

INDIANA FOOD IS MEDICINE SYMPOSIUM



DECEMBER 1, 2022

Sidney and Lois Eskenazi
Hospital at Eskenazi Health

WELCOME

Welcome to the 2022 Indiana Food is Medicine Symposium!

We are grateful for you taking the time to attend today, and for all the time and energy you spend on public health. Taking a systems level approach to food, health, and equity is the primary goal for our gathering today and aligns with the federal government, as stated in the National Strategy on Hunger, Nutrition and Health:

The federal government cannot end hunger and reduce diet-related diseases alone. The private sector; state, Tribal, local, and territory governments; academia; and nonprofit and community groups must act as well.

Our efforts to date are not keeping pace with the rise in diet-related disease. The number of states with obesity rates above 35% has more than doubled in the last five years. Ten percent of Americans have diabetes, 33% will have cancer in their lifetime, and more than 40% have hypertension (White House Strategy). These figures are higher for people of color, rural and territorial residents, the elderly, people with disabilities, military families, Veterans, and the LGBTQI+ community. Our objectives today:

- Increase understanding of healthy food impact on mind and body for practitioners working directly with patients, including those with depression, and co-morbidities
- Increase awareness and understanding of racial inequities in health and how engaging in multi-sector, food system-oriented programming, conversations and initiatives with equitable approaches are critical
- Increase awareness of programming and initiatives taking place around Indiana and engage with community-based approaches to food is medicine.

Thank you for all the work you do, and for creating the time and space to learn, share, and consider cross-sectoral collaborations for forward movement in policy, systems and environments for food is medicine in Indiana.

Barb Morris and Jodee Smith

Drew Ramsey, MD

KEYNOTE SPEAKER



Dr. Ramsey is a board certified psychiatrist, author, and mental health advocate. His work focuses on clinical excellence, nutritional psychiatry, male mental health and creative media. He is an assistant clinical professor of psychiatry at Columbia University College of Physicians and Surgeons and founded the Brain Food Clinic, a digital mental health clinical practice offering treatment and consultation for depression, anxiety and emotional wellness concerns. The clinic incorporates evidence-based nutrition and integrative psychiatry treatments with psychotherapy, coaching, and responsible medication management. Using the latest in brain science, nutrition and mental health research, and an array of delicious food, the clinic helps people improve their mental health and mental fitness. His team offered the first Nutritional Psychiatry Clinician Training helping hundreds of mental health clinicians learn the evidence and clinical methods to effectively use nutrition.

He is the author of four books concerning food and mental health, including the award-winning cookbook *Eat Complete: The 21 Nutrients that Fuel Brain Power, Boost Weight Loss and Transform Your Health* (HarperWave 2016), the bestseller *50 Shades of Kale* (HarperWave 2013) and *The Happiness Diet: A Nutritional Prescription for a Sharp Brain, Balanced Mood and Lean, Energized Body* (Rodale 2011) which explores the impact of modern diets on brain health.

Dr. Ramsey is a diplomate of the American Board of Psychiatry and Neurology. He completed his specialty training in adult psychiatry at Columbia University and the New York State Psychiatric Institute, received an M.D. from Indiana University School of Medicine and is a Phi Beta Kappa graduate of Earlham College. He lives with his wife and two children in New York City and on their organic farm in rural Indiana.

AGENDA

MORNING

8:00 - 9:00	Registration	Host: Seth Grant
9:00 - 9:10	Welcome	Dr. Lisa Harris <i>CEO of Eskenazi Health</i>
9:10 - 9:15	Mind-body Medicine	Brent Anderson <i>Indiana Department of Health</i>
9:15 - 9:20	White House Conference on Hunger, Nutrition and Health and National Strategy	Jodee Smith <i>Indiana University</i>
9:20 - 9:30	Indiana support for Food is Medicine	Dr. Lindsay Weaver <i>Indiana Department of Health</i>
9:30 - 10:30	Keynote: Nutrition and Mental Health	Dr. Drew Ramsey <i>Columbia University College of Physicians and Surgeons</i>
10:30 - 10:45	Mind-body Pause	
10:45 - 11:00	Indiana Innovation: FAITH Food is Medicine	Pastor Curtis Whittaker <i>FAITH Farms</i>
11:00 - 12:00	Social Justice and Public Health - why a systems level and equity centered approach is critical for public health	Jill English <i>Child Advocates, Inc.</i> Naima Gardner-Rice <i>Indiana Department of Health</i>
12:00 - 12:30	Lunch	

