



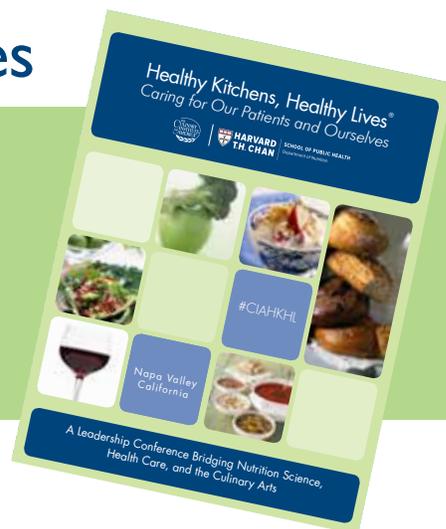
HARVARD
T.H. CHAN

SCHOOL OF PUBLIC HEALTH
Department of Nutrition

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

A Continuing Medical Education (CME)
Conference Bridging Nutrition Science,
Healthcare, and the Culinary Arts

February 5-7, 2020



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



This annual gathering of physicians, registered dietitian nutritionists, nurses and other healthcare professionals; hospital, insurance, and other healthcare executives, and healthcare foodservice directors and executive chefs is held every year at The Culinary Institute of America at Copia in Napa Valley, California.

INTRODUCTION AND OVERVIEW

Physicians, registered dietitian nutritionists, 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 T.H. Chan 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.



One goal of this conference is to transform attendees into advocates and role models for healthy food and lifestyle choices. By way of analogy, until physicians actually quit smoking en masse (remember the 1970s?), they were far less capable of and enthusiastic about counseling their patients to quit smoking.

The faculty of this conference is committed to providing information and hands-on knowledge to enable conference attendees to serve as teachers and role models in the areas of food selection and preparation, mindfulness, and physical activity.

Course Objectives

Through plenary lectures, culinary demonstrations, hands-on kitchen sessions, interactive workshops, and meals and tastings, attendees will achieve the following learning objectives.

- Summarize what we know about opportunities to optimize our diets based on the current state of the science, as well as the current and likely future public health costs of inaction.
- Provide sufficient information to allow attendees to intelligently distinguish various popular diets and to advise patients and clients based on the research associated with these diets.
- Provide state of the science updates pertaining to dietary fats, carbohydrates, protein, and the foods and beverage that relate to these findings.
- Provide pragmatic information that enables conference attendees to thoughtfully advise patients, clients, and consumers about healthy menu strategies for dining at home and away from home.
- Provide multiple opportunities for attendees to see, taste, and make a variety of healthy food and beverage options.
- Engage executives from insurance companies, hospitals, educational organizations, retirement facilities, and the military to discuss successful strategies whereby health-promoting, nutrient-rich menu options can be made increasingly available to the general public.

Learning Objectives

- Understand American culinary trends, and how to leverage consumer interest in world flavors and the plant-based, health-promoting cuisines of Asia, Latin America, and the Mediterranean.
- Discuss cost and lifestyle issues related to healthy food shopping, cooking, and eating—and approaches to healthy diets that can be affordable for lower income individuals and budget-challenged families.
- Prepare a variety of healthy food options, including salads, whole grains, lean proteins, and vegetarian dishes.
- Discuss strategies for healthy cooking and eating that are fast, easy, approachable, and affordable.
- Present to patients, clients, and colleagues the critical importance of regular movement/exercise and mindfulness with regard to dietary food choices and weight management.
- Identify credible resources including newsletters, websites, and other online resources related to nutrition, weight-management, and flavorful, healthy cuisine.



Culinary Nutrition Goals

During the three-day course, participants are exposed to information that reinforces the following culinary nutrition goals:

1. Choose healthier carbohydrates.
2. Choose healthier proteins.
3. Choose healthier fats.
4. Choose better beverages.
5. Develop weekly menus.
6. Use the Harvard Healthy Eating Plate as a model for meal planning.
7. Be mindful of portion size.
8. Look for opportunities to reduce sodium intake.
9. Slow down, and be more mindful when choosing and enjoying food.
10. When possible, choose the more sustainable option.



Healthy Kitchens, Healthy Lives is co-presented by The Culinary Institute of America and Harvard T.H. Chan School Of Public Health.

Harvard T.H. Chan School of Public Health

brings together dedicated experts from many disciplines to educate new generations of global health leaders and produce powerful ideas that improve the lives and health of people everywhere. As a community of leading scientists, educators, and students, we work together to take innovative ideas from the laboratory to people's lives - not only making scientific breakthroughs, but also working to change individual behaviors, public policies, and health care practices. Each year, more than 400 faculty members at Harvard Chan School teach 1,000-plus full-time students from around the world and train thousands more through online and executive education courses. Founded in 1913 as the Harvard-MIT School of Health Officers, the School is recognized as America's oldest professional training program in public health.



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The Culinary Institute of America

The Culinary Institute of America is the world's premier culinary college whose faculty and alumni set the pace in the ever-expanding foodservice and hospitality industries. The CIA has a long-standing commitment to healthy cooking initiatives and the integration of healthy, world flavors in the future of American menu research and development. Founded in 1946, the CIA offers bachelor's and associate degrees, coursework for foodservice professionals and opportunities for professional certification, and operates four campuses: Hyde Park, New York; Napa Valley, California; San Antonio, Texas; and Singapore.



The CIA at Copia, the site for this "Healthy Kitchens, Healthy Lives" conference series, is situated in the middle of California's Napa Valley, one of the world's most celebrated wine producing regions. With its leadership initiatives in menu development, flavor and health and wellness—and its world-class teaching kitchens and other state-of-the-art teaching and research facilities—the CIA at Copia has become an epicenter for innovation and a culinary "think tank" for the American foodservice industry.



For more information or to register, please visit www.healthykitchens.org

TAKE THE LEAD

For more information on how to participate, please contact:

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