



5th annual national Plant-based Prevention Of Disease (P-POD) Conference (www.p-pod.org)

May 19-21, 2018, McKimmon Center, North Carolina State University, Raleigh NC

Physical site: 1101 Gorman St., Raleigh NC 27606

“The FUTURE of Healthcare Begins with NUTRITION”

(All educational sessions are plenaries, in the same conference hall.)

COMPLETE 2018 SCHEDULE, with learning objectives

(Sequencing may change slightly due to any revisions of speakers’ travel schedules.)

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

SATURDAY approximately 11:15 am: on-site check-in available for attendees

SATURDAY 11:45 am - 1:00 pm: Optional on-site separately-payable luncheon available prior to start of the program.

SATURDAY AFTERNOON PLENARY SESSION, 1:00-5:10 pm (4.25 hours minus 5 minutes)

SATURDAY 1:00-1:25 pm

Matt Ruscigno, RDN MPH:

Introductory remarks: “Why Does the Future of Healthcare Begin with Nutrition?”

- (a) Identify the opportunities for facilitating behavior change in patients in today's healthcare system.
- (b) Apply behavior change principles in a variety of ways through multiple channels.
- (c) Discuss the role of the healthcare provider today and into the future.

(1:25-1:30 pm: transition and mini-stretch)

(New for 2018: The nutrition expertise of Registered Dietitians is crucial! But, other practitioners throughout the health care system must interface with the mission of Registered Dietitians and must embrace the importance of nutrition for chronic disease prevention and treatment strategies.... and they CAN indeed integrate informed nutrition consciousness within their (and/or their team’s) practice! So, P-POD presents the “Perspectives of 8 Different Types of Practitioners”.)

SATURDAY 1:30-2:50 pm: **Perspectives of 8 Different Types of Practitioners, Parts 1 and 2**

(1)--**SATURDAY** 1:30-2:05 pm (physician using lifestyle medicine in daily clinical practice)

Mladen Golubic, MD PhD:

Lifestyle Medicine Can Mobilize Plant-based Diets against Chronic Inflammation (and its Aftermath)

- (a) Recognize chronic low-level inflammation as a key common factor in development and progression of major non-communicable diseases, such as cancer, diabetes and cardiovascular disease, as well as obesity.
- (b) Identify modifiable behaviors within diet and daily lifestyle that contribute to chronic inflammation.
- (c) Describe specific protective mechanisms and effects available through plant-based whole foods nutrition, that may be exploited by lifestyle medicine against inflammation and associated chronic disease.

(2)--**SATURDAY** 2:05-2:40 pm (nurse practitioner practicing clinically as a Certified Diabetes Educator)

Caroline Trapp, DNP APN-BC CDE FAANP:

Diabetes Care without Industry Influence: Serving Patients by Doing the Right Thing

- (a) Review the detrimental effects of industry influence upon diabetes guidelines and standards of care.
- (b) List 3 behaviors that have been found to have the greatest influence on meaningful outcomes for people with

diabetes.

(c) Describe a new paradigm for treating type 2 diabetes.

---2:40-2:50 pm: Audience questions for Mladen Golubic and Caroline Trapp

(2:50-3:00 pm: break and stretch)

SATURDAY 3:00-3:35 pm

Milton Mills, MD:

Plant Proteins and Their Impact upon Human Health, Physiology and Disease Risk

(a) Describe the role of plants in "fixing" atmospheric nitrogen in order to create amino acids and protein.

(b) Review the roles of protein in human body structure and metabolism.

(c) Differentiate 8 "essential" amino acids within 20 overall amino acids, and discuss determinants of protein utilization in the body.

(d) Identify plant-based protein sources, and known benefits of plant proteins for human health.

(e) Discuss how animal proteins increase risk of metabolic diseases, poor mental health and dementia.

---3:35-3:45 pm: Audience questions for Milton Mills

(3:45-3:55 pm: break and stretch)

SATURDAY 3:55-5:10 pm: **Perspectives of 8 Different Types of Practitioners, Parts 3 and 4**

(3)--SATURDAY 3:55-4:25 pm (physician conducting patient lifestyle education in a group setting)

Michael Hollie, MD FAAAAI FACA:

Dinner with the Doctor: A Flavorful Prescription for Health Improvement

(a) Recognize the multi-faceted needs for community health education in support of preventing and reversing certain chronic diseases.

(b) Describe the framework necessary to provide plant-based nutrition education to groups in a community.

(c) Utilize practical information here provided, in order to help implement plant-based nutrition education in your own community.

