OU-Tulsa Culinary Medicine

Lori Whelan, MD

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Vice Chair of Education
Associate Professor and Director of Ultrasound
OU-TU School of Community Medicine
I Have No Disclosures
Obesity Trends* Among U.S. Adults
BRFSS, 1989
(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends Among US Adults

1985

1995

2005

2015

*Adapted from the CDC
HEART DISEASE
610,000 deaths per year

Leading Cause of Death for both Men and Women
40% of all Cancers are obesity related

13 cancers are associated with overweight and obesity

- Meningioma (cancer in the tissue covering brain and spinal cord)
- Adenocarcinoma of the esophagus
- Multiple myeloma (cancer of blood cells)
- Kidneys
- Uterus
- Ovaries
- Thyroid
- Breast (post-menopausal women)
- Liver
- Gallbladder
- Upper stomach
- Pancreas
- Colon and rectum
We need a new approach!
“Let food be thy medicine and medicine be thy food”
– Hippocrates

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”
– Thomas Edison
BLUE ZONES

LONGEVITY HOTSPOTS

BLUE ZONE LIFE LESSONS

- MOVE NATURALLY
- RIGHT TRIBE
- RIGHT OUTLOOK
- EAT WISELY
LOMA LINDA, CALIFORNIA
Stress-reducing, healthy diet practices of local Seventh Day Adventists rub off on the whole town.

NICOYA, COSTA RICA
Water naturally rich in calcium and magnesium may help prevent heart disease and weak bones.

SARDINIA, ITALY
Daily wine and laughter help Sardinian men enjoy the longest male lifespan.

IKARIA, GREECE
Napping, occasional fasting and drinking goat milk may add years to life.

OKINAWA, JAPAN
Dedication to family and friends lifts Okinawan women to the longest female lifespan.
POWER 9®
Live longer by applying these principles from the people who have lived longest!

- **PURPOSE**: Wake up with purpose each day to add up to 7 years to your life.
- **PLANT SLANT**: Put less meat & more plants on your plate.
- **FAMILY FIRST**: Invest time with family & add up to 6 years to your life.
- **80% RULE**: Eat mindfully & stop when 80% full.
- **WINE @ FIVE**: Enjoy a glass of wine with good friends each day.
- **MOVE NATURALLY**: Find ways to move more! You'll burn calories without thinking about it.
- **RIGHT TRIBE**: Surround yourself with people who support positive behaviors.
- **DOWN SHIFT**: Reverse disease by finding a stress relieving strategy that works for you.
- **BELONG**: Belong to a faith-based community, & attend services 4 times a month to add 4–14 years to your lifespan.
Reversal of Coronary Disease

November 27, 1996  July 22, 1999

Distal LAD
Using Food... AS MEDICINE

Here's Your Prescription
Hypertension

KNOW YOUR BLOOD PRESSURE
– AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS

The newest guidelines for hypertension:

NORMAL BLOOD PRESSURE
*Recommendations: Healthy lifestyle choices and yearly checks.

ELEVATED BLOOD PRESSURE
*Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

HIGH BLOOD PRESSURE / STAGE 1
*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE / STAGE 2
*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

*Individual recommendations need to come from your doctor.
Source: American Heart Association's journal Hypertension
Published Nov. 15, 2017
We eat **WAY** to much salt!
To Lower Blood pressure

1500mg
Where does most of our salt come from?
**Dietary Approaches to Stop HTN DASH DIET**

<table>
<thead>
<tr>
<th>Eat More...</th>
<th>Eat Less...</th>
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<tbody>
<tr>
<td>Fruits and vegetables</td>
<td>Fats and oil</td>
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<tr>
<td>Whole grains</td>
<td>Sweets and added sugar</td>
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<tr>
<td>Lean protein</td>
<td>Alcoholic beverages</td>
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<tr>
<td>Low-fat dairy</td>
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<tr>
<td>Nuts, seeds and legumes</td>
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</table>
Potassium, Magnesium and Calcium can Lower BP.
Potassium Rich Foods (% DV)

