Monthly Campaign Webinar
November 21, 2019
Today’s Webinar

• Together 2 Goal® Updates
  – Webinar Reminders
  – T2G Talk & Taste Reimbursement Forms
  – Innovator Track CVD Cohort Case Studies
  – Plank Mentor Q&A Videos
  – CLOT WISE™
  – ADA’s 2020 Scientific Sessions

• Culinary Medicine as an Emerging Population Health Intervention
  – Timothy Harlan, M.D., FACP, CCMS of Tulane University School of Medicine
  – Kerri Dotson, R.D., LDN of Tulane University School of Medicine

• Q&A
  – Use Q&A or chat feature
Webinar Reminders

• Webinar will be recorded today and available the week of November 28th
  — www.Together2Goal.org

• Participants are encouraged to ask questions using the “Chat” and “Q&A” functions on the right side of your screen
Please submit your reimbursement form, receipt, and team photo to Together2goal@amga.org by November 29th!
Innovator Track CVD Cohort Case Studies

Now available at www.together2goal.org
Plank Mentor Q&A Videos

www.together2goal.org/mentorvideos
CLOT WISE™

• An education program from Janssen Pharmaceuticals, Inc. on the underlying risk for blood clots related to CAD and PAD and how to reduce your patients’ risk for cardiovascular events

• Visit www.clotwise.com to learn more!
ADA's 2020 Scientific Sessions

• Abstract submissions are now open!
• Submissions will be accepted until **Monday, January 13, 2020, at 5:00 p.m. ET.**

[https://professional.diabetes.org/scientific-sessions](https://professional.diabetes.org/scientific-sessions)
Today’s Featured Presenters

Timothy Harlan, M.D. FACP, CCMS

Kerri Dotson, RDN, LDN

Medical Director
Executive Director
Goldring Center for Culinary Medicine
Tulane University School of Medicine

Director of Operations
Executive Chef
Goldring Center for Culinary Medicine
Tulane University School of Medicine
“Tell me what you eat, and I will tell you what you are.”

 Anthelme Brillat-Savarin
 Judge, Epicure
 1755 - 1826
9.4% Diabetes mellitus

1 in 3 adults

Hypertension

Heart disease mortality

610,000

140,000 Stroke deaths

$4290

8% of total expenses

$818 Billion

Between 2010-2030, the cost of medical care for heart disease (in 2008 dollar values) will rise from $273 billion to $818 billion

$240+ billion

Diabetes-related illness

The Problem

35.7% Obesity

Mr. H is a 48 year old African-American.

There is a five year history of hypertension, diabetes and hyperlipidemia. He also has chronic active hepatitis C and is part of a randomized trial that included pioglitazone, peginterferon alfa-2a (Pegasys) and ribavirin.

During the trial he was on metoprolol tartrate, lisinopril, hydrochlorothiazide, glipizide and pravastatin. He is faithful about taking his medications and says that he really doesn’t “like the idea of all this medication.”

He works as a contractor, is married and does not smoke. He does not exercise but his job is “physical.” He eats “on the run.” He explains that he will usually stop at McDonalds for an Egg McMuffin and a coffee for breakfast. Sometimes he will eat in the cafeteria for lunch but most of the time he has a Subway turkey sub.

He will snack in between lunch and when he goes home for dinner usually on something from the vending machine like peanut butter crackers. For dinner his wife does all the cooking and they rarely eat out. She will use boxed meals like Hamburger Helper about half the time and make meals from scratch the other half.

His wife came with him to the visit.
Initial BP = 142/88
Height 72 inches   Weight 229 lbs.
BMI = 31.2
Waist = 44 inches  Hips 43 inches
Waist to hip ratio = 1.023

Initial examination is otherwise normal.

Initial labs:
Creatinine = 1.0
Hemoglobin A1c = 6.3%
Total Cholesterol= 141
Triglycerides = 92
HDL = 44
LDL = 79
Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates

811 overweight adults to one of four diets the targeted percentages of energy derived from:

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At 6 months, participants had lost an average of 6 kg
7% of their initial weight

Original Investigation

February 20, 2018

Effect of Low-Fat vs Low-Carbohydrate Diet on 12-Month Weight Loss in Overweight Adults and the Association With Genotype Pattern or Insulin Secretion

The DIETFITS Randomized Clinical Trial

Christopher D. Gardner, PhD; John F. Trepanowski, PhD; Liana C. Del Gobbo, PhD; et al

Author Affiliations

Ancel Keys, PhD
Lyon Heart Study

Prospective study of 605 first heart attack patients
2 groups:
study given instruction Med Diet
control told to follow a “prudent” diet.
Lyon Heart Study

Prospective study of 605 first heart attack patients
2 groups:
study given instruction Med Diet
control told to follow a “prudent” diet.

