

EIGHTH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

Healthy Life, Healthy Planet:
The Intersection of Environment and Health

Friday, Sept. 27, 2024 | 8 a.m. to 4:30 p.m.

Location – Virtual



Course information

In this one-day virtual symposium, we will discuss the interplay between our environment, health and wellbeing. Specifically, we will explore the connections between our health, the environment we live in and the foods we consume, as well as the influence of chemicals in our surroundings. Topics covered include Blue Zone communities, the spiritual environment, digital environment, nutrition, microbiome, climate change and climate anxiety. Practical tools aimed at enhancing personal environment, fostering resilience, and nurturing holistic well-being for health care providers and their patients and families will be shared throughout the day.

General Information

The conference will be held virtually by Children's Hospital of Philadelphia. Registration fees include syllabus materials.

Registration fees:

\$150..... MDs

\$100.....RD, RN, NP, Fellows, Residents, and Other Allied Healthcare Professionals

\$25.....Students

Course Objectives

Upon completion of the course, the participants should be able to:

1. Describe four elements that make the Blue Zones communities of healthy living.
2. Identify the role that climate and environment have on our food quality.
3. List three interventions you can do to make your home more sustainable and regenerative.
4. Describe strategies to improve our communication with children and adolescents on climate change.

Joint Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the Children's Hospital of Philadelphia. The Children's Hospital of Philadelphia 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.

Designation of Credit

Physicians: Children's Hospital of Philadelphia designates this live activity for a maximum of 7.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This program provides 7.75 ANCC contact hours.



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 7.75 Interprofessional Continuing Education (IPCE) credit for learning and change.

APA Statement



CHOP is approved by the American Psychological Association to sponsor continuing education for psychologists. CHOP maintains responsibility for this program and its content. This program is approved for 7.5 CE credits.

Clinical Nutrition CPEU Statement

The CPE activity application for EIGHTH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM - Healthy Life, Healthy Planet: The Intersection of Environment and Health is pending CDR review and approval for 7.75 CPEUs.

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 7.0 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.

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 \$40 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by September 13, 2024. No refunds will be issued thereafter.

Services for People with Disabilities

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

Program | Friday, Sept. 27, 2024

- 8 a.m. **Welcome and Introduction**
- 8:05 a.m. **Talking Spirituality in an Environment that is Moving Away from Religion**
Krista Tippett, interviewed by Miriam Stewart, MD
(This will be pre-recorded)
- 8:50 a.m. **Lessons from the Blue Zones**
Stacy Drant, MD
- 9:30 a.m. **Impact of the Environment on Children**
Hilary McClafferty, MD, FAAP
- 10:05 a.m. **BREAK**
- 10:20 a.m. **Climate Change Informed Care for the Pediatric Provider**
Mark A. McShane, MD
- 10:55 a.m. **Kids, Smartphones, and Social Media: The Risks and The Solutions**
Catherine Price
- 11:25 a.m. **Soil Health to Children's Health: Connecting the Dots with Culinary Medicine**
Lori Walsh, MD, FAAP ABOIM
- Noon **Break to grab lunch!**
- 12:15 p.m. **Culinary Medicine Demonstration and Lunch: Make your Favorites and Eat Them, Too: Easy, Healthy Swaps for Popular American Ultra-processed Foods**
Amy Dean, MPH, RDN, LDN; Andrea Nepa, MS, RD, CSP, LDN; Gabrielle Longo, MS, RDN, LDN; and Paige Mountain, MS, SLP
- 1:15 p.m. **Break-out Sessions**
1. Be the Change you Want to See in the World
Greg Hedler, LCSW, ACC
2. Chemicals in Our Homes and Offices
Leo Trasande, MD, MPP
- 1:55 p.m. **How Our Environment Affects the Microbiome**
Nikhil Pai, MD, CNSC, NASPGHAN-F, FRCPC, FAAP

- 2:30 p.m.** **Impact of the Medical System on the Environment**
Christine Vatovec, PhD
- 3 p.m.** **Climate Emotions: Helping Patients and Families with
Climate Distress**
Beth Mark, MD, MES
- 3:30 p.m.** **Living Well: Culinary Medicine and the Path to Sustainable
Health**
Michelle Loy, MD, DipABOIM, DipABLM, FAAP
- 4:15 –**
4:20 p.m. **Closing Remarks**
Maria Mascarenhas, MBBS

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

Course Directors

Lindsey Albenberg, DO

Pediatric Gastroenterologist

Researcher at Center for Pediatric Inflammatory Bowel Disease

Assistant Professor of Pediatrics

Maria R. Mascarenhas, MBBS

Medical Director, Integrative Health Program

Pediatric Gastroenterologist

Professor of Pediatrics, University of Pennsylvania

Lisa Squires, BSN, RN, CCRN, HNB-BC, HWNC-BC

Integrative Health Program Nurse Coordinator

Course Faculty

Amy Dean, MPH, RDN, LDN

Lead Clinical Dietitian

Stacy Drant, MD

Director, Connective Tissue Disorders Program

Director, Lifestyle Medicine Program

Greg Hedler, LCSW, ACC, Positive Psychology Practitioner

Program Manager, Strategic Talent Management and Learning

Gabrielle Longo, MS, RDN, LDN

Clinical Dietitian

Michelle Loy, MD, DipABOIM, DipABLM, FAAP

Director of Program Development, Integrative Health

Weill Cornell Medicine/New York Presbyterian Hospital

Beth Mark, MD, MES

Staff Psychiatrist/Student Counseling

University of Pennsylvania

Steering Committee member Climate Psychiatry Alliance

Climate Committee member of the Group for the Advancement of Psychiatry

Hilary A. McClafferty, MD, FAAP

Attending Physician Pediatric Emergency Medicine, Tucson Medical Center

Founder Academy of Pediatric Integrative Medicine

Mark A. McShane, MD

Pediatric Hospital Medicine Fellow

Paige Mountain, MS, SLP

Medical Chef Educator

Andrea Nepa, MS, RD, CSP, LDN

Clinical Dietitian

Nikhil Pai, MD, CNSC, NASPGHAN-F, FRCPC, FAAP

Staff Physician

Catherine Price

Journalist, Author & Speaker

Health and science journalist, author of How to Break Up With Your Phone and The Power of Fun: How to Feel Alive Again

Miriam Stewart, MD

AVP Chief Well-being Officer

Assistant Professor in the Division of General Pediatrics

Krista Tippet

Founder and CEO, The On Being Project

Leonardo Trasande, MD, MPP

Professor of Pediatrics, Department of Pediatrics

Professor, Department of Population Health

NYU Langone Health

Christine Vatovec, PhD

Planetary Health Lead

University of Vermont Osher Center for Integrative Health

Lori Walsh, MD, FAAP, ABOIM

Medical Director, Integrative Medicine Advocate Good Shepherd Hospital and Advocate Children's Hospital

Planning Committee:

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Maria Mascarenhas, MBBS

Whitney Rog, PsyD

Lisa Squires, BSN, RN, CCRN

Moderators:

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