



**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**
www.P-POD.org, www.PreventionOfDisease.org



[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##### North Carolina State University, Raleigh -- 2nd floor of the Dorothy and Roy Park Alumni Center, 2450 Alumni Drive, Raleigh NC 27606 (part of the "Centennial Campus")**

[Due to possible thunderstorms, we're not currently trying to coordinate an optional hike/stroll/run around Lake Johnson.]

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

Micaela Karlsen, MSPH: Founder, plantbasedresearch.org; former Exec. Director, T. Colin Campbell Found.

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

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

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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)]