

**Program Schedule + Learning Objectives for:  
3rd annual national  
Plant-based Prevention Of Disease (P-POD)  
conference**

(a collaboration of nonprofits)

**May 19-22, 2016**

North Carolina State University, Raleigh NC  
[www.P-POD.org](http://www.P-POD.org), [www.PreventionOfDisease.org](http://www.PreventionOfDisease.org)

Conference Theme =

**"Nutrition against Disease: from Evidence, to Health-Practitioner Teamwork, to Guided Behavior Change"**

Physical Location: McKimmon Conference and Training Center, 1101 Gorman St., Raleigh NC 27606

Your registration fee includes any scheduled meals / refreshments or social activities during the time-period (full conference or shorter period) you register for.... except that if your registration time begins Thursday evening or Friday evening, then the one dinner just before your arrival is an extra-cost option. After 5:30 pm Saturday we provide an on-site conference reception with refreshments, followed by an off-site conference party with music and dancing. Daily breakfast foods are simply basic oat/nut/fruit based items.

**[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.

THURSDAY 4:15-5:50 pm [optional on-site separately-payable dinner]

Thursday conference room opens 5:45 pm.

**THURSDAY PLENARY SESSION 6:00-9:10 pm: "Moving Forward from Evidence to Action" (3 hours plus 10 minutes)**

THURSDAY 6:00-6:15 pm

**Matt Ruscigno, RDN MPH:** advisor to athletes; nutrit. consultant; former Chair, Vegetar. Nutrit. Dietetic Practice Grp.

**\*\*Introduction to our theme, "Nutrition against Disease: from Evidence, to Health-Practitioner Teamwork, to Guided Behavior Change", Part 1 of 2**

(These objectives apply to the combination of "Part 1" and "Part 2" at the beginning and end of the evening.)

- 1) Describe key barriers to implementing plant-based nutrition on a large scale for facilitating the prevention of disease.
- 2) Identify crucial steps that can be taken to improve patients' knowledge and potential practice of plant-based nutrition.
- 3) Recognize how the health care team can form strategies for changing behaviors of health-care clients.

THURSDAY 6:15-6:35 pm

**Kumara Sidhartha, MD MPH:** Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA

**\*\*The 'Triple Aim' of Healthcare and Chronic Disease Management using Plant-based Nutrition, Part 1 of 2**

(These objectives apply to the combination of "Part 1" and "Part 2" at different times during the conference.)

- 1) Discuss why plant-based nutrition is an effective strategy in the management of chronic diseases such as diabetes, hypertension and heart disease.
- 2) Describe the value of plant-based nutrition in helping optimize population health, and the quality and cost of healthcare.
- 3) List practical strategies for successfully integrating plant-based nutrition in a health-insurance-based clinical practice.

THURSDAY 6:35-7:00 pm

**Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing

**\*\*Deprescribing Insulin in the Person with Type 2 Diabetes, Part 1 of 2**

(These objectives apply to the combination of "Part 1" and "Part 2" at different times during the conference.)

- 1) Compare or evaluate the risks/benefits of exogenous insulin with regard to outcomes that are important to diabetes patients.
- 2) Discuss the implications of a case study: the patient on 100 units of insulin who begins a plant-based diet.
- 3) Describe resources that may help patients in primary care settings make and sustain a dietary change such as this.

THURSDAY 7:00-7:20 pm

**Mladen Golubic, MD PhD:** Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal

**\*\*How Can Clinical Practitioners Activate the Power of Diet for Cancer Prevention and Rehabilitation?, Part 1 of 2 -- In General**

(These objectives apply to the combination of "Part 1" and "Part 2" at different times during the conference.)

- 1) Cite the key role of diet and other lifestyle factors in development and progression of cancer.
- 2) Describe mechanisms by which dietary choices modulate risks of cancer.
- 3) Describe how diet can be used not just for prevention, but as a key element of cancer rehabilitation, in particular for breast and prostate cancer.
- 4) Construct essential elements of an optimal nutritional self-care regimen for patients and for yourself.

THURSDAY 7:20-7:35pm [break]

THURSDAY 7:35-8:15 pm

**Cheryl Anderson, PhD MPH:** Assoc. Prof., Preventive Medic., U. of Calif. San Diego; Adj. Assoc. Prof., Epidemiology, Johns Hopkins U.

