



2024 CMO Summit

When Food is Medicine, What is the Physician's Role?

Monday, October 7, 2024

Recommended Reading

How Can Health and Wellness Promotion Strategies Which Include Nutrition Education alongside Hands-On Cooking Be Organized, Evaluated, and Optimized for Maximal Impact

Dr. David Miles Eisenberg

https://www.mdpi.com/journal/nutrients/special_issues/F62DAN81H6

The website of the Teaching Kitchen Collaborative (www.teachingkitchens.org)

The website of the annual continuing education conference for health professionals (Healthy Kitchens, Healthy Lives www.healthykitchens.org)

American Heart Association. Circulation. 2023;148(18):1417-1439. [doi:10.1161/CIR.0000000000001182](https://doi.org/10.1161/CIR.0000000000001182)

Downer S, Berkowitz SA, Harlan TS, Olstad DL, Mozaffarian D. Food is medicine: actions to integrate food and nutrition into healthcare. BMJ. Published online June 29, 2020:m2482. [doi:10.1136/bmj.m2482](https://doi.org/10.1136/bmj.m2482)

Thomas O, Badaracco C, Alexander LC. Food: A Vital Ingredient In Transforming Obesity Care. Published online March 19, 2024. [doi:10.1377/forefront.20240315.834161](https://doi.org/10.1377/forefront.20240315.834161)

Frist B. The Surest And Safest Way To Maximize Your Health: Food As Medicine. Forbes. Published online March 11, 2024. Accessed April 12, 2024. <https://www.forbes.com/sites/billfrist/2024/03/11/the-surest-and-safest-way-to-maximize-your-health-food-as-medicine/amp/>

Bergquist SH, Wang D, Fall R, et al. Effect of the Emory Healthy Kitchen Collaborative on Employee Health Habits and Body Weight: A 12-Month Workplace Wellness Trial. Nutrients. 2024;16(4):517. [doi:10.3390/nu16040517](https://doi.org/10.3390/nu16040517)