



MedStar Health

It's how we **treat people.**

## 2024 Healthy Kitchen, Healthy Lives Culinary Institute of America

Napa Valley, CA

February 7<sup>th</sup>-9<sup>th</sup>, 2024

Interprofessional Continuing Education Credit Information

# 2024 Healthy Kitchen, Healthy Lives

**Date:** February 7<sup>th</sup>-9<sup>th</sup>, 2024

**Target Audience:** physicians, nurses, registered dietitians and physician assistants.

## Learning Objectives:

- Summarize the latest scientific evidence and trends regarding the relationships between food, nutrition, lifestyle behaviors, personal and planetary health outcomes, and health equity.
- Identify practical approaches for clinicians to assess patients' nutritional and lifestyle habits and provide meaningful guidance to positively influence behavior change and, ultimately, health status.
- Apply information acquired during didactic and hands-on kitchen session(s) to prepare a variety of technique-driven, recipe-inspired dishes that can be customized at home for providers, their patients, and families.
- Discover globally inspired, plant-forward foods, recipes, and culinary techniques to facilitate enhanced food and culinary literacy, cultural competency, and home cooking among providers and their patients.
- Describe ways in which interprofessional and collaborative healthcare teams (which may include physicians, dietitians, chefs, health coaches, and others) can be created and nurtured across healthcare settings to improve health outcomes for patients.
- Identify challenges and opportunities to start and/or build upon existing food and cooking-based health interventions within one's own organization and/or community.

**The following Planning Committee Members have no relevant financial relationships with ineligible companies to disclose:**

Christina Adamson  
Rupa Bhattacharya  
Caroline Deroches  
Mary Jo Kreitzer, RN  
Katherine McManus, RD  
Kristen Rasmussen, RD  
Allison Righter, RD  
Linda Shiue, MD

**The following Planning Committee members have reported all relevant financial relationships with ineligible companies:**

David Eisenberg, MD: Consulting Fee-Infinitus (China) Company Ltd. | Employment-Teaching Kitchen Collaborative (Relationship has ended) | Honoraria-Barilla | Consulting Fee-Cancer Scan (Japan) | Honoraria-Barilla, Inc (Italy) | Employment-Teaching Kitchen Collaborative | Consulting Fee-Cancer Scan (Japan)

**All relevant financial relationships have been mitigated.**

## Accreditation



In support of improving patient care, this activity has been planned and implemented by MedStar Health and the Culinary Institute of America. MedStar Health 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.

## Credit Designation



This activity was planned by and for the healthcare team, and learners will receive 17.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

# **Commercial Support for this activity has been provided by:**

- **Northern Canola Growers Association**
- **The Peanut Institute**
- **American Pistachio Growers**
- **Love One Today**
- **Barilla**
- **Compass Group**
- **The Wonderful Company**

# 2024 Healthy Kitchen, Healthy Lives: Credits Available for this Activity

**Nurses:** This activity is approved for 17.0 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

**Physicians:** MedStar Health designates this live activity for a maximum of 17.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Physician Assistants:



MedStar Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 17.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

## Registered Dietitians (RDs) and Dietetic Technicians, Registered (DTRs):



Completion of this IPCE activity awards 17.0 CPEUs. RDs and DTRs are to select activity type 102 on Professional Development Portfolio (PDP) activity logs.

**The following speakers have no relevant financial relationships with ineligible companies to disclose:**

Barbara Alexander, CEC, CHE  
 Rupa Bhattacharya  
 Lourdes Castro Mortillaro  
 Lilian Cheung  
 Sherene Chou, MS, RD  
 Caree J Cotwright, RD  
 Paul Dellerose, CHE  
 Traci Dutton  
 Kofi Essel, MD  
 Nicole L Farmer, MD  
 Christopher Gardner, PhD  
 Adante Hart, MPH, RDN  
 Polly Lappetito  
 Miguel Martinez Gonzalez, PhD  
 Katherine McManus, MS, RDN  
 John "Wesley" McWhorter  
 Gina Moreno-John, MD  
 Rita Nguyen, MD  
 Kristen Rasmussen, RD  
 Eric Rimm, ScD  
 Sean Sherman  
 Linda Shiue , MD  
 Milette Siler, RD  
 Sean Spencer, MD, PhD  
 Walter Willett, MD

**The following speakers have reported all relevant financial relationships with ineligible companies.**

**All relevant financial relationships have been mitigated.**

Jaclyn L Albin, NA	Consulting Fee-Rise Health
	Consulting Fee-Infinitus (China) Company Ltd. Employment-Teaching Kitchen Collaborative (Relationship has ended)  Honoraria-Barilla Consulting Fee-Cancer Scan (Japan) Honoraria-Barilla, Inc (Italy) Employment-Teaching Kitchen Collaborative Consulting Fee-Cancer Scan (Japan)
David M. Eisenberg, MD	
Robert E Graham, MD, MPH	Advisor-Performance Kitchen
	Advisor Membership on Advisory Committees or Review Panels, Board Membership, etc.
Ed K McDonald, MD	
Edward M Phillips, MD	Royalties or Patent Beneficiary-Wolters Kluwer   Ownership-"Food, We Need to Talk" LLC

# 2024 Healthy Kitchen, Healthy Lives: Evaluation and Transcript

You must complete an online evaluation at the end of this course to receive continuing education credit.

You will receive the evaluation by email from CloudCME™

After completing the evaluation, your CE credits will be available in your CE transcript on CloudCME™

## To access your transcript via CloudCME™:

1. From your browser, go to <https://medstar.cloud-cme.com>, select **Sign in**, select “I am a MedStar Associate” or “I am Not a MedStar Associate”, and log in with your credentials. *Use same email address you used to register for this conference.*
  - Select **My CE** (yellow button in the navigation menu).
  - Select **Transcript**.

## For questions about accessing CloudCME™, please contact:

MedStar SiTEL Help Desk at 855-745-1861, Monday through Friday from 8 a.m. to 5 p.m. Eastern time, or at [medstarceapplications@email.sitel.org](mailto:medstarceapplications@email.sitel.org)