Study group with a 50 - 70 % reduction in second event
Adherence to a Mediterranean Diet and Survival in a Greek Population - Antonia Trichopoulou

22,000 study population
Prospective Design
Significant reduction coronary disease AND cancer
Mediterranean Diet Score

from 0 - 9

depending on the amounts consumed daily
2 point improvement from 5 – 7 confers a 25% reduction in death from all causes including heart disease and cancer.

25% reduction in all-cause mortality

1. Vegetables

Each additional serving of fruit and vegetables per day reduces your risk of CHD by 4% (J Nutr 2006 136: 2588-2593)

Male: **303 grams** = 10.8 ounces
Female: **248 grams** = 8.9 ounces

This equates to 2-3 cups of vegetables per day.
- leafy greens
- carrots
- celery
- beets

2. **Legumes**

Lentils, peas, peanuts, snap beans, bean pods

10K men, Eating legumes 4 times or more per week reduces the risk of heart disease by as much as 22%. (Archives 2001 161: 2573 - 2578)

Male: 60 grams = 2.1 ounces
Female: 49 grams = 1.75 ounces

2 to 3 servings per week.

One serving is equivalent to approximately:
- 1/3 of a cup of raw beans
- 1/2 of cooked beans
- 1/4 of a cup of peanuts

3. **Fruits and Nuts**

Male: **249 grams** = 8.9 ounces  
Female: **216 grams** = 7.7 ounces

1 to 2 servings per day.  
One serving of fruit is equivalent to:  
An orange or apple the size of a baseball  
7, 2-½ inch strawberries  
1 cup of dried fruit  
12 grapes

One serving of nuts is equivalent to  
24 almonds  
15 pecan halves  
14 walnut halves  
18 cashews

4. Cereals & Whole Grains

Male: **291 grams** = **10.4 ounces**
Female: **248 grams** = **8.9 ounces**

**One serving is equivalent to:**
- 1 slice of sandwich bread
- 1/4 of a cup of uncooked grains and cereals (rice, bulgur, millet, oatmeal, quinoa, polenta)
- 1/2 of cooked grains and cereals

5. Fish

Male: 26 grams = 1 ounce
Female: 21 grams = 0.75 ounces

• This is greater than or equal to about 2 servings per week.

6. Oils / Fats

1:1.6 grams = 10 sat : 16 unsaturated

One serving of fish is equivalent to
1 teaspoon of any vegetable oil
3 Tablespoons of sunflower seeds
47 pumpkin seeds
1 teaspoon of butter

Men with the largest increase in total dairy intake actually gained slightly more weight over the course of the 12-year study than those who decreased their dairy intake the most. (AJCN 2006 83: 559 - 66)

Male: 201 grams = 7.2 ounces  
Female: 194 grams = 6.9 ounces

1 serving is equivalent to:  
<1 cup of milk  
¾ cup of grated cheese  
1 cup yogurt
8. Meats

Male: 109 grams = 3.9 ounces
Female: 91 grams = 3.25 ounces

The median consumption was about 4 ounces of meat per day.

9. **Alcohol**

Male: 10 - 50 grams = 
~ **2 drinks**

Female: 5 – 25 grams = 
~ **1 drink**

One drink is equivalent to:
12 ounces of regular beer (about 5% alcohol)
5 ounces of wine (about 12% alcohol)
1.5 ounces of distilled spirits (about 40% alcohol)

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Effects of a Mediterranean-Style Diet on the Need for Antihyperglycemic Drug Therapy in Patients With Newly Diagnosed Type 2 Diabetes


- 4 years, 215 participants – *Prospective*
- New onset diabetics
- Endpoint: Medication

Effects of a Mediterranean-Style Diet on the Need for Antihyperglycemic Drug Therapy in Patients With Newly Diagnosed Type 2 Diabetes


4 years, 215 participants – Prospective

New onset diabetics

Endpoint: Medication

After 4 years only 44% in the study group needed medication

70% of the standard low-fat diet needed medication

26% difference with diet alone

Researchers found that compared to those on the low-fat eating plan, those who followed either type of Mediterranean-style diet were 9% less likely to need to start glucose-lowering medication, and 13% less likely to need to start long-term insulin treatment.

