



7th annual national Plant-based Prevention Of Disease (P-POD) Conference (www.p-pod.org)

Friday July 24 – Sunday July 26, 2020, all-online virtual event: 24 educational hours

“The FUTURE of Healthcare Begins with NUTRITION!”

Full event: 18 hours of continuing education credits expandable optionally to 20, defined at <https://www.preventionofdisease.org/continuing-education-2020>

COMPLETE 2020 SCHEDULE (updated 7/6/20), with learning objectives

[For each objective, it is understood that the text should be prefaced by, “The participant should be able to....”.]

OBJECTIVES FOR OVERALL CONFERENCE:

- 1) Identify dietary risk factors associated with development or progression of major chronic diseases, such as cardiovascular diseases, cancer and diabetes.
- 2) Describe evidence for specific protective mechanisms and health benefits that may be provided at cellular, individual and global levels via plant-based nutrition.
- 3) Discuss how nutritional advisement emphasizing plant-based approaches may be integrated into clinical practice, thus facilitating positive, measurable and cost effective clinical outcomes for various preventable chronic diseases.
- 4) Identify factors that influence dietary choices or discourage behavior change, as well as strategies and techniques for promoting sustainable nutritional advancement in individuals and communities.

FRIDAY OPTIONAL MID-DAY SPECIAL SUMMIT MEETING SESSION, 12:05-2:05 pm Eastern / 9:05-11:05 am Pacific

“Preventing Heart Disease, Diabetes and Cancer after the Pandemic”

Educational program time excluding breaks: 2:00 (2 hours), additional to the main conference’s 18 credit hours
[This may be registered and attended separately from the main conference.]

FRIDAY 12:05-12:45 pm Eastern / 9:05-9:45 am Pacific

Kim A. Williams, Sr., MD MACC FASNC FAHA:

“Can We Put Cardiologists out of Business in 10 Years?”

- (a) Identify which major risk factors for cardiovascular disease are mainly determined by modifiable lifestyle choices such as those involving diet and exercise.
- (b) Describe the effects of plant-based diets upon heart disease risk and upon existing coronary plaques, as found in substantial past and currently emerging research.
- (c) Discuss greater risks of cardiovascular disease incidence or death among particular portions of the U.S. population, such as African-Americans.
- (d) Summarize the desirable messaging that public health advocates should now offer communities in seeking cardiovascular disease prevention, as particularly applicable to the post-pandemic realities.

---12:45-12:50 pm Eastern / 9:45-9:50 am Pacific: Audience questions for Kim A. Williams, Sr.

FRIDAY 12:50-2:05 pm Eastern / 9:50-11:05 am Pacific

Round Table (with audience questions): “How We Can All Be Smarter 10 Years from Now in Combating Heart Disease, Diabetes and Cancer”

Moderator: Denise Dysard, MSN RN

Hana Kahleova, MD PhD

Stephen J. O'Keefe, MD(UK) MSc MRCS LRCP

Kim A. Williams, Sr., MD MACC FASNC FAHA

- (a) Describe recent and current breakthrough areas of research in use of nutrition measures and Lifestyle Medicine for the prevention or reversal of these chronic conditions:

****cardiovascular disease**

****diabetes**

****cancer, particularly gastrointestinal**

- (b) Discuss the added future importance of these chronic diseases in acute and critical care settings, as major predisposing conditions to more dangerous morbidity and higher mortality risk in COVID-19 patients.

(2:05-2:30 pm Eastern / 11:05-11:30 am Pacific: Break, stretch, move before start of main conference)

FRIDAY AFTERNOON CONFERENCE-OPENING SESSION, 2:30-5:05 pm Eastern / 11:30 am – 2:05 pm Pacific

Educational program time excluding breaks: 2:20 (2.15 hours plus 5 minutes)

FRIDAY 2:30-3:15 pm Eastern / 11:30 am – 12:15 pm Pacific

PART 1 OF P-POD'S DOUBLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS

Hana Kahleova, MD PhD:

"Diabetes and Beta-cell Regeneration"

- (a) Recognize the discrepancy between sizable healthcare spending and poor health outcomes in the US.
- (b) Describe the evidence that diet and lifestyle interventions are at least as effective as pharmacotherapy in diabetes treatment.
- (c) Discuss the promising potential of a plant-based diet in beta-cell regeneration, diabetes prevention and treatment.

