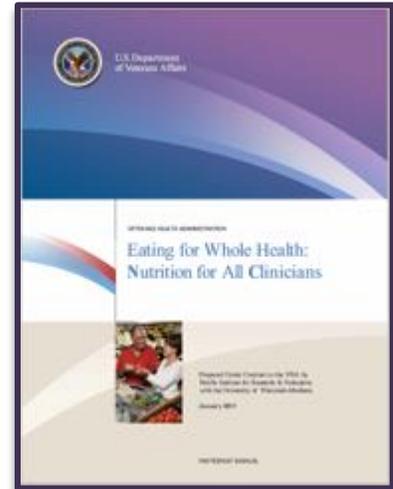


Eating for Whole Health

Nutrition for all Clinicians

About The Course

Eating for Whole Health: Nutrition for all Clinicians is an advanced, stand-alone clinical education course designed to introduce VA clinicians to the Whole Health approach as it relates to a fundamental aspect of healing and self-care: nutrition. This two-day course (14 CEUs) is offered by the VHA Office of Patient Centered Care and Cultural Transformation (OPCC&CT) and is designed for providers from all different health backgrounds to help them incorporate nutrition recommendations into Veterans' Personal Health Plans (PHPs). It is informed by the latest research in nutrition and draws from the wisdom of dietitians and functional nutrition practitioners from throughout the VA and beyond. The focus of this course is not to mandate how nutrition guidance is given to Veterans, but rather to offer a learning environment that supports curiosity, exploration, and open discussion of topics that can at times be somewhat complex or controversial.



During this course, participants will have an opportunity to explore a number of nutrition-related topics, ranging from how foods affect our bodies at a molecular level to how best to support Veterans in making changes related to their eating patterns. Participants will be introduced to a series of Whole Health tools and techniques, as well as an array of nutrition resources to support their clinical work.

Areas of focus will include optimizing nutrition for specific disease states, preventing chronic diseases, collaborating effectively with dietitians and other care team members, and sharing nutrition success stories from throughout the VA. The research that is presented will be supported by a series of patient vignettes focused on how food and drink can influence pain, mental health, and gastrointestinal function. The latest knowledge on fats, proteins, carbohydrates and various micronutrients will be discussed. Mindful awareness, environmental effects on food, and healthy cooking tips will also be addressed. Participants will take time to assess their own nutrition practices and build on their professional skills with motivational interviewing and personal health planning with food and drink as a specific focus. They will practice with partners and in small groups.

This course can accommodate up to 100 participants, including dietitians, providers, and others who incorporate nutrition recommendations into health plans. Participants would ideally represent diverse teams and departments either within one given facility or from multiple facilities. The goal would be that they take what they learn back to their respective teams.

During this course, you will be invited to:

- Learn more about the Whole Health approach to food and drink and how this area of self-care interconnects with other aspects of Whole Health
- Become familiar with the latest research regarding how nutrition can influence both health and healing in the setting of chronic diseases
- Understand how what we eat can affect our bodies' biochemical and genetic functioning
- Reflect on your own eating patterns, identifying strengths and opportunities to make healthier choices
- Discuss the benefits and potential limitations of common eating patterns or diets, and learn where to obtain more information about different eating guidelines that are popular with Veterans
- Learn about and explore local and national resources related to healthy eating
- Focus on key concepts related to food choices, recognizing how culture and socioeconomic constraints influence eating patterns
- Witness how effective cooking demonstrations can be in improving Veteran approaches to food and drink
- Network with other participants locally and nationally to share strong practices and tools to enhance your practice

This course will help you to:

- Understand key concepts of the Whole Health approach to nutrition
- Describe key aspects of functional nutrition and how they can fit into your practice
- Outline how nutrition can have health-promoting as well as therapeutic effects, particularly for mental health, gastrointestinal health, pain, and prevention of chronic disease
- Recognize physical signs and symptoms related to nutritional imbalances
- Identify what the latest research suggests regarding the health effects of popular herbs and spices
- List at least five key nutrition resources offered within the VA
- Create Personal Health Plans that address nutrition
- More effectively partner with patients to help them make healthy dietary choices

ACCME, ACCME-NP, ACPE, APA, ANCC, ASWB, CDR, and NYSED SW accreditation (14 hours) is available. Attendance at the two days of training is a requirement of the course and for obtaining Continuing Educations (CEU) credits available through EES.