In 1995 - 380,000 members of the AARP – **Prospective**
No history of cancer, heart disease, diabetes, chronic disease.
Five years of follow-up
Causes of death in the over 12,000 subjects who had died during
Correlated with each subject's dietary score.

For men Those with higher levels of the Mediterranean Diet score (7 to 9) were **23% less likely to die** from any cause, including cancer and heart disease, than those whose diets received the lowest scores (0-3).

An increase of just one point in the dietary score meant an **additional 5% reduction** in risk of death from all causes

Women saw a **14% lower risk of death from cancer**.

Mitrou PN, et al, Mediterranean Dietary Pattern and Prediction of All-Cause Mortality in a US Population *Results From the NIH-AARP Diet and Health Study* (Arch Intern Med. 2007;167(22):2461-2468)
It’s really rather simple...

Two Points!

Short, simple messages, repeated over and over.
BP = 142/88
Height 72 inches  Weight 226 lbs.
BMI = 30.65

Medications: Metformin

Labs:
Creatinine = 1.1
Hemoglobin A1c = 5.4%
Total Cholesterol = 131
Triglycerides = 182
HDL = 42
LDL = 57
### GCCM Courseware: Modules

<table>
<thead>
<tr>
<th>Module 1 – <em>Introduction to Culinary Medicine</em></th>
<th>Module 16 - Anti-inflammatory Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1 - Kitchen Safety and Sanitation Module</td>
<td>Module 17 - IBS IBD GERD</td>
</tr>
<tr>
<td><strong>Module 2 - Weight, Obesity &amp; Portion Control</strong></td>
<td>Module 18 - Congestive Heart Failure</td>
</tr>
<tr>
<td>Module 3 – Fats and Heart Disease</td>
<td>Module 19 - HIV</td>
</tr>
<tr>
<td>Module 4 - Food Allergy &amp; Intolerance</td>
<td>Module 20 - Geriatrics</td>
</tr>
<tr>
<td>Module 5 - Protein &amp; Vegetarian</td>
<td><strong>Module 21 - Mindfulness Motivational Interviewing</strong></td>
</tr>
<tr>
<td>Module 6 - Sodium, Potassium, Renal &amp; Hypertension</td>
<td><strong>Module 22 - Eating Disorders</strong></td>
</tr>
<tr>
<td>Module 7 - Carbohydrates Diabetes</td>
<td>Module 23 - Myths, Fads, Diets, &amp; Controversies</td>
</tr>
<tr>
<td>Module 8 – Pediatric Diet</td>
<td>Module 24 - Polycystic Ovary Syndrome</td>
</tr>
<tr>
<td>Module 9 - Sports Nutrition</td>
<td><strong>Module 25 - Bariatric Diet Strategies</strong></td>
</tr>
<tr>
<td>Module 10 - Cancer Nutrition</td>
<td>Module 26 - Food Safety</td>
</tr>
<tr>
<td>Module 11 - Pregnancy &amp; Nutrition</td>
<td><strong>Module 27 - Billing and Coding</strong></td>
</tr>
<tr>
<td>Module 12 - Pregnancy &amp; Diabetes</td>
<td>Module 28 - PKU Nutrition</td>
</tr>
<tr>
<td>Module 13 – Celiac Disease</td>
<td>Module 29 - Enteral and Parenteral Nutrition</td>
</tr>
<tr>
<td>Module 14 - Food Allergy</td>
<td><strong>Module 33 - Pharmaceutical Treatment for Obesity</strong></td>
</tr>
<tr>
<td>Module 15 - Food and Neurocognition</td>
<td><strong>Module 34 – Systemic Treatment of Obesity</strong></td>
</tr>
</tbody>
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“Food is our common ground, a universal experience.”

James Beard
Happy Holidays

• No December webinar!
• Stay tuned for our upcoming Together 2 Goal® 2020 webinar calendar
Questions