.97350895

00:39:50.905 --> 00:39:51.864 eat less, move more and

NOTE Confidence: 0.97350895

00:39:51.864 --> 00:39:52.425 kicks them out of the

NOTE Confidence: 0.97350895

00:39:52.425 --> 00:39:53.944 office. So that's my pitch

NOTE Confidence: 0.97350895

00:39:53.944 --> 00:39:55.224 back. But, you know, in

NOTE Confidence: 0.97350895

00:39:55.224 --> 00:39:56.505 general, most people are in
NOTE Confidence: 0.97350895

00:39:56.505 --> 00:39:57.600 support of this and I
NOTE Confidence: 0.97350895

00:39:57.600 --> 00:39:59.040 think the ones that people
NOTE Confidence: 0.97350895

00:39:59.040 --> 00:39:59.840 would be worried about are
NOTE Confidence: 0.97350895

00:39:59.840 --> 00:40:00.960 surgeons in general. But there's
NOTE Confidence: 0.97350895

00:40:00.960 --> 00:40:02.400 actually some research to suggest
NOTE Confidence: 0.97350895

00:40:02.400 --> 00:40:03.520 that if you experience food
NOTE Confidence: 0.97350895

00:40:03.520 --> 00:40:04.500 and nutrition security
NOTE Confidence: 0.99188775

00:40:05.040 --> 00:40:06.180 before an operation,
NOTE Confidence: 0.99729896

00:40:06.880 --> 00:40:08.580 your rate of complications
NOTE Confidence: 0.9794765

00:40:08.960 --> 00:40:10.240 is akin to someone with
NOTE Confidence: 0.9794765

00:40:10.240 --> 00:40:12.145 uncontrolled type two diabetes. And
NOTE Confidence: 0.9794765

00:40:12.145 --> 00:40:14.065 so perhaps these medically tailored
NOTE Confidence: 0.9794765

00:40:14.065 --> 00:40:15.745 groceries and and and produce
NOTE Confidence: 0.9794765

00:40:15.745 --> 00:40:17.505 prescription programs that address food
NOTE Confidence: 0.9794765

00:40:17.505 --> 00:40:19.585 and nutrition insecurity could really

NOTE Confidence: 0.9794765

00:40:19.585 --> 00:40:21.905 mitigate costs and improve surgical

NOTE Confidence: 0.9794765

00:40:21.905 --> 00:40:23.665 outcomes even. So really everyone

NOTE Confidence: 0.9794765

00:40:23.665 --> 00:40:24.865 is I think getting behind

NOTE Confidence: 0.9794765

00:40:24.865 --> 00:40:25.350 this.

NOTE Confidence: 0.9881386

00:40:25.910 --> 00:40:27.430 Food companies, they really hate

NOTE Confidence: 0.9881386

00:40:27.430 --> 00:40:28.950 the obesity drugs because that

NOTE Confidence: 0.9881386

00:40:28.950 --> 00:40:30.230 means people are buying less

NOTE Confidence: 0.9881386

00:40:30.230 --> 00:40:31.050 of their food.

NOTE Confidence: 0.9919482

00:40:31.350 --> 00:40:32.330 But in general,

NOTE Confidence: 0.991461

00:40:32.790 --> 00:40:34.090 in our era of nutritionism

NOTE Confidence: 0.991461

00:40:34.150 --> 00:40:35.510 where we focus on individual

NOTE Confidence: 0.991461

00:40:35.510 --> 00:40:36.790 nutrients instead of just saying

NOTE Confidence: 0.991461

00:40:36.790 --> 00:40:38.785 eat plants, Companies are able

NOTE Confidence: 0.991461

00:40:38.785 --> 00:40:39.605 to really

NOTE Confidence: 0.9886938

00:40:39.905 --> 00:40:41.585 manufacture products where they add

NOTE Confidence: 0.9886938

00:40:41.585 --> 00:40:42.625 in fiber or they take
NOTE Confidence: 0.9886938

00:40:42.625 --> 00:40:43.665 out a little salt or,
NOTE Confidence: 0.9886938

00:40:43.665 --> 00:40:44.465 you know, they add in,
NOTE Confidence: 0.9886938

00:40:44.785 --> 00:40:45.745 some kind of a plant
NOTE Confidence: 0.9886938

00:40:45.745 --> 00:40:46.705 that helps them sell it.
NOTE Confidence: 0.9886938

00:40:46.705 --> 00:40:47.344 And so I think they're
NOTE Confidence: 0.9886938

00:40:47.344 --> 00:40:48.385 a little less concerned about
NOTE Confidence: 0.9886938

00:40:48.385 --> 00:40:50.145 culinary medicine and would probably
NOTE Confidence: 0.9886938

00:40:50.145 --> 00:40:51.390 even be excited to partner
NOTE Confidence: 0.9886938

00:40:51.390 --> 00:40:52.430 with us if we showed
NOTE Confidence: 0.9886938

00:40:52.430 --> 00:40:53.869 people how to cook their
NOTE Confidence: 0.9886938

00:40:53.869 --> 00:40:55.309 ultra processed foods, which we
NOTE Confidence: 0.9886938

00:40:55.309 --> 00:40:56.270 won't do. But,
NOTE Confidence: 0.97771627

00:40:56.670 --> 00:40:57.630 so I haven't I haven't
NOTE Confidence: 0.97771627

00:40:57.630 --> 00:40:58.829 seen too much pushback there.
NOTE Confidence: 0.97771627

00:40:58.829 --> 00:40:59.869 But in general, lots of

NOTE Confidence: 0.97771627
00:40:59.869 --> 00:41:00.369 support.
NOTE Confidence: 0.96919227
00:41:00.829 --> 00:41:01.329 Yeah.
NOTE Confidence: 0.95462173
00:41:11.085 --> 00:41:12.125 Great talk, by the way.
NOTE Confidence: 0.95462173
00:41:12.445 --> 00:41:13.585 So I feel like nutrition
NOTE Confidence: 0.95462173
00:41:13.645 --> 00:41:15.005 headlines sometimes can be very
NOTE Confidence: 0.95462173
00:41:15.005 --> 00:41:16.205 difficult to parse through both
NOTE Confidence: 0.95462173
00:41:16.205 --> 00:41:17.485 for consumers and also for
NOTE Confidence: 0.95462173
00:41:17.485 --> 00:41:18.385 health care professionals.
NOTE Confidence: 0.9573204
00:41:18.910 --> 00:41:20.030 And, like, basic science and
NOTE Confidence: 0.9573204
00:41:20.030 --> 00:41:21.710 traditional research on nutrition is
NOTE Confidence: 0.9573204
00:41:21.710 --> 00:41:23.090 also very difficult to conduct.
NOTE Confidence: 0.9573204
00:41:23.310 --> 00:41:24.910 So how do you, I
NOTE Confidence: 0.9573204
00:41:24.910 --> 00:41:26.690 guess, navigate that for both
NOTE Confidence: 0.9573204
00:41:26.750 --> 00:41:28.030 people, like, patients who wanna
NOTE Confidence: 0.9573204
00:41:28.030 --> 00:41:29.410 eat healthier, but then also
NOTE Confidence: 0.9573204

00:41:29.630 --> 00:41:31.395 how to teach your, like,
NOTE Confidence: 0.9573204

00:41:31.555 --> 00:41:32.915 residents and med students how
NOTE Confidence: 0.9573204

00:41:32.915 --> 00:41:34.515 to read and, sort of
NOTE Confidence: 0.9573204

00:41:34.515 --> 00:41:35.795 adapt those headlines to then
NOTE Confidence: 0.9573204

00:41:35.795 --> 00:41:36.775 counsel their patients?
NOTE Confidence: 0.9554713

00:41:37.155 --> 00:41:38.835 Great question. So, I'm working
NOTE Confidence: 0.9554713

00:41:38.835 --> 00:41:39.555 on a book. So I'll
NOTE Confidence: 0.9554713

00:41:39.555 --> 00:41:40.035 have you have to read
NOTE Confidence: 0.9554713

00:41:40.035 --> 00:41:40.915 my book when it comes
NOTE Confidence: 0.9554713

00:41:40.915 --> 00:41:42.435 out. But, it's basically, like,
NOTE Confidence: 0.9554713

00:41:42.435 --> 00:41:43.739 I the pitch is, like,
NOTE Confidence: 0.9554713

00:41:43.739 --> 00:41:45.260 I understand that nutrition is
NOTE Confidence: 0.9554713

00:41:45.260 --> 00:41:46.700 so confusing to so many
NOTE Confidence: 0.9554713

00:41:46.700 --> 00:41:47.500 people, and then I have
NOTE Confidence: 0.9554713

00:41:47.500 --> 00:41:48.540 this slide that I sometimes
NOTE Confidence: 0.9554713

00:41:48.540 --> 00:41:49.340 give in a lecture where

NOTE Confidence: 0.9554713

00:41:49.340 --> 00:41:50.219 I show, like, all of

NOTE Confidence: 0.9554713

00:41:50.219 --> 00:41:52.060 these nutrition headlines that totally

NOTE Confidence: 0.9554713

00:41:52.060 --> 00:41:52.560 conflict,

NOTE Confidence: 0.9793697

00:41:53.100 --> 00:41:54.619 and everyone's confused. Doctors are

NOTE Confidence: 0.9793697

00:41:54.619 --> 00:41:56.219 confused. Patients are confused. Everyone

NOTE Confidence: 0.9793697

00:41:56.219 --> 00:41:57.855 is confused about nutrition. But

NOTE Confidence: 0.9793697

00:41:57.855 --> 00:41:58.975 the more you read nutrition

NOTE Confidence: 0.9793697

00:41:58.975 --> 00:42:00.175 science, the more boring it

NOTE Confidence: 0.9793697

00:42:00.175 --> 00:42:01.715 gets because it all says

NOTE Confidence: 0.9793697

00:42:01.775 --> 00:42:03.295 the same thing, which is

NOTE Confidence: 0.9793697

00:42:03.295 --> 00:42:04.655 eat more plants, eat less

NOTE Confidence: 0.9793697

00:42:04.655 --> 00:42:06.415 ultra processed foods. And so

NOTE Confidence: 0.9793697

00:42:06.415 --> 00:42:07.375 I tell people to look

NOTE Confidence: 0.9793697

00:42:07.375 --> 00:42:08.255 at it through that lens.

