

**Evidence-Based Programs to Support Hospital Food Service**  
**December 16, 2021**  
**2:00 PM – 3:00 PM ET**  
**Webinar**

This educational activity is jointly provided by AXIS Medical Education and  
DC Hospital Association

**Target Audience:** Dietitians, Food Service Staff, Nurses, Social Workers

**Description:** This webinar will discuss two evidence-based programs and review the latest evidence-based research on plant-based diets and their role in minimizing the risk of chronic disease. Speakers will present data, discuss cost-savings associated with the programs, and provide best practices for implementation within a hospital.

**Learning objectives:**

At the conclusion of this activity, participants should be better able to:

- Discuss evidence-based strategies for how to adapt hospital menus to plant-based meals.
- Identify risk factors and negative health outcomes associated with excess meat and dairy consumption.
- Discuss the role of hospitals as intervenors and educators for consumers on the benefits of a plant-based diet.
- Explain methodology for implementation of evidence-based strategies and programs for plant-based meals in hospitals.
- Identify specific policies, policymakers, and other stakeholders who can advocate for or improve access to healthy food and beverage options within hospitals.

**Agenda:**

2:00-2:05 pm	Welcome & Introductions
2:05-2:30 pm	Universal Meals: An Evidence-Based Program for Creating Diverse and Dietary-Specific Menus <i>Neal Barnard, MD, FACC</i>
2:30-2:55 pm	Plant-Based Foods at the University of Florida: Key Findings and Cost-Savings for Hospitals <i>Monica Aggarwal, MD</i>
2:55-3:00 pm	Q&A

**Your Faculty:**

**Neal Barnard, MD, FACC**, is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, D.C., and President of the Physicians Committee for Responsible Medicine. Dr. Barnard has led numerous research studies investigating the

effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers, and is the editor in chief of the Nutrition Guide for Clinicians, a textbook made available to all U.S. medical students.

As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. Dr. Barnard received his MD degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee.

**Monica Aggarwal, MD**, is an adjunct Clinical Associate Professor of Medicine in the University of Florida Division of Cardiovascular Medicine. She received her medical degree from Virginia Commonwealth University School of Medicine and subsequently went on to complete a residency in internal medicine at Tufts-New England Medical Center. She then completed a cardiology fellowship at the University of Maryland and later continued her training at the University of Arizona where she participated in an integrative medicine fellowship. Board certified in cardiology, echocardiography and nuclear cardiology, she is a fellow of the American College of Cardiology, where she is a member of the nutrition council working on nutrition policies for the nation. Dr. Aggarwal specializes in preventive management of heart disease with lifestyle techniques in conjunction with medications. She is the author of "Finding Balance: Empower Yourself with Tools to Combat Stress and Illness," which outlines 10 prescriptions to help guide people to better health.

## **ACCREDITED CONTINUING EDUCATION**

### **Accreditation Statement**



### **Credit Designation for Nursing**

AXIS Medical Education designates this continuing nursing education activity for 1.0 contact hours.

Learners are advised that accredited status does not imply endorsement by the provider or ANCC of any commercial products displayed in conjunction with an activity.



As a Jointly Accredited Organization, AXIS Medical Education is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. AXIS Medical Education maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credits.

### **Certified Dietitians**

AXIS Medical Education is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education units (CPEUs) for completion of this activity.

### **AXIS Contact Information**

For information about the accreditation of this program please contact AXIS at [info@axismeded.org](mailto:info@axismeded.org).

### **Disclosure of Conflicts of Interest**

AXIS Medical Education requires faculty, instructors, authors, planners, directors, managers, reviewers and other individuals who are in a position to control the content of this activity to disclose all real or apparent conflicts of interest they may have with ineligible companies. An ineligible entity is any organization whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All relevant conflicts of interest are identified and mitigated prior to initiation of the planning phase for an activity.

AXIS has mitigated and disclosed to learners all relevant conflicts of interest disclosed by staff, planners, faculty/authors, peer reviewers, or others in control of content for this activity. Disclosure of a relationship is not intended to suggest or condone bias in any presentation but is made to provide participants with information that might be of potential importance to their evaluation of a presentation or activity. Disclosure information for faculty, authors, course directors, planners, peer reviewers, and/or relevant staff is provided with this activity.

The **faculty** reported the following relevant financial relationships or relationships they have with ineligible companies of any amount during the past 24 months:

<b>Name of Faculty or Presenter</b>	<b>Reported Financial Relationship</b>
Neal Barnard, MD, FACC	Nothing to disclose
Monica Aggarwal, MD	Nothing to disclose

The **directors, planners, managers and reviewers** reported the following financial relationships they have with any ineligible company of any amount during the past 24 months:

<b>Name of Planner, Manager, Reviewer</b>	<b>Reported Financial Relationship</b>
Yolette Gray, MPH, CHES, EMC, PM-LPC, SSGBC	Nothing to disclose
Julie Gonzalez	Nothing to disclose
Dee Morgillo, MEd., MT(ASCP), CHCP	Nothing to disclose
Holly M. Hampe, DSc., RN, MHA, MRM, CPHQ	Nothing to disclose

### **Disclaimer**

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed in this activity should not be used by clinicians without evaluation of patient conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.

### **Disclosure of Unlabeled Use**

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications.

The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

### **Requirements for credit:**

- Attend/participate in the educational activity and review all course materials.
- Complete the CE Attestation/Evaluation form online by 11:59 pm ET on **January 16, 2022**. Instructions will be provided. If you do not complete the online evaluation by this date, you will not be able to get CE credit for this event.
- Upon successful completion of the online form, your statement of completion will be presented to you to print.