



6th annual national Plant-based Prevention Of Disease (P-POD) Conference (www.p-pod.org)

May 18-20, 2019, 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 2019 SCHEDULE, with learning objectives

[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 11:00 am: on-site check-in available for attendees

SATURDAY 11:30 am - 1:00 pm: Optional on-site separately-payable luncheon available prior to start of the program.

SATURDAY AFTERNOON PLENARY SESSION, 1:00-4:55 pm (4 hours minus 5 minutes)

CME time excluding breaks: 3:25 (3.5 hours minus 5 minutes)

SATURDAY 1:00-1:30 pm

Matt Ruscigno, RDN MPH:

“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.

SATURDAY 1:30-1:55 pm

Kathy Pollard, MS:

The Sustainability Factor – Do Healthcare Professionals Have a Responsibility to Promote Sustainable Plant-Based Dietary Patterns that Protect the Planet?

- (a) Describe the energy demanded and resources used to produce animal-derived food compared to plant-derived food.
- (b) Explain what would be a sustainable diet, both in terms of personal health as well as in terms of the health of the planet.
- (c) Assess professional responsibility to prescribe and/or recommend a sustainable diet to clients and patients.

----1:55-2:05 pm: Audience questions for Matt Ruscigno and Kathy Pollard

(2:05-2:20 pm: break, stretch, move)

SATURDAY 2:20-3:45 pm: **Double Presentation on "Integrating Plant-based Nutrition into Family Medical Practice and Other Primary Health Care"**

(1)--**SATURDAY** 2:20-2:55 pm

Robert Breakey, MD:

Plant-based Family Medicine: Prescription Reversal

- (a) Describe the improved outcomes that result when patients and communities are supported in adopting a plant-based lifestyle.
- (b) List the 6 Principles of Plant-based Family Medicine for clinicians.
- (c) Explain key strategies clinicians can employ to implement Plant-based Family Medicine principles in their existing practice.

(2)--SATURDAY 2:55-3:30 pm

Julieanna Hever, MS RDN:

Plant-based Nutrition for Healthcare Professionals: Implementing Diet as a Primary Modality in the Prevention and Treatment of Chronic Disease

- (a) List the substantiated health benefits of a plant-based diet.
- (b) Classify the constituents of a healthful whole food, plant-based diet.
- (c) Employ The Food Triangle to describe different diet styles objectively.
- (d) Name which nutrients may be limiting or missing in a plant-based diet.

---3:30-3:45 pm: Audience questions for Robert Breakey and Julieanna Hever

(3:45-4:00 pm: break, stretch, move)

SATURDAY 4:00-4:45 pm

Milton Mills, MD:

The Impact of Historical Racial and Ethnic Bias on the Health Profiles of Minority Communities

- (a) Discuss key attributes of the traditional diets of Native Americans, African Americans, Asians, New World Hispanics and Pacific Island populations.
- (b) Describe how racism, racial bias and government policies or displacements resulted in cultural destruction, the loss of community-specific food production methods, and food insecurity.
- (c) Discuss "thrifty genes" and their role in facilitating disproportionate levels of chronic disease in minority communities when they are consuming "western diets".
- (d) Define "food desert".
- (e) Discuss how federal food support programs and federal Dietary Guidelines have promoted excess chronic disease in minority communities, and how these negative impacts could possibly be ameliorated.

---4:45-4:55 pm: Audience questions for Milton Mills

SATURDAY 4:55-6:15 pm: dinner

(6:05-6:15 pm: notice given.... transition time to evening program)

SATURDAY EVENING PLENARY SESSION, 6:15-8:20 pm (2 hours plus 5 minutes)

CME time excluding breaks: 1:50 (1.75 hours plus 5 minutes) .

SATURDAY 6:15-7:00 pm

P-POD'S 3RD ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 1 OF TRIPLE LECTURE SERIES ON "WOMEN'S HEALTH AND CHRONIC DISEASE RISK, AND REPRODUCTIVE HEALTH"

Reed Mangels, PhD RDN:

Can Plant-based Diets Reduce the Risk of Cardiovascular Disease, Osteoporosis, and Alzheimer's Disease and Other Dementias in Women?