NOTE Confidence: 0.9793697

00:42:08.255 --> 00:42:09.295 And then whenever they see

NOTE Confidence: 0.9793697

00:42:09.295 --> 00:42:10.335 a new study that comes
NOTE Confidence: 0.9793697

00:42:10.335 --> 00:42:11.375 out, it's always something it
NOTE Confidence: 0.9793697

00:42:11.455 --> 00:42:12.575 you know, there's always some
NOTE Confidence: 0.9793697

00:42:12.575 --> 00:42:13.980 particulars. Like, I saw one
NOTE Confidence: 0.9793697

00:42:13.980 --> 00:42:15.180 recently that was like, oh,
NOTE Confidence: 0.9793697

00:42:15.180 --> 00:42:16.880 study finds that increased
NOTE Confidence: 0.96714973

00:42:17.500 --> 00:42:19.500 consumption of French fries associated
NOTE Confidence: 0.96714973

00:42:19.500 --> 00:42:21.180 with higher risk of,
NOTE Confidence: 0.9645322

00:42:21.500 --> 00:42:23.020 depression. Right? So it's always
NOTE Confidence: 0.9645322

00:42:23.020 --> 00:42:24.940 like this ultra processed food
NOTE Confidence: 0.9645322

00:42:24.940 --> 00:42:26.895 associated with bad outcome. This
NOTE Confidence: 0.9645322

00:42:26.895 --> 00:42:28.895 plant associated with good outcomes.
NOTE Confidence: 0.9645322

00:42:28.895 --> 00:42:30.255 That's all of nutrition. Right?
NOTE Confidence: 0.9645322

00:42:30.255 --> 00:42:31.475 It's that simple.
NOTE Confidence: 0.98724824

00:42:32.094 --> 00:42:33.135 That's ninety five percent of
NOTE Confidence: 0.98724824

00:42:33.135 --> 00:42:34.015 it, I should say. And

NOTE Confidence: 0.98724824
00:42:34.015 --> 00:42:35.295 so, like, that's how I
NOTE Confidence: 0.98724824
00:42:35.295 --> 00:42:37.135 try to that's the the
NOTE Confidence: 0.98724824
00:42:37.135 --> 00:42:38.415 heuristic or the template that
NOTE Confidence: 0.98724824
00:42:38.415 --> 00:42:39.295 I give people when I
NOTE Confidence: 0.98724824
00:42:39.295 --> 00:42:40.469 teach them. And then I
NOTE Confidence: 0.98724824
00:42:40.469 --> 00:42:41.910 say, if you find conflicting
NOTE Confidence: 0.98724824
00:42:41.910 --> 00:42:42.950 info otherwise or if you
NOTE Confidence: 0.98724824
00:42:42.950 --> 00:42:44.230 have specific questions about that,
NOTE Confidence: 0.98724824
00:42:44.230 --> 00:42:45.350 let me know. But if
NOTE Confidence: 0.98724824
00:42:45.350 --> 00:42:47.030 you can follow that guideline,
NOTE Confidence: 0.98724824
00:42:47.030 --> 00:42:48.390 you're ninety five percent of
NOTE Confidence: 0.98724824
00:42:48.390 --> 00:42:49.350 the way there. So that's
NOTE Confidence: 0.98724824
00:42:49.350 --> 00:42:50.489 what I try to do.
NOTE Confidence: 0.9774737
00:42:52.994 --> 00:42:54.035 Alright. Thank you so much
NOTE Confidence: 0.9774737
00:42:54.035 --> 00:42:55.555 for the great talk. I'm
NOTE Confidence: 0.9774737

00:42:55.555 --> 00:42:57.015 wondering if you have any,
NOTE Confidence: 0.9984057

00:42:57.875 --> 00:42:59.414 ideas of how culinary
NOTE Confidence: 0.9893698

00:42:59.795 --> 00:43:00.934 medicine could be,
NOTE Confidence: 0.95280224

00:43:01.555 --> 00:43:03.075 applied to people who have
NOTE Confidence: 0.95280224

00:43:03.075 --> 00:43:03.894 eating disorders,
NOTE Confidence: 0.93590766

00:43:04.434 --> 00:43:06.674 like anorexia nervosa, like, how
NOTE Confidence: 0.93590766

00:43:06.674 --> 00:43:07.494 that could,
NOTE Confidence: 0.9738238

00:43:07.795 --> 00:43:10.190 like, increase their self efficacy
NOTE Confidence: 0.9738238

00:43:10.250 --> 00:43:10.750 or
NOTE Confidence: 0.93536335

00:43:11.050 --> 00:43:12.969 incorporate diet, like, healthy diet
NOTE Confidence: 0.93536335

00:43:12.969 --> 00:43:14.969 and also enough, you know,
NOTE Confidence: 0.93536335

00:43:14.969 --> 00:43:16.969 nutrients to their body? That's
NOTE Confidence: 0.93536335

00:43:16.969 --> 00:43:18.489 a fabulous question. Yeah.
NOTE Confidence: 0.9962439

00:43:19.130 --> 00:43:19.930 I'm not sure I have
NOTE Confidence: 0.9962439

00:43:19.930 --> 00:43:20.810 a great answer for that.
NOTE Confidence: 0.9962439

00:43:20.810 --> 00:43:22.090 We teach, as part of

NOTE Confidence: 0.9962439
00:43:22.090 --> 00:43:22.340 our,
NOTE Confidence: 0.9757354
00:43:22.994 --> 00:43:23.954 curriculum that we teach to
NOTE Confidence: 0.9757354
00:43:23.954 --> 00:43:25.394 residents. We teach one year
NOTE Confidence: 0.9757354
00:43:25.394 --> 00:43:26.835 on cardiovascular disease, one on
NOTE Confidence: 0.9757354
00:43:26.835 --> 00:43:27.954 type two diabetes and one
NOTE Confidence: 0.9757354
00:43:27.954 --> 00:43:29.075 on overweight and obesity. And
NOTE Confidence: 0.9757354
00:43:29.075 --> 00:43:29.795 when we did our needs
NOTE Confidence: 0.9757354
00:43:29.795 --> 00:43:31.075 assessment of residents, they're like,
NOTE Confidence: 0.9757354
00:43:31.075 --> 00:43:32.035 we're excited to learn all
NOTE Confidence: 0.9757354
00:43:32.035 --> 00:43:33.154 that, but we definitely want
NOTE Confidence: 0.9757354
00:43:33.154 --> 00:43:34.275 to know about eating disorders
NOTE Confidence: 0.9757354
00:43:34.275 --> 00:43:35.075 too, because I think they
NOTE Confidence: 0.9757354
00:43:35.075 --> 00:43:36.035 worry that if you counsel
NOTE Confidence: 0.9757354
00:43:36.035 --> 00:43:36.914 someone in diet that you
NOTE Confidence: 0.9757354
00:43:36.914 --> 00:43:38.194 could even trigger an eating
NOTE Confidence: 0.9757354

00:43:38.194 --> 00:43:38.694 disorder.
NOTE Confidence: 0.9950521

00:43:39.290 --> 00:43:40.730 So definitely a valid concern
NOTE Confidence: 0.9950521

00:43:40.730 --> 00:43:41.790 among lots of clinicians.
NOTE Confidence: 0.97979164

00:43:43.210 --> 00:43:44.730 Eating disorders are really hard
NOTE Confidence: 0.97979164

00:43:44.730 --> 00:43:46.170 to treat and, you know,
NOTE Confidence: 0.97979164

00:43:46.170 --> 00:43:47.609 like many other diseases require
NOTE Confidence: 0.97979164

00:43:47.609 --> 00:43:49.050 kind of multimodal therapy, whether
NOTE Confidence: 0.97979164

00:43:49.050 --> 00:43:49.790 it's medications,
NOTE Confidence: 0.9604286

00:43:50.250 --> 00:43:50.750 counseling,
NOTE Confidence: 0.99425936

00:43:51.050 --> 00:43:52.905 various different specialty providers,
NOTE Confidence: 0.91212815

00:43:53.225 --> 00:43:54.605 primary care psychology,
NOTE Confidence: 0.93019366

00:43:55.305 --> 00:43:55.805 psychiatry,
NOTE Confidence: 0.98197865

00:43:56.105 --> 00:43:56.905 and then I think culinary
NOTE Confidence: 0.98197865

00:43:56.905 --> 00:43:57.945 medicine would be a good
NOTE Confidence: 0.98197865

00:43:57.945 --> 00:43:59.165 part of kind of rehabilitation
NOTE Confidence: 0.98197865

00:43:59.385 --> 00:44:01.165 of of learning to

NOTE Confidence: 0.97832316

00:44:01.945 --> 00:44:03.065 I don't know. I don't

NOTE Confidence: 0.97832316

00:44:03.065 --> 00:44:03.864 have the right answer, and

NOTE Confidence: 0.97832316

00:44:03.864 --> 00:44:04.425 I don't want to say

NOTE Confidence: 0.97832316

00:44:04.425 --> 00:44:05.625 anything offensive, but there's something

NOTE Confidence: 0.97832316

00:44:05.625 --> 00:44:07.145 about culinary medicine that helps

NOTE Confidence: 0.97832316

00:44:07.145 --> 00:44:08.605 people to learn to

NOTE Confidence: 0.9600752

00:44:09.119 --> 00:44:10.799 love and enjoy food, in

NOTE Confidence: 0.9600752

00:44:10.799 --> 00:44:11.680 a new way. You know,

NOTE Confidence: 0.9600752

00:44:11.680 --> 00:44:12.880 people, I think, sometimes think

NOTE Confidence: 0.9600752

00:44:12.880 --> 00:44:14.239 food is the enemy, and

NOTE Confidence: 0.9600752

00:44:14.239 --> 00:44:15.599 it's like, oh, I'm tempted

NOTE Confidence: 0.9600752

00:44:15.599 --> 00:44:17.440 by food. Food makes me

NOTE Confidence: 0.9600752

00:44:17.440 --> 00:44:18.480 gain weight. You know, I

NOTE Confidence: 0.9600752

00:44:18.480 --> 00:44:19.200 don't like to go to

NOTE Confidence: 0.9600752

00:44:19.200 --> 00:44:20.480 parties because of the food,

NOTE Confidence: 0.9600752

00:44:20.480 --> 00:44:21.279 you know, and it's like
NOTE Confidence: 0.9600752

00:44:21.279 --> 00:44:22.079 always like the food is
NOTE Confidence: 0.9600752

00:44:22.079 --> 00:44:23.235 the problem. But I think
NOTE Confidence: 0.9600752

