**About the Course**

This course is designed to introduce providers to the fundamentals of diet and nutrition for primary care. Attendees will learn about eating well in health as well as the evidence behind certain diets in chronic disease. Topics will include eating well for diabetes, heart disease, and inflammatory conditions. Attendees will also learn holistic strategies to promote healthier eating in their patients. Course content will be clinically oriented, informal, and interactive, and will include case presentations, patient stories, and practical demonstrations.

**Target Audience**

Primary Care physicians, advanced practice nurses, physician assistants, and members of the health care team who seek to advance their knowledge in this area.

**Course Objectives**

At the end of the conference, attendees will be able to:

- Recommend an evidence-based diet.
- Help diabetic patients develop a healthy eating plan that promotes better glycemic control.
- Discuss heart-healthy eating as an important way to lower risk of heart disease and stroke.
- Demonstrate practical and realistic methods of healthy cold food preparation.
- Discuss the evidence regarding the anti-inflammatory diet which often includes excluding gluten, dairy, refined sugar, and night-shade vegetables.
- Cite practical information regarding talking with patients about nutrition and healthy eating.
- Explore the relationship between body image dissatisfaction and eating patterns.
- Explain the importance of medication monitoring and adjustment for patients who make dietary changes.
- Demonstrate nutritional life hacks for everyday healthy eating.

**Agenda**

**a.m.**

8:00 – 8:15  Introductions - Avantika Waring, MD and Rachael Wyman, MD
8:15 – 9:15  Evidence-based Nutrition Primer - Brandon Hidaka, MD, PhD
9:15 – 10:15 Eating for Diabetes - Avantika Waring, MD
10:15 – 10:30 Break
10:30 – 11:30 Eating for Heart Health - Rachael Wyman, MD
11:30 – 12:00 Cold Food Preparation Demonstration - Kara Roberts, RD, CDE, CDTC

**p.m.**

12:00 – 1:00 Lunch
1:00 – 1:45 Anti-inflammatory Diet - Michael Cho, MD
1:45 – 2:30 How to Talk to Patients About Nutrition - Kara Roberts, RD
2:30 – 3:15 Body Image Dissatisfaction and Eating Habits - Gina Sucato, MD, MPH
3:15 – 3:30 Break
3:30 – 4:00 Medication Monitoring and Adjustment During Diet Changes - Dan Kent, PharmD, CDE
4:00 – 4:45 Faculty Panel Discussion: Life Hacks for Healthy Eating - Moderators Avantika Waring, MD and Rachael Wyman, MD
4:45 Adjournment
Registration, Accreditation and Disclosure
Tuition includes all educational sessions, electronic course syllabus, and refreshments the day of the course. To receive Category 1 credit, providers are required to attest to how many hours they were actually present at the given activity by electronically completing a Verification of Hours provided by the CME office.

Kaiser Foundation Health Plan of Washington is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

Kaiser Foundation Health Plan of Washington designates this live activity for a maximum of 7.00 AMA PRA Category 1 Credit(s)™.

This activity meets the criteria for up to 7.00 hours of Category 1 CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

Individuals listed above have disclosed that their participation/presentation includes no promotion of any commercial products or services, they do not have any financial relationships with a commercial interest, and they do not anticipate discussing any off-label uses of a product.

Register online using our secure registration and payment site. If you prefer to pay over the phone, please call 206-326-3934

Tuition
- Medical Staff: $245
- Resident: $205
- Locum Tenens, ARNPs, Nursing, Others: $225

Location
Cedarbrook Lodge
18525 36th Ave. S, SeaTac Wash. 98188
Phone: 206-901-9268
Driving Directions and Map:
https://www.cedarbrooklodge.com/contact.php

For More Information Contact
Christopher Scott
E-mail: Christopher.J.Scott@kp.org
Phone: 206-326-3934 Fax: 206-877-0715
KPWA CME, 201 16th Ave. E, CWB-3, Seattle Wash 98112
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