

The COMP-Northwest Longitudinal Track for Lifestyle Medicine held a Culinary Educational Weekend from Jan. 29 to 31 at Linn-Benton Community College's culinary arts kitchen. The medical students are using the Tulane Culinary Medicine Curriculum recently profiled on [NBC News](#) and [NPR](#).

The COMP and COMP-Northwest Lifestyle Medicine Longitudinal Track curriculum provides medical students with nutrition, exercise, and stress management education through innovative hands-on experiential learning.

The goal of the Lifestyle Medicine Longitudinal Track culinary medicine experiential program is future doctors will go on to motivate and teach their patients to cook and eat healthy foods that will help them prevent disease and reverse chronic disease.

"We are preparing future physicians to serve and heal patients and their entire communities," said Louise Muscato, PhD, COMP-Northwest Assistant Dean of Community Engagement.

COMP's Lifestyle Medicine students are acquiring the skills and experiences to enhance the quality of patient care and counseling focused on behavior change and management of nutrition related to chronic diseases, she added.

The Lifestyle Medicine Longitudinal Track Curriculum emphasizes experiential, hands-on learning opportunities that include cooking and motivational interviewing classes. Students are trained to be facilitators in the Complete Health Improvement Programs, known in short as [CHIP](#). As a CHIP facilitator, second-year students work with groups of patients that are seeking to change their lifestyle habits in our community.

The cooking classes are about helping medical students understand nutrition and how to talk practically to their patients about food. Students learn everyday skills in how to cook, what to cook and why.