Eating for Whole Health—Course Agenda

Day 1

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:10 AM	Leadership Welcome and Facility Introduction
8:10 AM	- 9:00 AM	Introduction to the Course: Setting the Stage
9:00 AM	- 10:00 AM	Making the Case: The Power of Food & Drink
10:00 AM	- 10:15 AM	Movement Experience and Break
10:15 AM	- 11:15 AM	Food and the Gut
11:15 AM	- 12:00 PM	Mindful Eating
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 2:00 PM	Nutrition and Pain
2:00 PM	- 3:00 PM	Eating in Context: External Factors That Affect Nutrition
3:00 PM	- 3:15 PM	Movement Experience and Break
3:15 PM	- 3:45 PM	Skill Application: The Personal Health Inventory
3:45 PM	- 4:15 PM	Day 1 Application Exercise: Speed Dating
4:15 PM	- 4:30 PM	End of Day 1—Wrap Up, Pulse Checks, and Adjourn

Day 2

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:15 AM	Mindfully Arriving, Pulse Check Review, Course Resources
8:15 AM	- 9:15 AM	Your Brain on Food: Nutrition and Mental Health
9:15 AM	- 10:00 AM	Serving It Up: Healthy Cooking Tips
10:00 AM	- 10:15 AM	Movement Experience and Break
10:15 AM	- 11:15 AM	Functional Nutrition, Elimination Diets, and the 5R's
11:15 AM	- 12:00 PM	Prevention of Cardiovascular Disease and Diabetes
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 1:45 PM	Prevention of Cancer
1:45 PM	- 2:45 PM	Whole Health Visits: Creating a Personal Health Plan
2:45 PM	- 3:00 PM	Faculty Q&A
3:00 PM	- 3:45 PM	Implementation Exercise: Small Group Projects
3:45 PM	- 4:15 PM	Implementation Exercise: Self-Reflection
4:15 PM	- 4:30 PM	Wrap Up and Final Evaluation
		Thank You for Joining Us!

FACULTY BIOS

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SAGAR SHAH, MD – COURSE DIRECTOR



Sagar Shah is a board certified family medicine physician with fellowship training in integrative medicine. He graduated from Northwestern University, completed a post-baccalaureate program at Johns Hopkins University, and studied medicine at Jefferson Medical College (now the Sidney Kimmel Medical College). He finished his family medicine residency and the Academic Integrative Health Fellowship at the University of Wisconsin Department of Family Medicine and Community Health. Currently, he is practicing outpatient family medicine in Honolulu, Hawaii and pursuing a Master of Public Health through Emory University's Executive MPH program. He also plans to perform physical and psychological evaluations for asylum seekers while in Hawaii. Special interests in medicine include nutrition and weight management, exercise physiology, and refugee and immigrant care. His hobbies outside of medicine include swimming, bicycling, kayaking, traveling, watching movies, playing billiards, and spending time with his family.

NANCY ANN COTTER, MD



Nancy Ann Cotter is a graduate of McGill University, SUNY Buffalo School of Medicine, and Baylor College of Medicine. She is board- certified in Physical Medicine and Rehabilitation, Integrative/ Holistic Medicine and Medical Acupuncture, and holds certifications as a Clinical Nutrition Specialist and Functional Medicine practitioner. Dr. Cotter is an Assistant Clinical Professor of PMR at Rutgers/ New Jersey Medical School, and has been teaching acupuncture to other physicians for 15 years. She uses nutrition, acupuncture, herbal medicine and lifestyle modification as first line tools in her practice. Dr. Cotter was the founding Medical Director of the Integrative Medicine Program at Atlantic Health in New Jersey, and currently leads teams in Integrative Medicine and Integrative Pain Management for VA New Jersey. She also serves as a Clinical Champion and Subject Matter Expert for the Integrative Health Coordinating Center, Office of Patient Centered Care in the VA Central Office. Dr. Cotter has authored multiple publications in Integrative Medicine. Her clinical expertise is in helping patients with chronic conditions find balance and vitality in their lives by accessing and enhancing their own healing potential. Her programmatic expertise is in bringing Integrative Medicine to institutions, and she recently graduated with the inaugural class of the Leadership Program in Integrative Healthcare at Duke University.

