Culinary Medicine Accelerator Roadmap

Where are we now?
What does our culinary medicine program currently look like? What already exists?

What do we already have?
Existing people, programs, funding, facilities, curriculum, data, relationships, expertise

What is our mission?
Who benefits? What problem are we trying to solve?

Who can we collaborate with?
Who should be at the table? Internal partners, community organizations, clinicians, educators, students, food systems, funders, researchers, etc.

Texas Food Is Medicine Movement
TX FIM
FROM PLATE TO POLICY

What are the first 2-3 things we need to do?

Accelerator

What partnership, resource, opportunity, or "quick win" could move us forward faster?

Accelerator

BARRIERS
What could slow us down?

How could we get around it?

WHERE TO NEXT?
If we were successful 1–3 years from now, what would we have accomplished?

Milestones
What would meaningful progress look like at 3 months, 6 months, and 12 months?

3 mo
6 mo
12 mo

UTHealth Houston School of Public Health
Center for Healthy Communities

MICHAEL & SUSAN DELL CENTER for HEALTHY LIVING

nourish

TXFIM Accelerator Resources

Publications

Kirbach K, Marshall-Moreno I, Shen A, et al. Implementation of a virtual, shared medical appointment program that focuses on food as medicine principles in a population with obesity: the SLIM program. Front Nutr. 2024;11:1338727. Published 2024 Jun 19. doi:10.3389/fnut.2024.1338727

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