

UAMS News Bureau

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News Release

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UAMS Hosts ‘Food As Medicine’ Conference Nov. 4

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) is hosting a one-day conference to educate physicians, nurses and other health care professionals across the state about the benefits of culinary medicine programs for optimal patient health.

Called “Prescription for Health: Food as Medicine,” the conference will be held from 8 a.m. to 4 p.m. Saturday, Nov. 4 in the Fred W. Smith Auditorium on the 12th floor of the Jackson T. Stephens Spine & Neurosciences Institute on the UAMS campus.

Parking will be available in Parking Deck 3, which has a third-floor sky bridge connecting it to the Spine Institute.

Registration is required by Oct. 27 at <https://uams.cloud-cme.com>, where an agenda is available for viewing, as well as information about continuing education credits and an optional post-conference teaching kitchen demonstration for up to 20 participants.

Jacyln Albin, M.D., an associate professor of internal medicine and pediatrics at the University of Texas Southwestern Medical Center in Dallas, will be the keynote speaker. She will present “A Delicious Antidote: The Current and Future Landscape of Food is Medicine.”

Presenters will include Gloria Richard-Davis, M.D., a professor in obstetrics and gynecology at UAMS who fostered the development of the UAMS Culinary Medicine Program and serves as its program director, several registered dietitians and visiting faculty members who are involved in culinary medicine and teaching kitchens throughout Arkansas and in Memphis. They will share the ‘whys’ and ‘hows’ for starting a food-as-medicine program.

The goal of the conference is to empower health care providers to help their patients live happier and healthier lives through safe and effective dietary practices. Participants will

learn how to integrate culinary arts with the science of medicine to help patients attain personal medical goals, prevent and treat diseases, and restore well-being.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,275 students, 890 medical residents and fellows, and five dental residents. It is the state's largest public employer with more than 12,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [X \(formerly Twitter\)](#), [YouTube](#) or [Instagram](#).

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