

Healthy Kitchens Healthy Lives

**A Collaboration Involving the CIA and
Harvard Medical School**

Bridging Medicine and the Culinary Arts

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Collaborative Projects Involving CIA and Harvard Faculty

- I. Educational Conference: “Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves”
- II. Plans to launch a model Teaching Kitchen within a Harvard affiliated hospital – building a prototype medical-culinary research “laboratory” of the future
- III. Parallel plans to build prototype Teaching Kitchens at colleges and universities
- IV. Opportunities for your involvement

Osher Research Center

**Division for Research and
Education in Complementary
and Integrative Medical
Therapies**

Harvard Medical School

Osher Research Center

Research Mission

- To evaluate complementary and integrative therapies (e.g. acupuncture, herbs, meditation, yoga, dietary therapies, etc.) for their safety, efficacy and mechanism
- To educate health care providers about these therapies
- **To develop and test sustainable models of integrative care delivery in academic hospital settings**

Lifestyle and Health Care

“The great advances of genetics and other 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 life time.”

Institute of Medicine Report,
“Preventing Childhood Obesity”, 2005

Corollaries

1. Many people eat too much and do not make the best choices.
2. Even with this knowledge few people know how to shop for and prepare healthy foods. Culinary literacy is at an all time low.
3. Physicians and other health care providers need additional training to advise patients and model behaviors.

Corollaries

4. Book knowledge is insufficient. Hands on training is essential.
5. Chefs and food industry leaders need additional scientific information to guide their selection of menus and products.
6. No one professional group (medical, culinary, corporate food industry) can address these challenges alone.

This is why Harvard Medical School and the CIA have partnered to develop a semi-annual educational conference “Healthy Kitchens Healthy Lives: Caring for Our Patients and Ourselves”.

The conference is a meeting ground for nutrition scientists, clinicians, chefs, food industry leaders, policy makers and corporate entrepreneurs.

It spotlights our need for collective change in the way Americans eat – and need to alter behaviors in the years ahead.

Healthy Kitchens, Healthy Lives

Caring for Our Patients and Ourselves

*A Leadership Conference Bridging Nutrition
Science, Health Care, and the Culinary Arts*



Presented by
Harvard Medical School Osher Institute
and The Culinary Institute of America

Napa Valley, California



April 2-5, 2009
at The Culinary Institute of America at Greystone

Newsweek

[Health for Life](#)[By The Numbers](#)[Key Healthcare Issues](#)**Top Story**

Zakaria: A More Disciplined America
My Journey to the Top

Latest News

Debate Liveblog: Read the Transcript

HEALTH MATTERS | Claudia Kalb

Drop That Corn Dog, Doctor

If doctors aren't making wise choices about their health, what kind of message are they sending their patients?

Published Oct 4, 2008

From the magazine issue dated Oct 13, 2008

<http://www.newsweek.com/id/162334>

Target Audiences

- Physicians from all specialties
- Nutritionists, dietitians (from hospitals and corporations)
- Nurses, nurse practitioners, physician assistants
- Exercise physiologists, physical therapists
- Hospital and food industry executives

Target Audiences

- **Food services executives, executive chefs and those responsible for:**
 - Food services within hospitals, hotels, spas, resorts
 - Executive dining programs
 - K-12 lunch programs
 - College and university campuses
 - Retirement and assisted living communities
 - Nursing homes
 - Restaurant chain chefs and operators
- **Many of you!**

Goals of the Conference

- To provide a **state of the science update**. Which foods to emphasize; which to minimize.
- To **taste** dozens of examples of healthy – and delicious recipe options – with food prep demonstrations – all live over three days.
- To **teach** attendees to **prepare** healthy, delicious foods in hands-on break out sessions
 - A first for any medical conference in the U.S.
 - A novelty for many food industry leaders.

Goals of the Conference

- Importantly, this conference translates food science into practical knowledge about specific recipes, menus, cooking techniques and how to make these relevant to the average person/client/health conscious parent!

