

# Collaboration Among Colleges. Diverse Expertise. Inspiring Student Success.

## APPLIED NUTRITION & CULINARY MEDICINE

At the University of Kentucky, we ignite the passion within you and inspire your path forward to success. You'll find a community that supports you as you challenge yourself to bigger possibilities.

Through collaboration among **College of Agriculture, Food and Environment, College of Health Sciences and College of Medicine** our faculty bring a wide-array of expertise to this 100 percent online program.

Meet Jessica Houlihan, practicing Physician Assistant and Lecturer in the Department of Dietetics and Human Nutrition.

### Professor Houlihan's

## Course

### Introduction to Culinary Medicine DHN 599

*"As part of the course, I provide actionable steps and tips to realistically incorporate culinary medicine within the medical visit framework."*

~ Jessica Houlihan

Gain evidence-based nutrition and medicine knowledge. Develop culinary skills to modify recipes for individuals with chronic health conditions, such as cancer, Celiac disease, diabetes, food allergies, gastrointestinal disorders, heart disease, hypertension and obesity.

*"Patients are interested in nutrition but often confused with the conflicting information in the media. The culinary medicine approach allows you to communicate about disease related nutrition concepts using a foods-first concept."*

~ Jessica Houlihan



100% ONLINE | 12 CREDIT HOURS

## Faculty spotlight

### Jessica Houlihan, MPH, MSPAS, PA-C

Lecturer and Advanced Practice Provider  
Department of Dietetics and Human Nutrition &  
Department of Pediatrics at UK Healthcare

College of  
*Agriculture,*  
Food & Environment

## Background

### Bachelor of Science in Dietetics

### Master of Science in Public Health and Physician Assistant Studies

- Focus on epidemiology

### Physician Assistant

- Practicing in Specialty Pediatrics
- Coursework for Certification in Culinary Medicine

Discover what's wildly possible in Applied Nutrition & Culinary Medicine at [uky.edu/ukonline](https://uky.edu/ukonline).

For additional information contact:

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College of Agriculture, Food and Environment  
College of Health Sciences  
College of Medicine

An Equal Opportunity