00:44:23.235 --> 00:44:24.355 if we can help people
NOTE Confidence: 0.9600752

00:44:24.355 --> 00:44:25.875 fall in love with food
NOTE Confidence: 0.9600752

00:44:25.875 --> 00:44:27.555 that's easy and accessible and
NOTE Confidence: 0.9600752

00:44:27.555 --> 00:44:28.055 delicious,
NOTE Confidence: 0.97896755

00:44:28.355 --> 00:44:29.555 it's it's kind of healing
NOTE Confidence: 0.97896755

00:44:29.555 --> 00:44:30.835 in some way psychologically. And
NOTE Confidence: 0.97896755

00:44:30.835 --> 00:44:31.635 so I would have to
NOTE Confidence: 0.97896755

00:44:31.635 --> 00:44:32.675 talk to some experts in
NOTE Confidence: 0.97896755

00:44:32.675 --> 00:44:33.795 eating disorders, but I think
NOTE Confidence: 0.97896755

00:44:33.795 --> 00:44:35.555 there's really big potential there
NOTE Confidence: 0.97896755

00:44:35.555 --> 00:44:36.755 that I haven't tapped into.
NOTE Confidence: 0.97896755

00:44:36.755 --> 00:44:38.295 So great question. Thank you.
NOTE Confidence: 0.98876584

00:44:40.010 --> 00:44:41.210 Hi, doctor Wood. Thanks for

NOTE Confidence: 0.98876584

00:44:41.210 --> 00:44:42.349 the great talk. Thanks.

NOTE Confidence: 0.95771515

00:44:42.730 --> 00:44:44.570 My question is seeing that

NOTE Confidence: 0.95771515

00:44:44.570 --> 00:44:45.609 food is such a big

NOTE Confidence: 0.95771515

00:44:45.609 --> 00:44:46.650 part of so many different

NOTE Confidence: 0.95771515

00:44:46.650 --> 00:44:47.150 cultures,

NOTE Confidence: 0.9943986

00:44:48.410 --> 00:44:50.109 how do you navigate providing

NOTE Confidence: 0.9943986

00:44:50.330 --> 00:44:52.910 culturally sensitive education and recommendations

NOTE Confidence: 0.88278246

00:44:53.210 --> 00:44:53.869 to patients?

NOTE Confidence: 0.96793693

00:44:54.905 --> 00:44:55.945 And have you ever run

NOTE Confidence: 0.96793693

00:44:55.945 --> 00:44:57.305 into any difficulties with that

NOTE Confidence: 0.96793693

00:44:57.305 --> 00:44:58.344 sort of thing? Yeah. Great

NOTE Confidence: 0.96793693

00:44:58.344 --> 00:45:00.025 question. I have. Yeah. So,

NOTE Confidence: 0.96793693

00:45:00.265 --> 00:45:01.305 I will give a talk

NOTE Confidence: 0.96793693

00:45:01.305 --> 00:45:02.905 frequently on the different types

NOTE Confidence: 0.96793693

00:45:02.905 --> 00:45:04.185 of fats that are healthy

NOTE Confidence: 0.96793693

00:45:04.185 --> 00:45:04.984 and right. So as we

NOTE Confidence: 0.96793693

00:45:04.984 --> 00:45:06.900 know, unsaturated fats better for

NOTE Confidence: 0.96793693

00:45:06.900 --> 00:45:08.599 your LDL than saturated fats.

NOTE Confidence: 0.9461878

00:45:08.900 --> 00:45:09.460 And so I kind of

NOTE Confidence: 0.9461878

00:45:09.460 --> 00:45:10.739 mentioned where do saturated fats

NOTE Confidence: 0.9461878

00:45:10.739 --> 00:45:11.619 come from. They come from

NOTE Confidence: 0.9461878

00:45:11.619 --> 00:45:12.500 meat and then they come

NOTE Confidence: 0.9461878

00:45:12.500 --> 00:45:14.180 from tropical oils like palm,

NOTE Confidence: 0.9461878

00:45:14.180 --> 00:45:15.700 palm kernel and coconut oil.

NOTE Confidence: 0.9461878

00:45:15.700 --> 00:45:16.579 And then I get some

NOTE Confidence: 0.9461878

00:45:16.579 --> 00:45:17.859 feedback from residents like, oh

NOTE Confidence: 0.9461878

00:45:17.859 --> 00:45:18.660 you know in my culture

NOTE Confidence: 0.9461878

00:45:18.660 --> 00:45:19.299 we use a lot of

NOTE Confidence: 0.9461878

00:45:19.299 --> 00:45:20.260 palm oil, like you know

NOTE Confidence: 0.9461878

00:45:20.260 --> 00:45:20.980 why are you telling me

NOTE Confidence: 0.9461878

00:45:20.980 --> 00:45:21.940 I can't have palm oil
NOTE Confidence: 0.9461878

00:45:21.940 --> 00:45:23.285 or you know, we cook
NOTE Confidence: 0.9461878

00:45:23.285 --> 00:45:24.085 growing up with a lot
NOTE Confidence: 0.9461878

00:45:24.085 --> 00:45:24.965 of ghee and, like, now
NOTE Confidence: 0.9461878

00:45:24.965 --> 00:45:25.925 you're telling me I can't
NOTE Confidence: 0.9461878

00:45:25.925 --> 00:45:26.885 eat ghee, you know. And
NOTE Confidence: 0.9461878

00:45:26.885 --> 00:45:27.385 so,
NOTE Confidence: 0.99087596

00:45:28.005 --> 00:45:29.205 this does this does come
NOTE Confidence: 0.99087596

00:45:29.205 --> 00:45:30.405 up. And so what I
NOTE Confidence: 0.99087596

00:45:30.485 --> 00:45:31.365 how I try to frame
NOTE Confidence: 0.99087596

00:45:31.365 --> 00:45:32.265 it is that
NOTE Confidence: 0.96436554

00:45:32.725 --> 00:45:34.405 if you know something is
NOTE Confidence: 0.96436554

00:45:34.405 --> 00:45:36.310 not the most healthy thing
NOTE Confidence: 0.96436554

00:45:36.310 --> 00:45:37.670 ever, that doesn't mean you
NOTE Confidence: 0.96436554

00:45:37.670 --> 00:45:38.550 can't eat it. Those are
NOTE Confidence: 0.96436554

00:45:38.550 --> 00:45:40.170 totally separate things. And so

NOTE Confidence: 0.96436554
00:45:40.230 --> 00:45:41.109 I like to talk about,
NOTE Confidence: 0.96436554
00:45:41.109 --> 00:45:42.070 like, how I grew up
NOTE Confidence: 0.96436554
00:45:42.070 --> 00:45:43.589 in my culture, like, of
NOTE Confidence: 0.96436554
00:45:43.589 --> 00:45:45.030 of of, you know, protestants
NOTE Confidence: 0.96436554
00:45:45.030 --> 00:45:45.989 in the Midwest. A lot
NOTE Confidence: 0.96436554
00:45:45.989 --> 00:45:46.790 of butter, a lot of
NOTE Confidence: 0.96436554
00:45:46.790 --> 00:45:47.984 casseroles, a lot of cream.
NOTE Confidence: 0.96436554
00:45:47.984 --> 00:45:49.025 Right? And so like I
NOTE Confidence: 0.96436554
00:45:49.025 --> 00:45:50.065 know those things not the
NOTE Confidence: 0.96436554
00:45:50.065 --> 00:45:50.864 best for me and so
NOTE Confidence: 0.96436554
00:45:50.864 --> 00:45:51.744 I try to cook with
NOTE Confidence: 0.96436554
00:45:51.744 --> 00:45:53.105 more olive oil a la
NOTE Confidence: 0.96436554
00:45:53.105 --> 00:45:54.144 Rachael Ray, you know, but
NOTE Confidence: 0.96436554
00:45:54.144 --> 00:45:55.265 like sometimes I do cook
NOTE Confidence: 0.96436554
00:45:55.265 --> 00:45:56.144 with butter and I'm not
NOTE Confidence: 0.96436554

00:45:56.144 --> 00:45:57.184 you know I'm I don't
NOTE Confidence: 0.96436554

00:45:57.184 --> 00:45:58.545 feel shame about that. Right?
NOTE Confidence: 0.96436554

00:45:58.545 --> 00:45:59.344 So part of it is
NOTE Confidence: 0.96436554

00:45:59.344 --> 00:46:00.864 separating those two things. The
NOTE Confidence: 0.96436554

00:46:00.864 --> 00:46:01.825 other thing is to just
NOTE Confidence: 0.96436554

00:46:01.825 --> 00:46:04.000 have a diverse set of
NOTE Confidence: 0.96436554

00:46:04.140 --> 00:46:05.099 staff who work with you.
NOTE Confidence: 0.96436554

00:46:05.099 --> 00:46:06.059 So in our our weight
NOTE Confidence: 0.96436554

00:46:06.059 --> 00:46:07.440 management clinic, we have,
NOTE Confidence: 0.9681528

00:46:08.059 --> 00:46:09.739 a pharmacist who's Hispanic. And
NOTE Confidence: 0.9681528

00:46:09.739 --> 00:46:10.700 so we had a Hispanic
NOTE Confidence: 0.9681528

00:46:10.700 --> 00:46:11.579 patient come in, and he
NOTE Confidence: 0.9681528

00:46:11.579 --> 00:46:12.859 was, like, trying to cut
NOTE Confidence: 0.9681528

00:46:12.859 --> 00:46:14.059 back essentially on his rice.
NOTE Confidence: 0.9681528

00:46:14.059 --> 00:46:15.020 And I'm like, you know,
NOTE Confidence: 0.9681528

00:46:15.020 --> 00:46:16.140 let's switch to brown rice.