- Low-Sodium V8, 8 oz.  26%
- Lentils, 1 cup cooked  21%
- Kidney Beans, 1 cup cooked  17%
- White potato, 1 medium  17%
- Sweet potato, 1 medium  15%
- Dried apricots, ¼ cup  15%

Sonia F Shenoy. The use of a commercial vegetable juice as a practical means to increase vegetable intake: a randomized controlled trial. Nutr J. 2010; 9: 38. PMCID: PMC2949782
PMID: 20849620
Magnesium-Rich Foods (% DV)

- Nuts (almonds or cashews), 1 oz. 20%
- Spinach, boiled, ½ cup 20%
- Peanuts, ¼ cup or natural peanut butter, 2 Tbsp. 16-12%
- Shredded wheat, 2 large biscuits 15%
- Black Beans, ½ cup 15%
- Soy Milk, plain or vanilla, 1 cup 15%
- Avocado, 1 medium 12%
# Calcium-Rich Foods (% DV)

<table>
<thead>
<tr>
<th>Food</th>
<th>% DV</th>
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<tbody>
<tr>
<td>Enriched Almond Milk, 8 oz.</td>
<td>45%</td>
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<tr>
<td>Yogurt, plain, low fat, 8 oz.</td>
<td>42%</td>
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<tr>
<td>Fortified soy yogurt, 1 cup</td>
<td>40%</td>
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<tr>
<td>Milk, fat-free, 8 oz.</td>
<td>30%</td>
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<tr>
<td>Soymilk, fortified, 8 oz.</td>
<td>30%</td>
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<tr>
<td>Canned sardines, w/bones, 3 oz.</td>
<td>33%</td>
</tr>
<tr>
<td>Canned salmon, w/bones, 3 oz.</td>
<td>18%</td>
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<tr>
<td>Navy beans, 1 cup</td>
<td>12%</td>
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<tr>
<td>Turnip greens, boiled, ½ cup</td>
<td>10%</td>
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<tr>
<td>Black-eyed peas, 1 cup</td>
<td>9%</td>
</tr>
<tr>
<td>Sesame Seeds, 1 tsp</td>
<td>8%</td>
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</table>
1 out of 3 U.S. adults has prediabetes, only 11% know they have it.
2050

Estimated 100 million people with DM

1/3 of the US population

½ of all Black and Hispanic patients
The fact that Type II diabetes, a largely preventable disorder, has reached epidemic proportions is a public health humiliation. A strong, integrated and imaginative response is required…"The Lancet (Editors), 2010;375:2193
Summary of Diabetes Data

• 5-7% weight loss is the goal

• Any diet achieving that will work

• Low fat vegan performed better than ADA

• High fiber seems to work even without significant weight loss

• Numerous studies show meat to increase risk
Diabetes Prevention Program

Summary of Diabetes Data

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HEART DISEASE
610,000 deaths per year

Leading Cause of Death for both Men and Women
#1 Source of Saturated Fat?
#1 Source of Saturated Fat
Sugar intake per capita in the United Kingdom (○) and in the United States (♦) compared with obesity rates in the United States in non-Hispanic white men aged 60–69 y (●).
Portfolio diet as good as Lovastatin

A dietary portfolio effectively reduces LDL-cholesterol levels

Caldwell Esselsytn MD

Prevent and Reverse Heart Disease

Reversal of Coronary Disease
November 27, 1996
Distal LAD
Heart disease reversal on a low-fat, whole-food, plant-based diet. Virtually all of Dr. Caldwell Esselstyn's patients have reversed or halted their coronary artery disease by following the diet he recommends.
ORIGINAL RESEARCH

A way to reverse CAD?

Though current medical and surgical treatments manage coronary artery disease, they do little to prevent or stop it. Nutritional intervention, as shown in our study and others, has halted and even reversed CAD.