AGENDA

AFTERNOON

12:30 - 1:30	Keynote: Culinary Medicine and Ultra Processed Foods	Dr. Michael Fenster <i>The University of Montana</i>
1:30 - 1:45	Mind-body Pause	
1:45 - 2:00	Indiana Innovation: Food is Medicine for NW Indiana	Melissa Mitchell <i>HealthLinc</i>
2:00 - 2:30	Food is Medicine Policy at the Federal Levels and Implications for State Action	Katie Garfield <i>Center for Health Law and Policy Innovation of Harvard Law School</i> Brent Ling <i>Wholesome Wave</i>
2:30 - 2:40	Mind-body Pause	
2:40 - 2:55	Indiana Innovation: Importance of Regionally produced food procurement	Seth Grant <i>Eskenazi Health</i>
2:55 - 3:15	Innovation: Incorporating food is medicine into primary care practices and conversations	Dr. Deanna Reinoso <i>Eskenazi Health</i>
3:15 - 4:00	Reflection and Discussion: Exploring our take-aways for the day, partnering on food is medicine initiatives, and next steps for engagement	Dr. Julia Valliant <i>Indiana University</i>

Michael Fenster, MD

KEYNOTE SPEAKER



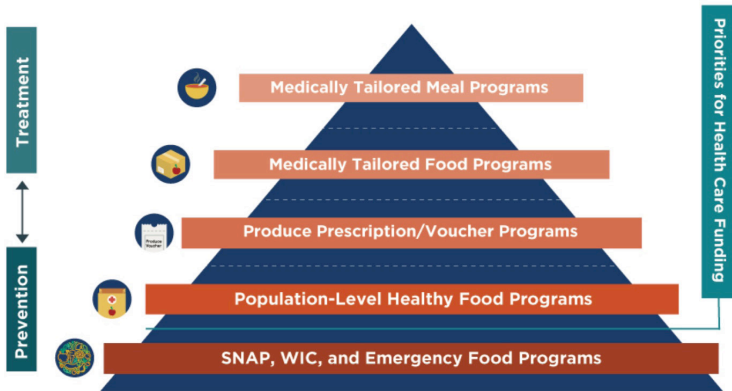
Michael Fenster, MD, better known as Chef Dr. Mike, is a board-certified Interventional Cardiologist, Professor of Culinary Medicine, and Professional Chef.

Chef Dr. Mike is a trailblazer in the field of culinary medicine. By combining his culinary talents with cutting-edge medical expertise and evidence-based insights he forges an approach to healthy living beyond mere nutrition or fad diets. He doesn't believe in setting boundaries when it comes to food. The ideas that healthy food can't be flavorful, that tasty food can't be good for you, or that a one-size-fits-all, healthy diet exists are all myths. And, one by one, he is busting those myths. Every person is unique—from their body to their preferences. You don't need a self-described "health expert" telling you what to eat.

Instead, through the power of Culinary Medicine you will be armed with evidence-backed knowledge on the relationship between your food and your body. You will be able to make decisions that are right for your health and general wellbeing. Chef Dr. Mike isn't here to judge your habits or your tastes. He's here to help you learn the truth about food and health so that you have the opportunity to make the best choices for yourself and those you care about. When he's not in the operating room, teaching Culinary Medicine, or in the kitchen; Chef Dr. Mike spends his free time wandering the beautiful Montana mountains with his lovely wife Jennifer and their pair of pound pups.

"Forget everything you have been told about food and health. It is not about calories. It is not about separation or deprivation. It is about integration and inspiration. I want people to forget about eating healthy and I want them to think about eating delicious."

FOOD IS MEDICINE PYRAMID



Food is Medicine refers to a spectrum of services and health interventions that recognize and respond to the critical link between nutrition and chronic diseases. Food is Medicine interventions consist of healthy foods that are tailored to meet the specific needs of individuals living with or at risk for serious health conditions affected by diet.

SPONSORS

ESKENAZI
HEALTH

PIAZZA
— SINCE 1970 —
PRODUCE
& SPECIALTY FOODS


INDIANA UNIVERSITY
SUSTAINABLE FOOD SYSTEMS
SCIENCE

NORTH CENTRAL
SARE

Sustainable Agriculture
Research & Education

GRATITUDE

We would like to offer our gratitude to our speakers, symposium advisors, and the numerous, tireless advocates and professionals working to make our Hoosier communities healthier and more equitable for a resilient future.



We acknowledge our location on the traditional and ancestral territory of the Miami, Potawatomi and Shawnee people. We honor the heritage of Native peoples, what they teach us about the stewardship of the earth and their continuing efforts today to protect the planet.