NOTE Confidence: 0.9681528
00:46:16.140 --> 00:46:16.859 And he's like, I don't
NOTE Confidence: 0.9681528
00:46:16.859 --> 00:46:17.660 wanna do that. And then
NOTE Confidence: 0.9681528
00:46:17.660 --> 00:46:18.540 I'm kinda like, oh, gosh.
NOTE Confidence: 0.9681528
00:46:18.540 --> 00:46:19.614 Like, what should we do?
NOTE Confidence: 0.9681528
00:46:19.614 --> 00:46:20.735 And then my pharmacist is
NOTE Confidence: 0.9681528
00:46:20.735 --> 00:46:21.855 like, my doctor told me
NOTE Confidence: 0.9681528
00:46:21.855 --> 00:46:22.735 the same thing, and I
NOTE Confidence: 0.9681528
00:46:22.735 --> 00:46:24.095 also don't like brown rice.
NOTE Confidence: 0.9681528
00:46:24.095 --> 00:46:24.895 But what I do is
NOTE Confidence: 0.9681528
00:46:24.895 --> 00:46:25.695 I take white rice and
NOTE Confidence: 0.9681528
00:46:25.695 --> 00:46:26.755 I mix in lentils,
NOTE Confidence: 0.98913217
00:46:27.215 --> 00:46:28.655 and then I use that
NOTE Confidence: 0.98913217
00:46:28.655 --> 00:46:30.015 instead. So you increase the
NOTE Confidence: 0.98913217
00:46:30.015 --> 00:46:31.135 fiber. You increase the plant
NOTE Confidence: 0.98913217
00:46:31.135 --> 00:46:32.255 based protein. You still get
NOTE Confidence: 0.98913217

00:46:32.255 --> 00:46:32.815 to eat the white rice,
NOTE Confidence: 0.98913217

00:46:32.815 --> 00:46:33.535 but you have less of
NOTE Confidence: 0.98913217

00:46:33.535 --> 00:46:34.595 the refined carbohydrates.
NOTE Confidence: 0.98858017

00:46:34.950 --> 00:46:36.230 That is something I never
NOTE Confidence: 0.98858017

00:46:36.230 --> 00:46:37.270 would have thought of. So
NOTE Confidence: 0.98858017

00:46:37.270 --> 00:46:39.030 it's just it's important to,
NOTE Confidence: 0.98858017

00:46:39.270 --> 00:46:40.869 incorporate diverse voices. In the
NOTE Confidence: 0.98858017

00:46:40.869 --> 00:46:41.750 teaching kitchen, we use a
NOTE Confidence: 0.98858017

00:46:41.750 --> 00:46:42.810 variety of recipes,
NOTE Confidence: 0.98370314

00:46:43.270 --> 00:46:44.250 Thai, Mexican,
NOTE Confidence: 0.95498717

00:46:44.550 --> 00:46:45.829 Chinese, like lots of different
NOTE Confidence: 0.95498717

00:46:45.829 --> 00:46:46.869 recipes. I would say they're
NOTE Confidence: 0.95498717

00:46:46.869 --> 00:46:47.829 not definitely not the most
NOTE Confidence: 0.95498717

00:46:47.829 --> 00:46:48.310 authentic,
NOTE Confidence: 0.8910849

00:46:48.630 --> 00:46:49.589 which is a criticism I
NOTE Confidence: 0.8910849

00:46:49.589 --> 00:46:50.505 have of the curriculum that

NOTE Confidence: 0.8910849
00:46:50.505 --> 00:46:51.125 we license.
NOTE Confidence: 0.9650677
00:46:51.585 --> 00:46:52.705 And in the future, honestly,
NOTE Confidence: 0.9650677
00:46:52.705 --> 00:46:53.425 what I would love to
NOTE Confidence: 0.9650677
00:46:53.425 --> 00:46:54.645 do is to get recipes
NOTE Confidence: 0.9650677
00:46:54.705 --> 00:46:55.905 from patients where they do
NOTE Confidence: 0.9650677
00:46:55.905 --> 00:46:57.605 like a a six session
NOTE Confidence: 0.9650677
00:46:57.745 --> 00:46:58.864 class, and in the last
NOTE Confidence: 0.9650677
00:46:58.864 --> 00:46:59.364 session,
NOTE Confidence: 0.93547374
00:46:59.745 --> 00:47:00.785 they bring in like one
NOTE Confidence: 0.93547374
00:47:00.785 --> 00:47:01.665 of their family or their
NOTE Confidence: 0.93547374
00:47:01.665 --> 00:47:02.645 cultural recipes,
NOTE Confidence: 0.96722084
00:47:03.469 --> 00:47:04.670 and we cook, like, a
NOTE Confidence: 0.96722084
00:47:04.670 --> 00:47:06.450 healthier version of it together
NOTE Confidence: 0.96722084
00:47:06.510 --> 00:47:07.710 and then to publish those
NOTE Confidence: 0.96722084
00:47:07.710 --> 00:47:08.750 recipes in, like, a patient
NOTE Confidence: 0.96722084

00:47:08.750 --> 00:47:09.950 cookbook and make that available.

NOTE Confidence: 0.96722084

00:47:09.950 --> 00:47:10.750 So that's a dream of

NOTE Confidence: 0.96722084

00:47:10.750 --> 00:47:11.549 mine where I think we

NOTE Confidence: 0.96722084

00:47:11.549 --> 00:47:12.269 could work on that in

NOTE Confidence: 0.96722084

00:47:12.269 --> 00:47:13.170 the future. But,

NOTE Confidence: 0.9440125

00:47:13.549 --> 00:47:14.349 yeah, it's a it's a

NOTE Confidence: 0.9440125

00:47:14.349 --> 00:47:15.869 constant challenge and I think

NOTE Confidence: 0.9440125

00:47:15.869 --> 00:47:17.230 one worth paying a lot

NOTE Confidence: 0.9440125

00:47:17.230 --> 00:47:18.930 of attention to. Thank you.

NOTE Confidence: 0.98993117

00:47:19.925 --> 00:47:20.965 That was a really great

NOTE Confidence: 0.98993117

00:47:20.965 --> 00:47:22.325 talk. Have you thought about

NOTE Confidence: 0.98993117

00:47:22.325 --> 00:47:24.244 applying this to, third world

NOTE Confidence: 0.98993117

00:47:24.244 --> 00:47:25.844 countries where diets are different

NOTE Confidence: 0.98993117

00:47:25.844 --> 00:47:26.585 and maybe

NOTE Confidence: 0.9597113

00:47:26.885 --> 00:47:28.585 specific diseases like tuberculosis?

NOTE Confidence: 0.988059

00:47:28.885 --> 00:47:29.925 I know there's been work

NOTE Confidence: 0.988059
00:47:29.925 --> 00:47:30.744 done in that.
NOTE Confidence: 0.99369305
00:47:31.125 --> 00:47:32.645 Yeah. Great thought. Definitely not
NOTE Confidence: 0.99369305
00:47:32.645 --> 00:47:33.605 an expert in global health,
NOTE Confidence: 0.99369305
00:47:33.605 --> 00:47:34.710 but we did pitch a
NOTE Confidence: 0.99369305
00:47:34.710 --> 00:47:36.310 study in Peru where a
NOTE Confidence: 0.99369305
00:47:36.310 --> 00:47:37.590 lot of children have,
NOTE Confidence: 0.97460663
00:47:37.989 --> 00:47:39.989 iron deficiency anemia. We pitched
NOTE Confidence: 0.97460663
00:47:39.989 --> 00:47:41.109 a study and we found
NOTE Confidence: 0.97460663
00:47:41.109 --> 00:47:41.989 a place with a teaching
NOTE Confidence: 0.97460663
00:47:41.989 --> 00:47:42.869 kitchen, which I was all
NOTE Confidence: 0.97460663
00:47:42.869 --> 00:47:43.830 excited about, and we were
NOTE Confidence: 0.97460663
00:47:43.830 --> 00:47:44.710 gonna go down and kind
NOTE Confidence: 0.97460663
00:47:44.710 --> 00:47:46.630 of teach people about iron
NOTE Confidence: 0.97460663
00:47:46.630 --> 00:47:47.415 rich foods and how to
NOTE Confidence: 0.97460663
00:47:47.415 --> 00:47:48.375 cook those foods in the
NOTE Confidence: 0.97460663

00:47:48.375 --> 00:47:49.415 teaching kitchen. So I think

NOTE Confidence: 0.97460663

00:47:49.415 --> 00:47:50.455 that would be, for instance,

NOTE Confidence: 0.97460663

00:47:50.455 --> 00:47:51.975 a great way to incorporate

NOTE Confidence: 0.97460663

00:47:51.975 --> 00:47:54.055 culinary medicine in in, areas

NOTE Confidence: 0.97460663

00:47:54.055 --> 00:47:55.015 of the world that are

NOTE Confidence: 0.97460663

00:47:55.015 --> 00:47:56.135 not the United States and

NOTE Confidence: 0.97460663

00:47:56.135 --> 00:47:57.415 and eating a largely Western

NOTE Confidence: 0.97460663

00:47:57.415 --> 00:47:57.915 diet.

NOTE Confidence: 0.9837625

00:47:58.614 --> 00:47:59.495 And I'm sure there are

NOTE Confidence: 0.9837625

00:47:59.495 --> 00:48:01.700 other opportunities out there. Really,

NOTE Confidence: 0.9837625

00:48:01.700 --> 00:48:02.980 culinary medicine is done in

NOTE Confidence: 0.9837625

00:48:02.980 --> 00:48:03.940 the US. It's done in

NOTE Confidence: 0.9837625

00:48:03.940 --> 00:48:05.219 Australia, and then it's starting

NOTE Confidence: 0.9837625

00:48:05.219 --> 00:48:06.099 to be done in Germany,

NOTE Confidence: 0.9837625

00:48:06.099 --> 00:48:07.059 and that's it. So you

NOTE Confidence: 0.9837625

00:48:07.059 --> 00:48:08.420 can imagine the impact it

NOTE Confidence: 0.9837625

00:48:08.420 --> 00:48:09.460 could have in other places

NOTE Confidence: 0.9837625

00:48:09.460 --> 00:48:10.739 as well. So huge area

NOTE Confidence: 0.9837625

00:48:10.739 --> 00:48:12.280 for future growth. Yeah.

NOTE Confidence: 0.9764277

00:48:13.555 --> 00:48:14.055 Hi.

