



THE UNIVERSITY OF ARIZONA
College of Medicine
Phoenix

FOOD IS MEDICINE

The Culinary Medicine Program at the University of Arizona College of Medicine Phoenix



The Culinary Medicine Program at the College of Medicine Phoenix (COM-P), led by Dr. Shad, aims to combine the art of cooking with the science of medicine. By training future physicians and health professionals in this program, patients and communities will be empowered to utilize food as medicine in preventing and treating disease. Students will be educated on the impact of food policy on health and how they can work as advocates in their communities to change our food system to improve health outcomes for all. In order to grow this transformative program, our goal is to bring together chefs, farmers, policy makers and health professionals to create the necessary infrastructure to support our efforts. This will include redesigning medical education to create a science-based 4-year nutrition curriculum, developing key partnerships, curricular content and public engagement. Philanthropic support will be an essential component to make this dream a reality. Your gift of any size to the Culinary Medicine Program will help us build the infrastructure we need to make our program a success.



GET TO KNOW DR. SHAD

Dr. Shad (Farshad Fani Marvasti, MD, MPH) currently serves as Director of Public Health, Prevention and Health Promotion and Associate Professor at the University of Arizona College of Medicine Phoenix. He is a physician and medical educator engaged in research on healthy lifestyles including targeted food and exercise therapies to boost immunity, optimize health and in the treatment and prevention of diabetes and cardiovascular disease. His work has been featured on local and national medical where he has been quoted on his expertise for public health, prevention and wellness related topics. Dr. Shad is working to redesign the 4-year medical school curriculum to include lifestyle medicine, nutrition and evidence based complementary therapies to prevent disease and optimize health throughout the lifespan.



WONDER MAKES US DISCOVER

OUR VISION

Create a 4 Year Culinary Medicine Nutrition Curriculum

THE CULINARY MEDICINE ELECTIVE

This elective will initially be held virtually and eventually be taught in person using a teaching kitchen with hands-on sessions where participants learn how to prepare healthy meals to treat and prevent chronic medical conditions including diabetes, heart disease, obesity, cancer, as well as how to use food to enhance connections with others and overall health and wellbeing.

THE CULINARY MEDICINE COURSE FOR THE GENERAL PUBLIC

We will adapt content used for the 4 Year Culinary Medicine Nutrition Curriculum and the Culinary Medicine Elective to create an online virtual course that can be offered to the general public. This course will include practical skills for preparing and cooking healthy meals to optimize health, prevent and treat medical conditions such as diabetes and heart disease.

Engage the Community

LEARNING BY SERVING

Additional funding is needed to sustain and expand our current collaborative community service projects around food and health. We will also expand current partnerships with underserved community health centers like Wesley and non-profit organizations like Tiger Mountain where students are already working with faculty and community members to teach cooking classes for patients with diabetes in group visits, develop solutions to address the social determinants of health like food insecurity and provide solutions for communities that lack of access to healthy foods.



HOW CAN I HELP MAKE AN IMPACT

In order to achieve our vision of creating a 4-year Culinary Medicine Nutrition Curriculum and engaging the community, we need philanthropic investment from supporters like you. Every gift towards our Culinary Medicine Program puts us one step closer towards our ultimate goal. This program will introduce future healthcare professionals to a new perspective on health and wellness in the prevention of chronic disease. Students will be empowered to educate patients and advocate for change in communities that need it most, and you can help make it happen!

LIZ KAPLAN, CFRE

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