

Dr. PED-Chef NEWS

Dr. PED-Chef Project Initiation

The Dr. PED-Chef project was officially launched on December 1st 2019 and will last for three years. The project coordinator is Norwegian University of Science and Technology based in Norway. The consortium consists of 6 organizations from 6 countries: Cyprus, Greece, Italy, Norway, Spain and Turkey.

The general objective of Dr. PED-Chef is to develop training for pediatric primary health care practitioners on childhood nutrition-related issues through the combination of hands-on nutrition science education with culinary medicine education, which is an innovative approach to improving eating behaviors.

Focus Groups

On Tuesday, July 7th 2020, healthcare professionals from many different parts of Greece such as Athens, Megara, Volos, Thessaloniki and Thasos participated in the focus groups that were held within the context of the Dr.PED-Chef project. The aim of the focus groups was to explore the needs of pediatric care practitioners for effective provision of healthy nutrition guidance, the educational gap.

The reported areas as requiring top attention are:

- There is need to educate parents to promote healthier dietary habits for their children.
- Pediatricians stand among the most important people that parents trust for their children's health and growth.
- The academic curriculum of physicians and specifically pediatricians lacks in adequate knowledge on nutrition principles, dietary guidelines or weight status even more in case of children as reference population.
- Pediatricians expressed their interest in participating in a seminar related with children's nutrition even more when this includes a culinary part.

The kick off Meeting

The kick off meeting of the Dr.PED-Chef project took place in Trondheim, Norway, on 13-14 January 2020, just before the COVID-19 outbreak. Representatives from all consortium members met in NTNU's headquarters and discussed about the general overview of the project, financial and organizational issues. Active discussion also took place regarding the project's target group, the development of the training modules and dissemination activities that will enhance Dr.PED-Chef profile.

2nd Partners' Meeting

The 2nd Dr. PED-Chef partners' meeting took place virtually, on the 4th and 11th of February 2020. The consortium members reviewed the training opportunities in Europe and presented the main outcomes of the national focus groups. A special focus was given to the design and the development of the training curriculum. On the second day of the meeting, the consortium members discussed the content of the training curriculum so as to design a course that will be attractive for primary health care practitioners and most importantly useful for their daily practice. All partners were allocated specific modules and tasks, while administrative issues, dissemination activities, and the project's next steps were also discussed.

3rd Partners' Meeting

The 3rd Dr. PED-Chef partners' meeting took place virtually, on the 8th and 16th of September 2021. On the first day, the consortium members presented and reviewed the content of the training modules that were assigned to each partner. During the second day, the consortium members discussed the development of the e-learning platform as well as the arrangements for the training event where the whole training material of the Dr. PED-Chef program will be evaluated and tested by the partners. We also discussed the arrangements for the training event that will be pilot tested in the programs target group as well as administrative, dissemination, financial and project evaluation issues.

The Dr.PED-Chef Training Development

Within the last months, the Dr.PED-Chef project team works on the development of a training program for pediatricians and other pediatric primary health care practitioners working with children and families on healthy nutrition promotion issues in childhood and adolescence with the aim to qualify them with communication and counseling skills towards obesity prevention. The course will combine typical training techniques with the novel educational approach of "culinary medicine" that blends the art of food and cooking with the science of medicine, health, and dietetics.