NOTE Confidence: 0.9818724

00:48:14.355 --> 00:48:16.215 Over here. Sorry. Hi.

NOTE Confidence: 0.99183637

00:48:16.755 --> 00:48:17.955 I so you were mentioning

NOTE Confidence: 0.99183637

00:48:17.955 --> 00:48:19.315 food insecurity before. How do

NOTE Confidence: 0.99183637

00:48:19.315 --> 00:48:20.855 you work with patients that

NOTE Confidence: 0.98644894

00:48:21.315 --> 00:48:22.594 may only have access to,

NOTE Confidence: 0.98644894

00:48:22.594 --> 00:48:24.195 like, McDonald's or Burger King

NOTE Confidence: 0.98644894

00:48:24.195 --> 00:48:25.155 and don't have access and

NOTE Confidence: 0.98644894

00:48:25.155 --> 00:48:26.935 cannot get to grocery stores

NOTE Confidence: 0.958066

00:48:27.315 --> 00:48:28.935 or really any fresh produce?

NOTE Confidence: 0.9566834

00:48:29.310 --> 00:48:30.510 Yeah. Yeah. That's where these

NOTE Confidence: 0.9566834

00:48:30.510 --> 00:48:32.130 kinda like produce prescription programs

NOTE Confidence: 0.9566834

00:48:32.190 --> 00:48:33.950 and and, medically tailored groceries

NOTE Confidence: 0.9566834

00:48:33.950 --> 00:48:34.670 and things would really come

NOTE Confidence: 0.9566834

00:48:34.670 --> 00:48:35.790 in handy. So I'm constantly

NOTE Confidence: 0.9566834

00:48:35.790 --> 00:48:36.590 on the lookout for grants,

NOTE Confidence: 0.9566834

00:48:36.590 --> 00:48:37.310 and I'm, like, meeting with

NOTE Confidence: 0.9566834

00:48:37.310 --> 00:48:38.110 people from the school of

NOTE Confidence: 0.9566834

00:48:38.110 --> 00:48:39.070 public health about how to

NOTE Confidence: 0.9566834

00:48:39.070 --> 00:48:40.590 address that. So that's you

NOTE Confidence: 0.9566834

00:48:40.590 --> 00:48:41.469 know, these are all Band

NOTE Confidence: 0.9566834

00:48:41.469 --> 00:48:42.910 Aids that we have, and

NOTE Confidence: 0.9566834

00:48:42.910 --> 00:48:44.234 really we need, like, more

NOTE Confidence: 0.9566834

00:48:44.234 --> 00:48:46.394 systemic solutions essentially for systemic

NOTE Confidence: 0.9566834

00:48:46.394 --> 00:48:47.755 problems as a sociologist would

NOTE Confidence: 0.9566834

00:48:47.755 --> 00:48:48.875 say. That's kind of always

NOTE Confidence: 0.9566834

00:48:48.875 --> 00:48:49.934 how I describe it.

NOTE Confidence: 0.96453285

00:48:50.634 --> 00:48:52.875 But we see these food

NOTE Confidence: 0.96453285
00:48:52.875 --> 00:48:54.075 as medicine interventions and what
NOTE Confidence: 0.96453285
00:48:54.075 --> 00:48:54.875 we do in the culinary
NOTE Confidence: 0.96453285
00:48:54.954 --> 00:48:55.914 in the teaching kitchen teaching
NOTE Confidence: 0.96453285
00:48:55.914 --> 00:48:57.035 culinary medicine is kinda like
NOTE Confidence: 0.96453285
00:48:57.035 --> 00:48:57.914 band aids. So we teach
NOTE Confidence: 0.96453285
00:48:57.914 --> 00:48:59.330 about using canned goods that
NOTE Confidence: 0.96453285
00:48:59.330 --> 00:48:59.890 you could get at a
NOTE Confidence: 0.96453285
00:48:59.890 --> 00:49:00.770 bodega. You know, if you
NOTE Confidence: 0.96453285
00:49:00.770 --> 00:49:01.730 can't find the no salt
NOTE Confidence: 0.96453285
00:49:01.730 --> 00:49:03.570 added, you just wash off
NOTE Confidence: 0.96453285
00:49:03.570 --> 00:49:05.010 the, you know, kinda slimy,
NOTE Confidence: 0.96453285
00:49:05.010 --> 00:49:06.530 starchy, salty water to reduce
NOTE Confidence: 0.96453285
00:49:06.530 --> 00:49:07.969 the salt. We talk about
NOTE Confidence: 0.96453285
00:49:07.969 --> 00:49:09.730 buying, fruit in cans with
NOTE Confidence: 0.96453285
00:49:09.730 --> 00:49:10.844 no sugar added. We talk
NOTE Confidence: 0.96453285

00:49:10.925 --> 00:49:12.205 about buying fresh fruits, I'm
NOTE Confidence: 0.96453285

00:49:12.205 --> 00:49:13.665 sorry, frozen fruits and vegetables,
NOTE Confidence: 0.96453285

00:49:13.724 --> 00:49:14.765 which are just as healthy,
NOTE Confidence: 0.96453285

00:49:14.765 --> 00:49:15.885 if not more healthy than
NOTE Confidence: 0.96453285

00:49:15.885 --> 00:49:17.085 fresh, if people have access
NOTE Confidence: 0.96453285

00:49:17.085 --> 00:49:18.364 to a freezer. And then
NOTE Confidence: 0.96453285

00:49:18.364 --> 00:49:19.565 if they truly only have
NOTE Confidence: 0.96453285

00:49:19.565 --> 00:49:20.605 access to kind of fast
NOTE Confidence: 0.96453285

00:49:20.605 --> 00:49:21.565 foods, we talk about, like,
NOTE Confidence: 0.96453285

00:49:21.565 --> 00:49:23.700 harm reduction strategies, essentially, like,
NOTE Confidence: 0.96453285

00:49:23.780 --> 00:49:24.900 oh, you know, instead of
NOTE Confidence: 0.96453285

00:49:24.900 --> 00:49:26.440 choosing the double cheeseburger,
NOTE Confidence: 0.9699553

00:49:26.739 --> 00:49:28.180 try the grilled chicken sandwich
NOTE Confidence: 0.9699553

00:49:28.180 --> 00:49:29.140 or, like, Wendy's, you know,
NOTE Confidence: 0.9699553

00:49:29.140 --> 00:49:29.859 you can get a baked
NOTE Confidence: 0.9699553

00:49:29.859 --> 00:49:30.359 potato

NOTE Confidence: 0.9720229
00:49:30.660 --> 00:49:31.940 with chili, which is gonna
NOTE Confidence: 0.9720229
00:49:31.940 --> 00:49:32.900 be better than, you know,
NOTE Confidence: 0.9720229
00:49:32.900 --> 00:49:34.739 their saucy nugs and fries.
NOTE Confidence: 0.9815311
00:49:35.460 --> 00:49:36.739 So there are kind of,
NOTE Confidence: 0.9815311
00:49:36.739 --> 00:49:37.305 you know,
NOTE Confidence: 0.9904822
00:49:38.184 --> 00:49:39.305 we don't let perfect be
NOTE Confidence: 0.9904822
00:49:39.305 --> 00:49:40.105 the enemy of good, and
NOTE Confidence: 0.9904822
00:49:40.105 --> 00:49:41.145 we work a lot on
NOTE Confidence: 0.9904822
00:49:41.145 --> 00:49:43.085 harm reduction in in various,
NOTE Confidence: 0.96096253
00:49:43.864 --> 00:49:44.364 strengths.
NOTE Confidence: 0.9895911
00:49:45.545 --> 00:49:46.505 But that's a that's a
NOTE Confidence: 0.9895911
00:49:46.505 --> 00:49:47.864 tough question with not a
NOTE Confidence: 0.9895911
00:49:47.864 --> 00:49:49.145 great solution at the moment,
NOTE Confidence: 0.9895911
00:49:49.145 --> 00:49:51.325 unfortunately. Yeah. It's important, though.
NOTE Confidence: 0.9785788
00:49:51.869 --> 00:49:52.369 Yeah.
NOTE Confidence: 0.78324664

00:49:52.750 --> 00:49:53.230 Hi.

NOTE Confidence: 0.9445708

00:49:54.190 --> 00:49:55.809 So I know culinary medicine

NOTE Confidence: 0.9445708

00:49:55.869 --> 00:49:56.750 is, like, kind of new,

NOTE Confidence: 0.9445708

00:49:56.750 --> 00:49:58.109 and, you mentioned that. Yeah.

NOTE Confidence: 0.9445708

00:49:58.109 --> 00:49:58.989 So it's, like, in the

NOTE Confidence: 0.9445708

00:49:58.989 --> 00:50:00.769 US, Australia, and Germany currently.

NOTE Confidence: 0.9438669

00:50:01.150 --> 00:50:02.269 So I'm from Japan, and

NOTE Confidence: 0.9438669

00:50:02.269 --> 00:50:03.069 I did middle and high

NOTE Confidence: 0.9438669

00:50:03.069 --> 00:50:04.605 school there. And, I mean,

NOTE Confidence: 0.9438669

00:50:04.605 --> 00:50:06.525 their, like, whole mech curriculum

NOTE Confidence: 0.9438669

00:50:06.525 --> 00:50:07.965 is very comprehensive. So, like,

NOTE Confidence: 0.9438669

00:50:07.965 --> 00:50:09.005 what you were saying about,

NOTE Confidence: 0.9438669

00:50:09.005 --> 00:50:10.364 yeah, like, a student's, like,

NOTE Confidence: 0.9438669

00:50:10.364 --> 00:50:12.065 creating our own sort of,

NOTE Confidence: 0.9438669

00:50:12.285 --> 00:50:13.965 like, repertoire of, like, course

NOTE Confidence: 0.9438669

00:50:13.965 --> 00:50:14.465 menu,

NOTE Confidence: 0.9963795

00:50:14.844 --> 00:50:16.125 based on, like, balance of,

NOTE Confidence: 0.9963795

00:50:16.125 --> 00:50:17.265 like, different nutritional

NOTE Confidence: 0.9817444

00:50:17.840 --> 00:50:19.040 benefits is, like, something that

NOTE Confidence: 0.9817444

00:50:19.040 --> 00:50:20.800 I've been learning since, like,

NOTE Confidence: 0.9817444

00:50:20.800 --> 00:50:21.620 I was twelve.

