Program Schedule + Learning Objectives for:  
2nd annual national Plant-based Prevention Of Disease (P-POD) conference (a collaboration of nonprofits)  
Sept. 11 - 13, 2015  
North Carolina State University, Raleigh NC  
[updated 9/10/15]

CME: Credit Designation: The Mountain Area Health Education Center designates this live educational activity for a maximum of 12.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. [For further information, physicians, Physician Assistants, Nurse Practitioners, Certified Nurse Midwives and Certified Registered Nurse Anesthetists should see the Continuing Education page on our website.] Optometrists may utilize these credits, according to NC State Board of Optometry.

CEU: Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for 1.3 CEU as established by the National Task Force on the Continuing Education Unit (13 contact hours).

CPEU: 13.5 CPEU's for participation in the full weekend conference have been approved for Registered Dietitians / Registered Dietitian Nutritionists by the Commission on Dietetic Registration.

[For each objective, it is understood that the text should be prefaced by, “The participant will 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, Sept. 11, 2015

FRIDAY PLENARY SESSION, 6:00 - 9:05 PM
FRIDAY 6:00 - 6:55 pm
Matt Ruscigno, RDN MPH: advisor to athletes; former Chair, Vegetarian Nutrit. Dietetic Practice Group  
Janardhan Srinivasan, MD FACC: Physic. in Interventional Cardiology / Internal Medicine, Halifax Heart Ctr.  
Caroline Trapp, DNP APN-BC CDE FAANP: Director, Diabetes Edu./Care, PCRM; Diabetes NP, Premier Internists  
**It Takes A Village: Interventional Nutrition Across Disciplines**
1) Identify how physicians, nurse practitioners and their team members are generally not well prepared educationally to integrate nutritional interventions into clinical practice.  
2) Describe major public health needs that may be addressed through interventional nutrition, particularly utilizing plant-based approaches, in clinical practice.  
3) Discuss how clinicians, individually and especially through interdisciplinary collaboration, may utilize nutritional assessment and advisement to improve patient/population health.  
4) Describe 3 strategies, resources or promotional ideas for expanding the scope of a clinical practice and its team's competences, through emphasis on nutrition.

FRIDAY 6:55 - 7:35 pm
Reed Mangels, RDN PhD LDN FADA: Adjunct Assoc. Professor of Nutrit., U. of Massachusetts Amherst  
**Getting a Good Start: Plant-based Diets for Infants, Children, and Adolescents**
1) Describe 3 potential health benefits associated with use of plant-based diets in childhood and adolescence.  
2) Describe and identify acceptable sources of key nutrients for vegetarian/vegan infants, children, and adolescents.  
3) List 3 strategies that may be used when providing dietary counseling to parents of vegetarian/vegan infants, children or adolescents, or to vegetarian/vegan children and adolescents.

FRIDAY 7:45 - 8:25 pm
**Behavior Change, Willpower and What Practitioners Can Do for Their Patients**
1) [Learning component] Describe the mechanisms, "inhibitors" and "enhancers" of dietary behavior change.
2) [Assessment component] Implement a resource mapping activity to identify strengths and areas for improvement in what your practice can offer patients/clients
3) [Planning component] Create goals using "SMART" goals format to build on existing strengths and address potential weaknesses in practice/program as action items.

FRIDAY 8:25 - 9:05 pm
Mladen Golubic, MD PhD: Medical Director, Cleveland Clinic Ctrs. for Disease Reversal / Lifestyle Medicine
**Using Plant-based Diets To Treat Chronic Inflammation, the Key Underlying Cause of Cardiovascular Disease, Cancer, Obesity and Diabetes**
1) Identify chronic, low-level inflammation as the key common link in development and progression of major non-communicable diseases, such as cardiovascular disease, cancer, obesity and diabetes.
2) Identify dietary and other modifiable lifestyle factors that promote chronic inflammation.
3) Recognize the specific protective mechanisms and health benefits provided by plant-based nutrition at molecular, cellular and organism levels to help reverse inflammation and associated chronic diseases.

