



EMPOWERING PHILADELPHIA'S  
FOOD & NUTRITION LEADERS  
JOIN TODAY!

## President's Message

A Note from Rebecca Bova, RD, LDN  
President of Philly AND 2019-2020

Hello Philly AND!

As this year comes to a close I would like to reflect on how great 2019 was for us at a local, state, and national level. We launched our new Philly AND website early this year and joined Instagram: @eatrightphiladelphia. We held a yoga event, apple picking, participated in West Chester University's career panel, and hosted a webinar on integrative and functional treatment of diabetes. The Dietitian-Nutritionist Bill was introduced as HB1802 at the state level. We also hosted the Academy's Food and Nutrition Conference and Expo right here in Philadelphia.

As we gear up for 2020, now is the time to make resolutions so that next year is equally as successful. If one of your resolutions is to be more involved and gain leadership experience, consider volunteering for a role on the Philly AND board! If you would like more information, please contact our nominating chair, Katherine Huffman, at khuffman@vt.edu. If you are looking to make a career change, check out our job board for several new postings. If you simply want the chance to network with other dietitians, consider joining our buddy program. More information will be available in early 2020.

We are also fortunate to be hosting the PAND 2020 Annual Meeting and Exhibition in Philadelphia on March 27th. Registration will begin December 1st, 2019.

I hope everyone has a very happy holiday season! Hope to see you all at our upcoming events in 2020!

Rebecca Bova, RD, LDN, President, Philly AND

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## Upcoming 2020 PAND Awards

The Philadelphia Academy of Nutrition and Dietetics (PhillyAND) is seeking your nominations for qualified award recipients for the 2019-2020 year. Simply review the following available awards and email the form to [EatRightPhiladelphia@gmail.com](mailto:EatRightPhiladelphia@gmail.com). The most qualified candidate with the greatest nominations will be sponsored by PhillyAND as an applicant to enter the Pennsylvania Academy of Nutrition and Dietetics (PAND) ballot. Applying with the sponsorship and support of your district PhillyAND may increase your chances of winning these state awards/scholarships. Winners will be announced at the PAND spring meeting! To be recognized on a professional level is a great honor (and resume booster!) – **so hurry and submit those nominations!**

### Available upcoming awards include:

#### Due January 9, 2020:

- Outstanding Dietitian of the Year
- Keystone Award
- Recognized Young Dietitian
- Recognized Dietetic Technician
- Emerging Dietetic Leader
- Outstanding Dietetic Student

#### Due January 10, 2020

- General Scholarship
- Diversity Scholarship
- Diversity Grant
- Community Relations Grant
- Student Stipend

**A complete list of award and scholarship details and application instructions can be found at: <https://eatrightpa.org/for-the-public/scholarships-awards/>.**

Join us in congratulating Becky Wojcik, MA, RDN, LDN on receiving the 2019 AND Foundation's Commission on Dietetic Registration Leadership Award. Thank you for your amazing work!

\*If you have received an award please let us know so we can feature you!



# Student Opportunities



## 2019–2020 Student Scholarship (\$500)

### Application Criteria:

1. Must be a student and member of the Philadelphia Academy of Nutrition and Dietetics
2. Currently enrolled in one of the following:
  - An ACEND-accredited undergraduate or coordinated program in dietetics
  - An ACEND-accredited dietetic internship program
  - A graduate degree program with the intent to practice in dietetics
  - Registered dietitians currently enrolled in a nutrition-related, advanced degree program in a regionally accredited college in the Philadelphia area are also invited to apply.
3. Have a minimum grade point average of 3.0.
4. Demonstrate respect for diversity including differences in culture, ethnicity, age, gender, race, religion, etc.
5. Submit a 250-500-word essay indicating intent and reason for applying. Please include the following:
  - a. Why have you chosen the field of dietetics and how do you hope to contribute to the profession?
  - b. How have you demonstrated leadership professionally or during your time as a student?
  - c. How has your background influenced your personal development and perceptions regarding diversity?
  - d. How would you contribute to diversity within the dietetics profession?
6. Submit one letter of recommendation, which reflects upon your leadership and potential for future contributions to the dietetics profession.