**\*\*Dietary Patterns that Optimize Sodium and Potassium Intake: Implications for Chronic Disease Prevention**

- 1) Provide a concise explanation of the expected health effects of lowering typical dietary sodium intake and increasing typical dietary potassium intake.
- 2) Describe the importance of plant-based and whole foods in lowering sodium intake and increasing potassium intake.
- 3) Discuss the rationale for both a clinical and public health focus on achieving population adherence to healthful dietary patterns
- 4) List two strategies that can be used to improve diet patterns in each of the following settings: the clinical encounter; the health system; and at home

THURSDAY 8:15-9:00 pm

**P-POD KEYNOTE SUMMIT MEETING OF EXPERTS**, representing the Cleveland Clinic and its Center for Lifestyle Medicine; University of San Diego School of Medicine and Johns Hopkins University and the Institute of Medicine's Food and Nutrition Board; George Washington University; Tufts University; and Walden University....

**\*\*Round Table: How Do We Choose and Judge the Evidence on Which We Base Public Health Recommendations and Patient Advisement?**

**Convener/Moderator: Micaela Karlsen, MSPH:** founder, plantbasedresearch.org; former Exec. Dir., T. Colin Campbell Found.

**Ulka Agarwal, MD:** Staff Psychiatrist, Geo. Wash. U.; former Dir. of Clinical Research / Chief Medical Officer, PCRM

**Cheryl Anderson, PhD MPH:** Assoc. Prof., Preventive Medic., U. of Calif. San Diego; Adj. Assoc. Prof., Epidemiology, Johns Hopkins U.

**Mladen Golubic, MD PhD:** Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal

**Timothy Radak, RDN DrPH MPH:** Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.

- (1) Discuss reasonable answers to most, if not all, of the following questions:
  - a--What are standards based upon which past peer-reviewed research would be regarded as credible contributors to the body of public health knowledge?
  - b--What useful roles do different forms of epidemiological and clinical research play in informing our present knowledge and guiding future investigation?
  - c--What accumulation or juxtaposition of pieces of evidence should be sufficient to lead us to make community or clinical dietary recommendations based on this?
  - d--Further, what degree of evidence should make it a moral imperative for practitioners to disclose lifestyle choices deemed to have preventive value with regard to chronic diseases?
  - e--How can practitioners cope with the distorted public views of "evidence" that may be fostered by technical ignorance and by commercial conflicts of interest that may undermine governmental guideline creation and media reporting?

THURSDAY 9:00-9:10 pm

**Matt Ruscigno, RDN MPH:** advisor to athletes; nutrit. consultant; former Chair, Vegetar. Nutrit. Dietetic Practice Grp.

**\*\*Introduction to our theme, Part 2 of 2, Summing It All Up: Integrating Plant-based Nutrition into Health Care Practice and Public Consciousness**

(These objectives apply to the combination of "Part 1" and "Part 2" at the beginning and end of the evening.)

- 1) Describe key barriers to implementing plant-based nutrition on a large scale for facilitating the prevention of disease.
- 2) Identify crucial steps that can be taken to improve patients' knowledge and potential practice of plant-based nutrition.
- 3) Recognize how the health care team can form strategies for changing behaviors of health-care clients.

FRIDAY 7:30-8:55 am (fitness/yoga/walking activity to be arranged, and basic oat/fruit/nut type breakfast foods provided on-site)

**FRIDAY MORNING PLENARY SESSION 8:55-11:45 am: "Putting the 'Whole' in 'Holistic' with Integrative and Functional Medicine and Nutrition" (2.75 hours plus 5 minutes)**

FRIDAY 8:55-9:35 am

**Monique Richard, RDN MS LDN:** Chair, Dietitians in Integrative/Functional Medic. DPG; Adj. Prof., East TN State U.

**\*\*An Overview of Integrative and Functional Medicine related to Plant-based Nutrition**

- 1) Discuss the basic premise of Integrative and Functional Medicine and Nutrition (IFM/N): use of the IFMNT radial.
- 2) Recognize the importance and contributions of the Integrative RDN within the interdisciplinary team, in fostering positive patient outcomes.
- 3) Identify ways to implement IFM/IFN with regard to the patients/clients in your own area of practice.

FRIDAY 9:35-10:05 am

**Ulka Agarwal, MD:** Staff Psychiatrist, Geo. Wash. U.; former Dir. of Clinical Research / Chief Medical Officer, PCRM

**\*\*Foods that Fight Depression -- How Research-Based Nutrition Can Integrate with Clinical Practice in Addressing Emotional Health**

- 1) Describe the current body of research on diet and depression, and scientifically identified mechanisms by which diet affects depression.
- 2) Identify the key nutrients and dietary patterns that are known to affect depression. and formulate basic nutrition recommendations for clinical patients with depression.
- 3) Describe how to help depressive patients make lasting behavioral change.
- 4) Identify strategies on how to integrate nutrition education for depression into the current frame of practice.