KERRY GUNDLACH, RDN



Kerry Gundlach is a registered dietitian for the Lifestyle Medicine Clinic at the Iowa City VA. She holds a Master of Science in food science and human nutrition from Colorado State University and completed her dietetic internship at the University of Michigan. She is an Integrative and Functional Nutrition Certified Practitioner through the Integrative and Functional Nutrition Academy and is a core member of the VA's National Functional Nutrition Workgroup. Since 2016, she's completed Whole Health trainings through the Office of Patient Centered Care and Cultural Transformation (OPCC&CT) including Whole Health in Your Practice and Eating for Whole Health. Prior to pursuing a career in nutrition, Kerry worked in the natural sciences as an environmental and museum educator. She loves to spend her free time with her husband and two young boys exploring the outdoors.

SHARI POLLACK, MPH, RDN, LDN



Shari Pollack is the Employee Wellness Coordinator at the Jesse Brown VA Medical Center in Chicago. Acting on her interest in food as medicine, Shari left behind a career in social services to pursue a career in nutrition. She earned a Master of Public Health degree in Human Nutrition from the University of Michigan and did her dietetic internship at the Edward Hines, Jr. VA Hospital. Her first several years as a clinical dietitian left her feeling that something was missing from the conventional approach to nutrition.

Attending the Institute for Functional Medicine's (IFM) *Functional Nutrition Conference* in 2010, she knew she had found her home. Shari has since completed four IFM Advanced Practice Modules and a six-month mentorship with functional dietitian Susan Allen, one of the pioneers in the field. Shari also serves as the Continuing Professional Education Editor of *The Integrative RDN*, the quarterly newsletter of the Dietitians in Integrative and Functional Medicine dietetic practice group. She lives in Skokie, IL with her husband and two daughters, who only occasionally complain about having to bring healthy lunches to school.

TULIKA SINGH, MD, FAAP, FACEP



Tulika Singh is an Emergency Medicine physician at the Jesse Brown VA Medical Center in Chicago, IL and Assistant Professor at the University of Illinois at Chicago's Department of Emergency Medicine. She serves as an Education Champion for the Office of Patient Centered Care and Cultural Transformation and is a Women's Health Champion for Jesse Brown VAMC. She completed her medical training at Christian Medical College in Vellore, India, Pediatric and Emergency Medicine residencies at the University of Illinois at Chicago, and an Integrative Medicine Fellowship at the University of Arizona's Center for Integrative Medicine under Dr. Andrew Weil. Tulika served as the Pediatric Education Director for the University of Illinois at Chicago Emergency Medicine Residency for several years. In addition, Tulika is certified in Functional Medicine through the Institute for Functional Medicine, is a registered yoga teacher, and is certified in Battlefield Acupuncture. Tulika has been involved in women's health education serving as returning faculty for Women's Health Mini-Residency for Emergency Providers and Nurses since

2014. She has helped to develop several Whole Health educational classes offered to both Veterans and employees at Jesse Brown VAMC. Tulika is passionate about the mind-body-spirit connection, work-life balance and the human body's innate healing abilities. Her other interests include physician wellness, mindfulness and food as medicine. She is happily married to Tim, a flight nurse and they have a darling 4-year old son.

TESSA THRALLS, MS, RDN



Tessa Thralls works at one of the San Francisco VA's Community Based Outpatient Clinics (CBOC) in Eureka, CA. She has a Master of Science in nutrition from Bastyr University. Tessa has attended several trainings from The Center for Mind Body Medicine including their Food as Medicine conference. She is a certified Mind-Body Practitioner, an Integrative and Functional Nutrition Certified Practitioner, and a Registered Yoga Teacher. Tessa is the lead of the VA's national Functional Nutrition Workgroup. At the Eureka CBOC, Tessa takes an integrative approach to her job as a dietitian; in addition to seeing patients individually, she also leads walking groups, yoga classes, whole foods cooking classes, and mind-body skills groups. In her spare time, Tessa enjoys cooking and loves to ride bikes! She rides her bike to work daily and competes in recreational road and mountain bike races.