*Awardees will be chosen by the committee and should show promise of being an active, contributing, and skilled member of the profession in the Philadelphia area. Awardees must be US citizens and members of the Academy of Nutrition and Dietetics and the Philadelphia Academy of Nutrition and Dietetics. Scholarship awards are announced at Philly AND's spring meeting.*

**Applications open through February 21, 2020.**

**Please submit your completed application to Susan Stalte, Scholarship Chair:  
[susanstalte.rd@gmail.com](mailto:susanstalte.rd@gmail.com).**



a spotlight on

# CULINARY MEDICINE

By Dorothy Hanrahan, MS, RD, LDN

## ***Culinary medicine defined***

It's nothing new that the state of the country's health is in poor standing. Considering roughly 80% of chronic diseases stem from unhealthy lifestyle choices and poor nutrition habits, Americans are in sore need of increased attention and resources dedicated to improving lifestyle and nutrition behaviors. Fortunately, the paradigm shift for prevention-driven healthcare that dietitians have long advocated for is becoming a reality in the form of culinary medicine (CM).

CM is an emerging field that blends medical care, culinary arts, and nutrition sciences. It's widely acknowledged that traditional nutrition education in medical school is either absent or inadequate, leaving future doctors unprepared to counsel patients on sensible dietary changes. CM aims to address this by arming the next wave of physicians with nutrition education and fundamental cooking techniques. While several CM programs are offered as electives to medical students and as CME credits to established physicians, the scope of who these classes reach continues to widen. Equipped with tactile skills and a deeper understanding of food as medicine, the physician's goal is to counsel patients more effectively on prevention, management, and reversal of chronic diseases including obesity, hypertension, cardiovascular disease, and diabetes. Research confirms medical students trained in CM demonstrate significant improvements in confidence and increased positive attitudes for dietary counseling to impact their most frequent and vulnerable patients' behaviors.

## ***A Recipe for Success***

There are four ingredients that constitute an effective CM program: a multidisciplinary team; a curriculum with supplementary recipes; a teaching kitchen or adapted facility; and a focus on accessibility.

Teaming up medical students and doctors with dietitians, chefs, and community partners is a defining feature. First, MDs and RDs work to translate evidence-based best practices into medically appropriate and nutritionally sound recipes. As ingredient-trained and flavor-driven masters of culinary technique, chefs impart innovative ideas for balancing variables like texture and acidity to build flavor profiles and reduce food waste. Community partners championing food access, education, and sustainable food systems connect patients to highly critical resources. This interdisciplinary programming provides a multi-pronged approach alongside standard medical procedures and prescriptions.

Institutions either opt to devise an original curriculum or adopt pre-existing ones. The majority of CM curricula reflect the pillars of the Mediterranean diet, emphasizing plant-



based dietary patterns strongly linked to decreased risk for chronic disease. They may be structured as multi-week classes or one-time workshops that span an evening, week, or weekend.

Teaching kitchens, now functioning as community hubs, are cropping up in several hospitals and affiliated institutions. CM facilities need not be glamorous to be functional. Adapted rooms with space for demos and sinks for hand, dish, and produce washing or mobile carts are resourceful options to bridge barriers.

Finally, a well-executed CM program is one where all participants are successful, regardless of previous cooking experience and socioeconomic status. They are largely designed to integrate food access limitations into their curricula and prepare budget-conscious recipes to ultimately ensure that physicians dispense appropriate advice that patients can realistically adopt.

### ***Who's Cooking up the Latest Programs?***

The list of schools across the country enriching their curricula with CM is rapidly expanding. Tulane University's Goldring Center for Culinary Medicine, started in 2012, is the country's first dedicated teaching kitchen inside a medical school. Many other hospitals and universities have followed suit.

The Dartmouth-Hitchcock Culinary Medicine Program offers classes to medical staff, patients, and community members, and its research contributes to the growing evidence base for regional and national CM programs. Baylor College of Medicine's Choosing Healthy, Eating Fresh (CHEF) program is a student-led elective facilitating cooking workshops for both students and patients at Texas Children's Hospital. Stanford University launched The Doctor is In (the Kitchen), another medical school elective where prepared recipes are inspired by nutrition case studies.

