



8th annual national Plant-based Prevention Of Disease (P-POD) Conference (2nd of 3 events)

June 25-27, 2021 Live Webinar: virtual participation only

“The FUTURE of Healthcare Begins with NUTRITION!” -- www.p-pod.org

16+ hours of educational sessions (12+ hours Sat.-Sun, 4+ hours Fri., all together, no breakouts)

COMPLETE 2021 SCHEDULE (updated 5/8/21)

FRIDAY: Approximately 2:30 pm Eastern / 11:30 am Pacific, log-in / check-in begins for webinar.

FRIDAY AFTERNOON CONFERENCE-OPENING SESSION, 3:00-5:25 pm Eastern / 12:00 noon - 2:25 pm Pacific

Educational program time excluding breaks: 2:15 (2.25 hours)

FRIDAY 3:00-3:30 pm Eastern / 12:00 noon - 12:30 pm Pacific

Tim Radak, DrPH MPH RDN:

"Nutrition and Nutrient Review, and Planning Guide – Plant-based or Vegan Diets"

----3:30-3:40 pm Eastern / 12:30-12:40 pm Pacific: Audience questions for Tim Radak

FRIDAY 3:40-4:45 pm Eastern / 12:40-1:45 pm Pacific

Round Table and Demonstration (with audience questions): “Cuisine and Nutrition Team Up for Eating Pleasure and Disease Prevention”

Chair: Vince Rountree, MBA NBC-HWC ChemE

Deitra Dennis, RN CHC

Katya Galbis, LD DipACLM

(4:45-4:55 pm Eastern / 1:45-1:55 pm Pacific: Break, stretch, move)

FRIDAY 4:55-5:20 pm Eastern / 1:55-2:20 pm Pacific

Lily Correa, MPH RDN DipACLM:

“Guiding Patients’ Long-term Success, One Plate at a Time”

----5:20-5:25 pm Eastern / 2:20-2:25 pm Pacific: Audience questions for Lily Correa

(5:25-6:55 pm Eastern / 2:25-3:55 pm Pacific: Break, stretch, move)

FRIDAY EVENING SESSION, 6:55-8:55 pm Eastern / 3:55-5:55 pm Pacific

Educational program time excluding breaks: 1:50 (1.75 hours plus 5 minutes)

FRIDAY 6:55-7:40 pm Eastern / 3:55-4:40 pm Pacific

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

Leigh Frame, PhD MHS:

“Nutrition and the Gut Microbiome: How Your Bugs and Diet Interact”

----7:40-7:50 pm Eastern / 4:40-4:50 pm Pacific: Audience questions for Leigh Frame

(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

P-POD'S 5TH ANNUAL DENIS BURKITT MEMORIAL LECTURE SERIES: LECTURE 1 OF 2

Columbus Batiste, MD FACC FSCAI:

“How 2020 Revealed America's Dirty Little Secret”

----8:45-8:55 pm Eastern / 5:45-5:55 pm Pacific: Audience questions for Columbus Batiste

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

SATURDAY MORNING SESSION, 10:40 am - 12:20 pm Eastern / 7:40-9:20 am Pacific

Educational program time excluding breaks: 1:40 (1.75 hours minus 5 minutes)

SATURDAY 10:40-10:50 am Eastern / 7:40-7:50 am Pacific

Eric Adams, MPA:

“Healthy at Last - A Public Servant's Diabetes Reversal in Public View”

----10:50-11:00 am Eastern / 7:50-8:00 am Pacific: Audience questions for Eric Adams

SATURDAY 11:00-11:40 am Eastern / 8:00-8:40 am Pacific

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

“Nutrition and Cardiovascular Mortality”

----11:40-11:50 am Eastern / 8:40-8:50 am Pacific: Audience questions for Kim A. Williams, Sr.