FRIDAY 10:05-10:20 am [break]

FRIDAY 10:20-10:40 am

**Timothy Radak, RDN DrPH MPH:** Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.

**\*\*Implications of Essential Fatty Acid Metabolism for Clinical Practice regarding Emotional or Cognitive Disorders**

- 1) Discuss past research regarding essential fatty acid (EFA) intake and emotional or cognitive disorders.
- 2) Describe health benefits of short and long chain EFA, particularly as found in vegetarian/vegan populations.
- 3) Discuss issues involving omega-3 and omega-6 ratios and rates of conversion to long chain EFA.
- 4) Discuss recommendations for EFA intake with regard to emotional or cognitive disorder prevention or after diagnosis.

FRIDAY 10:40-11:15 am

**Gordon Saxe, MD MPH PhD:** Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.

**\*\*The Therapeutic Order: Diet and Lifestyle as the Foundation for Healing in a New Model of Integrative Medicine**

- 1) Define the term "therapeutic order" and discuss how it relates to both ancient and modern medical systems.
- 2) Identify the steps in the therapeutic order and explain why diet and lifestyle serve as the foundation level for healing.
- 3) Discuss how this model differs from other standard models of Integrative Medicine.

FRIDAY 11:15-11:45 am

**\*\*Round Table on Integrative and Functional Medicine and Nutrition, and Mind-Body Health**

**Conveners/Moderators: Monique Richard, RDN MS LDN:** Chair, Dietitians in Integrative/Functional Medic. DPG; Adj. Prof., East TN State U.

and **Parul Kharod, RDN MS LDN:** Clinical Dietitian, WakeMed Cary Hospital; former NC Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

**Ulka Agarwal, MD:** Staff Psychiatrist, Geo. Wash. U.; former Director of Clinical Research / Chief Medical Officer, PCRM

**Evelisse Capo, PharmD:** founder, The Food Pharmacy; Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**Gordon Saxe, MD MPH PhD:** Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.

- 1) Describe how fostering collaboration in healthcare can improve the addressing of emotional and cognitive health needs in our patients.
- 2) Recognize how an integrative and functional medicine approach broadens and deepens holistic treatment of an individual.
- 3) Discuss the importance of addressing the emotional/cognitive levels and mind/body connection in order to improve outcomes for a multitude of chronic diseases.

FRIDAY 11:45 am - 12:05 pm [stretching or campus stroll before luncheon]

Lunch room opens 11:45 am.

FRIDAY 12:05-1:25 pm [luncheon]

**FRIDAY AFTERNOON PLENARY SESSION 1:25-4:50 pm: "Responding to Disease, and Responding to Unmet Public Needs, Part 1" (3.5 hours minus 5 minutes)**

FRIDAY 1:25-1:50 pm

**Janardhan Srinivasan, MD FACC:** Physic. in Interventional Cardiology / Internal Medic., Halifax Heart Ctr.

**\*\*Atherogenesis: Role of Plant-based Diets in the Prevention/Stabilization/Reversal of Disease**

- 1) Describe the pathophysiology of Atherosclerosis.
- 2) Recognize the role that plant based diets can play in the prevention and reversal of artery disease.
- 3) Discuss how relevant evidence based guidelines may be implemented into practice.

FRIDAY 1:50-2:10 pm

**Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing

**\*\*Deprescribing Insulin in the Person with Type 2 Diabetes, Part 2 of 2**

(These objectives apply to the combination of "Part 1" and "Part 2" at different times during the conference.)

- 1) Compare or evaluate the risks/benefits of exogenous insulin with regard to outcomes that are important to diabetes patients.
- 2) Discuss the implications of a case study: the patient on 100 units of insulin who begins a plant-based diet.
- 3) Describe resources that may help patients in primary care settings make and sustain a dietary change such as this.

FRIDAY 2:10-2:35 pm

**Joseph Gonzales, RDN LDN:** Nutrit. Consultant, Blue Cure Founda.; former Nutrit. Dir., NutritionFacts.org; former lead dietitian, PCRM Clinical Research Division

**\*\*The Importance of Diet and Lifestyle Education for Prostate Cancer Awareness**

- 1) Identify and describe major cancer organizations who promote nutrition.
- 2) Explain the value of prostate cancer awareness and prevention.
- 3) Recognize challenges and opportunities confronting cancer organizations in the U.S.