The Johns Hopkins Community Physicians healthy cooking program partners with Gather Baltimore, a volunteer-based program that collects and sells surplus produce at low cost. In 2014, the Harvard T.H. Chan School of Public Health and the Culinary Institute of America partnered in founding the Teaching Kitchen Collaborative (TKC), a multidisciplinary network of leaders using teaching kitchens as catalysts for holistic healthcare, generating new data, and sharing best practices.

### ***What's Brewing in Philadelphia***

To be effective, CM cannot ignore the fact that food insecurity affects 12.7% of Americans, including one in five Philadelphians. Philadelphia's Parkway Central Library is home to the Culinary Literacy Center, a TKC member, where programs are offered to preschool students, families, and senior citizens, many at low or no cost.





Additionally, the University of Pennsylvania's Perelman School of Medicine, in concert with Vetri Community Partnership (VCP), spearheaded Penn's Culinary Medicine Program with the implementation of a multi-week curriculum for ten fourth-year medical students. Each week examines target populations, such as patients with diabetes, celiac disease, obesity, heart disease, or pregnancy and lactation, and includes discussions of patient cases and pertinent dietary recommendations.

Student teams compete in their final class to present their recipes to a panel of dietitians and physicians, and are graded on flavor development, ease of preparation, cost per serving, time constraints, and ingredient accessibility. The competition underscores the importance of providers practicing what they preach – preparing low-cost, flavorful meals with accessible ingredients. Other CM programming at VCP partners with Philabundance, a hunger relief nonprofit organization that distributes nutritious produce and non-perishables to participants.

**How to Learn More**

Teaching and empowering individuals to eat healthier is far more cost effective than the invasive procedures and medications needed to treat chronic disease. It is recommended that CM be woven more fully into the fabric of our healthcare model beyond medical student training. There is increasing interest in CM program expansion nationwide with both medical students and community members eager to participate. This places dietitians in a unique position to be an asset to this exciting intersection of health, nutrition, and lifelong culinary education.

Visit [www.culinarymedicine.org](http://www.culinarymedicine.org) and [www.tkcollaborative.org](http://www.tkcollaborative.org) to read more. If you're interested in networking, obtaining CEUs, or attending a workshop, be sure to look into these annual conferences: Healthy Kitchens, Healthy Lives, Food as Medicine, and Health Meets Food.

**SPEED NETWORKING**  
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**SAVE THE DATE!**

Date: January 20th, 2020  
Time: 7pm-9pm  
Location: King of Prussia, PA  
(exact venue TBD)

**Featured in the News:**

Be sure to read feature article by Emily Rubin RD diving into digestive supplements on PhillyVoice.com:

**"Are digestive supplements worth all the hype?"**

Want to write our next spotlight article? Email submissions to [edeming8@gmail.com](mailto:edeming8@gmail.com) before 2/28/20!



## Meet Your 2019-2020 Board

President - Rebecca Boova

President Elect - Nikita Grove

Immediate Past Chair - Ha Nguyen

Secretary - Anita Anim

Treasurer - Samantha Beaino

Council on Practice Chair - Amy Coughlin

Council on Practice Chair Elect  
- Corinne Ellis

Nominating Chair - Katherine Huffman

Nominating Chair Elect -  
Becky Wojcik

Public Policy Coordinator -  
Audrey Foster

Public Policy Coordinator Elect -  
Laura Yatvin

Membership Chair - Autumn Limegrover

Membership Chair Elect -  
Claudia Hleap

Social Media Representative -  
Sarah Nash

Public Relations Chair -  
Marjorie Nolan Cohen & Emily Rubin

Scholarship Chair - Susan Stalte

Career Guidance Coordinator -  
Kianna Silvera

Student Rep - Annie Kohutka,  
Kennedy Alexander, & Katie Grham

Delegate - Zachari Breeding

Newsletter Chair - Elise Deming



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<http://eatrightphiladelphia.org/>