SATURDAY 11:50 am - 12:15 pm Eastern / 8:50-9:15 am Pacific

P-POD PEDIATRICS FORUM, PART 1 OF 3

Laura Pridemore, MD JD FAAP

“Pediatric Evidence of Dietary Effects on Growth Rates, Bone Health and Common Illnesses”

----12:15-12:20 pm Eastern / 9:15-9:20 am Pacific: Audience questions for Laura Pridemore

(12:20-1:50 pm Eastern / 9:20-10:50 am Pacific: Break, stretch, move)

SATURDAY AFTERNOON SESSION, 1:50-5:15 pm Eastern / 10:50 am – 2:15 pm Pacific

Educational program time excluding breaks: 3:05 (3 hours plus 5 minutes)

SATURDAY 1:50-2:15 pm Eastern / 10:50-11:15 am Pacific

P-POD PEDIATRICS FORUM, PART 2 OF 3

Qadira Huff, MD MPH FAAP DipABLM:

"Growing Healthy Children Optimally with Plant Power: The Role of Whole Food Plant-based Nutrition"

----2:15-2:20 pm Eastern / 11:15-11:20 am Pacific: Audience questions for Qadira Huff

SATURDAY 2:20-3:05 pm Eastern / 11:20 am – 12:05 pm Pacific

P-POD PEDIATRICS FORUM, PART 3 OF 3

Round Table (with audience questions): “Importance of Nutrition in Childhood and Adolescence”

Chair: Vanita Rahman, MD CNS CCS

Qadira Huff, MD MPH FAAP DipABLM

Laura Pridemore, MD JD FAAP

(3:05-3:25 pm Eastern / 12:05-12:25 pm Pacific: Break, stretch, move)

SATURDAY 3:25-4:05 pm Eastern / 12:25-1:05 pm Pacific

Andrew Freeman, MD FACC FACP:

"Plant-based Diets in 2021: The Data Keep Pouring In"

----4:05-4:15 pm Eastern / 1:05-1:15 pm Pacific: Audience questions for Andrew Freeman

SATURDAY 4:15-5:15 pm Eastern / 1:15-2:15 pm Pacific

Round Table (with audience questions): “What Blocks the Benefits of Plant-based Whole Foods? Not Affordable? Poor Access? Seen as Bland/Boring?”

Chair: Renae Thomas, MD, Chair

Lily Correa, MPH RDN DipACLM

Dawn Hilton-Williams, BA

(5:15-6:45 pm Eastern / 2:15-3:45 pm Pacific: Break, stretch, move)

SATURDAY EVENING SESSION, 6:45-8:30 pm Eastern / 3:45-5:30 pm Pacific

Educational program time excluding breaks: 1:35 (1.5 hours plus 5 minutes)

SATURDAY 6:45-7:20 pm Eastern / 3:45-4:20 pm Pacific

Mary Washington, MD FACP:

“Unique Challenges of A Plant-based Nephrologist”

----7:20-7:30 pm Eastern / 4:20-4:30 pm Pacific: Audience questions for Mary Washington

(7:30-7:40 pm Eastern / 4:30-4:40 pm Pacific: Break, stretch, move)

SATURDAY 7:40-8:20 pm Eastern / 4:40-5:20 pm Pacific

P-POD'S 5TH ANNUAL DENIS BURKITT MEMORIAL LECTURE SERIES: LECTURE 2 OF 2

Amber Orman, MD DipABLM:

“Breast Cancer: A Survivorship Plan beyond the Mammogram”

---8:20-8:30 pm Eastern / 5:20-5:30 pm Pacific: Audience questions for Amber Orman

(Saturday scheduled activity ends 8:30 pm Eastern / 5:30 pm Pacific)

SUNDAY MORNING SESSION, 10:40 am - 12:15 pm Eastern / 7:40-9:15 am Pacific

Educational program time excluding breaks: 1:35 (1.5 hours plus 5 minutes)

SUNDAY 10:40-11:05 am Eastern / 7:40-8:05 am Pacific

Sherene Chou, MS RDN:

“Rethinking Sustainability through Food and Social Justice”

Sherene Chou presents as a member of the Speakers Bureau of the Vegetarian Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics.