---3:15-3:25 pm Eastern / 12:15-12:25 pm Pacific: Audience questions for Hana Kahleova

(3:25-3:40 pm Eastern / 12:25-12:40 pm Pacific: Break, stretch, move)

FRIDAY 3:40-4:05 pm Eastern / 12:40-1:05 pm Pacific

The "Why Not Just Eat THAT Diet?" Series Focus Lecture on Ketogenic Diets

Lee Crosby, RDN LD

- (a) Discuss the scientific literature evidence regarding nutritional adequacy issues and potential health risks involved with diet regimens popularly described as "ketogenic".

FRIDAY 4:05-5:05 pm Eastern / 1:05-2:05 pm Pacific

P-POD Dietitians' Foodie Series Round Table (with audience questions): "Guiding Patients and the Public on Building Healthy, Fitness-Fueling Meals and Snacks"

Chair: Parul Kharod, MS RDN LDN

Lee Crosby, RDN LD

Pamela Fergusson, PhD RD

- (a) Recognize common barriers that may make any lifestyle changes a challenge for patients, and discuss how to help patients recognize their own barriers as they begin dietary changes.
- (b) Identify various specific examples of ingredient swaps, menu additions, meal planning pointers etc. that can help in building healthy meals and snacks.
- (c) Determine foods that can be of special importance to a particular patient, because of greater availability or cultural relevance or nutritional value, and be prepared to guide the patient about how and why to use them.
- (d) Identify examples where the obtaining or the preparing of particular healthful foods may be seen as more fun/enjoyable than tedious, so these may be cited to encourage consumption.

(5:05-7:00 pm Eastern / 2:05-4:00 pm Pacific: Break, stretch, move)

FRIDAY EVENING SESSION, 7:00-8:55 pm Eastern / 4:00-5:55 pm Pacific

Educational program time excluding breaks: 1:45 (1.75 hours)

FRIDAY 7:00-7:40 pm Eastern / 4:00-4:40 pm Pacific

Yami Cazorla-Lancaster, DO MPH MS FAAP:

"Pediatrics and Whole-food Plant-based Diets"

- (a) Recognize that a whole-food plant-based diet represents a safe and beneficial choice for children.
- (b) Describe the health benefits a whole-food plant-based diet may offer for children.
- (c) Identify necessary supplements and safety precautions in nutritional planning for children.
- (d) Discuss how intuitive eating principles can be combined with a whole-food plant-based diet in the feeding of children.

---7:40-7:50 pm Eastern / 4:40-4:50 pm Pacific: Audience questions for Yami Cazorla-Lancaster

(7:50-8:00 pm Eastern / 4:50-5:00 pm Pacific: Break, stretch, move)

FRIDAY 8:00-8:45 pm Eastern / 5:00-5:45 pm Pacific

PART 2 OF P-POD'S DOUBLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS

Stephen J. O'Keefe, MD(UK) MSc MRCS LRCP:

"Interactions between High Fiber Foods and the Colonic Microbiota that Prevent Cancer in Humans"

- (a) Identify the foods, or components of food, that can increase risk of cancer or promote a dysbiotic colonic environment.
- (b) Describe the role of plant-based high fiber foods in supporting a health promoting colonic microbiota environment that discourages cancer development.
- (c) Discuss clinical research findings about the effects of dietary changes on risk of colon cancer and other colon disease.
- (d) Formulate overall dietary recommendations in support of colon health and cancer prevention.

---8:45-8:55 pm Eastern / 5:45-5:55 pm Pacific: Audience questions for Stephen J. O’Keefe

(Friday scheduled activity ends 8:55 pm Eastern / 5:55 pm Pacific)

SATURDAY MORNING SESSION, 9:30 am – 12:15 pm Eastern / 6:30-9:15 am Pacific
Educational program time excluding breaks: 2:30 (2.5 hours)

SATURDAY 9:30-9:50 am Eastern / 6:30-6:50 am Pacific

Matt Ruscigno, MPH RDN:

“The Future of Healthcare Begins with Nutrition”

- (a) Identify the opportunities for facilitating behavior change in patients in today's healthcare system.
- (b) Apply behavior change principles in a variety of ways through multiple channels.
- (c) Discuss the role of the healthcare provider today and into the future.

