



Healthy Kitchens, Healthy Lives™ Caring for Our Patients and Ourselves

A Continuing Medical Education (CME)
Conference Bridging Nutrition Science,
Healthcare, and the Culinary Arts
March 22-25, 2012



One goal of this conference is to transform attendees into advocates and role models for healthy food and lifestyle choices.



This semi-annual gathering of physicians, registered dietitians, nurses and other healthcare professionals; hospital, insurance, and other healthcare executives; and healthcare foodservice directors and executive chefs is held every spring at The Culinary Institute of America at Greystone in Napa Valley, California.

INTRODUCTION AND OVERVIEW

Physicians, registered dietitians, economists, and politicians—with unprecedented unity—are warning that the recent increases in obesity and diabetes are creating extraordinary public health challenges nationally and globally. According to a recent Institute of Medicine report: “The great advances of genetics and biomedical discoveries could be more than offset by the burden of illness, disability, and death caused by too many people eating too much and moving too little over their lifetime.”

How many doctors, nurses, and other healthcare professionals are truly knowledgeable about the latest scientific evidence to distinguish “healthy” versus less healthy or unhealthy foods? How many know how best to successfully engage their patients to improve their food choices and lifestyles? How many can serve as role models, coaches, and teachers to shift the way people think about purchasing, preparing, and enjoying healthy and delicious foods?

In this conference, faculty members from Harvard Medical School and the Harvard School of Public Health along with nutrition researchers from other prestigious institutions present the state of the science of diet and nutrition. These experts are joined by world class culinary and nutrition educators from The Culinary Institute of America to lead demonstrations and hands-on teaching sessions—literally in the kitchen—for healthcare providers who want to learn about selection, purchase, and preparation strategies and techniques for healthy foods and healthy cooking. Conference attendees will not only be exposed to the latest systematic reviews of nutrition science, they will also taste, prepare, and learn to teach others to enjoy a broad selection of foods and beverage that can reduce disease risk and, ideally, replace unhealthy habits.