SATURDAY, Sept. 12, 2015
North Carolina State University, Raleigh -- McKimmon Conference Center, 1101 Gorman St., Raleigh NC 27606 (part of the "South Campus")
[optional Gentle Vinyasa Yoga, 7:45 - 8:45 am, led by Autumn Belk, NCSU faculty member, indoors on-site (all levels)]
[Light breakfast foods will be offered on-site starting 7:45 am, and remaining available most of the morning.]

SATURDAY FIRST PLENARY SESSION, 9:15 AM - 12:30 PM
SATURDAY 9:15 - 10:00 am
Thomas M. Campbell II, MD: Medical Director, T. Colin Campbell Ctr. for Nutrit. Studies
**Diet and Autoimmune Disease: Alternative Fringe or "Real" Medicine?**
1) Identify autoimmune medical conditions that may be benefitted by a plant-based diet.
2) Discuss supporting research that links nutritional factors to pathological immune processes.
3) Describe relevant areas that require further clarifying research.

SATURDAY 10:00 - 10:45 am
Hope Ferdowsian, MD MPH FACP FACPM: Adjunct Assoc. Professor, Georgetown U. Med. Ctr.; Adjunct Clinical Professor of Medicine, Geo.Wash. U.
**Health Benefits of a Plant-Based Diet for Women**
1) Describe some of the health benefits of a plant-based diet for women.
2) Identify mechanisms that explain benefits of plant-based diets with regard to diseases particularly affecting women.
3) Discuss how health care providers can help women make lifestyle changes to reduce their risk for noncommunicable diseases.

SATURDAY 10:55 am - 11:40 am
Robert Ostfeld, MD MSc: Founder/Director, Montefiore Einstein Cardiac Wellness; Assoc. Professor of Medicine
**Your Heart on Plants**
1) Describe the epidemiologic distribution of coronary artery disease.
2) Discuss the pathophysiology of coronary artery disease.
3) Discuss how a plant based diet may be beneficial for prevention or reversal of coronary artery disease.

SATURDAY 11:40 am - 12:30 pm
Gordon Saxe, MD MPH PhD: Research Director, U. of Calif. San Diego Ctr. for Integrative Medicine; Asst. Professor
**Whole-Food Plant-based Diets in the Prevention or Control of Cancer**
1) Describe key research findings regarding the relationship between dietary choices, particularly plant-based approaches, and cancer prevention or control.
2) Describe potentially advantageous uses of dietary recommendations involving plant-based approaches, during the following phases of cancer care:
   *Patients with potentially high risk for future cancer development.
   *Patients in the "watchful waiting" stages of early cancer diagnosis.
   *Patients undergoing active treatment for farther advanced cancers.
3) Discuss strategies for fostering generally healthy dietary changes, for purposes of cancer prevention and control.

[BREAK for conference group photo, stretching, campus stroll etc.: 12:30 - 12:55 pm]
[VEGAN LUNCHEON: 12:55 - 2:25 pm]
SATURDAY SECOND PLENARY SESSION, 2:25 - 5:55 PM

SATURDAY 2:25 - 3:10 pm
Milton Mills, MD: Critical Care Physic., Inova Fairfax Hospital; Assoc. Director, Preventive Medicine, PCRM
**How Plant-based Diets Improve the Interaction Between the Gut Microbiome and Human Immune Function, Physiology and Psychology**
1) Recognize how dietary choices markedly alter the composition of the gut microflora.
2) Explain why plant-derived natural foods promote a more diverse bacterial population that is more geared toward fermenting plant fibers.
3) Describe how various products of bacterial fermentation alter and augment the function of immune cells, or may affect the risk of depression, anxiety and psychosis.
4) Describe how short chain fatty acids may reduce the risk of cardiovascular disease, diabetes and cancer.