(4)--SATURDAY 4:25-5:00 pm (integrative psychiatrist)

Ulka Agarwal, MD:

Mindful Eating

(a) Explain the basis for the concept of mindfulness.

(b) Describe how mindfulness affects neuroplasticity, the microbiome and behavioral change.

(c) Describe how one can approach patients with a mindful orientation.

(d) Identify mindfulness techniques that can support adherence to a plant-based diet.

---5:00-5:10 pm: Audience questions for Michael Hollie and Ulka Agarwal

(5:10-5:15 pm: transition to dinner)

SATURDAY 5:15-6:20 pm: dinner

(6:20-6:30 pm: notice given.... transition time to evening program)

SATURDAY EVENING PLENARY SESSION, 6:30-8:20 pm (1.75 hours plus 5 minutes)

SATURDAY 6:30-7:10 pm

Graham Colditz, MD DrPH FAFPHM:

Adolescent and Early Adult Diet can Reduce Risk of Cancer, Diabetes, and Other Chronic Disease: Missed Opportunities for Prevention

Cite or describe relevant research literature insights, about association between specific adolescent / early adulthood lifestyle attributes and greater or lesser future risks of breast cancer and various other chronic diseases:

(a) Adiposity and obesity.

(b) Smoking.

(c) Physical activity or lack of it.

(d) Alcohol use.

(e) Fruit and vegetable consumption.

(f) Consumption of other foods.

---7:10-7:20 pm: Audience questions for Graham Colditz

(7:20-7:30 pm: break and stretch)

SATURDAY 7:30-8:10 pm

Saray Stancic, MD FACN:

The Power of Prevention: a Global Perspective

(a) Recognize the scope of the contemporary chronic illness epidemic.

(b) A Past Vantage Point: Describe the failings of the “Sick Care” model continuing in the early 21st century.

(c) A Future Vantage Point: Discuss the potential evolution of a successful healthcare model that can be ushered in by a new breed of enlightened physicians.

---8:10-8:20 pm: Audience questions for Saray Stancic

SATURDAY 8:25-9:45 pm: dancing party with music, in the conference hall

SUNDAY 7:00 am onward: some FITNESS related activities to be announced

SUNDAY starting about 7:30 am, through 8:35 am and beyond: breakfast (for example, basic oat/fruit/nut type foods) provided on-site, remaining available through more of the morning in the conference hall

SUNDAY MORNING PLENARY SESSION, 8:35 am – 11:45 am (3.25 hours minus 5 minutes)

SUNDAY 8:35-10:35 am: **Focus Lecture and P-POD Annual Clinicians’ Round Table**

---SUNDAY 8:35-9:10 am

Baxter Montgomery, MD FACC:

Focus Lecture: “Addressing Lifestyle-Challenged Patients within an Interventional Nutrition-Rooted Practice”

(a) Explain the rationale and justification for utilizing nutrition as a clinic-prescribed medical intervention.

(b) Describe how measurable staged dietary modifications may be used individually for chronic disease patients who are challenged regarding lifestyle change.

(c) Discuss how the experiences and successes of a cardiology practice in guiding nutritional interventions, may be applicable to other types of medical practice.

---9:10-9:20 am: Audience questions for Baxter Montgomery

(9:20-9:25 pm: transition to round table)

---SUNDAY 9:25-10:35 am

P-POD Annual Clinicians’ Round Table (with audience questions): “Treating and Advising Patients with HUGE Lifestyle Obstacles”

Chair: Ulka Agarwal, MD:

Brenda Davis, RD:

Stephan Esser, MD:

Parul Kharod, RDN MS LDN:

Baxter Montgomery, MD FACC:

Janardhan Srinivasan, MD FACC:

Saray Stancic, MD FACN:

(a) Discuss the role of damaging lifestyle choices (such as poor nutrition and physical inactivity) on the epidemic of chronic illnesses including cardiovascular disease, type 2 diabetes and cancer.

(b) Identify patients' readiness for lifestyle change, and where they may be currently in their "stages of change".

(c) Describe how to personalize recommendations for patients based on their particular challenges, or particular barriers to lifestyle change.

(d) Identify therapeutic techniques and clinical procedures that can support patients' behavioral change.

(10:35-10:45 am: break and stretch)

SUNDAY 10:45-11:45 am: **Focus Lecture and Interactive Dialogue on Diet and the Environment**

---SUNDAY 10:45-11:20 am

Irana Hawkins, RDN PhD:

Focus Lecture: “Using our Plate to Protect the Planet”

- (a) Discuss the magnitude of food waste and its subsequent impact on human health and the natural environment, while articulating the benefits of zero waste principles.
- (b) Recognize the impact of agricultural methods on the nutrient composition of whole plant foods.
- (c) Formulate a strategy that mitigates one diet-related burden on the natural environment.

