

Certificate Program in Plant Based Nutrition

30 AMA PRA Category 1 Credits™

30 Nursing Contact Hours

30 Hours Pharmacy CE

Release date: September 1, 2018

Expiration date: July 31, 2019

Faculty:

T. Colin Campbell, PhD	Evelisse Capo
Thomas Campbell, MD	Doug Lisle, PhD
Jill Edwards, MS, CES	Bruce Monger, PhD
Caldwell B. Esselstyn Jr., MD	Michelle Simon, JD, MPH
Michael Greger, MD, FACLM	Jackie Busse, MD
Padma Garvey, MD	

Target audience: Primary Care Providers – Physicians, NPs, PAs, RNs, and Pharmacists.

Purpose: This course is designed to enable healthcare providers to explain nutrition science and to help their patients make correct dietary choices for better patient outcomes.

Course Objectives:

After completing this course, healthcare practitioners will be able to:

- Describe how the 3 macronutrients (fat, protein, and carbohydrate) function in the human body
- Evaluate the impact of diet on type-2 diabetes
- Discuss the consequences of the consumption of processed and animal-based foods
- Determine what causes heart disease and atherosclerosis
- Identify healthy eating practices during pregnancy to birth, breastfeeding, and early childhood
- Discuss common topics of concern to athletes including supplements, protein consumption, and enhancing performance
- Demonstrate practical skills including assessing their pantry/kitchen, grocery shopping, label reading, dining out and cooking tips.
- Analyze the relationship between nutrition and common patterns of health and disease
- Critique the impact of nutrient supplements and traditional medical practices upon health
- Critically evaluate the public discourse on nutrition
- Describe some of the environmental consequences of food choices
- Evaluate the impact of industry on both science and public policy
- Explain nutrition science to patients more clearly and accurately
- Help patients navigate dietary choices more effectively
- Define nutrition from the “wholistic” perspective advanced by Dr. Campbell
- Communicate effectively about the rationale for whole food, plant-based nutrition

What you must do to obtain credit for this course:

1. Read the objectives shown above
2. Review faculty bios and disclosures shown below
3. Take the pre-test.
4. Study the course materials.
5. Take the post-test and complete the course evaluation

Disclosures:

Dr. T. Colin Campbell has no financial interest in any products or services discussed.

Dr. Thomas Campbell has no financial interest in any products or services discussed.

Jill Edwards has no financial interest in any products or services discussed.

Dr. Caldwell B Esselstyn Jr. has no financial interest in any products or services discussed.

Dr. Michael Greger has no financial interest in any products or services discussed.

Dr. Padma Garvey has no financial interest in any products or services discussed.

Dr. Evelisse Capo has no financial interest in any products or services discussed.

Dr. Doug Lisle has no financial interest in any products or services discussed.

Dr. Bruce Monger has no financial interest in any products or services discussed.

Michelle Simon has no financial interest in any products or services discussed.

Dr. Jackie Busse has no financial interest in any products or services discussed.

Jenny Miller (Planning Committee) has no financial interest in any products or services discussed.

Jeanette Dunn, RN, EdD (Planning Committee) has no financial interest in any products or services discussed.

George Gey, MD (Planning Committee) has no financial interest in any products or services discussed.

Faculty Bios

T. Colin Campbell, PhD

For decades Dr. T. Colin Campbell has been at the forefront of nutrition education and research. Over the course of his career, he has served on grant review panels of multiple funding agencies, actively participated in the development of national and international nutrition policy, authored over 300 research papers, been awarded more than seventy grant-years of peer-reviewed research funding and given hundreds of lectures around the world. He coauthored of the bestselling book *The China Study* and is the author of the *New York Times* bestseller *Whole*, and *The Low-Carb Fraud*.