SATURDAY 3:10 - 4:10 pm
Ted Barnett, MD: Diagnostic, Vascular and Interventional Radiologist, Unity Health System, Rochester NY
Caroline Trapp, DNP APN-BC CDE FAANP: Director, Diabetes Edu./Care, PCRM; Diabetes NP, Premier Internists
**Dietary Guidelines: Politics and Practice**
1) Describe the evolution of key dietary guidelines in the U.S., and the role played by various industries in influencing guidelines.
2) Identify problems/limitations involved with most recent U.S. and A.D.A. dietary guidelines.
3) Explain how dietary guidelines would best be utilized, and how a practitioner may effectively go "off label" in providing dietary guidance for preventing disease or blocking its progression.

SATURDAY 4:20 - 5:00 pm
Amy Lanou, PhD: Assoc. Professor, Health/Wellness, U. of N. Carolina Asheville; Sr. Nutrit. Scientist, PCRM
**Nutrition and Bone Health Update, and Strategies for Getting Off the Dairy-Go-Round**
1) Cite the latest evidence regarding plant-based nutritional support for bone health.
2) Explain why humans do not physiologically need to consume human or other mammalian milks after weaning.
3) Describe three tested strategies for supporting clients in the process of eliminating dairy products from their diets.

SATURDAY 5:00 - 5:55 pm
Caldwell Esselstyn, Jr., MD: Director, Cardiovasc. Prevention/Reversal Prog., Cleveland Clinic Wellness Institute
**The Nutritional Reversal of Cardiovascular Disease: Fact or Fiction?**
1) Explain the importance of maintaining endothelial cell health.
2) Recognize how current prevailing therapies for coronary artery disease are unable actually to halt or reverse disease.
3) Identify measures that may effectively be utilized to halt and reverse heart disease.

5:55 pm = end of Saturday continuing education activity

Evening social / relaxation / reflection activity, optional of course....

SATURDAY 5:55 - 8:00 or 8:30 pm, in separate room:
**[Conference Reception, officially 5:55 - 6:55 pm]**
**[Refreshments provided, 5:55 - 7:55 pm] [Attendees may remain and interact as late as 8:00 or 8:30 pm, if desired.]**
SATURDAY 8:45 or 9:00 pm to 11:00 pm, off-site at Wingate Hotel, 6115 Corporate Ridge Rd., Raleigh NC 27607:
**[Casual social gathering, DJ music by Michael Pocinki ranging on request from soothing to high-energy dance tunes.]**

#### Sunday, Sept. 13, 2015#### (McKimmon Conference Center, 1101 Gorman St., Raleigh NC 27606)
[Light breakfast foods will be offered on-site starting 7:45 am, and remaining available most of the morning.]

SUNDAY COMBINED SESSION, 9:10 AM - 12:55 PM

SUNDAY 9:10 -10:10 am (choice A)
Debbie Petitpain, RDN MS: Wellness Dietitian, Medical U. of S. Carolina; Treasurer, Vegetarian Nutrit. DPG
Jennifer Swallow, RDN MS LDN: S. Carolina Coordinator, Vegetarian Nutrit. Dietetic Practice Group
**Guiding Patients toward Disease Risk Reduction as They Navigate the Real-World Food-Marketplace**
1) Identify practical barriers to dietary change in even the most motivated patients.
2) Apply principles of designing balanced and affordable meals within marketplace limitations.
3) Discuss how health care providers can individualize nutritional advise and translate concepts into action.
4) Identify plant-based sources of micronutrients and essential fatty acids that may be available despite marketplace and budgetary constraints.

SUNDAY 9:10 -10:10 am (choice B)
Convener/Moderator: Parul Kharod, RDN MS LDN: former N. Carolina Coordinator, Vegetarian Nutrit. Dietetic
Practice Group
Ted Barnett, MD: Diagnostic, Vascular and Interventional Radiologist, Unity Health System, Rochester NY
Matt Ruscigno, RDN MPH: advisor to athletes; former Chair, Vegetarian Nutrit. Dietetic Practice Group

**Interactive Discussion/Question Group, to Advance the Learning Objectives of All Prior Sessions**
[This is an opportunity for wide-ranging and in-depth question/answer activity and discussion encompassing the educational content of the conference as a whole. For any “learning objectives” areas in which further attention is requested by attendees present, speakers in attendance will facilitate further treatment.]