---SUNDAY 11:20-11:45 am

Interactive Dialogue (with audience questions): “Controlling Climate Change Includes What’s on Your Plate”

Chair: Kathy Pollard, MS:

Irana Hawkins, RDN PhD:

- (a) Describe the energy demands and greenhouse gas outputs of agriculture, in general.
- (b) Evaluate the impact of animal agriculture on greenhouse gas emissions and climate change.

SUNDAY 11:45 am - 12:10 pm (time to stretch/stroll, gather food and get seated for 12:10 lunch lecture)

SUNDAY 11:45 am (luncheon food service available to begin)

SUNDAY “WORKING LUNCHEON” PLENARY SESSION, 12:10-1:30 pm (1.25 hours plus 5 minutes)

SUNDAY 12:10-1:30 pm

P-POD Annual Public Policy Round Table (with audience questions): “How Can Public Policy and Available Resources Be Mobilized to Improve Health Outcomes on a Community, Societal and Global Level?”

Chair: Pamela Fergusson, RD PhD:

Kyle Ash, LLM MA:

Terry Mason, MD FACS:

Timothy Radak, RDN DrPH MPH:

- (a) Describe the potentially critical role of food in efforts for primary prevention of disease, as opposed to early detection of disease.
- (b) Cite evidence-based food and nutrition initiatives that have previously been successful in improving public health outcomes.
- (c) Explain how federal food policies can detrimentally affect the national food and nutrition environment, and
- (d) ...identify opportunities for influencing decision makers toward improving it.
- (e) Evaluate dietary recommendations originating from international health organizations, and discuss policy implications for reducing chronic disease incidence.

(1:30-1:40 pm: break and stretch)

SUNDAY AFTERNOON PLENARY SESSION, 1:40-5:40 pm (4 hours)

SUNDAY 1:40-2:15 pm

Lois Ellen Frank, PhD (Kiowa):

Ancestral Native American Plant-based Foods for Health and Wellness: Their Importance in a Chef’s Modern Kitchen

- (a) Recognize numerous important ancestral Native American plant-based foods that are used in the modern kitchen today, and some dishes that utilize these foods.
- (b) Discuss how such foods can be used in contemporary kitchens via easy to prepare nutritious recipes, as part of health promotion programs to prevent type 2 diabetes and other diseases.
- (c) Utilize the information presented to stimulate dialogue with health practitioners regarding the use of these plant-based Native American ancestral foods.

---2:15-2:25 pm: Audience questions for Lois Ellen Frank

(2:25-2:40 pm: stretch break and P-POD group photo)

SUNDAY 2:40-3:50 pm: **Perspectives of 8 Different Types of Practitioners, Parts 5 and 6**

(5)--SUNDAY 2:40-3:10 pm (physician in sports and spine medicine)

Stephan Esser, MD:

The Intersection of Plant-based Nutrition with Sports and Spine Medicine

- (a) Recognize the intersection of nutrition and common musculoskeletal conditions.

- (b) Identify 5 strategies for incorporating plant-based nutrition into an orthopedic practice.
- (c) Apply various nutritional modifications suitable for common musculoskeletal conditions, in an evidence based fashion.

(6)--SUNDAY 3:10-3:40 pm (exercise physiologist)

Martica Heaner, PhD MA MEd:

Does Diet Trump Exercise? For Fatburning, Fitness and Health, Is Walking Really Enough?

- (a) Identify the physiological mechanisms for why exercise is crucial during weight loss and for weight loss maintenance.
- (b) Discuss why nutritional interventions alone do not compensate for a lack of, or a minimal amount, of physical activity.
- (c) Explain how various modes of exercise differ, in the training effects they can elicit, and in their suitability for a fitness plan that effectively furthers individualized health goals.
- (d) Review an individual's nutritional needs based on physical activity status and demands.

---3:40-3:50 pm: Audience questions for Stephan Esser and Martica Heaner

(3:50-4:00 pm: break and stretch)

SUNDAY 4:00-4:35 pm

Virginia Messina, RDN MPH:

Meeting Nutrient Needs on a Vegan Diet: Guidelines for Health Practitioners

- (a) List the guidelines for planning balanced vegan diets.
- (b) Identify plant-based sources of nutrients that are essential for bone health.
- (c) Explain the benefits of plant-derived dietary fats in reducing risk for chronic disease.