- (a) Describe the evidence for plant-based diets' role in reducing risk of cardiovascular disease in women.
- (b) Identify dietary factors that affect the risk of osteoporosis in women and ways that dietary modification can reduce risk.
- (c) Describe the impact of components of a plant-based diet in reducing the risk of Alzheimer's disease and other dementias in women.

---7:00-7:10 pm: Audience questions for Reed Mangels

(7:10-7:25 pm: break, stretch, move)

SATURDAY 7:25-8:10 pm

PART 1 OF P-POD'S TRIPLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS....

David J. A. Jenkins, MD PhD DSc

The Need to Swap Animal Proteins for Plant Proteins, for Health and the Environment

- (a) Describe the range of chronic diseases (such as cardiovascular disease, diabetes, and certain cancers, especially colon cancer) that are associated with high animal protein intake generally, and red and processed meat intake most particularly.
- (b) Identify components of meat (such as saturated fat, heme iron, choline, carnitine, excess essential amino acids) that

may increase the risk of chronic diseases.

(c) Identify components of plant-derived foods (such as fiber, monounsaturated and polyunsaturated fatty acids, moderate levels of essential amino acids) that confer an advantage with regard to chronic disease risk.

(d) Differentiate plant-derived foods from animal products in terms of the amounts of greenhouse gas production they are associated with.

---8:10-8:20 pm: Audience questions for David J. A. Jenkins

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

SUNDAY 7:00-7:50 am: fitness-related options, to be announced, possibly including yoga, "WERQ - fun fierce dance fitness exercise", or an outdoor "boot camp".

SUNDAY starting about 7:50 am, breakfast (simple basic foods) provided on-site, remaining available for at least 2 hours in the conference hall

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

CE time excluding breaks: 2:55 (3 hours minus 5 minutes)

SUNDAY 8:35-9:40 am: **P-POD Annual Public Policy Round Table (with audience questions): "How to Navigate Successfully a Progressive and Evidence-Based Nutrition Message in a Challenging Food Policy Environment"**

Chair: [Amy Lanou, PhD](#)

[Gloria Ann Begay, MAE](#)

[Susan Levin, MS RDN CSSD](#)

(a) Explain some of the origins of conflict within the creation of federal food policy.

(b) Describe 3 or more examples of successful policy efforts at the local, state or national level.

(c) Explain several actions individuals may take to promote policy change to support whole-food plant-based eating styles.

(d) Recognize the importance of building a collaboration and relationship action plan, to involve government agencies, political entities, advocates, supporters, etc.

(9:40-9:55 am: break, stretch, move)

SUNDAY 9:55-10:40 am

PART 2 OF P-POD'S TRIPLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS

[Hana Kahleova, MD PhD](#)

Resetting Your Body Clock and Boosting Your Metabolism with Plant-based Nutrition

(a) Identify how food synchronizes the central and peripheral body clocks.

(b) Describe how meal timing and frequency play an important role in metabolism.

(c) Evaluate the roles of plant-based nutrition in metabolism.

---10:40-10:50 am: Audience questions for Hana Kahleova

SUNDAY 10:50-11:35 am

[Kim A. Williams, MD MACC FASNC FAHA:](#)

Culinary Disease: The EATiology of Cardiovascular Mortality.

(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.

---11:35-11:45 am: Audience questions for Kim A. Williams

SUNDAY 11:45 am – 12:05 pm (time to stretch/stroll, gather food and get seated for 12:05 pm luncheon lecture)

SUNDAY 11:50 am (luncheon food service available to begin)

SUNDAY "WORKING LUNCHEON" PLENARY SESSION, 12:05 pm - 2:00 pm (2 hours minus 5 minutes)

CE time excluding breaks: 1:55 (2 hours minus 5 minutes)

SUNDAY 12:05-2:00 pm: Triple Presentation on "From Addictive and Health-Undermining Eating Behaviors to Change and Recovery"

(1)--SUNDAY 12:05-12:40 pm

Micaela Karlsen, PhD MSPH

The Biology of Food Addiction in the Modern Obesogenic Food Environment

- (a) Describe the biological pathways of food reward.
- (b) Discuss the intersection of food reward pathways with the obesogenic food environment.
- (c) Discuss the challenges of relying on willpower for healthy eating choices, and identify alternative strategies.

