



FIFTH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

**You Are What You Eat:
Integrative Health Approaches to Nutrition**

Friday, Sept. 24, 2021 *Virtual Symposium*

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 **Children's Hospital
of Philadelphia®**
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OVERVIEW

In this one-day virtual symposium, attendees will explore the foundations of the integrative approach to nutrition and apply whole foods-based strategies to treat and manage common conditions affecting nutritional status. The Symposium will feature keynote lectures, expert panel discussions and experiential activities, including a live cooking demonstration. Symposium content will cover a range of topics including types of foods and eating patterns, herbs and supplements, obesity, food insecurity, the microbiome, culinary medicine, and food therapeutics. After attending the conference, participants will feel more confident discussing integrative approaches to nutrition and culinary medicine with patients, making nutritional recommendations, and working with interdisciplinary colleagues to formulate an integrative nutrition plan.

GENERAL INFORMATION

The registration fee includes live stream access to the conference, view presentations online and CME/CEU and other credits. The registration fee is \$100 (MD), \$50 (RD, RN, NP, fellows, residents and other allied health care professionals) and \$25 for students.

COURSE OBJECTIVES

Upon completion of this activity, participants will:

- Describe the way that nutrition impacts the gut microbiome and the downstream effects of alterations in the microbiome
- Identify evidence-based integrative approaches to treating pediatric obesity
- Explain the value of group visits as a strategy for increasing uptake of healthy nutrition-related habits in underserved populations

ACCME ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

AMA CREDIT DESIGNATION

STATEMENT

Children's Hospital of Philadelphia designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MAINTENANCE OF CERTIFICATION STATEMENT

Successful completion of this CME activity, which includes participation in the activity, with individual assessments of the participant and feedback to the participant, enables the participant to earn 3.0 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

NURSING STATEMENT

Nurses will receive a CME certificate of completion. Nurses may use CME category 1 credits for re-licensure in many states, as well as most re-certifications. Please check your state board and certifying body for re-licensure and re-certification requirements.

DIETITIAN ACCREDITATION STATEMENT

Children's Hospital has requested CEU hours of continuing education credit for registered dietitians for the conference.

CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$15 service charge, but is not responsible for any related costs, charges or expenses to participants. In order to process refunds for course withdrawals, cancellation must be received in writing by *Friday, Sept. 10, 2021*. No refunds will be issued thereafter.

PROGRAM • FRIDAY, SEPT. 24, 2021

- 8 a.m. Welcome and Introduction**
Miriam Stewart, MD
- 8:10 a.m. Dietary Influences on the Microbiome and Metabolome**
Gary D. Wu, MD
Introduced by: Maria Mascarenhas, MBBS
- 9 a.m. Integrative Approaches to Obesity**
Ihuoma Eneli, MD, MS
Introduced by: Elizabeth Parks Prout, MD, MSCE
- 9:40 a.m. Using Group Medical Visits to Create Positive Nutritional Change in Low-resource Communities**
Jeffrey Geller, MD
Introduced by: Miriam Stewart, MD
- 10:20 a.m. Panel Discussion—Overcoming Barriers to Healthy Eating**
Saba Khan, MD; Elizabeth Parks Prout, MD, MSCE; Jeffrey Geller, MD; Ihuoma Eneli, MD, MS; Elizabeth Coover, MPH, RD, CSP, LDN
Panel moderator: Tyra Bryant-Stephens, MD
- 10:50 a.m. Break**
- 11:05 a.m. Integrative Approaches to Supporting Health Through the Diet**
Anne Kennard, DO, Dipl. ABLM, ABIHM
Introduced by: Maria Mascarenhas, MBBS
- 11:45 a.m. Working Lunch—Culinary Medicine Cooking Demonstration**
Amy Dean, MPH, RD, LDN; Kathryn O'Donnell, RD, LDN, CNSC
No introductions
- 12:45 p.m. Addressing Nutrition Gaps with Dietary Supplements**
Lise Alschuler, MD
Introduced by: Elizabeth Reid, MS, RDN, LDN
- 1:25 p.m. Panel Discussion—Implementing Integrative Approaches to Supporting Health Through the Diet**
Amy Dean, MPH, RD, LDN; Anne Kennard, DO, Dipl. ABLM, ABIHM; Lise Alschuler, MD; Maria Mascarenhas, MBBS; Stefania Patinella, MA
Panel moderator: Lindsey Albenberg, DO

2 p.m. **Breakout Session 1**

Group A—Picky Eaters

*Vi Goh, MD; Christine Sullivan, RD, LDN; Katherine K. Dahlsgaard, PhD, ABPP
Moderator: Erin Alexander, DO*

Group B—Blenderized Tube Feeds and Plant-based Formulas

*Mimi Gärten, RD, CSP, LDN
Moderator: Paul Ufberg, DO, MBA*

Group C—Performance Nutrition for Healthcare Professionals

*Maryam Makowski, PhD, NBC-HWC
Moderator: Miriam Stewart, MD*

2:45 p.m. **Break**

3 p.m. **Breakout Session 2**

Group A—Food Therapeutics and Culinary Medicine

*Jonathan Deutsch, PhD, CRC, CHE; Diane Barsky, MD; Tracey Jubelirer, MD
Moderator: Joshua Rothman, MD, MS*

Group B—Integrative Modalities for Appetite Stimulation and Digestion

*Douglas McDaniel, DACM, Dipl. Ac (NCCAOM) LAc;
Lisa Squires, RN, BSN, CCRN-K, PHRN, HNB-BC;
Tiffany Silliman Cohen, LMT, CPMT II, CIMT; Tonia Kulp, MS, C-IAYT;
Maureen Heil, C-IAYT, RCYT, CRMT, RALC, RAYT, YACEP
Moderator: Winona Chua, MD*

Group C—Ayurvedic Nutrition

*Siri Chand Khalsa, MD, MS; Tesia Love, CAP
Moderator: Maria Mascarenhas, MBBS*

3:45 p.m. **Closing Remarks**

Maria Mascarenhas, MBBS

4 p.m. **Adjourn**

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

COURSE DIRECTORS

Maria Mascarenhas, MBBS

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Director, Nutrition Support Service

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Professor of Pediatrics

Conference Planner

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Assistant Professor, Division of General Pediatrics

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Yoga Therapist

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Yoga Therapist

Tesia Love, CAP
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Licensed Massage and Bodywork Therapist
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Stefania Patinella, MA
Integrative Wellness Coach and Chef
Seed to Table

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Attending Physician
Academic Investigator, Healthy Weight Program
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