NOTE Confidence: 0.9780994

00:50:22.400 --> 00:50:23.280 But I guess my question

NOTE Confidence: 0.9780994

00:50:23.280 --> 00:50:24.020 is, like,

NOTE Confidence: 0.9842965

00:50:24.400 --> 00:50:25.520 do you see a potential

NOTE Confidence: 0.9842965

00:50:25.520 --> 00:50:27.120 for, like, expanding outreach? Because

NOTE Confidence: 0.9842965

00:50:27.120 --> 00:50:28.320 I feel like it's kind

NOTE Confidence: 0.9842965

00:50:28.320 --> 00:50:30.145 of late to start in

NOTE Confidence: 0.9842965

00:50:30.145 --> 00:50:31.185 medical school, and it should

NOTE Confidence: 0.9842965

00:50:31.185 --> 00:50:32.645 also, yeah, be

NOTE Confidence: 0.94587994

00:50:33.025 --> 00:50:34.945 more, like, inclusive than just,

NOTE Confidence: 0.94587994

00:50:34.945 --> 00:50:36.725 like, medical health care personnel

NOTE Confidence: 0.9682098

00:50:37.025 --> 00:50:37.845 who are learning,
NOTE Confidence: 0.9818836

00:50:38.305 --> 00:50:39.985 about culinary medicine. So, yeah,
NOTE Confidence: 0.9818836

00:50:39.985 --> 00:50:41.605 have you thought about potential
NOTE Confidence: 0.9818836

00:50:41.665 --> 00:50:42.165 outreach,
NOTE Confidence: 0.9985245

00:50:42.545 --> 00:50:44.360 from a younger age? Yeah.
NOTE Confidence: 0.9991954

00:50:44.660 --> 00:50:45.140 Yeah.
NOTE Confidence: 0.9727139

00:50:45.940 --> 00:50:47.300 So there's, like, some logistical
NOTE Confidence: 0.9727139

00:50:47.300 --> 00:50:48.740 challenges basically in our health
NOTE Confidence: 0.9727139

00:50:48.740 --> 00:50:49.780 license. We're allowed to teach
NOTE Confidence: 0.9727139

00:50:49.780 --> 00:50:51.140 culinary medicine in the kitchen,
NOTE Confidence: 0.9727139

00:50:51.140 --> 00:50:52.100 but we're not allowed to
NOTE Confidence: 0.9727139

00:50:52.100 --> 00:50:52.980 teach it outside of the
NOTE Confidence: 0.9727139

00:50:52.980 --> 00:50:54.420 kitchen. So we're working on
NOTE Confidence: 0.9727139

00:50:54.420 --> 00:50:55.780 that. But, yeah, the the
NOTE Confidence: 0.9727139

00:50:55.780 --> 00:50:57.220 k through twelve schools locally
NOTE Confidence: 0.9727139

00:50:57.220 --> 00:50:58.185 have expressed interest in, like,

NOTE Confidence: 0.9727139
00:50:58.185 --> 00:50:58.985 having us come in and
NOTE Confidence: 0.9727139
00:50:58.985 --> 00:51:00.285 doing after school programming,
NOTE Confidence: 0.96297055
00:51:00.825 --> 00:51:02.185 which I think really is
NOTE Confidence: 0.96297055
00:51:02.185 --> 00:51:04.505 us volunteering to replace what
NOTE Confidence: 0.96297055
00:51:04.505 --> 00:51:05.465 should already be in schools,
NOTE Confidence: 0.96297055
00:51:05.465 --> 00:51:06.344 which is home ec. Right?
NOTE Confidence: 0.96297055
00:51:06.344 --> 00:51:07.625 So again, a bigger solution
NOTE Confidence: 0.96297055
00:51:07.625 --> 00:51:08.685 would probably be good.
NOTE Confidence: 0.9658309
00:51:09.145 --> 00:51:10.025 But, yeah, we'd like to
NOTE Confidence: 0.9658309
00:51:10.025 --> 00:51:10.985 do this in local schools.
NOTE Confidence: 0.9658309
00:51:10.985 --> 00:51:11.785 We applied for a grant
NOTE Confidence: 0.9658309
00:51:11.785 --> 00:51:12.700 recently to get, like, a
NOTE Confidence: 0.9658309
00:51:12.700 --> 00:51:13.900 mobile teaching kitchen where we
NOTE Confidence: 0.9658309
00:51:13.900 --> 00:51:14.860 have, like, a table and
NOTE Confidence: 0.9658309
00:51:14.860 --> 00:51:16.219 a cooktop and we make
NOTE Confidence: 0.9658309

00:51:16.219 --> 00:51:17.420 little things and hand out
NOTE Confidence: 0.9658309

00:51:17.420 --> 00:51:18.380 recipes and we could go
NOTE Confidence: 0.9658309

00:51:18.380 --> 00:51:19.900 to, like, cultural fairs and
NOTE Confidence: 0.9658309

00:51:19.900 --> 00:51:21.420 community centers and stuff. And
NOTE Confidence: 0.9658309

00:51:21.420 --> 00:51:22.460 then the dream, if I
NOTE Confidence: 0.9658309

00:51:22.460 --> 00:51:23.900 can land a a big
NOTE Confidence: 0.9658309

00:51:23.900 --> 00:51:25.420 donor, is to basically have
NOTE Confidence: 0.9658309

00:51:25.420 --> 00:51:26.835 a motor home that's a
NOTE Confidence: 0.9658309

00:51:26.835 --> 00:51:28.935 teaching kitchen, mobile teaching kitchen,
NOTE Confidence: 0.9622085

00:51:29.315 --> 00:51:30.114 and then we bring it
NOTE Confidence: 0.9622085

00:51:30.114 --> 00:51:31.395 around into the community. So
NOTE Confidence: 0.9622085

00:51:31.395 --> 00:51:32.195 folks who can't get to
NOTE Confidence: 0.9622085

00:51:32.195 --> 00:51:33.474 our teaching kitchen, we say
NOTE Confidence: 0.9622085

00:51:33.474 --> 00:51:34.275 like, oh, pop on the
NOTE Confidence: 0.9622085

00:51:34.275 --> 00:51:35.474 bus, like let's cook healthy
NOTE Confidence: 0.9622085

00:51:35.474 --> 00:51:35.974 food.

NOTE Confidence: 0.98424673
00:51:36.515 --> 00:51:37.635 That would truly be first
NOTE Confidence: 0.98424673
00:51:37.635 --> 00:51:38.835 of its kind. So if
NOTE Confidence: 0.98424673
00:51:38.835 --> 00:51:39.480 I can get a half
NOTE Confidence: 0.98424673
00:51:39.560 --> 00:51:40.359 million dollars, if you know
NOTE Confidence: 0.98424673
00:51:40.359 --> 00:51:41.560 someone, let me know. I
NOTE Confidence: 0.98424673
00:51:41.560 --> 00:51:42.520 would I would love to
NOTE Confidence: 0.98424673
00:51:42.520 --> 00:51:43.640 do that. But there's some
NOTE Confidence: 0.98424673
00:51:43.640 --> 00:51:44.359 other things I think we
NOTE Confidence: 0.98424673
00:51:44.359 --> 00:51:45.160 can do in the meantime
NOTE Confidence: 0.98424673
00:51:45.160 --> 00:51:46.600 if we get our our,
NOTE Confidence: 0.9872013
00:51:47.239 --> 00:51:48.359 our kind of, ducks in
NOTE Confidence: 0.9872013
00:51:48.359 --> 00:51:49.000 a row with the with
NOTE Confidence: 0.9872013
00:51:49.000 --> 00:51:50.040 the health department, but it's
NOTE Confidence: 0.9872013
00:51:50.040 --> 00:51:51.160 something we definitely wanna do.
NOTE Confidence: 0.9872013
00:51:51.160 --> 00:51:52.040 There's a huge need for
NOTE Confidence: 0.9872013

00:51:52.040 --> 00:51:53.160 it. And I'm jealous you
NOTE Confidence: 0.9872013

00:51:53.160 --> 00:51:54.460 got that education in Japan.
NOTE Confidence: 0.95725054

00:51:55.285 --> 00:51:57.045 Yeah. Yeah. Exactly. Like the
NOTE Confidence: 0.95725054

00:51:57.045 --> 00:51:58.245 movie chef. Yes. Take the
NOTE Confidence: 0.95725054

00:51:58.245 --> 00:51:59.045 food truck on the road.
NOTE Confidence: 0.95725054

00:51:59.045 --> 00:52:00.965 Yeah. Yeah. We have time
NOTE Confidence: 0.95725054

00:52:00.965 --> 00:52:02.085 for, like, one or two
NOTE Confidence: 0.95725054

00:52:02.085 --> 00:52:02.825 more questions.
NOTE Confidence: 0.9494677

00:52:08.810 --> 00:52:10.090 So you kinda talked a
NOTE Confidence: 0.9494677

00:52:10.090 --> 00:52:11.290 little bit about this, but
NOTE Confidence: 0.9494677

00:52:11.290 --> 00:52:13.130 there's obviously obviously, the health
NOTE Confidence: 0.9494677

00:52:13.130 --> 00:52:14.650 and nutrition market in the
NOTE Confidence: 0.9494677

00:52:14.650 --> 00:52:16.430 United States is hyper saturated
NOTE Confidence: 0.9494677

00:52:16.489 --> 00:52:18.030 with lots of competing opinions.
NOTE Confidence: 0.9494677

00:52:18.090 --> 00:52:19.610 Yeah. And especially with the
NOTE Confidence: 0.9494677

