



4<sup>th</sup> annual national Plant-based Prevention Of Disease (P-POD) Conference ([www.p-pod.org](http://www.p-pod.org))  
May 18-20, 2017, University of New Mexico Student Union, Albuquerque NM  
“Evidence-Based Nutrition for the Entire Health Care Team.... Reclaiming Simple Traditional  
Plant-based Foods in the Prevention / Treatment of Diabetes and Other Chronic Diseases”

THURSDAY 12:10-1:25 pm [Optional on-site separately-payable luncheon is available prior to start of the program.]

**THURSDAY AFTERNOON PLENARY SESSION, 1:30-5:30 pm (4 hours)**

THURSDAY 1:30-1:45 pm

**Jonathan Nez, MPA (Navajo/Diné):**

**Introductory remarks and community public health context: “Awakening of a New Dawn”**

THURSDAY 1:45-2:10 pm

**Scott Jurek, MS:**

**Beyond Disease Prevention: The Power of Plants for Athletic Performance**

THURSDAY 2:10-2:40 pm

**Lyle Etsitty, BS CHW (Navajo/Diné):**

**A Case Study of a Native American Plant-based Journey to Health: Lessons Learned**

THURSDAY 2:40-3:20 pm

**Debbie Petitpain, RDN MS LDN:**

**Beyond “All You Have To Do Is Change Everything”.... Behavior Change Strategies That Work**

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

THURSDAY 3:35-4:45 pm: **Focus Lecture and Round Table on “Nutrition, Lifestyle and the Brain”....**

(1) THURSDAY 3:35-4:00 pm

**Timothy Radak, RDN DrPH MPH:**

**Focus Lecture: “Fish and Fish Oil Supplements.... Review of Health Effects and Concerns in Chronic Disease”**

(2) THURSDAY 4:00-4:45 pm

**Round Table on “Cognitive Decline and Emotional Disorders”**

**Chair: Joanne Evans, RN MEd PMHCNS-BC:**

**John Pierre:**

**Timothy Radak, RDN DrPH MPH:**

THURSDAY 4:45-5:30 pm

**Mariana Stern, PhD:**

**Current Research about Cancer Risk of Latina Women, in the Context of the Diversity of Latina/Latino Populations in the U.S.**

THURSDAY 5:30-6:35 pm [dinner in conference hall]

**THURSDAY EVENING PLENARY SESSION, 6:45-8:30 pm: (1.75 hours)**

THURSDAY 6:45-7:25 pm

**Saray Stancic, MD FACN:**

**Potential for Lifestyle Medicine and Plant-based Nutrition to Address Auto-immune Diseases**

THURSDAY 7:30-8:30 pm: **P-POD'S 1ST ANNUAL DENIS BURKITT MEMORIAL LECTURE**

**T. Colin Campbell, PhD:**

**Returning to Traditional Foods, to Overcome Chronic Disease**

FRIDAY early morning [We will announce on Thursday evening a time and location where interested attendees may choose to meet early this morning to share an informal unstructured nearby campus run or walk.] [Access to campus gym and shower facilities is available for a daily \$10 fee charged by the university.]

FRIDAY 7:30-8:15 am **YOGA** in the Acoma Room, Student Union [Join **Eileen Crone**, RDN and Registered Yoga Teacher, for a morning warm-up yoga session. Wear stretchy clothing, bring a yoga mat (ideal) or blanket or towel, and enjoy user-friendly poses to start the day with blissful energy.]

FRIDAY 7:30-8:35 am and beyond [breakfast (for example, basic oat/fruit/nut type foods) provided on-site, remaining available much of the morning in the conference hall]

**FRIDAY MORNING PLENARY SESSION, 8:35 am - 12:10 pm (3.5 hours plus 5 minutes)**

FRIDAY 8:35-9:20 am

**Meghan Jardine, RDN MS MBA CDE LDN:** and  
**Caroline Trapp, DNP APN-BC CDE FAANP:**

**Addictivity and Chronic Disease Risk Linked to Cheese: The Latest Research on a Commodity Food Staple**

FRIDAY 9:20-10:25 am: **Focus Lecture and Round Table on “Healthy Practitioner Lifestyle, Healthy Patient Lifestyle”....**

(1) FRIDAY 9:20-9:50 am

**Mladen Golubic, MD PhD:**

**Focus Lecture: “Nutrition, Physical Activity, Stress Relief: Lifestyle Self-care Practices Can Help Both Practitioners and Patients Ward Off Obesity, Chronic Inflammation and Diseases such as Cancer”**

(2) FRIDAY 9:50-10:25 am

**Round Table: “Walking the Walk: How Practitioners Can Empower Patients through Their Example, toward Optimal Diet and Disease Prevention”**