---11:05-11:10 am Eastern / 8:05-8:10 am Pacific: Audience questions for Sherene Chou

SUNDAY 11:10 am - 12:15 pm Eastern / 8:10-9:15 am Pacific

Round Table (with audience questions): “Race-based and Socio-economic-based Disparities in Health Care and Nutritious-food Access

Chair: Judy Brangman, MD DipABLM

Columbus Batiste, MD FACC FSCAI

Sherene Chou, MS RDN

Sherene Chou presents as a member of the Speakers Bureau of the Vegetarian Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics.

(12:15-1:20 pm Eastern / 9:15-10:20 am Pacific: Break, stretch, move)

SUNDAY AFTERNOON SESSION #1, 1:20-3:00 pm Eastern / 10:20 am – 12:00 noon Pacific

Educational program time excluding breaks: 1:40 (1.75 hours minus 5 minutes)

SPECIAL SESSION FOR P-POD ANNUAL CLINICIANS’ ROUND TABLE

(1) SUNDAY 1:20-1:50 pm Eastern / 10:20-10:50 am Pacific

Jasmol Sardana, DO FACLM DipABLM:

Focus Lecture: “Creating Lasting Behavior Change: How to Speak with Our Patients about Diet and Lifestyle”

---1:50-1:55 am Eastern / 10:50-10:55 am Pacific: Audience questions for Jasmol Sardana

(2) SUNDAY 1:55-3:00 pm Eastern / 10:55 am - 12:00 noon Pacific

P-POD ANNUAL CLINICIANS’ ROUND TABLE (with audience questions):

“Community Clinician Efforts to Change Lifestyles and Combat Diabetes and Heart Disease”

Chair: Vanita Rahman, MD CNS CCS

Judy Brangman, MD DipABLM

Lily Correa, MPH RDN DipACLM

Jasmol Sardana, DO FACLM DipABLM

(3:00-3:10 pm Eastern / 12:00 noon - 12:10 pm Pacific: Break, stretch, move)

SUNDAY AFTERNOON (CLOSING) SESSION #2, 3:10-6:30 pm Eastern / 12:10-3:30 pm Pacific

Educational program time excluding breaks: 3:10 (3.25 hours minus 5 minutes)

SUNDAY 3:10-3:40 pm Eastern / 12:10-12:40 pm Pacific

Renae Thomas, MD:

“Nutrition and Cancer: Evidence for Primary Prevention, Treatment Optimization and Sustained Remission”

---3:40-3:45 pm Eastern / 12:40-12:45 pm Pacific: Audience questions for Renae Thomas

SUNDAY 3:45-4:20 pm Eastern / 12:45-1:20 pm Pacific

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

Gabrielle (Brie) Turner-McGrievy, PhD MS RDN FTOS:

“Past, Present, and Future: Two Decades of Plant-based Diet Research”

---4:20-4:30 pm Eastern / 1:20-1:30 pm Pacific: Audience questions for Gabrielle (Brie) Turner-McGrievy

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

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

Round Table (with audience questions): “Lessons Learned from the Two-Year Nutritious Eating with Soul Study: Strategies for Improving the Adoption of Plant-based Diets among Diverse Populations”

Chair: [Gabrielle \(Brie\) Turner-McGrievy, PhD MS RDN FTOS](#)

[Mary Wilson, MPH, Project Manager](#)

[Marty Davey, MS RDN LDN](#)

SUNDAY 5:40-6:20 pm Eastern / 2:40-3:20 pm Pacific

P-POD DISTINGUISHED CHEFS SERIES

[Chef Nina Curtis, MBA](#)

---6:20-6:30 pm Eastern / 3:20-3:30 pm Pacific: Audience questions for Chef Nina Curtis

SUNDAY Scheduled conference activity ends 6:30 pm Eastern / 3:30 pm Pacific. Virtual chat space is expected to remain for a while after that.

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/>.



Continuing education credit details are at

<https://www.preventionofdisease.org/continuing-education-2021>.

Credits for our May 21-23, 2021 and June 25-27, 2021 Live Webinars are IDENTICAL.