

TIER 03 · HEALTH ADVISORY BOARD

Tier 03 · Dr. Mark Hyman

Food as Medicine: Why Your Company's Food Strategy Is a Health Strategy

The single biggest input into chronic disease, energy, and cognitive performance is also the most ignored: food. Drawing on three decades of functional medicine practice, Dr. Hyman lays out the food-as-medicine framework — and what every organization needs to know about how their food strategy is, actually, their health strategy.

KEY TAKEAWAYS

- 01** Why the modern food environment is the leading cause of chronic disease
- 02** The five categories of food that drive metabolic dysfunction — and the five that reverse it
- 03** How an organization's food strategy compounds over years of employee health
- 04** The functional medicine root-cause framework, applied to workplace nutrition
- 05** Why 'wellness perks' (smoothies, salads) without strategy don't move the needle
- 06** What it would take to build a workplace food environment that actually heals

AUDIENCE

C-suite, HR strategy, facilities/food-service leaders, ERG leaders, and any organization rethinking their food offering.

FORMATS

- 45-min keynote
- 60-min keynote + Q&A
- Executive off-site keynote

SAMPLE AGENDA

- 0–10 min — Food as the underappreciated leverage point
- 10–30 min — The five disease-driving food categories
- 30–55 min — The functional-medicine root-cause framework
- 55–75 min — Workplace food strategy as health strategy
- 75–80 min — Q&A

SLIDE OUTLINE

- Slide 1 — Food as the most ignored input
- Slide 2 — The five disease-drivers and the five reversers
- Slide 3 — Functional medicine root-cause framework
- Slide 4 — Workplace food strategy

Slide 5 — Why 'wellness perks' don't move the needle

Slide 6 — A workplace food environment that heals

SPEAKER POOL

Dr. Mark Hyman.