FRIDAY 2:35-2:55 pm

**\*\*Round Table: Responding to Major Chronic Diseases**

**Convener/Moderator: Joseph Gonzales, RDN LDN:** Nutrit. Consultant, Blue Cure Founda.; former Nutrit. Dir., NutritionFacts.org; former lead dietitian, PCRM Clinical Research Division

**Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing

**Janardhan Srinivasan, MD FACC:** Physic. in Interventional Cardiology / Internal Medic., Halifax Heart Ctr.

- (1) (This round table is intended to advance the stated learning objectives for the immediately preceding solo presentations by its three participants.)

FRIDAY 2:55-3:15 pm [break]

FRIDAY 3:15-3:40 pm

**Stacy Blondin, MSPH:** Research Asst., Tufts U. Schl. of Nutrit. and ChildObesity180 Schl. Breakfast Initiative

**\*\*Progress toward Plant-based Federal Nutrition Assistance Programs: An Overview and Case Study of the National School Lunch Program**

- 1) Describe ways in which federal nutrition assistance programs (e.g. WIC, School Meal Programs) currently support plant-based nutrition, and ways they can be leveraged and improved to better facilitate plant-based diets among participants.
- 2) Discuss the findings of recent research on the acceptability of plant-based menu options in the National School Lunch Program.
- 3) Recognize the potential nutritional, economic and environmental impact of implementing Meatless Monday programs in K-12 public schools.

FRIDAY 3:40-4:15 pm

**Micaela Karlsen, MSPH:** founder, plantbasedresearch.org; former Exec. Dir., T. Colin Campbell Found.

**Kathy Pollard, MS:** Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**\*\*Penny-pinched and Plant-based? How to Support Dietary Treatment for People with Limited Income**

- 1) Discuss typical food costs for various socioeconomic groups, and the implications of "food deserts" for food purchasing.
- 2) Describe cost differences for a weekly meal plan for a family of four, between whole food plant-based meals, and typical meat-based meals, with ingredients purchased at big box stores (such as Walmart).
- 3) Discuss options for plant-based food purchasing for individuals who receive SNAP and WIC benefits.

FRIDAY 4:15-4:50 pm

**Ana Negron, MD:** family physic.; senior faculty, Crozer Family Practice Residency; Member, PCRM National Advisory Board

**\*\*Helping People Embrace Radical Lifestyle Change**

- (1) Recognize factors that for particular individuals would likely discourage positive behavior change.... stale routines; myths regarding food and nutrients; discouragement from poorly informed family or friends; misconceptions regarding time or money.
- (2) Recognize when deficits in some competences, like food literacy or cooking literacy, are obstacles to nutritional advancement for particular individuals.
- (3) Develop strategies that may help dismantle an individual's obstacles to successful change and increase feelings of wellbeing.... likely including practical food preparation experiences (such as in group classes) that engage all the senses.

Dinner room opens 4:50 pm.  
FRIDAY 4:55-6:15 pm [dinner]

**FRIDAY EVENING PLENARY SESSION 6:25-9:10 pm: "Responding to Disease, and Responding to Unmet Public Needs, Part 2" (2.75 hours)**

FRIDAY 6:25-7:05 pm

**Susan Levin, RDN MS CSSD:** PCRM Dir. of Nutrit. Edu.; Board Certified Specialist, Sports Dietetics

**\*\*A WIC-Like Model for SNAP (Supplemental Nutrition Assistance Program)**

- 1) Identify foods that would make up a nutrient-dense diet and that also consume minimal financial resources.
- 2) Review the history of some key federal food programs and their consequences with regard to hunger and health.
- 3) Compare the pros and cons of restricting and/or incentivizing benefits within a federal food program.

FRIDAY 7:05-7:25 pm

**Ted Barnett, MD:** Diagnostic/Vascular/Interventional Radiologist, Unity Health Sys.; Medic. Dir., Rochester Lifestyle Medic.

**\*\*An Example of a Scaleable Resource for Reaching out to the Community: The CHIP Curriculum**

- 1) Discuss how a health promotion curriculum based on a series of standardized videos can be easily scaled up to reach the maximum number of patients.
- 2) Explain how such a program can pay for itself via decreased health care costs in less than 6 months.
- 3) Enumerate the types of patients who would benefit the most from such a program.
- 4) Discuss strategies for generating reimbursement to health practitioners in connection with such a program.

FRIDAY 7:25-8:00 pm

**Gordon Saxe, MD MPH PhD:** Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.

**\*\*Can Eye Disease be Prevented or Reversed? An Evolving, Diet-based Approach to Integrative Ophthalmology**

- 1) List the four major causes of blindness and discuss their known risk factors.
- 2) Explain mechanisms by which a whole food plant-based diet could influence the risk or course of ophthalmic diseases.
- 3) Identify the single food group with the greatest potential to facilitate the repleting of the tissues of the eye.