SUNDAY 10:20 - 11:05 am (choice A)
Timothy Radak, RDN DrPH MPH: Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.

**Short Chain and Long Chain Omega 3 Fatty Acids – Research, Recommendations and Disease Risk Reduction Strategies**
1) Evaluate current research about omega 3 fatty acids with regard to requirements, dietary sources, and controversial questions involving intake and benefits.
2) Describe up-to-date research data focused on plant-based diets, regarding omega 3 fatty acids.
3) Discuss implications of omega 3 fatty acid status for cardiovascular disease risk, macular degeneration risk, depression incidence, cognitive function and pregnancy/maternity time frames.
4) Implement recommendations and strategies, based on available research, for guiding patients to meet omega 3 fatty acid requirements via suitable plant-based dietary sources.

SUNDAY 10:20 - 11:05 am (choice B)
Convener/Moderator: Monique Richard, RDN MS LDN: Chair, Dietitians in Integrative/Functional Medicine DPG
Debbie Petitpain, RDN MS: Wellness Dietitian, Medical U. of S. Carolina; Treasurer, Vegetarian Nutrit. DPG
Janardhan Sanirivisan, MD FACC: Physic. in Interventional Cardiology / Internal Medicine, Halifax Heart Ctr.

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SUNDAY 11:15 am - 12:55 pm
Moderator: special guest Ulka Agarwal, MD: Physic./Psychiatrist, Nutrit. and Integrative Medicine, Calif. St. U. East Bay
Caldwell Esselstyn, Jr., MD: Director, Cardiovasc. Prevention/Reversal Prog., Cleveland Clinic Wellness Institute
Mladen Golubic, MD PhD: Medical Director, Cleveland Clinic Ctrs. for Disease Reversal / Lifestyle Medicine
Micaela Karlsen, MSPH: Founder, plantbasedresearch.org; former Exec. Director, T. Colin Campbell Found.
Amy Lanou, PhD: Assoc. Professor, Health/Wellness, U. of N. Carolina Asheville; Sr. Nutrit. Scientist, PCRM
Milton Mills, MD: Critical Care Physic., Inova Fairfax Hospital; Assoc. Director, Preventive Medicine, PCRM
Gordon Saxe, MD MPH PhD: Research Director, U. of Calif. San Diego Ctr. for Integrative Medicine; Asst. Professor

**How Can Medical Clinicians Convince Patients That Lifestyle Behavior Change Is Worth the Trouble, in Terms of Future Health and Functionality Rewards?**
1) Identify the most promising "first steps" that should be considered clinically in trying to shift "at risk" patients toward plant-based dietary approaches.
2) Describe the future functionality rewards and disease risk reduction rewards that can most credibly be suggested that patients would derive from compliant nutritional change in this direction.
3) Cite examples of counseling strategies and information content that real-world clinicians have used most successfully to motivate patients' sustainable dietary change.
4) Discuss what kinds of follow-up, monitoring and support clinicians should provide patients who are attempting dramatic lifestyle changes such as a plant-based dietary shift.

12:55 pm = end of conference continuing education activity
Afternoon social / relaxation and reflection / enrichment activities... luncheon, hike/stroll/run, film + discussion....

[VEGAN FAREWELL LUNCHEON: 12:55 pm onward.... food and lunch room would be packed up by 2:55 pm]
[Optional post-luncheon hike/stroll/run, weather permitting, around Lake Johnson, Raleigh, if sufficient interest.]
[Film showing to enhance further discussion about issues raised during the conference. For this purpose, we chose: “Plant Pure Nation”]
2:15 - 2:25 pm: audience seated, in main conference room
2:25 - 2:40 pm: Kathy Pollard, MS, member of P-POD’s Board of Directors, introduces the film and its historical context, and a potential range of issues/questions it raises, that may be considered in light of the conference work just concluded.
2:40 - 4:15 pm: screening time
4:15 - 4:50 pm: audience discussion/reflection in response to film, facilitated by Ronnie Tsunami, chief operations officer for the film, and Matt Ruscigno, RDN MPH, member of P-POD’s Board of Directors (conference center closes 5:00 pm)]