Thomas Campbell, MD

Thomas M. Campbell II, MD is Medical Director of the T. Colin Campbell Center for Nutrition Studies. He is co-founder and director of a groundbreaking Nutrition in Medicine program at the University of Rochester Medical Center, working with individuals and groups to prevent and treat illness using diet and lifestyle. A board certified family physician, Dr. Campbell is co-author, with his father, T. Colin Campbell, PhD, of *The China Study*, a worldwide bestseller, and author of *The China Study Solution* (The Campbell Plan in hardcover). He has published in the *Israel Medical Association Journal* and in CME publications *Primary Care Reports* and *Integrative Medicine Alert*. He has completed multiple marathons.

Jill Edwards, MS, CES

Jill Edwards is the Instructor Team Manager for the T. Colin Campbell Center for Nutrition Studies. She received her BA in Education from the University of Michigan and MS in Exercise Science from Oakland University. She is a certified Clinical Exercise Physiologist through the American College for Sports Medicine and has a certificate in Plant-Based Nutrition from the Center for Nutrition Studies. Jill has attended Dr. Caldwell Esselstyn's Heart Disease Reversal Program at the Cleveland Clinic and has over 8 years of experience helping patients recover in Cardiopulmonary Rehab. Jill is also a Regional Representative for the Florida Cardiovascular and Pulmonary Rehab Association.

Caldwell B. Esselstyn, Jr., MD

Caldwell B. Esselstyn, Jr. received his B.A. from Yale University and his M.D. from Western Reserve University. Dr. Esselstyn has been associated with the Cleveland Clinic since 1968. During that time, he served as President of the Staff and as a member of the Board of Governors. He chaired the Clinic's Breast Cancer Task Force and headed its Section of Thyroid and Parathyroid Surgery. He is a Fellow of the American College of Cardiology. His scientific publications number over 150. In 1995 he published his benchmark long-term nutritional research on arresting and reversing coronary artery disease in severely ill patients. He updated the study 12 years later, and reviewed the study more than 20 years after the original research in his book Prevent and Reverse Heart Disease, making it one of the longest longitudinal studies of its type. Dr. Esselstyn has a newer study (2014) on reversing heart disease, with nearly 200 patients, recently published in the Journal of Family Medicine, with results confirming his previous study, showing a powerful pattern of disease reversal that now cannot be ignored. Dr. Esselstyn and his wife, Ann Crile Esselstyn, have followed a plant-based diet for more than 26 years. Dr. Esselstyn presently directs the cardiovascular prevention and reversal program at The Cleveland Clinic Wellness Institute.

Dr. Michael Greger, MD, FACLM

Michael Greger, MD, FACLM is a physician, author, and internationally recognized professional speaker on a number of important public health issues. Dr. Greger has lectured at the Conference on World Affairs, the National Institutes of Health, and the International Bird Flu Summit, among countless other symposia and institutions; testified before Congress; has appeared on shows such as The Colbert Report and The Dr. Oz Show; and was invited as an expert witness in defense of Oprah Winfrey at the infamous "meat defamation" trial. Currently, Dr. Greger proudly serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. Dr. Greger's recent scientific publications in the American Journal of Preventive Medicine, Biosecurity and Bioterrorism, Critical Reviews in Microbiology, Family & Community Health, and the International Journal of Food Safety, Nutrition, and Public Health explore the public health implications of industrialized animal agriculture. Dr. Greger is also licensed as a general practitioner specializing in clinical nutrition and is a founding member and Fellow of the American College of Lifestyle Medicine. He was featured on the Healthy Living Channel promoting his latest nutrition DVDs and honored to teach part of Dr. T. Colin Campbell's esteemed nutrition course at Cornell University. Dr. Greger's nutrition work can be found at NutritionFacts.org, which is now a 501(c)3 nonprofit charity. His latest books are How Not to Die: Discover the Foods Scientifically Proven to Prevent & Reverse Disease, Bird Flu: A Virus of Our Own Hatching, and Carbophobia: The Scary Truth Behind America's Low Carb Craze. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

Padma Garvey, MD

Dr. Garvey is an obstetrician and gynecologist, working at CareMount Medical Group in Fishkill, NY since 2007. She is also a Clinical Assistant Professor at the Ichan School of Medicine. Prior to joining

CareMount, Dr. Garvey had served as the medical school clerkship coordinator for obstetrics and gynecology at The New York Medical College and The Weil Cornell Medical College. Dr. Garvey received her medical degree from The University of Pittsburgh, 1992 and did her residency training in Obstetrics and Gynecology at New York Hospital- Weill Cornell Medical Center.

