

Together2Goal[®]

AMGA Foundation
National Diabetes Campaign

November 2019 Webinar at Work

"Putting T2G webinars into practice"

Webinar: ["Culinary Medicine as an Emerging Population Health Intervention"](#)

Speakers: Timothy Harlan, M.D., FACP, CCMS, and Kerri Dotson, RN, LDN, of Tulane University School of Medicine

Webinar Date: November 21, 2019

Summary: In this webinar, Dr. Harlan and Kerri summarize the components of the Mediterranean diet, including guidance on the consumption of nine categories of food, The nine categories of food are:

1. Vegetables – Build the foundation of the diet on vegetables... "Eat more vegetables!"
2. Legumes – Include beans and other plants that grow in pod structures (i.e. peanuts) to provide heart-healthy fiber and protein.
3. Fruits and Nuts – Add to the diet's foundation with one to two servings per day with fruits and nuts.
4. Cereals & Whole Grains – Incorporate quality whole grains to lower cholesterol and manage weight control.
5. Fish – Add two servings a week of fish to boost protein and provide healthy fatty acids.
6. Oils and Fats – Use healthy fats (e.g. olive oil, avocado, canola oil, etc.) in place of saturated and hydrogenated fats.
7. Dairy – Reduce dairy intake and use options like low-fat Greek yogurt, hard cheeses, etc.
8. Meats – Eat smaller portions of meat, and use legumes and fish to substitute for protein intake.
9. Alcohol – Moderate alcohol consumption.

The presenters cite research to underscore the efficacy of this diet. They also demonstrate how culinary medicine can complement existing lifestyle interventions for improved diabetes self-management.

Implementation Tips:

Dr. Harlan and Kerri focused on a number of tactics for communicating the tips and tricks of the Mediterranean diet to a patient:

- Discuss affordable substitutions with patients to incorporate foods they typically do not view as attainable (e.g. canned, low-sodium tuna, frozen fruits and vegetables, etc.)
- Avoid patients feeling overwhelmed by focusing on two concrete changes for them to take away from the visit and implement at home
- Utilize motivational interviewing techniques to assist patients in finding sustainable diet and lifestyle changes

If you are planning to incorporate culinary medicine into your organization, consider:

- Explaining to stakeholders how culinary medicine supports a transition to a value-based care model
- Providing on-going provider education on the latest culinary medicine information (e.g. CME credit)
- Working closely with your Billing & Coding Department to properly code your patient visits and maximize reimbursements

Team Discussion:

1. How can implementing culinary medicine help us advance our care goals as an organization?

2. What barriers exist to integrating culinary medicine into our patient care? (e.g. time, billing, prioritization, resources, education, etc.)

3. How can we work with various internal and external stakeholders to overcome these barriers?

4. How can we revise our care processes to foster provider and patient education on culinary medicine?

Additional Notes:

Next Steps:

- _____
- _____
- _____
- _____

Resources:

- [Culinary Medicine Resources](#) (Health meets Food™)
- Goldring Center for Culinary Medicine has offered specific [CME modules](#) to AMGA members
 - Please email tharlan@tulane.edu for more information.