SATURDAY 9:50 am -12:15 pm Eastern / 6:50-9:15 am Pacific: **Focus Lecture and Special Clinical Challenges Series Round Table (with audience questions): “Chronic Kidney Disease: Root Cause Assessment and Management”**

(1)--SATURDAY 9:50-10:15 am Eastern / 6:50-7:15 am Pacific: **Focus Lecture**

Robert Breakey, MD

(10:15-10:30 am Eastern / 7:15-7:30 am Pacific: Break, stretch, move)

(2)--SATURDAY 10:30 am - 12:15 pm Eastern / 7:30-9:15 am Pacific

Round Table (with audience questions): “Chronic Kidney Disease: Root Cause Assessment and Management”

Moderator: Robert Breakey, MD

Paul Berkowitz, MD

Holly Kramer, MD MPH

Annamarie Rodriguez, RDN LD FAND

Marc Ramirez

- (a) Describe the functions of the kidney.
- (b) Recognize Chronic Kidney Disease (CKD) as a major public health problem with clinical, societal and psychosocial implications/costs, particularly the enormous personal burdens of both disease and current treatment protocols upon patients and their families.
- (c) Identify the signs and symptoms of CKD, as well as its leading causes and risk factors.
- (d) Discuss the roles of nutrition and lifestyle medicine in the prevention of CKD, especially via their impact on diabetes and hypertension incidence.
- (e) Regarding patients with existing CKD, describe the role lifestyle medicine can play in treatment, as well as the best evidence-based dietary protocols available.
- (f) Explain how optimal nutrition may affect or improve kidney function, and what significance plant-based protein may have within a therapeutic CKD diet.

(12:15-1:10 pm Eastern / 9:15-10:10 am Pacific: Break, stretch, move)

SATURDAY AFTERNOON SPECIAL SESSION, 1:10-5:10 pm Eastern / 10:10 am – 2:10 pm Pacific
“Crash Course in Plant-based Nutrition against Disease”

Educational program time excluding breaks: 3:40 (3.75 hours minus 5 minutes)

[This may be registered and attended separately by persons not claiming continuing education credits.]

SATURDAY 1:10-1:30 pm Eastern / 10:10-10:30 am Pacific

Paul Chatlin:

“He Chose Not to Have Major Heart Surgery, Instead He Got Healthy and Gave Back to His Community”

(a) Recognize, from the perspective of a patient, the incalculable value of being offered a medical option for guided nutrition and lifestyle based treatment of a reversible chronic disease.

(a) Describe how those in a community who have been diagnosed with, or are at risk of developing, major chronic diseases, have common interests and needs, and can benefit from mutual support.

(b) Discuss the enormous potential for evidence-based plant-based whole-food nutrition and an active lifestyle to be the focus of community health promotion activism.

SATURDAY 1:30-2:10 pm Eastern / 10:30-11:10 am Pacific

P-POD'S 4TH ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 1 OF TRIPLE LECTURE SERIES, “RESETTING THE PARADIGMS OF MEDICAL PRACTICE”

Baxter Montgomery, MD FACC:

“Food as Medicine for Heart Disease”

(a) Discuss how cardiovascular disease (or pre-disease) is a potentially reversible condition that generally arises due to damaging long-term dietary choices.

(b) Describe how progressive staged dietary plans may be constructed on an individual case-by-case basis as clinical medical interventions for cardiovascular disease and related inflammatory conditions, after a patient has been evaluated and stabilized.

(c) Explain how both measurable clinical biomarkers and patients' reported experiences may be monitored effectively to guide continued treatment plans and lifestyle-change-support actions. .

----2:10-2:20 pm Eastern / 11:10-11:20 am Pacific: Audience questions for Baxter Montgomery.

SATURDAY 2:20-3:00 pm Eastern / 11:20 am – 12:00 noon Pacific

Brenda Davis, RD:

“Designing an Optimal Plant-based Diet for Disease Prevention”

(a) Identify the major chronic diseases for which sizable past population studies have found reduced risk for those consuming plant-based diets.

(b) Describe how a plant-based diet may be optimized in particular areas such as essential fatty acid status and diversified whole-food-sourced antioxidant nutrients.

(c) List 5 dietary components that should be maximized, and 5 dietary components that should be minimized, for optimal disease risk reduction.

----3:00-3:10 pm Eastern / 12:00 noon - 12:10 pm Pacific: Audience questions for Brenda Davis

(3:10-3:30 pm Eastern / 12:10-12:30 pm Pacific: Break, stretch, move)

SATURDAY 3:30-4:10 pm Eastern / 12:30-1:10 pm Pacific

Chef Nina Curtis, MBA:

“Making Sense Out of Plant-based Prevention Of Disease”

(a) Identify the core competencies of a plant-forward oriented practice model.

(b) Identify key opportunities to present plant-based food options that directly relate to patients’ practical day-by-day needs.