Doug Lisle, PhD

Dr. Lisle received the President's Fellowship and was a Dupont Scholar at the University of Virginia where he completed his PhD in Clinical Psychology. He was then appointed Lecturer in Psychology at Stanford University and was on the staff at the National Center for Post Traumatic Stress Disorder at the Veterans Affairs Hospital in Palo Alto, California. Dr. Lisle worked as a forensic psychologist for the criminal justice system in Dallas, Texas and as a consultant for the National Institute of Health Clinical Trial on Cognitive Therapy for Recurrent Depression at the University of Texas Southwestern Medical Center. Dr. Lisle lectures nationally to health professionals on topics including evolutionary psychology,

Bruce Monger, PhD

Bruce Monger is currently Senior Lecturer in the Department of Earth and Atmospheric Sciences at Cornell University. His research activities are directed primarily at using satellite imagery to examine interannual variability of spring phytoplankton blooms and the affect that bloom variability has on higher trophic level processes. Initial application of this research approach was in the Gulf of Maine region. By combining satellite-derived imagery of chlorophyll concentration and sea surface temperature, and using published laboratory data relating reproductive rates of herbivorous zooplankton as a function of food abundance and temperature, he derived a time series of imagery depicting spatial variability in the reproductive potential of zooplankton populations in the Gulf of Maine. Dr. Monger received his PhD in Biological Oceanography at the University of Hawaii at Manoa. A few years later he was a postdoctoral fellow focusing on satellite remote sensing of ocean color at the NASA/Goddard Space Flight Center in Maryland.

Michelle Simon, JD, MPH

Michele Simon is a public health lawyer who has been researching and writing about the food industry and food politics since 1996. She specializes in legal strategies to counter corporate tactics that harm the public's health. Also an expert in alcohol policy, for 4.5 years she served as research and policy director for Marin Institute (now Alcohol Justice), an alcohol industry watchdog group based in Northern California. Her groundbreaking 2007 report on alcoholic energy drinks led to federal action to ban the dangerous products. Simon taught Health Policy at the University of California, Hastings College of the Law, and lectures frequently on corporate tactics and policy solutions. She has written extensively on the politics of food, including her 2006 book, *Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back*. Simon is currently teaching "The Politics of Food" at the University of the Pacific's Masters in Food Studies Program. Simon has a master's degree in public health from Yale University and received her law degree from the University of California, Hastings College of the Law.

Jackie Busse, MD

Dr. Busse is a board-certified pediatrician and a national expert in plant-based nutrition for kids and families. Dr. Busse received her undergraduate and medical degrees from the University of Wisconsin, Madison. She went on to do a pediatric residency and chief residency at Rush University in Chicago. As a founding member of the pediatric working group of the Plantrician Project, she was the lead author and editor of the *Pediatric Quick Start Guide*. She is a member of the American College of Lifestyle Medicine and a fellow of the American Academy of Pediatrics.

Accreditation:

Physician Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Foundation for Care Management (FCM) and the T. Colin Campbell Center for Nutrition Studies (CNS).

FCM is accredited by the ACCME to provide continuing medical education for physicians. FCM designates this educational activity for a maximum of *30 AMA PRA Category 1 credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing Statement

The Foundation for Care Management is an approved provider of the Washington State Nurses Association WSNA A-CNE, an accredited approver of Continued Nursing Education.

Pharmacy Statement



The Foundation for Care Management is accredited by the Accreditation Council for Pharmacy Education (ACPE) for Pharmacy CE. The program Pharmacy # for the Plant-Based Nutrition Certificate is 0347-9999-16-012-H01-P. Objectives are appropriate for Pharmacists.

Information for CPE Students: Pharmacist, PharmD, Pharm Tech, CPhT must go to www.napb.net or call 847-391-4406 (National Association of Boards of Pharmacy) to register and receive a NAPB ePID number.