



## **FIFTH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM**

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

**Friday, Sept. 24, 2021 *Virtual Symposium***

**Learn more: [chop.cloud-cme.com](https://chop.cloud-cme.com)**

## 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*
- 9 a.m.**      **Integrative Approaches to Obesity**  
*Ihuoma Eneli, MD, MS*
- 9:40 a.m.**   **Using Group Medical Visits to Create Positive Nutritional Change in Low-resource Communities**  
*Jeffrey Geller, 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*
- 10:50 a.m.** **Break**
- 11:05 a.m.** **Integrative Approaches to Supporting Health Through the Diet**  
*Anne Kennard, DO, Dipl. ABLM, ABIHM*
- 11:45 a.m.** **Working Lunch—Culinary Medicine Cooking Demonstration**  
*Amy Dean, MPH, RD, LDN; Kathryn O'Donnell, RD, LDN, CNSC*
- 12:45 p.m.** **Addressing Nutrition Gaps with Dietary Supplements**  
*Lise Alschuler, NP*
- 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, NP; Maria Mascarenhas, MBBS; Stefania Patinella, MA*
- 2 p.m.**      **Breakout Session 1**
- Group A—Picky Eaters**  
*Vi Goh, MD; Christine Sullivan, RD, LDN; Katherine K. Dahlsgaard, PhD, ABPP*
- Group B—Blenderized Tube Feeds and Plant-based Formulas**  
*Mimi Girten, RD, CSP, LDN*
- Group C—Performance Nutrition for Healthcare Professionals**  
*Maryam Makowski, PhD, NBC-HWC*

**PROGRAM • continued**

**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*

**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*

**Group C—Ayurvedic Nutrition**

*Siri Chand Khalsa, MD, MS; Tesia Love, CAP*

**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**

*Section Chief, Nutrition*

*Director, Integrative Health Program*

*Director, Nutrition Support Service*

*Medical Director, Clinical Nutrition*

*Professor of Pediatrics*

*Conference Planner*

**Miriam Stewart, MD**

*Director, Physician Well-being Initiative*

*Attending Physician, Palliative and Complex Care*

*Assistant Professor, Division of General Pediatrics*

*Conference Planner*

## **COURSE FACULTY**

**Lise Alschuler, NP**

*Associate Director, Fellowship in Integrative  
Medicine*

*Professor of Clinical Medicine*

*Andrew Weil Center for Integrative Medicine*

*University of Arizona, Tucson, Arizona*

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*Medical Director, Home Parenteral Nutrition  
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*Pediatric Massage Therapist*

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*Board Certified in Behavioral and Cognitive  
Psychology*

*Licensed Psychologist in Private Practice*

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*Pediatric Clinical Dietitian*

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*Department of Nursing and Clinical Care Services*

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Management*

*Director, Drexel Food Lab, Drexel University  
(Philadelphia)*

**Ihuoma Eneli, MD, MS**

*Director, Center for Healthy Weight and Nutrition*

*Nationwide Children's Hospital (Columbus, Ohio)*

*Professor of Pediatrics, The Ohio State University*

**Jeffrey Geller, MD**

*Assistant Clinical Professor*

*Family Medicine and Community Health*

*Tufts Medical Center*

*University of Massachusetts (Boston)*

*Medical School*

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*Pediatric Clinical Dietitian*

*Department of Clinical Nutrition*

*Department of Nursing and Clinical Care Services*

**Vi Goh, MD**

*Attending Physician*

*Assistant Professor of Pediatrics*

**Maureen Heil, C-IAYT, RCYT, CRMT, RALC,  
RAYT, YACEP**

*Yoga Therapist*

**Tracey Jubelirer, MD**

*Division of Oncology*

*Associate Professor of Pediatrics*

**Anne Kennard, DO, Dipl. ABLM, ABIHM**

*Board Certified OBGYN*

*OBGYN Associate Program Director,*

*Director of Resident Physician Wellness*

*Director of Lifestyle/Integrative Medicine*

*Marian Regional Medical Center*

*Santa Maria, CA*

**Siri Chand Khalsa, MD, MS**

*Private Practice, Internal Medicine and*

*Holistic Medicine*

*Faculty at Andrew Weil Center for Integrative  
Medicine*

*University of Arizona*

**Saba Khan, MD**

*Attending Physician*

*Director, Food Pharmacy*

*Assistant Professor of Clinical Pediatrics*

**Tonia D. Kulp, MS, C-IAYT**

*Yoga Therapist*

**Tesia Love, CAP**  
*Certified Ayurvedic Practitioner*  
*Licensed Massage and Bodywork Therapist*  
*(NC #15172)*  
*500-hr Registered Yoga Teacher*

**Maryam S. Makowski, PhD, NBC-HWC**  
*Associate Director of Scholarship and Health*  
*Promotion*  
*WellMD and WellPhD Center*  
*Clinical Assistant Professor*  
*Department of Psychiatry and Behavioral Sciences*  
*Stanford University*

**Douglas McDaniel, DACM, Dipl. Ac. (NCCAOM),  
LAc**  
*Licensed Acupuncturist*

**Kathryn O'Donnell, RD, LDN, CNSC**  
*Pediatric Clinical Dietitian and Chef*  
*Department of Clinical Nutrition*  
*Department of Nursing and Clinical Care Services*

**Stefania Patinella, MA**  
*Integrative Wellness Coach and Chef*  
*Seed to Table*

**Elizabeth Parks Prout, MD, MSCE**  
*Attending Physician*  
*Academic Investigator, Healthy Weight Program*  
*Assistant Professor of Pediatrics*

**Lisa Squires, RN, BSN, CCRN-K, PHRN, HNB-BC**  
*Integrative Health Program Nurse Coordinator*  
*Conference Planner*

**Christine Sullivan, RD, LDN**  
*Pediatric Clinical Dietitian*  
*Department of Clinical Nutrition*  
*Department of Nursing and Clinical Care Services*

**Gary D. Wu, MD**  
*Director, Penn Center for Nutritional Science and*  
*Medicine*  
*Co-Director, PennCHOP Microbiome Program*  
*Co-Director, Center for Molecular Studies in*  
*Digestive and Liver Diseases*

**Planning Committee**

*Amy Dean, MPH, RD, LDN*  
*Jessi Erlichman, MPH*  
*Maria Mascarenhas, MBBS*  
*Lisa Squires, RN, BSN, CCRN-K, PHRN, HNB-BC*  
*Miriam Stewart, MD*