(2)--SUNDAY 12:40-1:10 pm

Chef AJ

10 Commandments to Overcoming your Weight-loss Obstacles

- (a) Describe typical behavior pitfalls that result in needlessly overconsuming, regardless of foods chosen.
- (b) Define food choices that avoid excess caloric density while supporting nutritional goals.
- (c) Discuss how to construct a supportive food "environment" and maintain food quality standards.

(3)--SUNDAY 1:10-1:45 pm

Anthony Lim, MD JD

Breaking Through a Weight-loss Plateau

- (a) Describe multiple strategies for helping patients who are overweight or obese continue to lose weight even after they feel like they have reached a plateau.
- (b) Determine which specific weight loss strategy to recommend to a patient based on the background and circumstances of the patient.
- (c) Explain the concept of caloric density and how to apply it to daily life.

---[1:45 pm: Announcement that luncheon food service ends at 1:50 pm.]

---1:45-2:00 pm: Audience questions for Micaela Karlsen, Chef AJ and Anthony Lim

(2:00-2:10 pm: break, stretch, move)

SUNDAY AFTERNOON PLENARY SESSION, 2:10-5:45 pm (3.5 hours plus 5 minutes)

CE time excluding breaks: 3:10 (3.5 hours)

SUNDAY 2:10-3:35 pm: Focus Lecture and Round Table (with audience questions): "When Patients and the Public Ask, 'What Should I Do, How Do I Start, What Do I Eat?'...."

(1)--SUNDAY 2:10-2:25 pm

Paul Chatlin

Focus Lecture

- (a) Describe some examples of easy useful substitutions which may be done for common unhealthful mainstream foods.
- (b) Discuss how to prepare for a major lifestyle change in the direction of a plant-based diet, including initial "short cuts".

(2)--SUNDAY 2:25-3:35 pm

Round Table (with audience questions): "When Patients and the Public Ask, 'What Should I Do, How Do I Start, What Do I Eat?'...."

Chair: Sheri Orlekoski, RN BS HCSA

Paul Chatlin

Deitra Dennis, RN CHC

Katya Galbis, LD

Timaree Hagenburger, MPH RDN

- (a) Recognize common barriers and challenges experienced by individuals as they transition toward a plant-based eating pattern.
- (b) Discuss how to make a patient feel supported in perceiving simple one-at-a-time steps, using practical foods, for dietary transitions.
- (c) Incorporate culturally relevant strategies into plant-based dietary recommendations for patients, for example....
--Describe cuisine aspects and health benefits of an African Heritage Plant-based Diet;

--Recognize various whole plant-based foods of major nutritional and cuisine importance in several Latino/Latina cultural traditions.

(d) Plan how to sustain motivational and nutrition educational support, including from any relevant community resources, throughout a patient's transition.

(3:35-4:00 pm: break, stretch, move and join in P-POD group photo)

SUNDAY 4:00-5:45 pm

**P-POD'S 3RD ANNUAL DENIS BURKITT MEMORIAL LECTURE:
PARTS 2 AND 3 OF TRIPLE LECTURE SERIES ON "WOMEN'S HEALTH AND CHRONIC DISEASE
RISK, AND REPRODUCTIVE HEALTH"**

(1)--SUNDAY 4:00-4:45 pm

Linda Carney, MD

Mood, Food, and Risks Reviewed: Lifestyle Links to Cancer, PMS, Diabetes, Depression and Dysfunctional Uterine Bleeding

(a) Evaluate which components of the S.A.D. (Standard American Diet) most increase risk for type 2 diabetes mellitus or cancers (especially, breast and ovarian cancers).

(b) Identify 5 lifestyle factors that decrease dysfunctional uterine bleeding risk.

