



8th annual national Plant-based Prevention Of Disease (P-POD) Conference (2nd of 2 events)
June 25-27, 2021, IN-PERSON AND VIRTUAL, McKimmon Center, North Carolina State Univ.,
1101 Gorman St., Raleigh NC 27606 (area served by RDU / Raleigh Durham international airport)

“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 12/21/20)

FRIDAY: Approximately 2 pm Eastern / 11 am Pacific, doors open for in-person attendee check-in, etc.

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 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

FRIDAY 5:25-6:55 pm Eastern / 2:25-3:55 pm Pacific: Stretch and break for dinner in conference hall

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: Time to be announced, fitness-related activity or activities

SATURDAY: Time to be announced, breakfast foods availability for at least 2 hours in the conference hall

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

SATURDAY 12:20-1:50 pm Eastern / 9:20-10:50 am Pacific: Stretch and break for lunch in conference hall

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): “Providing the Resources and Guidance for Cutting the Daily Costs of Nutritious Food”

Chair: Renae Thomas, MD, Chair

Lily Correa, MPH RDN DipACLM

Dawn Hilton-Williams, BA

SATURDAY 5:15-6:45 pm Eastern / 2:15-3:45 pm Pacific: Stretch and break for dinner in conference hall

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 8:30-10:00 pm Eastern / 5:30-7:00 pm Pacific (departing building by 10:15): Unstructured/networking time in conference hall.

SATURDAY 8:35-10:00 pm Eastern / 5:35-7:00 pm Pacific (departing building by 10:15): Strictly masked, strictly socially-distanced opportunity to unwind with music, at a separate location at the conference building.

SUNDAY: Time to be announced, fitness-related activity or activities

SUNDAY: Time to be announced, breakfast foods availability for at least 2 hours in the conference hall

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

Educational program time excluding breaks: 1:30 (1.5 hours)

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

Sherene Chou, MS RDN:

“Rethinking Sustainability through Food and Social Justice”

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

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

SUNDAY 12:10-12:35 pm Eastern / 9:10-9:35 am Pacific (time to stretch briefly, gather food and get seated for 12:35 pm Eastern / 9:35 am Pacific luncheon lecture)

SUNDAY 12:10 pm Eastern / 9:10 am Pacific (luncheon food service begins, for availability ending at 2:10 pm)

SUNDAY “WORKING LUNCHEON” SESSION, 12:35-2:05 pm Eastern / 9:35-11:05 am Pacific

Educational program time excluding breaks: 1:30 (1.5 hours)

SPECIAL SESSION FOR P-POD ANNUAL CLINICIANS’ ROUND TABLE

(1) SUNDAY 12:35-1:00 pm Eastern / 9:35-10:00 am Pacific

Jasmol Sardana, DO FACLM DipABLM:

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

---1:00-1:05 am Eastern / 10:00-10:05 am Pacific: Audience questions for Jasmol Sardana

(2) SUNDAY 1:05-2:05 pm Eastern / 10:05-11:05 am 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

(2:05-2:20 pm Eastern / 11:05-11:20 am Pacific: Break, stretch, move; luncheon food service ends by 2:10 pm)

SUNDAY AFTERNOON CLOSING SESSION, 2:20-5:30 pm Eastern / 11:20 am – 2:30 pm Pacific

Educational program time excluding breaks: 2:55 (3 hours minus 5 minutes)

SUNDAY 2:20-2:45 pm Eastern / 11:20-11:45 am Pacific

Renae Thomas, MD:

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

---2:45-2:50 pm Eastern / 11:45-11:50 am Pacific: Audience questions for Renae Thomas

SUNDAY 2:50-3:25 pm Eastern / 11:50 am – 12:25 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”

---3:25-3:35 pm Eastern / 12:25-12:35 pm Pacific: Audience questions for Gabrielle (Brie) Turner-McGrievy

(3:35-3:50 pm Eastern / 12:35-12:50 pm Pacific: Break, stretch, move)

SUNDAY 3:50-4:40 pm Eastern / 12:50-1:40 pm Pacific

Round Table (with audience questions): “Cost Effectiveness and Incremental Health Improvements in the Nutritious Eating with Soul Study”

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

Mary Wilson, MPH, Project Manager

Marty Davey, MS RDN LDN

SUNDAY 4:40-5:20 pm Eastern / 1:40-2:20 pm Pacific

P-POD DISTINGUISHED CHEFS SERIES

Chef Nina Curtis, MBA

---5:20-5:30 pm Eastern / 2:20-2:30 pm Pacific: Audience questions for Chef Nina Curtis

SUNDAY Scheduled conference activity ends 5:30 pm Eastern / 2:30 pm Pacific. There will be no rush to empty the building. In-person attendees may chat, reflect, network etc., and virtual chat space is expected to remain for a while.

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 conferences are IDENTICAL. Except through ABLM, virtual and in-person credits are identical.

•**CME, 16 Credits.** This activity is designated for a maximum of 16 AMA PRA Category 1 Credits™ by St. Joseph Mercy Ann Arbor. St. Joseph Mercy Health System is accredited by Michigan State Medical Society to provide continuing medical education for physicians, and is accredited at ACCME's highest level, Accreditation with Commendation. Credits are awarded to physicians, and recognizable (subject to their own credentialing requirements) for physician assistants, nurse practitioners, certified nurse midwives and (via SOME state boards) pharmacists, optometrists or certified registered nurse anesthetists. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Certificates of Attendance may also be awarded to other types of practitioner not named above.

•**CNE:** This activity has been submitted to the Virginia Nurses Association (VNA) for approval to award contact hours. VNA is accredited as an approver of continuing nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

•**CPEU:** This activity has been submitted to the Commission on Dietetic Registration for approval to award CPEU credits. These apply to Registered Dietitians (RDs, RDNs) and Dietetic Technicians, Registered (DTRs, NDTRs).

•**ABLM, 16 In-person CME Credits in Lifestyle Medicine:** The American Board of Lifestyle Medicine has approved each in-person P-POD Conference as an in-person-learning CME provider. The credits, up to a maximum of 16, apply to candidates for the 2021 ABLM certifying examination for Diplomates (DipABLM or DipACLM).