



CULINARY MEDICINE

think like a chef
cook like a dietitian
eat like a local farmer

Statement of Need

While there are many views and visions about human nutrition and health, what is missing is in our community health providers is having a solid base-knowledge of food and nutrition that can be used as a primary approach to address the areas of concern in our community (overweight and obesity, diabetes, access to healthy food, and heart health). Less than 25% of medical schools offer the recommended level of teaching on nutrition science and education for entry-level practice. This gap exists in our community and a lack of knowledge has been identified, as physicians also report not feeling adequately prepared to have conversations about dietary guidelines and nutritional treatments with their patient populations.

Overall objectives for this course are to:

- Enhance the provider's confidence to discuss and guide patient's food and nutrition selections to improve or prevent disease symptoms or progressions and overall improve health outcomes
- Translate current dietary guidelines into clear food and meal planning recommendations using peer review research articles, lecture and hands on cooking in a teaching kitchen atmosphere.
- Apply food and cooking techniques to solve food access and nutrition related health disparity using demonstration, lecture and case study evaluation.
- Experiment with recipe modification to enhance or reduce food or nutrient components as needed to prevent, reduce or eliminate health disparities via cooking demonstration, pre and post testing and case study evaluation.

Objectives for each session will be made available to the learner at the start of the session.

Accreditation and Credit Designation Statements

Munson Medical Center is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

Munson Medical Center designates this live activity for a maximum of 18 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Evaluations and Credits

An electronic evaluation will be distributed at the conclusion of the conference. Those wishing to claim CME credit for their participation must complete the electronic evaluation and attest to their participation.

Certificates of Attendance will be sent via email after evaluations have been submitted.



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Disclosure Statement

In accordance with the ACCME and Michigan State Medical Society Standards of Commercial Support, Munson Medical Center will implement mechanisms, prior to the planning and implementation of this CME activity, to identify and resolve conflicts of interest for all individuals in a position to control the content of this CME activity.

All of those listed as planners and faculty for the Culinary Medicine conference report that they have no relevant financial relationships to disclose in the context of this activity.

Statement of Support

This CME activity was carried out in accordance with all of the ACCME Standards of Commercial Support. We are thankful for our many supporters and report that no monetary support was received from any ACCME-defined commercial interests.

Contact Information

If you have any questions about the continuing education credits for this conference, please contact:

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