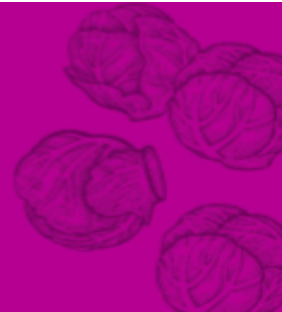


2024 Teaching Kitchen Symposium



General Session 2

Session Title:

The Vital Role of Teaching Kitchens within the Food is Medicine Landscape

Date & Time:

Nov 13, 2024 11:00 AM MST

Presenters:

- David Eisenberg, MD, Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, Teaching Kitchen Collaborative
- Andrew Bremer, MD, PhD, MAS, Director, Office of Nutrition Research, National Institutes of Health
- Megu Baden, MD, PhD, Associate Professor, Osaka University

Session Description:

This session delves into the evolving impact of teaching kitchens within the Culinary Medicine, Food is Medicine, and Whole Person Health movements. Dr. Andrew Bremer will outline relevant US federal policies, research priorities, and future directions; Dr. David Eisenberg will provide insights into clinical, research, and policy perspectives on the past, present, and future of teaching kitchens; and Dr. Megu Baden will offer an international case study from Japan. You will gain a comprehensive understanding of current trends, future trajectories, and effective strategies for integrating teaching kitchens into diverse settings across the US and globally, positioning your organization at the forefront of this transformative approach to preventive healthcare and nutrition education.

Learning Objectives:

By the end of this session, participants will be able to:

1. Describe the evolving role of teaching kitchens within the Culinary Medicine, Food Is Medicine, and Whole Person Health movements, highlighting their significance in preventive healthcare and nutrition education.
2. Assess relevant US federal policies and research priorities that impact teaching kitchens, identifying key opportunities and challenges for integration into healthcare and educational settings.
3. Apply global perspectives to teaching kitchen implementation through a case study from Japan.

Presenter Slides:

- [David Eisenberg](#)
- [Andrew Bremer](#)
- [Megu Baden](#)

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References:

- Hager K, Cudhea FP, Wong JB, Berkowitz SA, Downer S, Lauren BN, Mozaffarian D. [Association of National Expansion of Insurance Coverage of Medically Tailored Meals With Estimated Hospitalizations and Health Care Expenditures in the US](#). JAMA Netw Open. 2022 Oct 3;5(10):e2236898. doi: 10.1001/jamanetworkopen.2022.36898.
- Lynch CJ. [A Concept for Comprehensive Food is Medicine Networks or Centers of Excellence](#). Am J Clin Nutr. 2023 Jul;118(1):10-12. doi: 10.1016/j.ajcnut.2023.04.027. Epub 2023 Apr 25. PMID: 37105523; PMCID: PMC10375453.
- Mozaffarian D, Blanck HM, Garfield KM, Wassung A, Petersen R. [A Food is Medicine approach to achieve nutrition security and improve health](#). Nat Med. 2022 Nov;28(11):2238-2240. doi: 10.1038/s41591-022-02027-3. PMID: 36202998; PMCID: PMC10851911.
- Eisenberg DM, Pacheco LS, McClure AC, McWhorter JW, Janisch K, Massa J. [Perspective: Teaching Kitchens: Conceptual Origins, Applications and Potential for Impact within Food Is Medicine Research](#). Nutrients. 2023 Jun 24;15(13):2859. doi: 10.3390/nu15132859. PMID: 37447185; PMCID: PMC10343805.
- Baden MY, Kato S, Niki A, Hara T, Ozawa H, Ishibashi C, Hosokawa Y, Fujita Y, Fujishima Y, Nishizawa H, Kozawa J, Muraki I, Furuya Y, Yonekura A, Shigyo T, Kawabe T, Shimomura I, Eisenberg DM. [Feasibility pilot study of a Japanese teaching kitchen program](#). Front Public Health. 2023 Dec 7;11:1258434. doi: 10.3389/fpubh.2023.1258434. PMID: 38146475; PMCID: PMC10749421.

Resources:

- [Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health](#)
- [2020-2030 Strategic Plan for NIH Nutrition Research](#)
- [HHS Food is Medicine Summit](#)