Looking to do the same at your institution?

Our ultimate goal is to help as many people as possible feel empowered to improve their health. In 2022, we are emphasizing that health care providers as trusted consultants for overall health and well-being.

In the U.S., we are seeing a shift in the education landscape; the focus is not only on WHAT we teach but also on HOW we teach—creating a culture of health literacy and health promotion. This requires building connections and connections at multiple levels—community, academic, and professional. While this approach is challenging, we cannot ignore the critical role that health professionals play in promoting health and wellbeing in communities.

In the spring of 2022, the University of Utah College of Health opened a teaching kitchen in partnership with UU Community Neighborhoods, LLC, an organization that is the department of community development at the University of Utah. The teaching kitchen serves the academic and research needs of the University of Utah College of Health and the surrounding community. In addition, the teaching kitchen will serve as a community engagement and education laboratory.

The teaching kitchen will be used to prepare healthy meals and snacks, and will be used to educate students and community members about nutrition and health. The teaching kitchen will also be used to provide community members with the tools and knowledge to make healthy choices.

In addition to the teaching kitchen, the University of Utah College of Health is also partnering with local community gardens, restaurants, and homeless facilities, an approach that is gaining traction across the country.

The University of Utah reaches underserved neighborhoods with a mobile teaching kitchen and other programs to bring the benefits of healthy eating into neighborhoods where it is needed, motivating healthy food behaviors among community members.

Connection with the community is an important element of culinary medicine programming, leading to improved health outcomes for patients and communities.

For the past six years, an 8-week culinary medicine elective has been offered in the university's medical school.

This academic year, we are expanding the scope of the culinary medicine elective to include a more integrative approach to health and wellness. Students will learn about the role of nutrition in disease prevention and treatment, as well as the importance of a healthy lifestyle.

The curriculum will be led by an interprofessional faculty so that students gain experience in a collaborative integrative health environment.

The University of Utah College of Health has also partnered with the University of Utah College of Nursing to offer a culinary medicine elective for Master of Science in Nursing students.

Our ultimate goal is to help as many people as possible feel empowered to improve their health.

Thank you for your interest in culinary medicine and integrative health.

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Resources

Experiential Education and Extended Outreach for Expanded Impact
Teaching Kitchens in the Learning and Work Environments: The Future Is Now
2022 Food is Medicine Conference, University of Utah
Integrative Nutrition Science/Research – 2021 Impact Circles
Culinary Medicine & Integrative Health Learning Labs – 2021 Impact Circles

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