(c) Cite those factors during counseling where appropriate to prevent unnecessary hysterectomies by encouraging behavior change.

(d) Implement lifestyle strategies to prevent or reverse depression, PMS and Premenstrual Dysphoric Disorder, thereby offering interested patients an alternative to pharmaceuticals.

(2)--SUNDAY 4:45-5:30 pm

Amanda E. McKinney, MD CPE FACLM FACOG

A Lifestyle Perspective on Infertility and Pregnancy Outcomes

(a) Recognize that shifts in dietary patterns are impacting the reproductive capacity of the population.

(b) Explore the various impacts on fetal and maternal outcomes of the Standard American Diet (S.A.D.).

(c) Assess the evidence for a planetary health perspective on maternal-fetal health and reproductive capacity.

----5:30-5:45 pm: Audience questions for Linda Carney and Amanda E. McKinney

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

SUNDAY 7:45 pm onward: unstructured evening social/networking/reflection time, in the conference building

MONDAY 7:00-7:50 am: fitness-related options, to be announced, possibly including yoga, "WERQ - fun fierce dance fitness exercise", or an outdoor "boot camp".

MONDAY starting about 7:50 am, breakfast (simple basic foods) provided on-site, remaining available for at least 2 hours in the conference hall

MONDAY MORNING PLENARY SESSION, 8:35 am – 1:00pm (4.5 hours minus 5 minutes)

CME time excluding breaks: 4:05 (4 hours plus 5 minutes)

MONDAY 8:35-9:20 am

PART 3 OF P-POD'S TRIPLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS....

Lawrence H. Kushi, ScD:

Can What You Eat Influence Your Risk and Prognosis of Cancer?

(a) Recognize the major consensus recommendations regarding food, nutrition and cancer prevention.

(b) Identify the scientific bases upon which these recommendations are developed.

(c) Describe the nature and scope of the evidence regarding whether diet after a cancer diagnosis may improve outcomes.

----9:20-9:30 am: Audience questions for Lawrence H. Kushi

(9:30-9:40 am: break, stretch, move.... final opportunity to pick up breakfast food before 1 pm late luncheon)

MONDAY 9:40-10:45 am

P-POD Annual Clinicians' Round Table (with audience questions): "A Family Practice Physician, Cardiologist,

Nurse and Registered Dietitian Discuss Together How They Each Have Re-dedicated Themselves to Hands-on Facilitating of Lifestyle Behavior Change”

Chair: Denise Dysard, RN BSN

Brian Asbill, MD FACC

Parul Kharod, MS RDN LDN

Ana M. Negrón, MD

- (a) Evaluate a patient’s understanding of their own story, including possible incongruities in their perception of problems.
- (b) Listen in order to detect patients' openness and opportunities for trying some new behaviors.
- (c) Describe several possible strategies for exposing patients to likely-unfamiliar health-promoting foods.
- (d) Identify support resources, whether institution-based or community-based, that can facilitate patients' practical follow-up in pursuit of lifestyle change.

(10:45-10:55 am: break, stretch, move)

**MONDAY 10:55 am – 1:00 pm: FILM, followed by Question/Answer with the producer
“Code Blue -- Redefining the Practice of Medicine”**

Producer: Saray Stancic, MD FACN:

- (a) Describe past and current lapses in medical education.
- (b) Recognize the need for a shift in the medical paradigm, particularly with regard to lifestyle medicine, and how best to accomplish that.
- (c) Discuss what we can do now in our communities to grow the plant-based lifestyle and reduce chronic disease incidence across the globe throughout the future.

---10:55-10:58 am: Film introduction.

---10:58 am – 12:40 pm: Film screening.

---12:40-1:00 pm: Audience questions for film producer Saray Stancic.

MONDAY 1:00 pm onward: luncheon may be enjoyed to 3:00 pm, so we invite you to take a stretch/stroll break first

MONDAY 1:00-3:00 pm: Farewell Luncheon

MONDAY 3:00-5:00 pm: optional unstructured social/networking/reflection time, in the conference building

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