(c) Create dynamic programs to guide and support patients on a sustainable plant-based food journey.

----4:10-4:20 pm Eastern / 1:10-1:20 pm Pacific: Audience questions for Chef Nina Curtis.

SATURDAY 4:20-5:00 pm Eastern / 1:20-2:00 pm Pacific

P-POD'S 4TH ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 2 OF TRIPLE LECTURE SERIES, “RESETTING THE PARADIGMS OF MEDICAL PRACTICE”

Saray Stancic, MD:

“Ushering in the Era of Salutogenesis (The Origin of Health)”

(a) Discuss the current medical education model's centering on pathogenesis.

(b) Discuss the hurdles in front of needed changes in healthcare.

(c) Define salutogenesis, a solution for preparing physicians to address the long-standing chronic disease epidemic.

----5:00-5:10 pm Eastern / 2:00-2:10 pm Pacific: Audience questions for Saray Stancic

(5:10-7:15 pm Eastern / 2:10-4:15 pm Pacific: Break, stretch, move)

SATURDAY EVENING SESSION, 7:15-8:40 pm Eastern / 4:15-5:40 pm Pacific

Educational program time excluding breaks: 1:25 (1.5 hours minus 5 minutes)

SATURDAY 7:15-8:30 pm Eastern / 4:15-5:30 pm Pacific: **Special In-Depth Evening Presentation**

Dean Sherzai, MD PhD MPH, Ayesha Sherzai, MD MAS:

“Alzheimer’s Advances: Prevention is Possible”

- (a) Discuss the rapidly increasing Alzheimer’s disease and dementia diagnosis rate, and the physical, mental and financial burden it carries for patients and their caregivers.
- (b) Describe the methodology and importance of brain imaging techniques as they relate to diagnosis, prediction and progression tracking, as well as to assessing treatment response.
- (c) Identify Alzheimer’s disease risk factors, both preventable (environmental and lifestyle based) and non-preventable (genetic and bodily trauma based).
- (d) Explain the best currently known evidence-based actions for reducing Alzheimer’s risk through changes in preventable risk factors.... via diet, exercise, social interaction, healthy sleep patterns, etc.

---8:30-8:40 pm Eastern / 5:30-5:40 pm Pacific: Audience questions for Dean and Ayesha Sherzai

(Saturday scheduled activity ends 8:40 pm Eastern / 5:40 pm Pacific)

SUNDAY MORNING SESSION, 8:45-11:50 am Eastern / 5:45-8:50 am Pacific

Educational program time excluding breaks: 2:40 (2.75 hours minus 5 minutes)

SUNDAY 8:45-9:00 am Eastern / 5:45-6:00 am Pacific

Kathy Pollard, MS:

“P-POD and Sustainability”

- (a) Describe the importance of implementing sustainable day-by-day practices, including the avoidance of generating waste.
- (b) Recognize the professional responsibility that we all have, to adopt and uphold sustainable protocols and habits in our personal lives as well as in our work activities.

SUNDAY 9:00-9:20 am Eastern / 6:00-6:20 am Pacific

Ted Barnett, MD FACLM:

“A Medically Supervised 15-Day Whole-food Plant-based Jumpstart Program”

- (a) Recognize the important motivational effects for lifestyle changes that may be offered by the group setting and by the close practitioner support, of a program like this.
- (b) Describe the advantages of providing patients with instant-results lab testing both before and after a supervised dietary-change program.
- (c) Discuss the rationale for which foods to prescribe, and which to disallow, in a facilitated program for quick-launch of major nutritional changes.

---9:20-9:25 am Eastern / 6:20-6:25 am Pacific: Audience questions for Ted Barnett

(9:25-9:35 am Eastern / 6:25-6:35 am Pacific: Break, stretch, move)

SUNDAY 9:35-10:35 am Eastern / 6:35-7:35 am Pacific:

“Within a Clinical Practice, Managing Strategies for Chronic Disease Reversal through Lifestyle Measures”

Moderator: Paul Chatlin

Mladen Golubic, MD PhD DipABLM

Joel Kahn, MD FACC

- (a) Describe key features of Lifestyle Medicine approaches to chronic disease prevention, treatment and reversal.
- (b) Identify chronic disease conditions that can be managed effectively via plant-based reversal medicine.
- (c) Describe dietary recommendations for the halting and reversal of atherosclerotic heart disease.
- (d) Recognize self-care elements, based upon Lifestyle Medicine or plant-based diets, that practitioners will be able to implement within their own lifestyles.