FRIDAY 8:00-8:15 pm [break]

FRIDAY 8:15-9:10 pm

**Caldwell Esselstyn, Jr., MD:** Dir., Cardiovasc. Prevention/Reversal Prog., Cleveland Clinic Wellness Institute; retired surgeon

**\*\*Ending the Cardiovascular Disease Epidemic**

- 1) Discuss the importance of physicians recognizing the significance of nutrition, as they confront chronic diseases such as cardiovascular disease..
- 2) Describe the relationship between endothelial cells and nitric oxide production.
- 3) Identify a clinical strategy to halt and reverse cardiovascular disease, by repairing the functionality of the endothelial cells, and stabilizing and shrinking arterial plaques.

SATURDAY 7:30-8:55 am [fitness/yoga/walking activity to be arranged, and basic oat/fruit/nut type breakfast foods provided on-site]

**SATURDAY MORNING PLENARY SESSION 8:55-11:55 am: "From the Clinic to the Community" (3 hours)**

SATURDAY 8:55-9:25 am

**Mladen Golubic, MD PhD:** Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal

**\*\*How Can Clinical Practitioners Activate the Power of Diet for Cancer Prevention and Rehabilitation?, Part 2 of 2 -- Breast Cancer**

(These objectives apply to the combination of "Part 1" and "Part 2" at different times during the conference.)

- 1) Cite the key role of diet and other lifestyle factors in development and progression of cancer.
- 2) Describe mechanisms by which dietary choices modulate risks of cancer.

- 3) Describe how diet can be used not just for prevention, but as a key element of cancer rehabilitation, in particular for breast and prostate cancer.
- 4) Construct essential elements of an optimal nutritional self-care regimen for patients and for yourself.

SATURDAY 9:25-10:00 am

**Stephan Esser, MD:** Sports/Spine Physic. in orthopedics practice; former Mayo Clinic Sports Medic. Fellow

**\*\*Lab to Table: Plant Based Medicine and Diabetes**

- 1) Explain the pathophysiology of type 2 diabetes as it relates to plant-based nutrition and obesity.
- 2) Recognize and apply the pertinent scientific literature related to the prevention and reversal of diabetes involving plant-based nutrition.
- 3) Identify five science-based diabetes prevention strategies for patients.

SATURDAY 10:00-10:30 am

**Evelisse Capo, PharmD:** founder, The Food Pharmacy; Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**\*\*Food for Life, Kickstarts, Plants over Pills and other Community/Patient Plant-based Outreach Programs for Hands-on Education, Support and Lifestyle Behavior Sustainability**

(concluding with introduction of all Food For Life instructors in attendance)

- 1) Identify and describe established and proven community resource workshops and programs that enhance the sustainability of a plant-based lifestyle.
- 2) Discuss techniques and approaches that can be used at a medical practice or in cooperation with other healthcare practitioners, to promote active patient involvement and investment in their own health promotion.
- 3) Recognize the importance of hands-on cooking demonstrations, testimonials, and group discussions, for effectively facilitating lifestyle changes.

SATURDAY 10:30-10:45 am [break]

SATURDAY 10:45-11:20 am

**Tracye McQuirter, MPH:** author, By Any Greens Necessary; former Dir., Eat Smart Prog., Washington DC

**\*\*Lessons from the Eat Smart Program, the First Federally Funded Community-based Vegan Nutrition Program in the U.S.**

- 1) Cite examples of successful strategies and information content that have been used by health practitioners to increase substantially plant-based nutrition knowledge and application among clients, and motivate them to make sustainable dietary changes.
- 2) Identify three main challenges to developing and maintaining a community-based vegan nutrition program.
- 3) Describe four key teaching components that may be employed in a community-based vegan nutrition program.
- 4) Formulate practical learning objectives and measurable outcomes for participants in a community-based vegan nutrition program.

SATURDAY 11:20-11:55 am

**\*\*Round Table: How To Engage Authentically and Effectively with Clients Whose Race, Gender, Culture, Class and/or Cuisine May Be Different from Your Own**

**Convener/Moderator: Parul Kharod, RDN MS LDN:** Clinical Dietitian, WakeMed Cary Hospital; former NC Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

**Tracye McQuirter, MPH:** author, By Any Greens Necessary; former Dir., Eat Smart Prog., Washington DC

**Ana Negron, MD:** family physic.; senior faculty, Crozer Family Practice Residency; Member, PCRM National Advisory Board

**Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing

- 1) Identify the need for communications approaches that are respectful of patients' and community members' individual attributes, such as race, gender, culture or class.
- 2) Recognize that awareness of the cultural diversity and associated food habits of our clients is essential for delivering appropriate dietary and health related recommendations.
- 3) Identify better ways to counsel clients, using informed culturally sensitive and trust-building approaches that will improve adherence to dietary changes and potentially improve health outcomes.
- 4) Discuss strategies for helping clients to preserve customary food practices while also incorporating healthier alternatives and thus improving community health outcomes.

