



# Plant-based Prevention Of Disease

CONTINUING EDUCATION CONFERENCES

[p-pod.org](http://p-pod.org)



## The Future of Healthcare Begins with Nutrition



The 501(c)(3) nonprofit Plant-based Prevention Of Disease, Inc. is devoted to advancement of public health in the U.S., via evidence-based investigation of how society's major chronic diseases, such as cardiovascular disease, cancer, diabetes and chronic kidney disease, may largely be prevented, and in many cases treated, via lifestyle changes among individuals and in communities.

P-POD conferences draw upon the scientific research literature and clinical experience in human nutrition, to identify protective mechanisms and health benefits that may be provided via plant-based dietary choices and allied lifestyle measures. P-POD also supports the work of health care practitioners by exploring how nutritional advisement may effectively be integrated into clinical medical practice, using strategies for sustainable behavior change among patients and community members.



## Accredited Continuing Education for Health Professionals



Since the 2014 founding, all P-POD Conferences have provided accredited continuing education credits for physicians, osteopaths, nurse practitioners, physician assistants, registered nurses, registered dietitian nutritionists, nurse midwives and other health professionals. Please note also the Lifestyle Medicine accreditation, below.



# Championing Lifestyle Medicine and its Six Pillars



Since 2018, all P-POD Conferences have been approved by the American Board of Lifestyle Medicine as satisfying the 10-hour in-person Continuing Medical Education prerequisite for candidates for its annual certifying examination. This credentialing pathway awards Diplomate of the American Board of Lifestyle Medicine or Diplomate of the American College of Lifestyle Medicine designations for physicians, nurses, dietitians and other practitioners. P-POD has been one of the five U.S. providers accredited for this purpose, and is producing three of the seven 2022 conferences that can thus qualify examination candidates in the rapidly expanding field of Lifestyle Medicine.



## Since 2014, 139 Distinguished Speakers Reflecting Society's Diversity



Our speakers are distinguished clinicians, researchers and educators who draw upon broad ranges of expertise in nutrition, chronic disease prevention and lifestyle medicine.

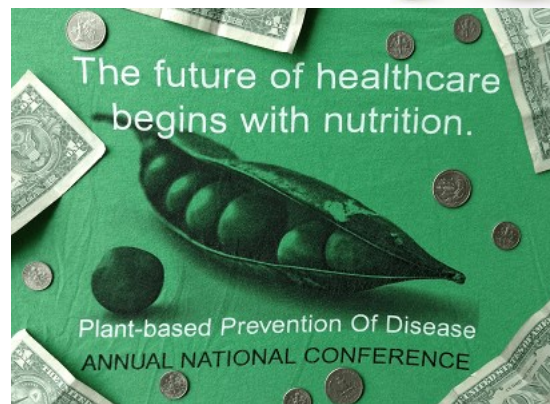
A few speakers from our first ten conferences: Top-- Yami Cazorla-Lancaster, DO MPH MS FAAP DipABLM; Saray Stancic, MD FACLM DipABLM; Aurora Leon (Conde), MD; Joaquin Carral (Gomez), MD; Kim A. Williams, Sr., MD MACC FASNC FAHA; Caldwell Esselstyn, Jr., MD FACS. Middle-- Columbus Batiste, MD FACC FSCAI; Ana M. Negrón, MD; Milton Mills, MD; Caroline Trapp, DNP ANP-BC CDCES DipACLM FAANP; Parul Kharod, MS RDN LDN; Brenda Davis, RD. Bottom: Kayli Anderson, MS RDN ACSM-EP DipACLM; Mladen Golubic, MD PhD FACLM DipABLM



## Absolutely No Commercial Funding, Sponsorships or Influence



The Plant-based Prevention Of Disease 501(c)(3) nonprofit organization and its P-POD Conferences are quite unique in accepting zero funding, sponsorships or influence from any commercial sources. We rely on event admission fees from attendees, and donations and grants from individuals and nonprofits. Employer Identification Number is 47-1328220. We have Guidestar's 2021 Gold Seal of Transparency, noted at <https://www.guidestar.org/profile/47-1328220>.



## Professional Volunteer-basis Nonprofit Board of Directors



Our board members reflect devotion and accomplishment within their own various health-related fields, and they contribute guidance in our efforts to advance our nonprofit's mission.



2022 board members: Top-- Annamarie Rodriguez, RDN LD FAND; Bob LeRoy, MS EdM MAT RDN (Founder); Kathy Pollard, MS; Matt Ruscigno, MPH RDN; Milton Mills, MD; Mladen Golubic, MD PhD FACLM DipABLM; Chef Nina Curtis, MBA. Bottom-- Parul Kharod, MS RDN LDN; Qadira Huff, MD MPH FAAP DipABLM; Robert Breakey, MD DipABLM; Sheri Orlekoski, RN BS HCSA CRRN; Tammy Robertson, RN BSN; Timaree Hagenburger, MPH RDN EP-c.

## Partnerships with Host Public Universities



All of P-POD's in-person conferences have been hosted by respected public nonprofit universities: North Carolina State University; University of New Mexico; University of North Carolina Asheville; (postponed from 2020 to 2022 due to the pandemic) Eastern Michigan University.







## Serving Grassroots Practitioners, Advocates and Students



P-POD is committed to maintaining affordable event admission fees and a need-based scholarship program, so that a broad diverse spectrum of attendees may participate. We seek to open doors to healthcare providers and health promotion activists at the community grassroots level, and to students in health fields.

## Attendee Q&A Time for Every Presentation, and Posting of All Comments



Every presentation at every P-POD Conference provides for attendees participating actively by submitting questions in real time to the speakers. Attendees are also strongly urged to offer detailed feedback via the conference evaluation. and, uniquely, P-POD posts online all their verbal comments about the conference overall.



**Email: [info@p-pod.org](mailto:info@p-pod.org)**

**Mail: P. O. Box 286, Asheville NC 28802-0286**



**[p-pod.org](http://p-pod.org), [lifestylemed.p-pod.org](http://lifestylemed.p-pod.org), [core.p-pod.org](http://core.p-pod.org), [donate.p-pod.org](http://donate.p-pod.org)**