

# Plant-Based Prevention of Disease Conferences

By **Parul Kharhod, MS, RD, LDN**



**The mission of the Vegetarian Nutrition Dietetics Practice Group (VN DPG) of the Academy of Nutrition and Dietetics is to serve as the leading authority on evidence-based vegetarian nutrition for health professionals and the public (1).**

In order to support this mission, it is vital that all VN DPG members continue to stay up-to-date on the latest information on vegetarian diets. The Academy of Nutrition and Dietetics has recognized the need for further education in this field and is now offering a new online Certificate of Training in Vegetarian Nutrition (2). So it becomes even more crucial for VN DPG members to stay a step ahead if we want to be known as leading experts.

We are very fortunate to have an event that helps us achieve that expertise! Organized with the collaboration of our own VN DPG, the Plant-based Prevention of Disease (P-POD) Conference provides the most current research on a variety of topics related to plant-based diets. Not only that, but it goes a step further to help put this evidence into practice.

An important aspect of the conference is that it's free of any commercial funding (3), and yet manages to keep registration costs low. All co-sponsors and collaborators are like-minded non-profit organizations.

The best feature of the P-POD conference is its intimate setting. Where else can you hear presentations by nationally-recognized distinguished speakers and then sit at the same table and have lunch with them? The low-key event makes it possible for the attendees and presenters to chat with each other and thus collaborate and exchange ideas. The whole event is professional and yet has an informal feel.

We have to protect our RDN status and be recognized as the leading authority on vegetarian nutrition. We can only do that by being part of such events. We have to show other professionals and the public that we are the experts!

The Third Annual P-POD Conference will take place in Raleigh, NC on May 19-22, 2016, and has been approved for 25 continuing education units for RDNs. The theme is "Nutrition against Disease: from Evidence, to Health-

Practitioner Teamwork, to Guided Behavior Change." I urge all colleagues to attend this event to further your knowledge and help uphold the goals and mission of our practice group.

## Resources

1. VNDPG Strategic Plan: <http://vndpg.org/vn-dpg-strategic-plan/>
2. Certificate of Training in Vegetarian Nutrition: <http://www.eatrightstore.org/collections/vegetarian-nutrition>
3. P-POD: <http://preventionofdisease.org/about-p-pod/>

**Parul Kharod, MS, RD, LDN** serves on the Board of Directors of Plant-Based Prevention of Disease, Inc. She served as the VN DPG State Coordinator for North Carolina from Aug. 2011 to Jan. 2015. She currently works as an outpatient dietitian at WakeMed Health & Hospitals in Raleigh, NC. She writes a monthly health column for a local newspaper and magazine, and frequently contributes to the hospital and VN blogs.



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