SATURDAY 11:55 am - 12 noon [group photo]

Lunch room opens 12 noon.

SATURDAY 12:00 noon -12:20 pm [stretching or campus stroll before luncheon]

SATURDAY 12:20-1:40 pm [luncheon]

**SATURDAY AFTERNOON PLENARY SESSION 1:40-5:30 pm: "Re-inventing Clinical Medical Practice as Rooted in Nutrition" (3.75 hours plus 5 minutes)**

SATURDAY 1:40-2:20 pm

**Robert Ostfeld, MD MSc:** founder/Dir., Montefiore Einstein Cardiac Wellness; Assoc.Prof. of Clinical Medic.

**\*\*Evidence Based Review of a Plant-based Diet and Cardiovascular Disease... with Implications for Clinical Practice**

- 1) Describe the epidemiological and clinical research history that documents the benefit of plant-based diets in prevention or reversal of cardiovascular disease.
- 2) Describe how advisement about plant-based diet has successfully been incorporated into clinical practices in the past.
- 3) Discuss how advisement about plant-based diets might be incorporated into the medical system in which you work.

SATURDAY 2:20-2:45 pm

**Kumara Sidhartha, MD MPH:** Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA

**\*\*The 'Triple Aim' of Healthcare and Chronic Disease Management using Plant-based Nutrition, Part 2 of 2**

(These objectives apply to the combination of "Part 1" and "Part 2" at different times during the conference.)

- 1) Discuss why plant-based nutrition is an effective strategy in the management of chronic diseases such as diabetes, hypertension and heart disease.
- 2) Describe the value of plant-based nutrition in helping optimize population health, and the quality and cost of healthcare.
- 3) List practical strategies for successfully integrating plant-based nutrition in a health-insurance-based clinical practice.

SATURDAY 2:45-3:20 pm

**Pamela Fergusson, RD PhD:** private practice nutritionist; former HIV/Nutrit. Advisor, Food and Nutrit. Technical Assistance (Africa/Asia)

**\*\*Integrating Counseling on Plant-based Diets into Clinical Practice on Behalf of Mental Health**

- 1) Review critically the evidence for the relationships between mental health generally and diet.
- 2) Explore the evidence base for plant-based diets as an intervention for prevention and treatment of depression and anxiety, including potential outcomes for patients and clients.
- 3) Discuss the practical application of dietary interventions in mental health within a multi-disciplinary team, including sharing of practice tools.

SATURDAY 3:20-3:35 pm [break]

SATURDAY 3:35-4:15 pm

**Thomas M. Campbell II, MD:** Medical Dir., T. Colin Campbell Ctr. for Nutrit. Studies; co-founder, U. of Rochester Prog. for Nutrit. in Medic.

**\*\*Bringing Nutritional Practice to Traditional Medical Settings**

- 1) Identify several challenges to implementing nutritional treatment of disease in traditional medical settings.
- 2) Describe several models by which it is possible to treat patients via nutritional measures.
- 3) Discuss the role of financial factors in starting nutrition-focused programs.

SATURDAY 4:15-4:55 pm

**Saray Stancic, MD FACN:** lifestyle medic. physic.; board certified Infectious Disease specialist since 1999

**\*\*A Physician's Personal Journey as a Multiple Sclerosis Patient... Leads to Creation of a Lifestyle Medicine Practice**

- 1) Cite scientific evidence which supports disease prevention via diet and lifestyle modification elicited by primary care practice.
- 2) Describe the possible role of epigenetics in disease initiation and expression.
- 3) Discuss implications of potential future shifts in clinical medicine practice from seeking to treat symptoms of disease to seeking to treat their causes.

SATURDAY 4:55-5:30 pm

**\*\*Round Table: Integrating Nutrition into Clinical Practice**

**Convener/Moderator: Pamela Fergusson, RD PhD:** private practice nutritionist; former HIV/Nutrit. Advisor, Food and Nutrit. Technical Assistance (Africa/Asia)

**Thomas M. Campbell II, MD:** Medical Dir., T. Colin Campbell Ctr. for Nutrit. Studies; co-founder, U. of Rochester Prog. for Nutrit. in Medic.

