

## Family Medicine Educators: The Secret Sauce in Nutrition-Related Healthcare/Community Collaboration

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Agenda (60 minutes):

10 minutes introduction to our Department Community Partnership activities and results/evaluations

10-15 minutes roundtable discussion of ideas participant departments have implemented involving community partners

10 minute presentation on how to perform a community needs assessment

10 minutes small group/1:1 discussion of new partnerships possible/brainstorming

5-10 minutes large group debrief

Family Medicine Educators receive little dedicated training

- community needs assessment
- developing community relationships
- nutrition education

Partnerships between patients, care providers and community-based partners have become increasingly important in combating public health issues

- Obesity
- Public safety
- Access to care/general wellness

Improving this type of education in Family Medicine programs can

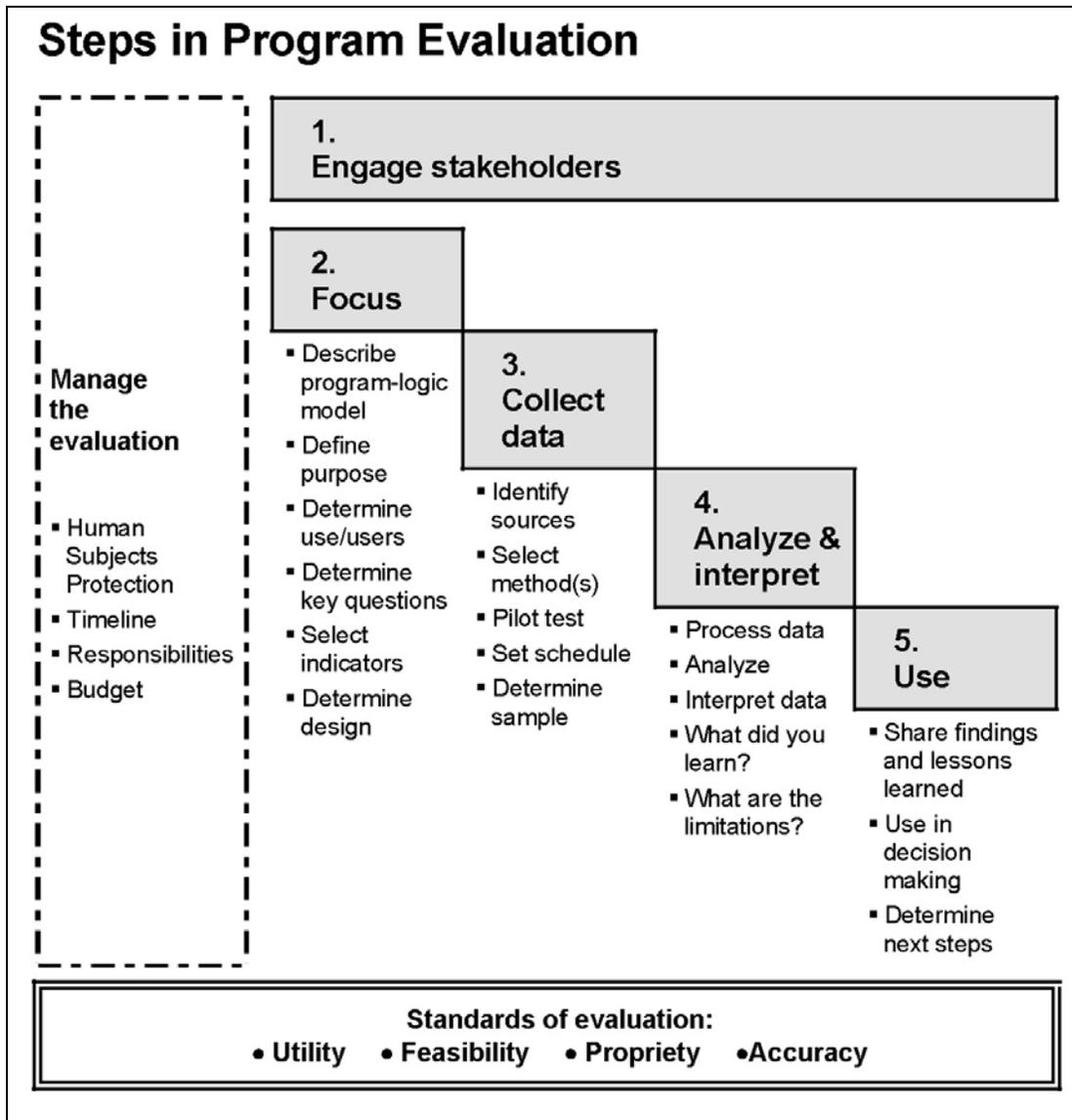
- enhance knowledge in how to form local partnerships
- produce positive health outcomes for individuals
- improve provider satisfaction

Since the evolution of a Department of Family Medicine and Community Health, our residency clinic physician leaders have intentionally sought out avenues to enhance community partnerships with a focus on food, nutrition and healthy lifestyle at the heart

1. "Chop Chop" cooking club for kids and their families in conjunction with the local food pantry
2. "Clinician in the Kitchen" cooking class involving local seniors and clinic physicians
3. Clinic garden produces over 1000 pounds of produce for the food pantry each year
4. Nutrition interns in food rescue from local businesses to the food pantry
5. Obesity Group Visits partnering with local businesses to improve health and fitness of Obese patients in the clinic (grocery store, fitness center, insurance wellness benefits)
6. Crafting a community wellness campaign with "Verona EATS Healthy: A Practical Nutrition Journey from Seed to Table"

How do you begin?

1. Identify common public health goals in your community by performing a community needs assessment
2. Identify community partners that represent an alignment in missions that may be a source of synergy to improve community and public health
3. Use an evaluation tool to evaluate the effectiveness of your community outreach efforts



References

Gortmaker SL, Swinburn BA, Levy D, Carter R, Mabry PL, Finegood DT, et al. (2011) Changing the future of obesity: science, policy, and action. *Lancet* 378:838-47.

Iacovou M, Pattieson DC, Truby H, Palermo C. Social health and nutrition impacts of community kitchens: A systematic review. *Public Health Nutrition*. 2013;16(3):535-43.