**Chair: Brenda Davis, RD:**

**Joanne Evans, RN MEd PMHCNS-BC:**

**Mladen Golubic, MD PhD:**

FRIDAY 10:25-10:40 am [break]

FRIDAY 10:40-11:25 am

**Milton Mills, MD:**

**Diet and Lifestyle Changes to Prevent, Treat and Reverse Diabetes: The Physiologic and Genetic Mechanisms in the Development of Type 1 and Type 2 Diabetes**

FRIDAY 11:25 am - 12:10 pm

**Lois Ellen Frank, PhD (Kiowa):**

**Seeds of Health: Reclaiming Native American Plant-based Foods "before Diabetes", for Contemporary Health and Wellness**

FRIDAY 12:10-12:25 pm [stretching or campus stroll opportunity before luncheon]

FRIDAY 12:10 [luncheon food service available to begin]

**FRIDAY 12:25-12:35 pm: Please gather luncheon food and get seated in your chosen A, B, C or D room.**

**FRIDAY “WORKING LUNCHEON” BREAKOUT SESSION, 12:35-1:50 pm (1.25 hours)**

**LUNCH MENU IS BASED ON TRADITIONAL INDIGENOUS PLANT-BASED INGREDIENTS OF THE REGION.**

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE A

**Presentation plus Interactive Discussion: “Navajo Nutrition Panel on the Power Plate for Nutrition Education”**

**Moderator: Caroline Trapp, DNP APN-BC CDE FAANP:**

**Margilene Barney, Dietary Manager and Diabetes Prevention Assistant Certification (Navajo/Diné):**

**Yolanda Ellis-Bileen, Dietary Manager and Diabetes Prevention Assistant Certification (Navajo/Diné):**

**Lena Guerito, Dietary Manager and Diabetes Prevention Assistant Certification (Navajo/Diné):**

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE B

**Focus Lectures and Round Table with Interactive Discussion on: “Behavior Change”....**

(1) FRIDAY 12:35-12:50 pm, Focus Lecture: “Overcoming Barriers to Dietary Behavior Change”

**Micaela Karlsen, MSPH:**

(2) FRIDAY 12:50-1:05 pm, Focus Lecture: “Childhood Obesity and the Need to Transform Our Communities”

**Rita Condon, BS:**

(3) FRIDAY 1:05-1:50 pm, Round Table: “Strategies for Promoting Patient Behavior Change toward Improved Personal and Global Health”

**Chair: Amanda Hatherly, MS:**

**Rita Condon, BS:**

**Timothy Radak, RDN DrPH MPH:**

**Nancy Rodriguez, RN CDE BSN:**

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE C

**Round Table with Interactive Discussion on Integrative and Lifestyle Medicine:**

**“Lifestyle Medicine: A Healing Pathway.... The Positive Health Cascade of Integrating More Plants in Our Lives”**

**Chair: Monique Richard, RDN MS LDN:**

**Mladen Golubic, MD PhD:**

**Parul Kharod, RDN MS LDN:**

**Jennifer Rooke, MD MPH FACOEM FACPM:**

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE D

**Focus Lecture and Round Table with Interactive Discussion on: “The Nutrition / Exercise Alliance”....**

(1) FRIDAY 12:35-12:50 pm, Focus Lecture: **“Exercise and Diabetes: Efforts Taken to Regain Health within the Seneca Nation”**

**Andrea John, BS NSCA-CPT (Seneca):**

(2) FRIDAY 12:50-1:50 pm, Round Table with Interactive Discussion: **“Synergistic Effects of Physical Activity and Plant-based Nutrition in Chronic Disease Prevention”**

**Chair: Matt Ruscigno, RDN MPH:**

**Andrea John, BS NSCA-CPT (Seneca):**

**John Pierre:**

**FRIDAY AFTERNOON PLENARY SESSION, 2:00-5:55 pm (4 hours minus 5 minutes)**

FRIDAY 2:00-2:35 pm: **PART ONE** of (continued Saturday morning).... **Focus Lectures and Round Table on “The Health of Underserved and Vulnerable Populations”....**

(1) FRIDAY 2:00-2:20 pm

**Jennifer Rooke, MD MPH FACOEM FACPM:**

**Focus Lecture: “Using Lifestyle Medicine against Cardiovascular Disease in an Atlanta Urban Population”**

(2) FRIDAY 2:20-2:35 pm

**Nancy Rodriguez, RN CDE BSN:**

**Focus Lecture: “Working with the Entire Latino Family Unit to Help Prevent or Reverse Diabetes through Plant-based Nutrition”**