**Kumara Sidhartha, MD MPH:** Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA

- 1) Discuss critically the evidence for the benefits of integrating nutrition into clinical practice.
- 2) Describe best practices for integrating nutrition into clinical practice.
- 3) Cite tools and experience drawn from multi-disciplinary practice, that facilitate integrated nutrition care.

SATURDAY 5:30-6:25 pm plus [conference reception] Reception space is open until 8 pm (refreshments served until about 7:30).

SATURDAY 8:00-10:15 pm [offsite joint social gathering with Triangle Vegetarian Society, including music, dancing and refreshments]

SUNDAY 7:30-9:00 am [fitness/yoga/walking activity to be arranged, and basic oat/fruit/nut type breakfast foods provided on-site]

**SUNDAY MORNING SESSION 9:00-11:45 am: 21 Speakers in In-Depth Discussion" (2.75 hours)**

SUNDAY 9:00-9:40 am, **CHOICE A**

**\*\*Interactive Discussion/Question Group, To Advance the Learning Objectives of All Prior Sessions**

**Convener/Moderator: Kathy Pollard, MS:** Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**Irana Hawkins, RDN PhD MPH:** Environmental Nutrition researcher/author, Washington St. Coordinator, Vegetarian Nutrition Dietetic Practice Group

**Ted Barnett, MD:** Diagnostic/Vascular/Interventional Radiologist, Unity Health Sys.; Medic. Dir., Rochester Lifestyle Medic.

**Milton Mills, MD:** Critical Care Physic., Inova Fairfax Hospital; Member, PCRM National Advisory Board

**Kumara Sidhartha, MD MPH:** Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA

SUNDAY 9:00-9:40 am, **CHOICE B**

**\*\*Interactive Discussion/Question Group, To Advance the Learning Objectives of All Prior Sessions**

(This Choice B discussion isn't required to, but is expected to, return to the keynote questions of "what is evidence?", and what do we look for, to guide our clinical advisement and public health recommendations?)

**Convener/Moderator: Micaela Karlsen, MSPH:** founder, plantbasedresearch.org; former Exec. Dir., T. Colin Campbell Found.

**Gordon Saxe, MD MPH PhD:** Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.

**Timothy Radak, RDN DrPH MPH:** Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.

**Mladen Golubic, MD PhD:** Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal

SUNDAY 9:00-9:40 am, **CHOICE C**

**\*\*Interactive Discussion/Question Group, To Advance the Learning Objectives of All Prior Sessions**

(This Choice C discussion isn't required to, but is expected to, focus on synergistic health-promoting effects of well-rounded physical activity and whole-food plant-based nutrition.)

**Convener/Moderator: Matt Ruscigno, RDN MPH:** advisor to athletes; nutrit. consultant; former Chair, Vegetar. Nutrit. Dietetic Practice Grp.

**Stacy Blondin, MSPH:** Research Asst., Tufts U. Schl. of Nutrit. and ChildObesity180 Schl. Breakfast Initiative

**Stephan Esser, MD:** Sports/Spine Physic. in orthopedics practice; former Mayo Clinic Sports Medic. Fellow

**Janardhan Srinivasan, MD FACC:** Physic. in Interventional Cardiology / Internal Medic., Halifax Heart Ctr.

**Saray Stancic, MD FACN:** lifestyle medic. physic.; board certified Infectious Disease specialist since 1999

SUNDAY 9:40-9:45 am [reconvene in plenary room]

SUNDAY 9:45-10:35 am

**\*\*P-POD SUPERPANEL, PART 1 – The Magic of Communicating with Patients and Community Members: Gaining Their Trust; Showing Them That Change Is Doable and Obstacles May Be Overcome; Doing Follow-Up To Facilitate Sustainable Disease-Preventive Behavior**

**Convener/Moderator: Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing

**Evelisse Capo, PharmD:** founder, The Food Pharmacy; Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**Pamela Fergusson, RD PhD:** private practice nutritionist; former HIV/Nutrit. Advisor, Food and Nutrit. Technical Assistance (Africa/Asia)

**Parul Kharod, RDN MS LDN:** Clinical Dietitian, WakeMed Cary Hospital; former NC Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

**Tracye McQuirter, MPH:** author, By Any Greens Necessary; former Dir., Eat Smart Prog., Washington DC

**Ana Negron, MD:** family physic.; senior faculty, Crozer Family Practice Residency; Member, PCRM National Advisory Board

**Saray Stancic, MD FACN:** lifestyle medic. physic.; board certified Infectious Disease specialist since 1999

**and special guest:**

**Kayellen Edmonds Umeakunne, RDN MS LDN:** Dir., Morehouse Schl. Of Medic. Bionutrit. Lab; Research Comm. Chair, Vegetar. Nutrit. Dietetic Practice Grp.