Course Faculty

- Nutrition science experts from Harvard
- Chef educators from the CIA
- Guest chefs
- Senior clinical nutritionists
- Exercise physiologists
- Experts in mindfulness based practices
- Leaders from medicine, the culinary community, the food industry, government and foundations

Lecture Presentations and Panel Discussions

- What we know about optimizing our diets
- Advising diabetic patients (and the rest of us) about healthy carbohydrates
- The skinny on fats: Review of the good, the bad and the ugly
- Deconstructing popular diets (Atkins vs. South Beach, etc.)
- Relationship between diet and cancer

Lecture Presentations and Panel Discussions

- Relationship between diet and heart disease risk
- Personal exercise for optimal health
- A mouthful of delight: Mindfulness, eating and intimacy
- Informing and inspiring our patients – What “tricks” help individuals succeed at changing and maintaining their eating behaviors?
- Re-imagining our collective future, i.e. what we’ll need to teach our kids

Hands On Cooking Demonstrations

- **Healthy salads and dressings**
- **Whole grains:** healthy additions to every meal
- **Vegetables:** inspired cooking from many traditions
- **Healthy desserts** – the dessert “flip”; fruits as desert
- **Healthy protein choices:** From fish to chicken to tofu, lean meats and legumes
- The health impact of **coffee, alcohol** and **wine** (definitely a plus!)
- **Eating well on a budget:** Examples of great, healthy meals for 6 for under \$20.00
- **“Portion Distortion”** – the stealth saboteur

Exhibitors Reception and Lunch

CORPORATE EXHIBITORS WORK WITH CIA TO:

- Showcase specific foods/products in carefully planned healthy, delicious dishes for tasting by all attendees
- Provide relevant commercial information to 300+ attendees, many of whom influence large numbers of patients, clients, hospitals, hotels, governmental agencies, consumer groups, etc.
- Advertise

Implications for Medicine

- The CIA-HMS Educational Conference is a prelude to our more ambitious goal: To Design, Implement and Test a Prototype “Teaching Kitchen” in a hospital.
- Can we demonstrate that learning to eat and live differently predictably improves health outcomes and saves money?

Our educational conference sets the stage for the “Teaching Kitchen” research experiment.

The syllabus for the conference will become the instructional manual for future clinical trials to be performed at Harvard affiliated hospitals

Goal: To prove that this novel approach can bridge the culinary and medical professions and predictably improve the health of many Americans.

Imagine If

What if identical “Teaching Kitchens” were built at major colleges in the U.S. (e.g. Harvard College)?

What if teaching Kitchens were as essential as computer labs for the next generation of college graduates?

Both enable students to master necessary life skills for the 21st century.

What if the goals of College “Teaching Kitchens” were to help students:

1. Make wiser food choices
2. Prepare their own food
 - Mindful of costs
 - For enjoyment, not just survival
 - To prevent illness and optimize health
3. Help sustain the environment
 - Emphasizing seasonal and local foods
 - Emphasizing foods with smaller carbon footprints

Summary: Shared Goals

- To mainstream this CIA – Harvard collaboration to educate both culinary and medical professionals as a united front
- To build a prototype teaching kitchen – with exemplary recipes – and prove its value for patients with diabetes, obesity or heart disease
- To build a parallel prototype teaching kitchen at colleges and universities and watch them “go viral” nationally

Join us as an **exhibitor** or **grantor** of the April 2009 Healthy Kitchens, Healthy Lives conference.

Encourage your thought leaders and change agents to register for this conference.

Together we will give the country some novel models (and foods) to think about!

Our Thanks

We acknowledge the following two organizations for the first grants in support of these leadership projects:

California Raisin Marketing Board

National Peanut Board

Subsequently, a total of 31 food industry companies and organizations have thus far supported our CIA – Harvard conferences, attended by more than 1200 health and culinary professionals.

Step Up

Consider serving as an exhibitor or grantor for this conference.

Speak with Greg Drescher, Amy Myrdal, Mark Erickson, Mark Linder, Holy Briwa or David Eisenberg if you are interested.

Thank You!