(10:35-10:45 am Eastern / 7:35-7:45 am Pacific: Break, stretch, move)

SUNDAY 10:45-11:45 am Eastern / 7:45-8:45 am Pacific:

Joint Presentation (with audience questions): “A Nursing Practice Perspective: The Whole-Person Approach to Pain Reduction”

Caroline Trapp, DNP ANP-BC CDE FAANP DipACLM

Sheri Orlekoski, RN BS HCSA CRRN

- (a) Identify the causes of inflammation which may underlie the emergence of pain symptoms.
- (b) Describe evidence-based dietary and lifestyle interventions to reduce inflammation.
- (c) Discuss neuropathic pain pathophysiology.
- (d) Describe evidence-based dietary and lifestyle interventions to reduce neuropathy.

(11:45 am – 12:15 pm Eastern / 8:45-9:15 am Pacific: Break, stretch, move)

SUNDAY MID-DAY SPECIAL ROUND TABLE, 12:15 pm – 1:30 pm / 9:15-10:30 am Pacific

Educational program time excluding breaks: 1:15 (1.25 hours)

SUNDAY 12:15-1:30 pm Eastern / 9:15-10:30 am Pacific: **Round Table (with audience questions): “How Can We Support Those Who Are Hurt by Disparities in Public Policy, in Access to Health Resources or in Access to Nourishing Food?”**

Moderator: Matt Ruscigno, MPH RDN

Milton Mills, MD

Lisa Smith, MBA

- (a) Identify government-level policies, public or private investment choices, and socio-economic conditions, that result in disparities in communities’ access to health-supporting resources and nourishing food.
- (b) Recognize how issues of equity, affordability and access must be faced within any efforts to improve community public health.
- (c) Describe initiatives that may be advocated for at governmental and institutional levels, to improve food access/justice and community health equity.
- (d) Describe efforts suitable to be made by individual practitioners and activists, to improve food access/justice and community health equity.

(1:30-1:40 pm Eastern / 10:30-10:40 am Pacific: Break, stretch, move)

SUNDAY AFTERNOON SESSION, 1:40-4:30 pm Eastern / 10:40 am - 1:30 pm Pacific

Educational program time excluding breaks: 2:35 (2.5 hours plus 5 minutes)

SUNDAY 1:40-2:20 pm Eastern / 10:40-11:20 am Pacific

P-POD'S 4TH ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 3 OF TRIPLE LECTURE SERIES, “RESETTING THE PARADIGMS OF MEDICAL PRACTICE”

John H. Kelly, Jr., MD MPH:

"Epigenetics, Lifestyle and the Future of Medicine"

- (a) Describe interactions between our genes and environmental influences, in particular, lifestyle factors in the development and progression of non-communicable chronic diseases.
- (b) Identify key mechanisms by which lifestyle factors modulate (increase or decrease) the expression of genes that play roles in chronic conditions.

---2:20-2:30 pm Eastern / 11:20-11:30 am Pacific: Audience questions for John H. Kelly, Jr.

(2:30-2:45 pm Eastern / 11:30-11:45 am Pacific: Break, stretch, move)

SUNDAY 2:45-3:10 pm Eastern / 11:45 am - 12:10 pm Pacific

lauren Ornelas, BA:

“Focus Lecture on Food Access and Food Justice Issues”

- (a) Describe the social, economic and political barriers which many in the U.S. face in accessing healthy foods, particularly within communities of color and low-income communities.
- (b) Identify various structural systems that impact which foods are available to individuals, and identify which institutions or governmental entities have the power to change that impact.

SUNDAY 3:10-4:30 pm Eastern / 12:10-1:30 pm Pacific

Round Table (with audience questions): “How Do We Face Post-Pandemic Challenges in Chronic Disease Prevention, Especially for the Most Vulnerable and the Food-Insecure?”

Moderator: Bob LeRoy, MS EdM RDN

Parul Kharod, MS RDN LDN

Terry Mason, MD FACS

lauren Ornelas, BA

Saray Stancic, MD

- (a) Describe strategies for bringing nutrition, and chronic disease prevention/reversal possibilities, onto a societal radar screen for health that now detects nothing except what is coronavirus-related.
- (b) Identify ways to advocate for continued and increased investment (public and private) in resources and facilities and practitioners suitable for addressing the chronic diseases that remain the nation's greatest killers.... as opposed to allowing disinvestment in the wake of recent crisis costs and losses.
- (c) Discuss ways in which institutions, practitioners and community activists might now better serve society's most vulnerable, who will likely have a more difficult time with chronic disease risk and suffering than they did before the pandemic.
- (d) List several existing resources that may be promoted, or new resources that could be facilitated, to assist persons whose health is threatened by food insecurity or by the nutritional-quality limitations of their food access.
- (e) Explain how chronic disease prevention is now more important than ever for medical institutions and their acute and critical care burdens, because of these diseases being major predisposing conditions to more dangerous morbidity and higher mortality risk in COVID-19 patients.