(1) Discuss reasonable answers to most, if not all, of the following questions:

a--How can practitioners overcome credibility problems that result from patients/clients perceiving a "professional distance" or lack of personal engagement in some clinical settings, and finding that insufficient time seems awarded to personal advisement?

b--What are some styles and strategies that have been found by different kinds of practitioners in different real-world settings to be effective in promoting behavior changes for disease prevention?

c--What are known to be some potential highly motivating factors that could be cultivated for patients/clients who may otherwise feel cynical, stuck or discouraged about changing their habits?

d--What obstacles or pitfalls might commonly be reported later by patients/clients who begin in good faith a lifestyle change effort?

e--What kinds of follow-up, monitoring and support should clinicians be ready to provide patients who are attempting dramatic

lifestyle changes such as a plant-based dietary shift (or changing exercise habits, quitting smoking, etc.)?

f--What new knowledge and skills should practitioners try to implement in their clinical practice, as they strive for success in advising/guiding dietary and lifestyle change?

SUNDAY 10:35-10:50 am [break]

SUNDAY 10:50-11:45 am

**\*\*P-POD SUPERPANEL, PART 2 (as above)**

SUNDAY 11:45 am-12:05 pm [stretching or campus stroll before luncheon]

Lunch room opens 12 noon.

SUNDAY 12:05-1:25 pm [luncheon]

**SUNDAY AFTERNOON PLENARY SESSION 1:25-5:00 pm: "Plant-based Diets and the Cutting Edge of News and Ideas" (3.5 hours plus 5 minutes)**

SUNDAY 1:25-2:15 pm

**Kana Wu, MD PhD MPH:** Senior Research Scientist, Dept. of Nutrit., Harvard T. H. Chan Schl. of Public Health

**\*\*Meat Intake and Risk of Cancers, Diabetes and Cardiovascular Disease**

- 1) Describe the various biological mechanisms through which unprocessed red meat or processed meat intake may play a role in the development of cancers.
- 2) Recognize that high red or processed meat intake may also increase risk of certain other non-cancer related conditions, and describe suggested biological mechanisms.
- 3) Identify and describe promising areas for future research on meat and chronic diseases, with particular focus on chronic disease prevention.

SUNDAY 2:15-3:00 pm

**Mark Reinfeld, BS:** executive chef, culinary consultant, author; founder, Vegan Fusion and Blossoming Lotus

**\*\*Food Activism: Bridging the Gap between Nutritional Knowledge and Life Changing Action, through Plant-based Cuisine**

- 1) Relate the goal of patients' long term change in diet patterns, to the prerequisite of healthful meals becoming accepted as flavorful and pleasing.
- 2) Describe some simple culinary strategies and techniques that can help transform meal preparation and eating habits, with the above in mind.... for example, utilizing "template recipes" and "monk bowls".
- 3) ("The Ripple Effect.") Discuss health promotion strategies for community building and outreach, via the education of others on plant based cuisine.

SUNDAY 3:00-3:20 pm [break]

SUNDAY 3:20-4:00 pm

**Irana Hawkins, RDN PhD MPH:** environmental nutrit. researcher/author; Wash. St. Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

**\*\*Prevention of Disease for Our Planet: An Earth-Honoring Plant-based Diet to Revitalize Planetary Health**

- 1) Define three ways that food choices and food systems are linked to planetary health and to environmental degradation.
- 2) Articulate how an organically produced plant-based diet minimizes resource consumption and enhances biodiversity.
- 3) Describe agroecology and the food production methods that bolster biodiversity.

SUNDAY 4:00-4:50 pm

**Milton Mills, MD:** Critical Care Physic., Inova Fairfax Hospital; Member, PCRM National Advisory Board

**\*\*How Dietary Plant Fibers and the Gut Microbiome Influence and Modulate Human Physiology and Psychology**

- 1) Distinguish "prebiotic" and "probiotic" factors, and describe how the emergence of particular dominant bacterial flora in the human gut is determined primarily by the nature of the food material consumed.
- 2) Describe how dietary plant-sourced fibers foster and sustain a gut bacterial population that is well suited to fermentation of plant material, and that is much more diverse than what would otherwise thrive.
- 3) Cite known and proposed associations of gut fermentation byproducts with reduced incidence of several chronic diseases and with enhanced immune system function.
- 4) Discuss implications of gut bacterial fermentation activity for mental and emotional health, such as in influencing risk for disorders such as depression, anxiety and psychosis.

SUNDAY 4:50-5:00 pm **Plenary speaker review and closing.**

Bookstore room must be emptied before 5:30 pm.