

BACKGROUND

- Community based health education programs provide trainees with opportunities designed to reach people outside of traditional health care settings.(1)
- Medical students are limited in providing nutritional counseling, conducting independent research, and leading community programs.(1)(2)
- Community cooking and nutrition classes led by medical students may improve nutrition counseling for their patients.(3)
- We propose a novel, interdisciplinary program with medical and physician assistant students, and professional chefs to engage with the local community to provide nutrition education and cooking classes for patients.
- This community based health education program examines intentions to continue providing nutrition counseling and serving underserved communities.

METHODS

- Program facilitators had one or more of the following tasks: describe goals of program, served as chef liaisons and reviewed recipes with participants
- Facilitators were required to attend biweekly planning meetings and a minimum of 5 cooking classes.
- At the end of the project, each facilitator completed an online survey with questions regarding demographics, previous experience in working with Latino communities, how this project impacted their own cooking practices, and personal growth from being involved in this project.

RESULTS

Table 1. Facilitator Characteristics

Characteristic	
Age, mean (SD)	26 (4.2)
Female, n (%)	4 (40)
Race-Ethnicity, n (%)	
▪ Asian	5 (50)
▪ Hispanic or Latino	3 (30)
▪ White	2 (20)
Physician Assistant Student, n (%)	2 (20)
Medical Student, n (%)	8 (80)
Spanish Fluency, n (%)	5 (63)
▪ Advance/Native Speaker	3 (30)
▪ Intermediate	1 (10)
▪ None	6 (60)
Experience working with Latino community, n (%)	5 (63)
None	3 (30)
Less than 1 year	1 (10)
1-2 years	4 (40)
>2 years	2 (20)

Table 2. Healthy Cooking Session

Questions	After Session
After participating in this project, would you consider serving with the Latino community?, n (SD) [0- Not consider, 5- Strongly consider]	4 (0.82)
After participating in this project, how much more comfortable are you at educating and counseling patients about nutrition?, n (SD) [0- Not comfortable, 5- Very comfortable]	3.9 (0.99)
After participating in this project, how much more do you understand social determinants to healthy eating?, n (SD) [0- No understanding, 5- Greater understanding]	4.4 (0.70)
Note: Facilitators will be surveyed again at the completion of academic year to see if intentions persist	

CONCLUSION

- A interdisciplinary approach that includes medical students and physician assistant students to teach healthy cooking classes in the community is feasible
- 30% of student facilitators had no experience working with Latinos (the majority of the participants shared this background and were also uninsured)
- 40% of student facilitators intermediate or advanced Spanish fluency
- Program facilitators had higher intentions to consider serving the Latino community, became more comfortable at educating and counseling patients about nutrition, and better understand social determinants to healthy eating
- A community based cooking project at schools of health may promote interdisciplinary teamwork to improve healthy cooking, while enhancing medical education and service to underserved communities.

REFERENCES

- Educational and Community-Based Programs." *Educational and Community-Based Programs | Healthy People 2020*. Office of Disease Prevention and Health Promotion, n.d. Web. 23 Feb. 2017.
- Adams, Kelly M. et al. "Nutrition in Medicine: Nutrition Education for Medical Students and Residents." *Nutrition in clinical practice : official publication of the American Society for Parenteral and Enteral Nutrition* 25.5 (2010): 471-480. PMC. Web. 17 Feb. 2017.
- Birkhead, Andrew G et al. "Medical Student-Led Community Cooking Classes: A Novel Preventive Medicine Model That's Easy to Swallow." *American journal of preventive medicine* Mar. 2014: e41-2. Web.

ACKNOWLEDGEMENTS

The project described was funded and supported by the California Medical Association Foundation and the Alpha Omega Alpha Honor Medical Society at University of California, Davis School of Medicine. The authors would like to thank Chef Luis Rameriez and Chef Felicia Thomas for volunteering their time and teaching the cooking classes as well as our faculty advisors, Dr. Darin A. Latimore, M.D. and Dr. ELENA V. SUDJIAN, M.D., PH.D.