“We need to educate our physicians because the leading cause of death in heart doctors is heart disease.”

-Kim Williams, M.D., former president of the American College of Cardiology
“I have saved the lives of 150 patients by heart transplant but had I focused on preventative medicine earlier, I might have saved 150 million.”

Christiaan Barnard
Heart Transplant Surgeon
If Food is Medicine....

We are the experts in Medicine...

We *MUST* be Experts in Food!!
What is Lifestyle Medicine?

- Nutrition
- Exercise
- Tobacco & Alcohol
- Stress Management
- Sleep
- Healthy Relationships
A Whole-Food, Plant-Based Diet

High-fat whole foods
- Such as avocados, nuts, olives; whole food-sweetened treats; dairy substitutes such as oat, almond, rice and soy.
- Use sparingly.

Leafy green vegetables
- Such as collards, spinach and kale.
- Eat at least 2-3 servings (1 cup raw or 1/2 cup cooked) per day.

Fruit (all types)
- Consume 2-4 servings (1 piece or 1/2 cup) every day.

Legumes
- Beans, peas, lentils and seeds.
- Consume 2-3 servings (1/2 cup cooked legumes or 1 Tbsp seeds) every day.

Whole grains
- Such as brown rice, barley, quinoa, oats, amaranth, whole wheat, whole-grain pasta and sprouted grains.
- 6-11 servings (1/2 cup cooked or 1 slice whole-grain bread) daily.

Vegetables
- All types, including starchy.
- Eat as much and as many different colors as possible each day.
Be honest. Is this too much Lettuce?

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Growth of PLANT-BASED MILKS vs. Cow’s Milk in Retail

9%
PLANT-BASED MILKS 2018**

3%
PLANT-BASED MILKS 2017*

-6%
COW’S MILK 2018**

* 52 weeks dollar sales ending August 2017
** 52 weeks dollar sales ending June 2018
PBFA-commissioned data from Nielsen
Long Term Success
Tandy YMCA Healthy Table
Development and Evaluation of a Nutrition-Centered Lifestyle Medicine Curriculum for Physician Assistant Students

Marianna S. Wetherill 1 2, Gracen C. Davis 2, Krista Kesbers 2, Valerie Carter 1, Elizabeth Wells 3, Mary B. Williams 1 3, Shannon D. Ijams 4, Dominique Monlezun 5, Timothy Harlan 6, Lori J. Whelan 7

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Abstract
Background US medical schools are increasingly integrating lifestyle medicine competencies into their academic programs. Yet, physician assistant (PA) academic programs have been slower to respond.
Methods We developed, implemented, and evaluated a nutrition-centered lifestyle medicine curriculum for 2nd-year PA students (n = 24). The 4-week hybrid, 2-credit hour course activities aligned with the American College of Lifestyle Medicine competencies for primary care providers and reinforced four of the Accreditation Standards for PA Education. We combined didactic lectures with weekly hands-on cooking modules from the “Health meets Food” coursework for medical students. We employed a pre-post evaluation design including a comparison group of 2nd-year PA students in a separate program. We assessed changes in personal nutrition behaviors and knowledge and confidence for counseling in nutrition, exercise/physical activity, weight, smoking, and alcohol, using the modified 5A’s framework (assess, advise, agree, assist, and arrange) for lifestyle counseling.
Results Students receiving the intervention demonstrated significantly higher gains in both knowledge and confidence for the 5A’s of nutrition counseling compared to the control group. Self-reported knowledge and confidence for the 5A’s of counseling for the other lifestyle behaviors similarly improved among the intervention group compared to the control group, but to a lesser extent.
Conclusion A nutrition-centered lifestyle medicine course can demonstrate PA academic program adherence to accreditation standards, while also introducing students to nutrition and lifestyle medicine competencies. Hands-on experiences that reinforce didactic instruction may maximize student knowledge and self-efficacy for implementing lifestyle medicine into their practice.