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WENDY KOHATSU, MD



Wendy Kohatsu is an Associate Clinical Professor of Family and Community Medicine at the University of California, San Francisco. She graduated as one of the four inaugural fellows in Integrative Medicine at the University of Arizona, under the direction of Dr. Andrew Weil in 1999. She served as faculty at East Tennessee State University, and then Oregon Health Sciences University in Portland, Oregon providing full spectrum, inpatient and outpatient family care. She currently is the Director of the Integrative Medicine Fellowship at the Santa Rosa Family Medicine Residency program in Santa Rosa, CA. This is the first Integrative Medicine Fellowship training program for the Underserved (IM4US) on the West Coast.

She is an author of several chapters in Integrative Medicine textbooks, and the Principal Investigator of the VeggieRx Prescription program through Santa Rosa Community Health. Wendy is also a CHEF! She received her professional culinary degree from the Oregon Culinary Institute in 2008. She was the Cook on Every Corner culinary program director through the Healing Kitchens Institute of Commonweal from 2014-2016. Wendy loves to scour farmers' markets for field-fresh ingredients, 'doctor' recipes to make them healthier, and go wild in her kitchen-laboratory. She is thrilled to be joining the *Eating for Whole Health* program to help our country's Veterans live healthier lives.

GAIL MEISSEN, RDN



Gail Meissen is a registered dietitian nutritionist with 38 years of experience throughout the health care continuum. Gail worked in various roles in the VHA for 24 years. Most recently, she was a Field Implementation Team Consultant with the Office of Patient Centered Care and Cultural Transformation (OPCC&CT) supporting a transformation in the experience and practice of health care. Gail also held positions as the Veterans Health Education Coordinator, MOVE! Coordinator/clinical dietitian, and Chief of Nutrition and Food Services at the Madison VA. Before that, Gail worked in the private sector for 14 years as a clinical dietitian, a management consultant at a private nursing home, and consultant and nutrition services coordinator at a home health care agency. She was also creator, coordinator, and presenter of nutrition education classes in her community and at corporations such as the Kohler Company and Sargento.

Gail's interest in nutrition began to blossom in high school when studies of human biology and disease prevention led her to subscribe to the Hippocrates philosophy "let food be thy medicine." Since then, Gail has been passionate about educating others on how nutrition can help promote healthier lives. In the VA, she co-hosted national monthly interdisciplinary nutrition journal clubs for providers and dietitians to discuss emerging research in a collaborative forum.

Gail received her BS in dietetics from University of Wisconsin-Stevens Point. She has a certificate from the Academy of Nutrition and Dietetics in adult weight management and is currently pursuing certification in integrative and functional nutrition.

ERIN SHAH, RD



After receiving her BS in nutrition and dietetics from San Diego State University, Erin spent six years providing medical nutrition therapy in both the inpatient and outpatient settings. Erin especially enjoyed providing NICU nutrition support and loved being able to watch infants thrive as Kaiser's lead High Risk Infant Clinic dietitian.

Erin's next move, professionally and geographically, led her to Oahu where she led participants through the largest lifestyle medicine disease reversal program in the nation. Erin taught nutrition classes, provided cooking demonstrations, developed disease-specific meal plans and menus, and was featured on various news and lifestyle television programs.

After getting married, Erin and her husband decided that the Pacific Northwest would be where they'd settle. Erin loves the fall leaves, the farmers' markets, and Portland's vast culinary food culture. She continues her nutrition practice at Providence Health Systems where she provides individual counseling and teaches healthy eating classes.

Erin believes that establishing a trusting connection with patients is an integral part of them in reaching their health goals. To Erin, the perfect nutrition prescription can be different for every person and she loves helping her patients find what eating pattern is best for them.

In her spare time, Erin loves cooking, gardening, podcasts, spending time with her husband and dogs, hiking, biking, traveling, dancing, and dining.