

Nutrition Scholarly Concentration at Carolina (NSCC)

The aims of the NSCC are:

1. Provide an integrated, mentored, 4-year elective program that involves didactic and hands-on experience in exploring the roles of nutrition in the prevention and management of specific diseases.
2. Tailor each student's didactic and hands-on experiences to the student's interests. Students could choose mentors working on culinary medicine or nutritional aspects in the prevention and/or treatment of diabetes, obesity, or cancer, which are focal areas in the UNC Department of Nutrition. There are also opportunities to focus on nutrigenetics and precision nutrition.
3. Facilitate translational research activities, critical thinking, and opportunities to integrate new knowledge into concrete clinical practice.

Highlights:

Foundation Phase: independent study course; mentored research; community service activities

Application Phase: Complete a nutrition-related project as their quality-improvement project during their 16-week Community-Based Longitudinal Care experiences; Continue to work on developing the mentored project started in summer after 1st year

Individualization Phase: Select from a menu of courses/workshops (eg, *Nutrigenetics and Nutrigenomics workshop; nutrition policy course*); Complete mentored research project for credit and publication OR write a review article with their mentor for publication OR design and complete a 4-week elective for credit that relates to nutrition in clinical practice OR further develop nutrition content in TEC OR prepare three case reports demonstrating the effectiveness of nutrition assessment and dietary intervention for improving objective clinical outcomes

For more information, please contact NSCC Leadership:

Dr. Alice Ammerman (alice_ammerman@unc.edu; culinary medicine focus; more details below)

Dr. Elizabeth Mayer-Davis (mayerdav@email.unc.edu; diabetes focus)

Dr. Martin Kohlmeier (mkohlmeier@unc.edu; precision nutrition focus)

Dr. Stephen Hursting (hursting@email.unc.edu; obesity/cancer focus)



Nutrition Scholarly Concentration at Carolina: Focus on Culinary Medicine

Dr. Alice Ammerman
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Culinary Medicine defined:

Culinary medicine is a new evidence-based field in medicine that blends the art of food and cooking with the science of medicine. Culinary medicine is aimed at helping people reach good personal medical decisions about accessing and eating high-quality meals that help prevent and treat disease and restore well-being.

La Puma J, Marx RM. ChefMD's Big Book of Culinary Medicine. New York: Crown; 2008

The Culinary Medicine option within the Nutrition Scholarly Concentration follows the NSCC structure, with the following phase-specific activities:

Foundation phase:

- Mentored research can focus on developing and testing new strategies for medical education focused on culinary medicine, approaches to addressing food insecurity, the intersection of nutrition, agriculture, and environmental sustainability, etc.
- Community service experiences

Application phase:

- CBLC Quality improvement projects designed around the needs of the clinic
- Help develop and integrate innovative nutrition training into the TEC curriculum in collaboration with faculty leaders
- Participate in designing and implementing healthier meal options with brief educational highlights for lunches provided to medical students

Individualization Phase Example Options:

- An internship with a community health center, community kitchen, or local farm
- Guided literature review regarding nutrition, health, and the environment
- Science of Medicine: (clinical experience with focus on translational science in nutrition)
- Advanced Practice Selective: (clinical experience with a focus on nutrition counseling)
- Capstone: 4 weeks of focused career development for Culinary Medicine, potentially leading to Culinary Medicine Certification