

GLOBAL HEALTH FILM

THE KITCHENISTAS

ADDITIONAL RESOURCES COMPILED BY OUR VOLUNTEER TEAM

News Articles

[Food insecurity in the US by the numbers](#) (NPR, 2020)

Outlines the aggravating effects of COVID-19 on food insecurity in the US, focussing particularly on children, racial inequalities, and food deserts.

[‘The sun shines for everyone!’ National City’s micro-business scene growing](#) (San Diego Union Tribune, 2021)

Shows how the business scene of National City is changing, especially as a result of increasing numbers of micro-businesses opened up by young inhabitants from diverse backgrounds.

[New government project promotes Indigenous food, agriculture](#) (The Register Citizen, 2021)

Introduces government measures to acknowledge and incorporate Indigenous perspectives on food and agriculture into farming and ranching techniques.

[The Art of Cooking for Health: Culinary Medicine](#) (American Society for Nutrition, 2018)

Provides an introduction to Culinary Medicine focused on the immediate effects on day-to-day food choices.

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Scientific Publications

La Puma, J. (2016). [What is Culinary Medicine and What Does It Do?](#) Popul Health Manag 19(1): 1-3.

Provides an overview of the field of Culinary Medicine and the current state of research.

Global Burden of Disease 2017 Diet Collaborators (2019). [Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017](#). The Lancet, 393(10184), 1958-1972.

Provides in-depth analysis of the effects of sub-optimal diet on the global burden of non-communicable diseases.

Other

Audio: [3 ways to honor \(and pass on\) traditions through food](#) (NPR, 2020)

Underlines the need to recognize the cultural importance of food beyond its nutritional value.

Video: [What to Eat: The Emerging Field of Culinary Medicine](#) (Harvard Medical School, 2019)

Video Series: [Adventurous Eating with Olivewood Gardens: A Healthy Cooking Video Series](#)

Educational Program: [Cooking for Salud](#)

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