00:52:19.610 --> 00:52:20.670 rise of disinformation,

NOTE Confidence: 0.98843426
00:52:21.494 --> 00:52:22.934 most of the information the
NOTE Confidence: 0.98843426
00:52:22.934 --> 00:52:24.454 average person has access to
NOTE Confidence: 0.98843426
00:52:24.454 --> 00:52:26.315 about health is completely false.
NOTE Confidence: 0.98626196
00:52:26.694 --> 00:52:27.815 How do we do you
NOTE Confidence: 0.98626196
00:52:27.815 --> 00:52:29.494 have any strategies that we
NOTE Confidence: 0.98626196
00:52:29.494 --> 00:52:31.015 can apply or maybe that
NOTE Confidence: 0.98626196
00:52:31.015 --> 00:52:32.055 should be applied in a
NOTE Confidence: 0.98626196
00:52:32.055 --> 00:52:33.989 more, institutional sense
NOTE Confidence: 0.9937756
00:52:34.310 --> 00:52:36.630 to prevent the good health
NOTE Confidence: 0.9937756
00:52:36.630 --> 00:52:38.230 strategies that we're learning being
NOTE Confidence: 0.9937756
00:52:38.230 --> 00:52:40.330 just straight up drowned out,
NOTE Confidence: 0.9992093
00:52:41.110 --> 00:52:42.310 or ways that we can
NOTE Confidence: 0.9992093
00:52:42.310 --> 00:52:44.170 make our evidence based curriculum
NOTE Confidence: 0.8931013
00:52:44.469 --> 00:52:45.590 louder than all the fake
NOTE Confidence: 0.8931013
00:52:45.670 --> 00:52:47.050 false information out there?
NOTE Confidence: 0.9896426

00:52:47.350 --> 00:52:48.550 It's so hard. Yeah. I
NOTE Confidence: 0.9896426

00:52:48.550 --> 00:52:49.670 think that'll be, like, the
NOTE Confidence: 0.9896426

00:52:49.670 --> 00:52:51.235 big problem of our generation,
NOTE Confidence: 0.9896426

00:52:51.295 --> 00:52:51.795 essentially.
NOTE Confidence: 0.99866533

00:52:53.215 --> 00:52:54.594 So the misinformation
NOTE Confidence: 0.9649289

00:52:55.055 --> 00:52:56.815 is really attractive because it
NOTE Confidence: 0.9649289

00:52:56.815 --> 00:52:58.094 says to people, listen. You
NOTE Confidence: 0.9649289

00:52:58.094 --> 00:52:59.295 can still eat this healthy
NOTE Confidence: 0.9649289

00:52:59.295 --> 00:53:01.135 food and this unhealthy food
NOTE Confidence: 0.9649289

00:53:01.135 --> 00:53:02.094 and be healthy. And it
NOTE Confidence: 0.9649289

00:53:02.175 --> 00:53:03.375 that's the key to these
NOTE Confidence: 0.9649289

00:53:03.375 --> 00:53:04.750 fad diets. Like, oh, this
NOTE Confidence: 0.9649289

00:53:04.750 --> 00:53:06.190 carnivore diet. Right? You can
NOTE Confidence: 0.9649289

00:53:06.190 --> 00:53:07.550 eat steak and bacon and
NOTE Confidence: 0.9649289

00:53:07.550 --> 00:53:08.830 be healthy. Or, like, grass
NOTE Confidence: 0.9649289

00:53:08.830 --> 00:53:10.110 fed butter, guess what? Because

NOTE Confidence: 0.9649289

00:53:10.110 --> 00:53:11.230 it's grass fed, that's super

NOTE Confidence: 0.9649289

00:53:11.230 --> 00:53:12.190 healthy. You get to have

NOTE Confidence: 0.9649289

00:53:12.190 --> 00:53:13.070 butter. You know? And, like,

NOTE Confidence: 0.9649289

00:53:13.070 --> 00:53:14.270 so that's what these messages

NOTE Confidence: 0.9649289

00:53:14.270 --> 00:53:15.390 that we're coming up against

NOTE Confidence: 0.9649289

00:53:15.390 --> 00:53:16.430 are so hard to compete

NOTE Confidence: 0.9649289

00:53:16.430 --> 00:53:16.930 with.

NOTE Confidence: 0.9617091

00:53:17.235 --> 00:53:18.195 But the other problem is

NOTE Confidence: 0.9617091

00:53:18.195 --> 00:53:19.715 really that people who know

NOTE Confidence: 0.9617091

00:53:19.715 --> 00:53:21.555 and understand nutrition, they've siloed

NOTE Confidence: 0.9617091

00:53:21.555 --> 00:53:23.235 themselves into the ivory tower

NOTE Confidence: 0.9617091

00:53:23.235 --> 00:53:24.595 and into the clinics, and

NOTE Confidence: 0.9617091

00:53:24.595 --> 00:53:25.715 they're not out on social

NOTE Confidence: 0.9617091

00:53:25.715 --> 00:53:27.495 media because really universities

NOTE Confidence: 0.98623437

00:53:28.035 --> 00:53:28.915 don't really care if you're

NOTE Confidence: 0.98623437

00:53:28.915 --> 00:53:29.810 in the media. Like, I
NOTE Confidence: 0.98623437

00:53:29.810 --> 00:53:30.690 do media all the time,
NOTE Confidence: 0.98623437

00:53:30.690 --> 00:53:31.570 and that is not getting
NOTE Confidence: 0.98623437

00:53:31.570 --> 00:53:33.170 me promoted. You know? So
NOTE Confidence: 0.98623437

00:53:33.170 --> 00:53:34.610 that needs to change, so
NOTE Confidence: 0.98623437

00:53:34.610 --> 00:53:36.390 that we have real experts
NOTE Confidence: 0.98623437

00:53:36.530 --> 00:53:38.450 out doing media to compete
NOTE Confidence: 0.98623437

00:53:38.450 --> 00:53:39.489 with all these people who
NOTE Confidence: 0.98623437

00:53:39.489 --> 00:53:40.369 don't know what they're talking
NOTE Confidence: 0.98623437

00:53:40.369 --> 00:53:41.650 about, but, like, happen to
NOTE Confidence: 0.98623437

00:53:41.650 --> 00:53:42.930 make really good videos and
NOTE Confidence: 0.98623437

00:53:42.930 --> 00:53:45.105 be attractive. Right? So, the
NOTE Confidence: 0.98623437

00:53:45.105 --> 00:53:46.545 more of us that get
NOTE Confidence: 0.98623437

00:53:46.545 --> 00:53:47.505 out there with the real
NOTE Confidence: 0.98623437

00:53:47.505 --> 00:53:49.505 message, the harder these folks
NOTE Confidence: 0.98623437

00:53:49.505 --> 00:53:50.885 who are peddling this information

NOTE Confidence: 0.98623437

00:53:50.945 --> 00:53:52.145 will have to work to

NOTE Confidence: 0.98623437

00:53:52.145 --> 00:53:53.125 compete with us.

NOTE Confidence: 0.9761723

00:53:53.585 --> 00:53:54.305 But, you know, I used

NOTE Confidence: 0.9761723

00:53:54.305 --> 00:53:55.185 to work for doctor Oz

NOTE Confidence: 0.9761723

00:53:55.185 --> 00:53:55.985 on the doctor Oz show,

NOTE Confidence: 0.9761723

00:53:55.985 --> 00:53:56.785 and so I always tell

NOTE Confidence: 0.9761723

00:53:56.785 --> 00:53:57.425 people I saw the good,

NOTE Confidence: 0.9761723

00:53:57.425 --> 00:53:58.225 the bad, and the ugly.

NOTE Confidence: 0.9761723

00:53:58.225 --> 00:53:59.025 And so we had some

NOTE Confidence: 0.9761723

00:53:59.025 --> 00:54:00.359 really great health experts who

NOTE Confidence: 0.9761723

00:54:00.359 --> 00:54:01.799 had really good information. And

NOTE Confidence: 0.9761723

00:54:01.799 --> 00:54:03.160 then, you know, I signed

NOTE Confidence: 0.9761723

00:54:03.160 --> 00:54:04.119 an NDA. So I'll just

NOTE Confidence: 0.9761723

00:54:04.119 --> 00:54:05.239 say that perhaps the opposite

NOTE Confidence: 0.9761723

00:54:05.239 --> 00:54:06.219 is also true.

NOTE Confidence: 0.98384154

00:54:07.239 --> 00:54:07.739 And,
NOTE Confidence: 0.9716866
00:54:08.279 --> 00:54:09.239 that's what I walked away
NOTE Confidence: 0.9716866
00:54:09.239 --> 00:54:10.839 with understanding is that, like,
NOTE Confidence: 0.9716866
00:54:10.839 --> 00:54:11.960 oh, even if media is
NOTE Confidence: 0.9716866
00:54:11.960 --> 00:54:14.204 not my total huge passion
NOTE Confidence: 0.9716866
00:54:14.204 --> 00:54:15.644 in life, like it's my
NOTE Confidence: 0.9716866
00:54:15.644 --> 00:54:16.844 kind of like moral and
NOTE Confidence: 0.9716866
00:54:16.844 --> 00:54:18.924 ethical responsibility, my civic duty
NOTE Confidence: 0.9716866
00:54:18.924 --> 00:54:19.964 to, like, get out there
NOTE Confidence: 0.9716866
00:54:19.964 --> 00:54:21.085 and talk about this, to
NOTE Confidence: 0.9716866
00:54:21.085 --> 00:54:22.305 combat all that misinformation.
NOTE Confidence: 0.9682815
00:54:22.605 --> 00:54:23.404 And so if we can
NOTE Confidence: 0.9682815
00:54:23.404 --> 00:54:24.844 convince other people that it's
NOTE Confidence: 0.9682815
00:54:24.844 --> 00:54:26.605 their duty also, hopefully that
NOTE Confidence: 0.9682815
00:54:26.605 --> 00:54:27.404 makes a dent, but we'll
NOTE Confidence: 0.9682815
00:54:27.404 --> 00:54:28.545 see. Time will tell.

