Dr. Eisenberg asks: "Culinary medicine (CM) is an evidence-based field that brings together medicine and culinary knowledge to assist patients in maintaining health and preventing and treating food-related disease by choosing high-quality food in conjunction with appropriate medical care." — Chief Michelle Hauser, MD

Worldwide, more than 660 million adults and 365 million children are struggling with obesity. Increasing worldwide obesity, particularly among children and younger adults, and the prevalence and cost of chronic diseases call for impactful, cost-effective lifestyle interventions that people can incorporate into daily life.

Culinary medicine, with its focus on patient-centered nutrition and lifestyle behavior change, is showing noteworthy promise as a critical element in fighting this trend, supported by the growing number of medical schools, residency programs, and nursing schools that have adopted a culinary medicine curriculum. Increasingly, teaching kitchens "learning laboratories" are testing the educational healthcare initiatives, adding socioeconomic and budget flexibility, and expanding it to include a host of integrative medicine topics for a range of audiences — public and professional — toward the same objectives: healthy lifestyle, accessible convenience and budget flexibility, and expanding it to include a host of integrative medicine topics.

Most clinicians do not receive education on food as medicine. Teaching kitchens, as learning environments, are open opportunities for providers to practice behavioral change by utilizing educational, training techniques, concepts, resources, physical activity, and behavioral health coaching.

The Teaching Kitchen Collaborative, a nonprofit, was formed in 2015 in partnership with The Culinary Institute of America and the Harvard T.H. Chan School of Public Health, as an accelerator to the replicability, scalability, and evaluation of emerging teaching kitchen models and educational programs. The collaborative is now a global movement with 37 members, from public youth services to private employers to academic medical centers, including members of the Academic Consortium.

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Teaching kitchens can be set up anywhere (academic medical centers, hospitals, schools, community laboratories, are creating opportunities for positive lifestyle change by offering education in basic cooking impacts our health and gives us our recuperative capacity.” — Dr. Eisenberg.

Dr. Eisenberg serves as executive director. In collaboration with the Advisory Council and network with 37 members, from public youth services to private employers to academic medical centers, including members of the Academic Consortium.

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