



COLLEGE OF MEDICINE PHOENIX
Internal Medicine



Banner
University Medical Center
Phoenix

Department of Medicine Grand Rounds

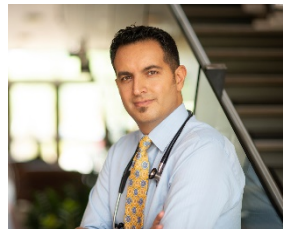
Friday, October 3, 2025 8:00 - 9:00 AM (AZ Time)

B-UMCP, LL2 – Medical Education Amphitheater
(Teams option available)

Dr. Marvasti will be presenting in person.

Light breakfast will be served.

Dietary Risk Factors and the Use of Food as Medicine



Farshad (Shad) Marvasti, MD, MPH, DiplABLM, DiplABFM

Director, The Culinary Medicine Program

Associate Professor, Family, Community and Preventative Medicine

University of Arizona College of Medicine – Phoenix

Objectives:

1. Understand the impact of diet and nutrition as a top risk factor for the chronic diseases of our time.
2. Explain the concepts of food insecurity and nutritional security and how these connect to the chronic diseases of our time.
3. Describe the important role of nutrition and culinary medicine in both health professional training and health care.
4. Analyze the role of Food is Medicine interventions in addressing diet-sensitive disease as part of clinical practice.

This session will be open to clinicians, residents, students, and all others.

Office of Education Coordinator: veronicanundahl@arizona.edu

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and University of Arizona College of Medicine - Phoenix. The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Emily Mallin, MD	Activity Director	Nothing to disclose - 02/10/2025
Farshad Fani Marvasti, MD, MPH	Faculty	Nothing to disclose - 08/28/2025