NOTE Confidence: 0.97131705
00:54:28.900 --> 00:54:29.640 Great question.
NOTE Confidence: 0.99830943
00:54:31.060 --> 00:54:32.180 Thank you for your talk.
NOTE Confidence: 0.99830943
00:54:32.580 --> 00:54:33.800 One question I have is,
NOTE Confidence: 0.9993589
00:54:34.260 --> 00:54:35.940 how would you recommend for
NOTE Confidence: 0.9993589
00:54:35.940 --> 00:54:37.700 medical students or folks in
NOTE Confidence: 0.9993589
00:54:37.700 --> 00:54:38.200 training
NOTE Confidence: 0.9968613
00:54:38.500 --> 00:54:39.800 to learn more about,
NOTE Confidence: 0.8815753
00:54:40.660 --> 00:54:43.035 culinary medicine, lifestyle medicine, and,
NOTE Confidence: 0.8815753
00:54:43.275 --> 00:54:44.395 kind of how to incorporate
NOTE Confidence: 0.8815753
00:54:44.395 --> 00:54:45.375 in our learning?
NOTE Confidence: 0.9985966
00:54:46.155 --> 00:54:46.555 Yeah.
NOTE Confidence: 0.99703705
00:54:47.114 --> 00:54:48.155 So a lot of medical
NOTE Confidence: 0.99703705
00:54:48.155 --> 00:54:49.214 schools are incorporating,
NOTE Confidence: 0.970426
00:54:49.994 --> 00:54:51.755 lifestyle medicine kind of throughout
NOTE Confidence: 0.970426
00:54:51.755 --> 00:54:52.875 the curriculum, which I think
NOTE Confidence: 0.970426

00:54:52.875 --> 00:54:53.914 is important. So for instance,
NOTE Confidence: 0.970426

00:54:53.914 --> 00:54:55.194 in my medical school, we
NOTE Confidence: 0.970426

00:54:55.194 --> 00:54:56.155 had each of our disease
NOTE Confidence: 0.970426

00:54:56.155 --> 00:54:57.434 states that we learned about.
NOTE Confidence: 0.970426

00:54:57.434 --> 00:54:58.710 And then for one month
NOTE Confidence: 0.970426

00:54:58.710 --> 00:54:59.510 throughout the four years, we
NOTE Confidence: 0.970426

00:54:59.510 --> 00:55:00.810 had our nutrition section,
NOTE Confidence: 0.962046

00:55:01.430 --> 00:55:02.150 not the best way to
NOTE Confidence: 0.962046

00:55:02.150 --> 00:55:03.109 learn about nutrition. It should
NOTE Confidence: 0.962046

00:55:03.109 --> 00:55:04.230 be incorporated in the heart
NOTE Confidence: 0.962046

00:55:04.230 --> 00:55:05.750 disease lectures, the cardiovascular disease
NOTE Confidence: 0.962046

00:55:05.750 --> 00:55:07.109 lectures, type two diabetes, fatty
NOTE Confidence: 0.962046

00:55:07.109 --> 00:55:08.310 liver disease, that right. When
NOTE Confidence: 0.962046

00:55:08.310 --> 00:55:10.010 you do your population health,
NOTE Confidence: 0.99187064

00:55:10.469 --> 00:55:11.605 kind of portion of, of,
NOTE Confidence: 0.99187064

00:55:11.925 --> 00:55:13.205 epidemiology and learning how to

NOTE Confidence: 0.99187064

00:55:13.205 --> 00:55:14.645 critically appraise literature, some of

NOTE Confidence: 0.99187064

00:55:14.645 --> 00:55:15.844 it should be diet and

NOTE Confidence: 0.99187064

00:55:15.844 --> 00:55:17.205 nutrition literature. Right? So there's

NOTE Confidence: 0.99187064

00:55:17.205 --> 00:55:18.245 a way to incorporate it

NOTE Confidence: 0.99187064

00:55:18.245 --> 00:55:18.745 throughout

NOTE Confidence: 0.97480035

00:55:19.125 --> 00:55:19.945 that I think,

NOTE Confidence: 0.96760076

00:55:20.645 --> 00:55:21.525 should be done, and we're

NOTE Confidence: 0.96760076

00:55:21.525 --> 00:55:22.405 looking into that here at

NOTE Confidence: 0.96760076

00:55:22.405 --> 00:55:23.285 Yale. Like, I think that's

NOTE Confidence: 0.96760076

00:55:23.285 --> 00:55:24.505 coming, so that's good.

NOTE Confidence: 0.97462237

00:55:25.020 --> 00:55:26.460 And then there are residency

NOTE Confidence: 0.97462237

00:55:26.460 --> 00:55:27.820 level program curricula like the

NOTE Confidence: 0.97462237

00:55:27.820 --> 00:55:29.500 lifestyle medicine residency curriculum, which

NOTE Confidence: 0.97462237

00:55:29.500 --> 00:55:30.460 is through the American College

NOTE Confidence: 0.97462237

00:55:30.460 --> 00:55:32.060 of Lifestyle Medicine that can

NOTE Confidence: 0.97462237

00:55:32.060 --> 00:55:33.660 be implemented in residency programs.

NOTE Confidence: 0.97462237

00:55:33.660 --> 00:55:34.860 That's really taken off since

NOTE Confidence: 0.97462237

00:55:34.860 --> 00:55:36.060 it was developed about five

NOTE Confidence: 0.97462237

00:55:36.060 --> 00:55:36.460 years ago.

NOTE Confidence: 0.9740385

00:55:37.185 --> 00:55:37.985 Like I mentioned, once we

NOTE Confidence: 0.9740385

00:55:37.985 --> 00:55:39.985 have these asynchronous curricula, those

NOTE Confidence: 0.9740385

00:55:39.985 --> 00:55:41.425 will be more widely available

NOTE Confidence: 0.9740385

00:55:41.425 --> 00:55:42.545 even outside of medical school.

NOTE Confidence: 0.9740385

00:55:42.545 --> 00:55:43.425 They're just gonna be online,

NOTE Confidence: 0.9740385

00:55:43.425 --> 00:55:44.785 and anyone who's interested can

NOTE Confidence: 0.9740385

00:55:44.785 --> 00:55:46.145 learn about culinary medicine through

NOTE Confidence: 0.9740385

00:55:46.145 --> 00:55:47.585 these curricula. So that'll be

NOTE Confidence: 0.9740385

00:55:47.585 --> 00:55:48.085 important.

NOTE Confidence: 0.9379946

00:55:48.545 --> 00:55:49.425 But really it just has

NOTE Confidence: 0.9379946

00:55:49.425 --> 00:55:50.645 to be, like, the institution

NOTE Confidence: 0.9379946

00:55:50.864 --> 00:55:51.745 has to make it a

NOTE Confidence: 0.9379946

00:55:51.745 --> 00:55:53.570 priority to incorporate it throughout.

NOTE Confidence: 0.9798497

00:55:54.110 --> 00:55:55.150 But if in my ideal

NOTE Confidence: 0.9798497

00:55:55.150 --> 00:55:56.350 world, it would be incorporated

NOTE Confidence: 0.9798497

00:55:56.350 --> 00:55:57.630 through those lectures. There would

NOTE Confidence: 0.9798497

00:55:57.630 --> 00:55:59.870 be both nutrition and general

NOTE Confidence: 0.9798497

00:55:59.870 --> 00:56:01.950 lifestyle medicine incorporated throughout, and

NOTE Confidence: 0.9798497

00:56:01.950 --> 00:56:03.230 then all medical students would

NOTE Confidence: 0.9798497

00:56:03.230 --> 00:56:04.190 be in the teaching kitchen

NOTE Confidence: 0.9798497

00:56:04.190 --> 00:56:05.295 once or twice at least,

NOTE Confidence: 0.9798497

00:56:05.694 --> 00:56:07.315 throughout their medical school training.

NOTE Confidence: 0.9573407

00:56:07.935 --> 00:56:09.395 And then maybe once again

NOTE Confidence: 0.9573407

00:56:09.454 --> 00:56:10.895 in residency, and really we

NOTE Confidence: 0.9573407

00:56:10.895 --> 00:56:12.255 would teach foundational nutrition in

NOTE Confidence: 0.9573407

00:56:12.255 --> 00:56:13.214 medical school. We would teach

NOTE Confidence: 0.9573407

00:56:13.214 --> 00:56:14.835 patient counseling skills in residency,

NOTE Confidence: 0.9573407

00:56:14.895 --> 00:56:16.094 and you'd work with standardized
NOTE Confidence: 0.9573407

00:56:16.094 --> 00:56:17.454 patients throughout. So that that
NOTE Confidence: 0.9573407

00:56:17.454 --> 00:56:18.255 would maybe be the gold
NOTE Confidence: 0.9573407

00:56:18.255 --> 00:56:19.694 standard, but hopefully someday we
NOTE Confidence: 0.9573407

00:56:19.694 --> 00:56:20.355 get close.
NOTE Confidence: 0.95435697

00:56:22.150 --> 00:56:23.350 Alright. Thank you all for
NOTE Confidence: 0.95435697

00:56:23.350 --> 00:56:25.190 your insightful questions and for
NOTE Confidence: 0.95435697

00:56:25.190 --> 00:56:26.469 coming out today. And thank
NOTE Confidence: 0.95435697

00:56:26.469 --> 00:56:27.610 you, doctor Nate Wood,
NOTE Confidence: 0.9985579

00:56:27.989 --> 00:56:29.270 for a great presentation and
NOTE Confidence: 0.9985579

00:56:29.270 --> 00:56:30.390 for answering the questions. I
NOTE Confidence: 0.9985579

00:56:30.390 --> 00:56:31.430 think he deserves a great
NOTE Confidence: 0.9985579

00:56:31.430 --> 00:56:32.410 round of applause.
NOTE Confidence: 0.8801541

00:56:33.270 --> 00:56:34.650 Thank you. Thank you.
NOTE Confidence: 0.9495031

00:56:36.085 --> 00:56:37.765 And, yeah, stay tuned for,
NOTE Confidence: 0.99832976

00:56:38.325 --> 00:56:39.065 some more,

NOTE Confidence: 0.94213563

00:56:39.445 --> 00:56:41.285 medical student council perspectives on

NOTE Confidence: 0.94213563

00:56:41.285 --> 00:56:42.645 medicine lectures. There's one next

NOTE Confidence: 0.94213563

00:56:42.645 --> 00:56:43.385 month. So

NOTE Confidence: 0.98610914

00:56:43.844 --> 00:56:44.505 thank you.

NOTE Confidence: 0.55789536

00:56:47.440 --> 00:56:48.640 Awesome. So we got the

NOTE Confidence: 0.55789536

00:56:48.640 --> 00:56:50.420 thought things in it. Appreciate

NOTE Confidence: 0.9090492

00:56:50.799 --> 00:56:51.299 it.

NOTE Confidence: 0.7122137

00:56:51.680 --> 00:56:52.180 Yeah.

NOTE Confidence: 0.72636366

00:56:52.560 --> 00:56:53.540 That was great.

NOTE Confidence: 0.86458385

00:56:58.560 --> 00:56:59.562 You did a great job.