---4:35-4:45 pm: Audience questions for Virginia Messina

(4:45-4:55 pm: break and stretch)

SUNDAY 4:55-5:30 pm

Stephen J. O'Keefe, MD(UK) MSc MRCS LRCP:

Dietary Changes to Prevent Colon Cancer

- (a) Identify the components of food that can increase risk of cancer.
- (b) Recognize the importance of diet in maintaining a healthy microbiota.
- (c) Formulate dietary changes for the purpose of preventing colon cancer.

---5:30-5:40 pm: Audience questions for Stephen J. O'Keefe

(5:40-5:45 pm: transition to dinner)

SUNDAY 5:45-7:15 pm (dinner)

SUNDAY 7:15 pm onward: evening social or reception time, in the conference building

MONDAY 7:00 am onward: some FITNESS related activities to be announced

MONDAY starting about 7:30 am, through 8:35 am and beyond: breakfast (for example, basic oat/fruit/nut type foods) provided on-site, remaining available through more of the morning in the conference hall

MONDAY MORNING PLENARY SESSION, 8:35 am – 12:40 pm (4 hours plus 5 minutes)

MONDAY 8:35-9:20 am: **P-POD'S 2ND ANNUAL DENIS BURKITT MEMORIAL LECTURE**

Kim A. Williams, MD FACC FASNC FAHA:

"Taking the Die out of Diet"

- (a) Explain the relationship between dietary nutrients and death from heart disease.
- (b) Examine the effect of diet on risk factors for heart attack, stroke, hypertension, diabetes, obesity and death.
- (c) Describe the changes in coronary plaque that have been found to occur via a plant-based diet.
- (d) Summarize the long-term effects of a plant-based diet.

---9:20-9:30 am: Audience questions for Kim A Williams

(9:30-9:40 am: break and stretch)

MONDAY 9:40-10:40 am: **Perspectives of 8 Different Types of Practitioners, Parts 7 and 8**

(7)--MONDAY 9:40-10:05 am (pharmacist)

Evelisse Capó, PharmD:

Plant-based Rx

- (a) Describe the potential role of pharmacists in patients' nutrition and lifestyle changes.
- (b) Discuss how plant-based pharmacists could revolutionize their practice to introduce novel ideas and solutions in the healthcare industry.
- (c) Explain the advantages when food can successfully be chosen over medicine, in preventing and reversing chronic disease.

(8)--MONDAY 10:05-10:30 am (registered nurse)

Melissa Busta, RN BSN:

Nursing Opportunities Every Day!.... for Nutrition Education and Promotion

- (a) Explain why nutrition is an integral component of the health promotion that practitioners such as nurses are charged with doing.
- (b) Recognize how a nurse, via educating about plant-based dietary practices, can benefit other healthcare professionals, patients and their families alike.
- (c) List 3 ways within the everyday roles of a nurse that healthful nutrition behaviors may be promoted.
- (d) Identify 3 resources for nurses to help them inform patients and co-workers about the possibilities of plant-based diets.

----10:30-10:40 am: Audience questions for Evelisse Capó and Melissa Busta

(10:40-10:50 am: break and stretch)

MONDAY 10:50-11:30 am

Brenda Davis, RD:

Defeating Disease with Plant-based Diets.... Essential Practice Points for Practitioners

- (a) Recognize 3 common errors made by people switching to a plant-based diet.
- (b) List 3 ways that vegans can modify their diets to ensure optimized essential fatty acid status.
- (c) List 5 dietary components that should be maximized, and 5 dietary components that should be minimized, for optimal disease risk reduction.

----11:30-11:40 am: Audience questions for Brenda Davis

(11:40-11:50 am: break and stretch)

MONDAY 11:50 am -12:30 pm

Michael Klaper, MD:

What I Wish Someone Had Told Me in Medical School about Nutrition

- (a) Identify 4 dietary mechanisms contributing to insulin resistance, and discuss effective dietary strategies for normoglycemia.
- (b) Design foundational food plans to help control moderate hypertension with minimal or no medication.
- (c) Describe the role of diet and intestinal permeability in autoimmune disease.
- (d) Critically evaluate medical consequences of "Paleo-style" diets.

----12:30-12:40 pm: Audience questions for Michael Klaper

MONDAY 12:40 pm onward: lunch may be enjoyed to 2:40 pm, so we invite you to take a stretch/stroll break first

MONDAY 12:40-2:40 pm: Farewell Luncheon

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