(4:30-4:40 pm Eastern / 1:30-1:40 pm Pacific: Break, stretch, move)

SUNDAY EXTENDED BONUS SESSION, 4:40-8:55 pm Eastern / 1:40-5:55 pm Pacific

Educational program time excluding breaks: 3:50 (3.75 hours plus 5 minutes)

SUNDAY 4:40-5:35 pm Eastern / 1:40-2:35 pm Pacific

Joint Presentation (with audience questions): "Plant-based Diets as Facilitating Greater Quality of Life and Social/Economic Justice, on Individual and Community Levels"

Terry Mason, MD FACS

Kathleen Kevany, EdD

- (a) Explain the evidence-based rationale for associating plant-based eating with restoration or maintenance of health.
- (b) Identify environmental, ethical, economic and social justice based justifications for promoting plant-based diets in society.
- (c) Discuss how social change theory suggests that experiences of individuals may inspire others to consider adopting a plant-based lifestyle.

(5:35-5:40 pm Eastern / 2:35-2:40 pm Pacific: Break, stretch, move briefly)

SUNDAY 5:40-6:30 pm Eastern / 2:40-3:30 pm Pacific

Taylor Wolfram, MS RDN LDN

"The Implications of Weight Stigma for Health Practitioners' Professional Ethics" (1 CPEU in Ethics)

[Disclaimer: The Academy of Nutrition and Dietetics (Academy) and Commission on Dietetic Registration (CDR) are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.]

- (a) Recognize how weight stigma relates to the Code of Ethics for the Nutrition and Dietetics Profession.
- (b) Describe what weight stigma is, and its potential negative implications for outcomes in health care.
- (c) Implement strategies to ensure inclusive and non-stigmatizing care for patients and clients of all sizes.

---6:30-6:40 pm Eastern / 3:30-3:40 pm Pacific: Audience questions for Taylor Wolfram

(6:40-6:50 pm Eastern / 3:40-3:50 pm Pacific: Break, stretch, move)

SUNDAY 6:50-7:45 pm Eastern / 3:50-4:45 pm Pacific

Joint Presentation (with audience questions): "Food Cravings, Addiction and Mental Health"

Pamela Fergusson, PhD RD

Kerrie Saunders, MS LLP PhD

- (a) Discuss the scope of scientific literature evidence for the relationships between mental health and nutrition, and specifically plant-based diets.
- (b) Explain the terminology and physiology involved in disordered eating patterns, including under-consumption, overconsumption and addictive consumption.

- (c) Discuss common challenges of relying upon “willpower” regarding healthy eating choices, and identify client-specific alternative strategies.
- (d) Provide useful resources to help with the identification of high risk eating patterns, and evidence-based support for healthful nutritional intake.

(7:45-7:55 pm Eastern / 4:45-4:55 pm Pacific: Break, stretch, move)

SUNDAY 7:55-8:55 pm Eastern / 4:55-5:55 pm Pacific

“How Food Choices and Preparation Can Serve Both Nutritional and Pleasure Goals”, with 3 Food For Life Instructors

Chair: [Sheri Orlekoski, RN BS HCSA CRRN](#)

[Yami Cazorla-Lancaster, DO MPH MS FAAP](#)

[Marc \(Bean\) Ramirez](#)

- (a) Discuss the crucial importance of incorporating pleasure into a sustainable eating plan.
- (b) Recognize how practitioners' success in conveying nutritional advisement is facilitated when pre-vetted appealing recipes illustrate the promoted foods.

SUNDAY: Scheduled conference activity ends 8:55 pm Eastern / 5:55 pm Pacific. Thank you!

Plant-based Prevention Of Disease, Inc. is a Section 501(c)(3) nonprofit educational organization accepting no commercial funding or sponsorship: www.p-pod.org, <http://preventionofdisease.org/>.



For purposes of Continuing Medical Education, this conference is jointly provided by MAHEC and P-POD. This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of MAHEC and P-POD. MAHEC is accredited by NCMS to provide continuing medical education for physicians.