

## **Nutrition and Wellness in Health and Disease - Online CME Course**

### **Activity Description**

Nutrition, physical activity and other healthy lifestyle behaviors are vital components in the promotion of health and in the prevention and treatment of disease. This program will highlight ambulatory, nutrition, and wellness topics with multidisciplinary faculty. Current clinical topics will be highlighted through presentations, interactive case studies, and panel discussions. Participants will have many opportunities for interaction with course faculty, who have been selected for their expertise, knowledge and clinical acumen.

### **Target Audience**

This activity is appropriate for physicians (general internal medicine, family medicine, endocrinologists, and subspecialists interested in nutrition), advanced practice clinicians (nurse practitioners and physician assistants), dietitians, and health and wellness specialists.

### **Learning Objectives**

Upon conclusion of this activity, participants should be able to:

- Identify a nutrition, physical activity, behavioral, surgical and/or endoscopic approach for overweight and obese adult and pediatric patients
- Describe the benefits of physical activity (especially high intensity activity) and develop programs for patients
- Recognize the components of healthy eating for patients at risk for or those with cancer
- Analyze the risks and benefits of FAD diets such as ketogenic diet
- Diagnose common medical conditions associated with obesity and evaluate nutritional and medical management of those with diabetes and dyslipidemia

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

### **Accreditation Statement**



In support of improving patient care, Mayo Clinic College of Medicine and Science 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 Statement(s)\***

#### **AMA**

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 14.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **Other Healthcare Professionals**

A record of attendance will be provided to all registrants for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

### **Disclosure Summary**

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

**Listed below are individuals with control of the content of this program who have disclosed...**

**Relevant financial relationship(s) with industry:**

Name	Nature of Relationship	Company
Andres J. Acosta, M.D., Ph.D.	Consultant	Rhythm Pharmaceuticals, General Mills, Gila Therapeutics, Lipiquester
	Grant/Research Support	Rhythm Pharmaceuticals, Satiogen Pharmaceuticals
	Stock Shareholder	Gila Therapeutics, Phenomix Sciences, Lipiquester
Matthew M. Clark, Ph.D., L.P.	Consultant	Roche Diabetes Care
Ryan T. Hurt, M.D., Ph.D.	Consultant	Nestle Nutrition
Stephen L. Kopecky, M.D.	Consultant	Prime Therapeutics
Seema Kumar, M.D. Andrew C. Storm, M.D.	Grant/Research Support	True Health
	Consultant	Rhythm Pharmaceuticals
	Consultant	GI Dynamics
	Grant/Research Support	Boston Scientific

**No relevant financial relationship(s) with industry:**

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 Maria L. Collazo-Clavell, M.D.  
 Ravindra Ganesh, M.B.B.S., M.D.  
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 Warren G. Thompson, M.D.  
 Gerald W. Volcheck, M.D.

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

None

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

**Mayo Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

**Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

**How to Obtain Credit**

To obtain credit, complete the post-test, evaluation and submit.

### **Method of Participation**

Participation in this activity consists of reviewing the webcast and completing the post-test and evaluation.

### **Release and Expiration Dates\***

Release Date: 10/15/2020

Expiration Date: 10/14/2023

### **Acknowledgement of Commercial Support**

No commercial support was received in the production of this activity.

### **Faculty and Course Director Listing and Credentials**

#### Course Director(s):

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Manpreet S. Mundi, M.D.

#### Faculty(s):

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