

# Food As Medicine



## Description

As one of the key pillars of lifestyle medicine, healthful eating has the power to help prevent, treat, and even reverse many chronic diseases. Yet, most clinicians do not receive education on food as medicine. This course will equip clinicians with knowledge of dietary patterns shown to prevent, treat, and reverse chronic diseases as well as prepare them to implement food as medicine at a practical level in patient care. The course will also include nutrition considerations for various lifecycle stages and special populations, nutrition and scope of practice, and pharmaceutical implications in food as medicine practice.

## Target Audience

Clinicians with an interest in food as medicine:

- Physicians
- Registered nurses, nurse practitioners
- Physician associates
- Registered dietitians
- Physical therapists, occupational therapists
- Pharmacists
- Other allied health professionals working with chronic disease prevention or treatment
- Certified health coaches
- Clinicians in training

## Learning Objectives

1. Describe the overall dietary pattern for disease prevention and longevity
2. Apply nutrition guidelines for disease treatment and reversal of common chronic diseases
3. Develop nutrition prescriptions for disease treatment and reversal of common chronic diseases
4. Apply practical strategies for implementing food as medicine in patient care

## Professional Practice & Education Gaps

Clinicians such as physicians and nurses receive little to no nutrition education despite the evidence showing that dietary habits significantly impact chronic disease prevention and progression. Since these clinicians lack nutrition education, they are unable to support patients in effectively making dietary changes. Although some clinicians like registered dietitians receive extensive nutrition education, their education focuses mainly on maintaining overall health, preventing chronic disease, and disease management versus treatment and reversal.

## Format

Online CME/CE Course using Educational and Instructional Design Best Practices.

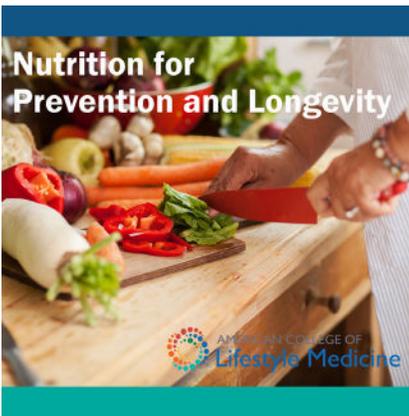
Eight (8) sessions:

- Nutrition for Prevention and Longevity | **AVAILABLE Now**
- Nutrition for Treatment and Risk Reduction | **AVAILABLE Now**
- Calorie Density: A Simple Yet Powerful Concept | **AVAILABLE Now**
- Prepregnancy, Pregnancy and Postpartum | **AVAILABLE Now**
- Heart Disease | **In Development**
- Diabetes | **In Development**
- Cancers | **In Development**
- Brain Health | **In Development**

## Educational Needs

Since dietary choices have such a profound impact on health and disease progression, all health care professionals should possess basic knowledge on utilizing food as medicine in patient care. For clinicians such as registered dietitians who are practicing more advanced nutrition therapy, the ability to apply food as medicine for the treatment and reversal of chronic disease is needed.





## Description

Diet has been identified as the single most important risk factor for morbidity and mortality in the United States, yet most health care providers spend relatively few hours learning about nutrition during their formal training. The limited nutrition education that is offered in medical and health professional programs is often primarily didactic and focused on the biochemistry of nutrients and health consequences of deficiency states—content that is of limited use in a clinical setting where the majority of the population faces over-nutrition due to high intake of ultra-processed, calorie-dense, high saturated fat-laden foods.

3 HOUR COURSE

### Physician/Doctor:

Non-Members: \$120 | ACLM Members: \$90

### Non-Doctoral Health Professional:

Non-Members: \$90 | ACLM Members: \$67.50

### Student/Trainee:

Non-Members: \$60 | ACLM Members: \$45

## Learning Objectives

- Review the current challenges in nutrition research and the challenges of disseminating accurate nutrition information to the public
- Explain national and global nutrition recommendations and basic nutrition principles
- Distinguish differences between health-promoting and health-harming foods
- Describe the dietary pattern recommended by the American College of Lifestyle Medicine for disease prevention, treatment and reversal
- Apply the concept of the dietary spectrum when making nutrition recommendations
- Discuss nutrition therapy scope of practice.
- Review the scientific evidence of popular diets

## Accreditation Statement: Nutrition for Prevention and Longevity

In support of improving patient care, Rush University Medical Center 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.

**For Medicine:** Rush University Medical Center designates enduring material for a maximum of 3.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**For Nursing:** Rush University Medical Center designates this enduring material for a maximum of 3.0 nursing contact hour(s).

**For Pharmacy:** Rush University Medical Center designates this knowledge-based enduring material for a maximum of 3.0 contact hour(s) for pharmacists.

**For Psychologists:** Rush University Medical Center designates this enduring material for 3.0 CE credits in psychology.