Keywords Physician assistant students · Medical nutrition education · Culinary medicine · Lifestyle medicine
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<tr>
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3 afternoon YMCA intro classes

6 healthy cooking basics recruit at vegfest

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community community community community community community CME CME CME CME CME
Ellen Ochoa Elementary School
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<td>7 hours Didactic</td>
<td>7 hours Application</td>
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<tr>
<td>2h Nutrition (intro, allergy)</td>
<td>2h Cooking Class</td>
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<tr>
<td>1h Intro to lifestyle medicine</td>
<td>2h Cooking Class</td>
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<tr>
<td>3h Emotional/Mental well-being</td>
<td>3h Self-care Skills (meditation, etc.)</td>
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<td>1h Role of physician</td>
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<td>11 hours Didactic</td>
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<td>2h Nutrition (GI, Diabetes)</td>
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<td>3h Sleep Science</td>
<td>3h Connectedness Positive Psych</td>
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<tr>
<td>1h Fund of Health Behavior Change</td>
<td>2h Physical Activity Science</td>
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<tr>
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<td>3h Bedlam*</td>
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<td>9 hours Didactic</td>
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<td>2h Nutrition (CV, Mental Health)</td>
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<td>2h Tobacco and Toxic Exposures</td>
<td>2h Cooking Class</td>
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<td>2h Key Clinical processes in LM</td>
<td>6h Bedlam*</td>
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<td>3h Physical Activity Science</td>
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<td>3 hours Didactic</td>
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<td>2h Nutrition (pregnancy, arthritis)</td>
<td>2h Cooking class</td>
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<td>1h Connectedness and positive psych</td>
<td>2h Cooking class</td>
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<td></td>
<td>9 hours Application</td>
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<td>6 Bedlam*</td>
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<td>1 hour Didactic</td>
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<td>1h Physical Activity Student Academy</td>
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"A FILM THAT CAN SAVE YOUR LIFE."
Roger Ebert, Chicago Sun-Times

"I LOVED IT AND I NEED ALL OF YOU TO SEE IT."
"GREAT MOVIE."
Maia Zanetti, Boston Herald

"CONVINCING, RADICAL AND POLITICALLY VOLATILE."
John Anderson, Variety

"PLANTPURE NATION"
The truth is a stubborn thing. It doesn’t go away.
From the Producer and Writer of FORKS OVER KNIVES with Dr. T. COLIN CAMPBELL Co-Author – THE CHINA STUDY

"WHAT THE HEALTH"
The Health Film That Health Organizations Don’t Want You To See.
From the Creators of the Award Winning Film ‘Conspiracy’

www.WhatTheHealthFilm.com
Nutrition for Clinicians

The Physicians Committee offers tools to help you bring nutrition into your practice.
Forks Over Knives Magazine – Winter 2019

$9.99

This gorgeous “bookazine” dedicated to the plant-based lifestyle is filled with 100 pages of expert tips, practical advice, beautiful photos and illustrations, inspiring success stories, and 78 healthy, satisfying recipes that put the pleasure in plant-based eating. Featured recipes include:

- Tasty Buddha bowls for two
- Essential homemade sauces, from a guilt-free mayo to the ultimate marinara
- Incredible 30-minute weeknight dinners
- Cozy winter soups and stews
- Inspired noodle dishes from around the world

Now available in our online store, ready to be delivered straight to your door (U.S. and Canada only).
Get Started
If you are new to a plant-based lifestyle, start here for helpful tips.

Meal Plan
Take the guess work out of vegan cooking with our weekly meal plan and shopping list.

Vegan Recipes
Looking for some inspiration? Check out our database of amazing vegan recipes.

New on the blog
Every bite you take is either fighting disease or feeding it.
References


WHERE 15g/100g
DO 9g/100g
VEGANS 9g/100g
GET 24g/100g
THEIR 21g/100g
PROTEIN 24g/100g
WITHOUT 17g/100g
EATING 18g/100g
MEAT? 4g/100g