

T. Colin Campbell Center for Nutrition Studies

Plant-Based Nutrition Certificate

30 AMA PRA Category 1 Credit TM, 30 Nursing Contact Hours, 30 Contact Hours Pharmacy Credit ^{*(knowledge-based)}

March 2022

<https://nutritionstudies.org/courses/continuing-education/>

Objectives

1. Identify Dr. T. Colin Campbell's 8 Principles of Nutritional Health.
2. Describe the role nutrition plays in chronic disease, including cancer, heart disease, diabetes, Alzheimer's, and autoimmune disorders.
3. Recognize how nutrition and the environment affect gut health and the microbiome.
4. Discuss common topics of concern to athletes and fitness enthusiasts, including supplements and protein consumption.
5. Explain psychological reasons we are drawn to unhealthy foods.
6. Identify how government and industry can affect dietary choices and the environment.
7. Recall the importance of nutrition at each stage of life, beginning with pregnancy through adulthood.
8. Apply strategies to support sustainable positive lifestyle change and inspire others.
9. The physician and registered dietitian as a team describe the following during a shared medical visit: good nutrition habits, basic food groups, mindful eating habits, virtual food shopping trips, food journaling, meal planning, cravings, dine out/ordered in, and food demonstrations.
10. The healthcare team conducts monthly support meetings to evaluate patient understanding and eating habits to improve patient compliance with the plant-based diet.

Disclosure Statements

Speaker Faculty:

Lilian Aguilar, BA Nutrition Science, has no relevant financial relationships with commercial interests to disclose.
Neal Barnard, MD, has no relevant financial relationships with commercial interests to disclose.
Jackie Busse, MD, has no relevant financial relationships with commercial interests to disclose.
T. Colin Campbell, MD, has no relevant financial relationships with commercial interests to disclose.
Thomas Campbell, PhD, has no relevant financial relationships with commercial interests to disclose.
Evelisse Capo, PharmD, has no relevant financial relationships with commercial interests to disclose.
Robert Cheeke, has no relevant financial relationships with commercial interests to disclose.
Jill Edwards, MS, CEP, has no relevant financial relationships with commercial interests to disclose.
Caldwell B. Esselstyn, Jr., MD, has no relevant financial relationships with commercial interests to disclose.
Padma Garvey, MD, has no relevant financial relationships with commercial interests to disclose.
Brooke Goldner, MD, has no relevant financial relationships with commercial interests to disclose.
Michael Greger, MD, FACLM, has no relevant financial relationships with commercial interests to disclose.
Nicole Harkin, MD, FACC, has no relevant financial relationships with commercial interests to disclose.
Matthew Lederman, MD, has no relevant financial relationships with commercial interests to disclose.
Doug Lisle, PhD, has no relevant financial relationships with commercial interests to disclose.
Michelle Loy, MD, FAAP, has no relevant financial relationships with commercial interests to disclose.
Howard Lyman, BS General Agriculture, has no relevant financial relationships with commercial interests to disclose.
Dahlia Marin, RDN, LN, is an Advisor for Complement.
James Marin, RD, EN, has no relevant financial relationships with commercial interests to disclose.
Bruce Monger, PhD, has no relevant financial relationships with commercial interests to disclose.
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Dean Ornish, MD, has no relevant financial relationships with commercial interests to disclose.
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Dean Sherzai, MD, PhD, MPH, MAS, has no relevant financial relationships with commercial interests to disclose.
Michele Simon, JD, MPH, has no relevant financial relationships with commercial interests to disclose.

Samara Sterling, PhD, has no relevant financial relationships with commercial interests to disclose.
Brie Turner-McGrievy, PhD, RD has no relevant financial relationships with commercial interests to disclose.
Allison Wilson, PhD, has no relevant financial relationships with commercial interests to disclose.

Planning Committee:

T. Colin Campbell, MD, has no relevant financial relationships with commercial interests to disclose.
Jill Edwards, MS, CEP, has no relevant financial relationships with commercial interests to disclose.
Mary Corry, MSN, has no relevant financial relationships to disclose.
Kristi Hales, RPh, has no relevant financial relationships to disclose.

Accreditation Statement



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by The Foundation for Care Management (FCM) and T. Colin Campbell Center for Nutrition Studies. FCM is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This program is approved for *30 AMA Category 1 Credit™*
This program is approved for *30 Nursing Contact Hours*.
This program is approved for *30 Contact Hours Pharmacy Credit*.
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