**For Dietitians:** This enduring material has been approved by the Commission on Dietetic Registration for 3.0 CPEUs.

**For Social Work:** As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 3.0 general continuing education credits.

**For Physical Therapy or Occupational Therapy:** Rush University is an approved provider for physical therapy/occupational therapy by the Illinois Department of Professional Regulation. Rush University designates this enduring material for a maximum of 3.0 continuing education credits for physical therapists/ occupational therapists.

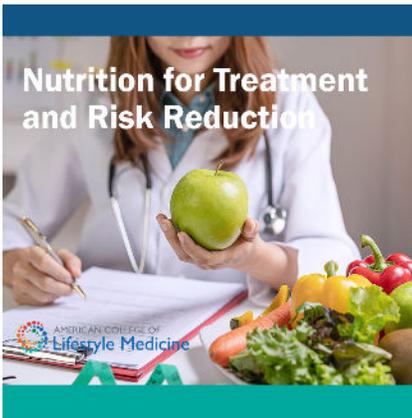
**ABIM MOC:** Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 3.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

**AAFP Prescribed Credits:** The AAFP has reviewed Lifestyle Medicine & Food as Medicine Essentials Course Bundle and deemed it acceptable for up to 3.0 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 03/08/2023 to 3/08/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**ABLM MOC:** The American Board of Lifestyle Medicine has approved 3.0 maintenance of certification credits (MOC) for this learning activity.

**For NBC-HWCs:** The National Board for Health and Wellness Coaching (NBHWC) has approved 3.0 continuing education credits for this learning activity: CE-000071-2.





## Description

This Food as Medicine course session will provide an overview of the scientific evidence on food groups and dietary patterns for treatment and risk reduction of common lifestyle-related conditions, with a focus on cardiovascular disease, insulin resistance, cancer prevention, and obesity. The session also includes a brief review of carbohydrates, fats, and protein in relation to chronic disease, as well as a discussion of practical approaches to supporting healthful dietary changes with clients and patients.

1.5 HOUR COURSE

### Physician/Doctor:

Non-Members: \$60 | ACLM Members: \$45

### Non-Doctoral Health Professional:

Non-Members: \$45 | ACLM Members: \$33.75

### Student/Trainee:

Non-Members: \$30 | ACLM Members: \$22.50

## Learning Objectives

- Describe dietary patterns that have been shown to be effective in the treatment and risk reduction of common lifestyle-related chronic diseases
- Discuss how diet behaviors impact chronic disease development and progression
- Identify ways in which different macronutrient sources may contribute to disease progression or improvement
- Explore basic strategies for supporting dietary behavior change

## Accreditation Statement: Nutrition for Treatment and Risk Reduction

In support of improving patient care, Rush University Medical Center 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.

**For Medicine:** Rush University Medical Center designates this enduring activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**For Nursing:** Rush University Medical Center designates this enduring activity for a maximum of 1.5 nursing contact hour(s).

**For Pharmacy:** Rush University Medical Center designates this knowledge-based enduring activity for a maximum of 1.5 contact hour(s) for pharmacists.

**For Psychologists:** Rush University Medical Center designates this enduring activity for 1.5 CE credits in psychology.

**For Dietitians:** This enduring activity has been approved by the Commission on Dietetic Registration for 1.5 CPEUs.

**For Social Work:** As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.5 general continuing education credits.

**For Physical Therapy or Occupational Therapy:** Rush University is an approved provider for physical therapy/occupational therapy by the Illinois Department of Professional Regulation. Rush University designates this enduring activity for a maximum of 1.5 continuing education credits for physical therapists/ occupational therapists.

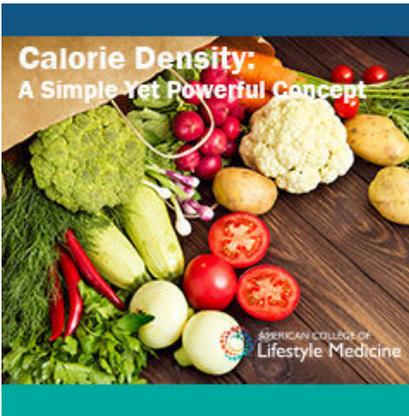
**ABIM MOC:** Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 1.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

**AAFP Prescribed Credits:** The AAFP has reviewed Food As Medicine: Nutrition for Treatment and Risk Reduction and deemed it acceptable for up to 1.50 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 05/18/2023 to 05/18/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**ABLM MOC:** The American Board of Lifestyle Medicine has approved 1.5 maintenance of certification credits (MOC) for this learning activity.

**For NBC-HWCs:** The National Board for Health and Wellness Coaching (NBHWC) has approved 1.5 continuing education credits for this learning activity: CE-000071-3.





## Description

Calorie density is a wonderful tool and concept that, when understood, can effectively support weight loss and achieving optimal health. This Food as Medicine session, led by Medical Director of the McDougall Program and Lecturer at Kaiser Permanente Medical Group in Santa Rosa, Anthony Lim, MD, JD, DipABLM, will define calorie density and demonstrate the benefits of this approach with patients. The session will also cover some of the most common “pitfalls” or mistakes that patients make when it comes to calorie density. Lastly, we will review the application of calorie density principles to daily life for the purpose of supporting patients with investment in achieving weight control and optimal health.