FRIDAY 2:35-3:10 pm

**Caroline Trapp, DNP APN-BC CDE FAANP:**

**Take the Test; Know Your Score.... A “Food For Life” Tool to Assess Diet Quality and Diabetes Risk**

FRIDAY 3:10-3:55 pm

**Meghan Jardine, RDN MS MBA CDE LDN:**

**The Microbiota’s Role in Obesity and Diabetes.... It Calls for a Nutrition Prescription!**

FRIDAY 3:55-4:20 pm [P-POD group photo, and break]

FRIDAY 4:20-4:50 pm

**Robert Ostfeld, MD MSc FACC:**

**Lecture Part 1: “Cutting Edge Research.... Confessions of a Reformed Cardiologist”**

FRIDAY 4:50-5:55 pm: **Focus Lecture and Round Table on “How Clinicians Make It Work”....**

(1) FRIDAY 4:50-5:05 pm

**Robert Ostfeld, MD MSc FACC:**

**Focus Lecture: “Plant-based Nutrition in Day to Day Clinical Practice”**

(2) FRIDAY 5:05-5:55 pm

**Clinicians’ Round Table on “Responding to Patients Who Have Active Disease”**

**Chair: Debbie Petitpain, RDN MS:**

**Michael Klaper, MD:**

**Baxter Montgomery, MD FACC:**

**Robert Ostfeld, MD MSc FACC:**

**Saray Stancic, MD FACN:**

FRIDAY 5:55-7:10 pm [dinner in lecture hall]

FRIDAY after 7:10 pm [on-site reception and party throughout evening]

SATURDAY 6:30-7:15 am **BOOT CAMP** at a nearby outdoor location to be posted and announced at the conference [Join **John Pierre** for his most requested fitness class, "body brain boot camp fun". Each participant will go at her/his own pace during this fun and interactive class. We will do easy running drills utilizing cones and agility ladders. Body weight and resistance bands exercises will also be used. Challenge your brain and nervous system in unique ways.]

(Access to campus gym and shower facilities is available for a daily \$10 fee charged by the university.)

SATURDAY 7:30-8:10 am **ZUMBA** in the Lobo B Room, Student Union [Join **Lori Clark**, an AFAA group fitness certified ACE Personal Trainer. Zumba is an interval-style dance fitness class incorporating low and high intensity moves set to Latin and world rhythms. Ditch the workout and join the party! Please wear gym shoes and light comfortable workout clothing that enables you to move freely. You may want to bring water and a small towel.]

SATURDAY 7:30-8:35 am and beyond [breakfast (for example, basic oat/fruit/nut type foods) provided on-site, remaining available much of the morning in the conference hall]

**SATURDAY MORNING PLENARY SESSION, 8:35-12:35 am (4 hours)**

SATURDAY 8:35-9:15 am: **PART TWO** (continued from Friday afternoon) of... **Focus Lectures and Round Table on "The Health of Underserved and Vulnerable Populations"....**

**Round Table on "Providing Clinical Advice and Care for Underserved and Vulnerable Populations: Understanding Political, Social and Economic Obstacles"**

**Chair: Hope Ferdowsian, MD MPH FACP FACPM:**

**Andrea John, BS NSCA-CPT (Seneca):**

**Nancy Rodriguez, RN CDE BSN:**

**Jennifer Rooke, MD MPH FACOEM FACPM:**

SATURDAY 9:15-10:00 am

**Baxter Montgomery, MD FACC:**

**A Prescription for Change.... Interventional Nutrition vs. Chronic Diseases and Inflammation**

SATURDAY 10:00-10:45 am

**Michael Klaper, MD:**

**Leaky Gut, Probiotics and Implications for Chronic and Auto-immune Disease**

SATURDAY 10:45-11:05 am [break]

SATURDAY 11:05-11:50 am

**Brenda Davis, RD:**

**Nutritional Reversal of Diabetes in the Marshall Islands and Potentially Worldwide**

SATURDAY 11:50 am - 12:35 pm

**Round Table on "Where Do We Go from Here?.... Prevention, Practice and Policy"**

**Chair: Kathy Pollard, MS:**

**Lyle Etsitty, BS CHW (Navajo/Diné):**

**Hope Ferdowsian, MD MPH FACP FACPM:**

**Matt Ruscigno, RDN MPH:**

**Caroline Trapp, DNP APN-BC CDE FAANP:**

SATURDAY 12:35 pm onward [lunch may be enjoyed to 2:20 pm, so we invite you to take a stretch/stroll break first]

SATURDAY 12:35-2:20 pm [Farewell Luncheon]

SATURDAY supertime through Sunday [optional offsite P-POD recreation/retreat/exploring time in Santa Fe]

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