

Food for Thought: Local Medical School's Focus on Nutrition



The on-site, teaching and demonstration kitchen sets the California Health Sciences University medical school in Clovis apart from other medical schools.



California's Central Valley produces a quarter of the nation's food, including 40 percent of the nation's fruits, nuts and other table foods.

With such an abundance of fresh produce available throughout our region, it is shocking that our local residents have an extremely high rate of food insecurity and preventable chronic diseases, such as diabetes.

The College of Osteopathic Medicine (CHSU-COM) at California Health Sciences University recognizes that they can improve the health of our community by teaching healthy eating and nutrition.

The Valley's new medical school welcomes their inaugural class of 75 students in July and is eager to teach nutrition as an integral part of the curriculum.

CHSU-COM medical students learn the basics of nutrition through team-based learning applications, case studies, and hands-on cooking classes.

Through training in basic nutrition and culinary medicine, they learn to think of disease prevention and management through the lens of lifestyle intervention.

The CHSU medical school features an on-site, teaching and demonstration kitchen. The kitchen is outfitted with Whirlpool appliances, food preparation areas, and multiple cameras and monitors to demonstrate culinary techniques or pre-record for future use.

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*John Graneto, DO, MEd,
Dean of College of Osteopathic Medicine*

John Graneto, DO, MEd, Dean of the College of Osteopathic Medicine says, “This is a unique facility that many other medical schools are not equipped with, and our community will benefit from using the kitchen for cooking classes.”

“Our role at the medical school is to train future doctors, while educating the community on healthy eating, which will help future generations make better choices,” stated Dr. Graneto.

Emily Johnston, PhD, MPH, RDN, holds a doctoral degree in nutrition and leads the culinary medicine classes while also pursuing a Culinary Medicine Specialist certification.

Avtar Nijjer-Sidhu, PhD, RD, holds a doctoral degree in nutrition sciences, and teaches the Health Systems Science course. She guides medical students to develop quality improvement initiatives for federally qualified health centers to improve health outcomes.

Sara Goldgraben, MD, MPH, MBA and Samuel Kadavakollu, PhD, MSc, round out the Nutrition Curriculum Team.

To learn more about CHSU's College of Osteopathic Medicine, visit the website at osteopathic.chsu.edu.



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