1.25 HOUR COURSE

### Physician/Doctor:

Non-Members: \$50 | ACLM Members: \$37.50

### Non-Doctoral Health Professional:

Non-Members: \$37.50 | ACLM Members: \$25

### Student/Trainee:

Non-Members: \$25 | ACLM Members: \$18.75

## Learning Objectives

- Outline nutrition principles that address both overall health and healthy weight
- Articulate application of food as medicine for overall health and healthy weight
- Describe the concept of calorie density and the benefits of eating a low-calorie density diet
- Recognize common pitfalls that patients fall into when it comes to calorie density
- Explain principles for how to apply calorie density in daily life

## Accreditation Statement: Calorie Density

In support of improving patient care, Rush University Medical Center 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.

**For Medicine:** Rush University Medical Center designates enduring material for a maximum of 1.25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery’s Continuous Certification program. It is the CME activity provider’s responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

**For Nursing:** Rush University Medical Center designates this enduring material for a maximum of 1.25 nursing contact hour(s).

**For Pharmacy:** Rush University Medical Center designates this knowledge-based enduring material for a maximum of 1.25 contact hour(s) for pharmacists.

**For Psychologists:** Rush University Medical Center designates this enduring material for 1.25 CE credits in psychology.

**For Dietitians:** This enduring material has been approved by the Commission on Dietetic Registration for 1.25 CPEUs.

**For Social Work:** As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.25 general continuing education credits.

**For Physical Therapy or Occupational Therapy:** Rush University Medical Center is an approved provider for physical therapy (216.000378) and occupational therapy (224.000220) by the Illinois Department of Professional Regulation.

Rush University Medical Center designates this enduring material for 1.25 continuing education credits.

**ABIM MOC:** Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 1.25 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

**AAFP Prescribed Credits:** The AAFP has reviewed Food as Medicine: Calorie Density- A Simple Yet Powerful Approach to Weight Loss and deemed it acceptable for up to 1.25 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 08/17/2023 to 08/17/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)<sup>™</sup> toward the AMA Physician’s Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

**ABLM MOC:** The American Board of Lifestyle Medicine has approved 1.25 maintenance of certification credits (MOC) for this learning activity

**For NBC-HWCs:** The National Board for Health and Wellness Coaching (NBHWC) has approved 1.25 continuing education credits for this learning activity: CE-000071-4.



## Preconception, Pregnancy & Postpartum



3 HOUR COURSE

### Physician/Doctor:

Non-Members: \$120 | ACLM Members: \$90

### Non-Doctoral Health Professional:

Non-Members: \$90 | ACLM Members: \$67.50

### Student/Trainee:

Non-Members: \$60 | ACLM Members: \$45

## Description

Although nutrition plays a significant role in maternal and fetal health before and throughout pregnancy, its role is often marginalized. This course will explore the importance of nutrition in preconception, pregnancy, and postpartum health for the mother, child, and family. Participants will understand how nutrition may be linked to adverse pregnancy outcomes such as gestational diabetes, preeclampsia, low birth weight and pre-term deliveries. The link between nutrition and developmental origins of health and disease will also be discussed. Clinical tools and resources will be shared to assist participants with supporting patients to improve their nutrition status prior to conception, throughout pregnancy, and postpartum.

## Learning Objectives

- Review current nutrition therapy practices for preconception, pregnancy, and postpartum
- Describe evidence for nutrition therapy during preconception, pregnancy, and postpartum
- Apply nutrition guidelines during preconception, pregnancy, and postpartum
- Demonstrate application of food as medicine during preconception, pregnancy, and postpartum

## Accreditation Statement: Preconception, Pregnancy, and Postpartum

In support of patient care, Rush University Medical Center is jointly accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team. Rush University Medical Center designates this internet enduring material for a maximum of 3.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This activity is being presented without bias and without commercial support.

Rush University Medical Center designates this internet enduring material activity for a maximum of 3.0 nursing contact hour(s).

Rush University Medical Center designates this knowledge-based internet enduring material activity for a maximum of 3.0 contact hour(s) for pharmacists.

Rush University Medical Center designates this activity for 3.0 CE credits in psychology.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation. Rush University designates this internet enduring material for a maximum of 3.0 continuing education credits for physical therapists, occupational therapists, respiratory therapists, social workers, nutritionists, speech pathologists, audiologists, and/or psychologists.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 3.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

The AAFP has reviewed Food as Medicine: Preconception, Pregnancy and Postpartum and deemed it acceptable for up to 3.00 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 04/11/2023 to 04/11/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

The American Board of Lifestyle Medicine has approved 3.0 maintenance of certification credits for this learning activity.

The National Board for Health and Wellness Coaching (NBHWC) has approved 3.00 continuing education credits for this learning activity: CEA-000043-1.

