



**American Society for Nutrition**  
**NUTRITION 2023**  
*Live Attendance – July 22-25, 2023*

**Purpose**

The American Society for Nutrition leads efforts to provide science-based nutrition information that is essential to advancing knowledge and improving health around the world. Its Nutrition Education Program is designed to keep nutrition professionals up to date on the latest science and trends and embraces new technologies to broaden knowledge in innovative ways. It provides high caliber, engaging education to support continuing education for nutrition professionals and healthcare providers through webinars, meetings, symposia, workshops, and online learning.

**NUTRITION 2023** brings together top nutrition scientific researchers, practitioners, global and public health professionals, policy makers and advocacy leaders, industry, media, and other related professionals to examine the latest advances in nutrition science and discuss clinical applications.

The meeting is organized around critical topics including:

- Cellular and Physiological Nutrition/Metabolism
- Climate and/or Food Systems
- Clinical and Translational Nutrition
- Global and Public Health Nutrition
- Population Science
- Career/Professional Development

**Needs Assessment**

**NUTRITION 2023** advances clinical practice through state-of-the-art education focused on the many aspects of nutrition science including basic science, clinical research, and public health interventions.

ASN uses a planning process that links identified professional practice gaps and education needs with desired results in its provision of education activities. It identifies professional practice gaps and education needs through a variety of evidence-based sources, as well as activity evaluation summaries and member surveys.

**NUTRITION 2023**, along with all ASN education activities, seeks to reach healthcare professionals with the knowledge and competence they need in nutrition science and practice.

Research has indicated that nutrition is minimally addressed in medical schools and residencies. Physicians are trained to treat diseases with less emphasis on preventative medicine including the importance of nutrition and other lifestyle factors. Most physicians recognize this deficiency and seek out ways to improve their knowledge, competence, and practice in this area.

### **Keywords**

- COVID-19 and Nutrition
- Diet and Cancer
- Dietary Bioactive Components
- Eating Frequency and Chrononutrition
- Energy and Macronutrient Metabolism
- Experimental Animal Nutrition
- Global Nutrition
- Maternal, Perinatal and Pediatric Nutrition
- Neuroscience/Nutrition and the Brain
- Nutritional Epidemiology
- Nutritional Immunology and Inflammation/Immunometabolism
- Nutritional Microbiology/Microbiome
- Obesity
- Precision Nutrition
- Sports Nutrition and Physical Activity
- Vitamins and Minerals

### **Target Audience**

- Researchers
- Physicians
- Dietitians
- Physician Assistants and Nurse Practitioners
- Academic Faculty
- Health Educators
- Behavioral Specialists
- Nurses
- Pharmacists
- Undergraduate/Graduate Students/Postdoctoral Fellows
- Medical Students and Residents
- Wellness Professionals

### **Overall Outcome Objectives**

- Critically appraise current nutrition and obesity research and advances in basic and clinical science of nutrition, obesity, metabolism, and related conditions
- Integrate current research findings into the clinical practice of nutrition and public health
- Recognize importance of developing nutrition strategies to address special health considerations across a patient's lifespan
- Embrace technologies that broaden competence in innovative nutrition research and practice
- Identify practice gaps within clinical nutrition and public health that impact health outcomes

### **Competencies**

The Desirable Physician Attributes addressed in this activity are:

- Systems-Based Practice
- Medical Knowledge
- Interpersonal and Communication Skills
- Professionalism

### **Media Used**

**NUTRITION 2023** is a live education activity composed of lectures, scientific sessions, abstract presentations, interactive discussions, and networking.

### **Method of Participation in the Learning Process**

Learners will attend NUTRITION 2023 which will be held at the Sheraton Boston Hotel in Boston, Massachusetts from July 22-25, 2023. Registration for the meeting is required to attend sessions offering continuing education credit.

At the conclusion of the learning activity, learners complete an evaluation survey.

### **Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the American Society for Nutrition (ASN). The American Society for Nutrition is accredited by the ACCME to provide continuing medical education for physicians.

### **Credit Designation**

#### ***Physicians***

The ASN designates this live course activity for a maximum of 14.25 *AMA PRA Category 1 Credits™*. Physicians should claim credit commensurate with the extent of their participation in the activity. Credit will be awarded on a per session basis, upon successful completion of the session evaluation.

The certificate you receive upon completion of this education activity will list the amount of continuing medical education credit you were **awarded**. Please use this documentation for your CME licensing or certification needs.

The following **NUTRITION 2023** sessions will offer CME credit for physicians. Please note learners can only claim credit for one session if more than one session offering continuing education credit occurs at the same time. All education content presented in this activity has been reviewed and validated as appropriate in keeping with sound scientific principles.

- Teens and Nutrient Deficiencies: A Growing Public Health Crisis (July 22, 2:30 PM – 4:00 PM)
- Opening Session & Presidential Symposium: Food as Medicine: New Findings to Explain Reduced Risk of Cardiovascular Disease by Dietary Linoleic Acid (July 22, 4:30 PM – 6:00 PM)
- It's Time to Quantify Intake Recommendations for Dietary Bioactives (July 23, 8:00 AM – 9:30 AM)
- Paving the Way to Precision Nutrition: Using Metabolomics to Discover & Validate Dietary Biomarkers (July 23, 10:00 AM – 11:30 AM)
- Ultra-Processed Foods: Current Challenges and Future Directions (July 23, 10:00 AM – 11:30 AM)
- The W.O. Atwater Memorial Award Lecture: Enhancing the Purpose of Food (July 23, 2:00 PM – 3:00 PM)
- 2023 Robert Suskind and Leslie Lewinter-Suskind Pediatric Nutrition Lifetime Achievement Award Lecture - Infant Nutrition: Challenges and Opportunities (July 24, 8:00 AM – 9:35 AM)
- Are We Ready? Resilience as a Biomarker for a “Healthy” Gut Microbiome (July 24, 2:00 PM – 3:30 PM)
- Nourishing the Future: How Early Taste and Food Exposures Shape Diet and Health in Later Life (July 24, 2:00 PM – 3:30 PM)

- Nutrition and the Aging Brain (July 24, 2:00 PM – 3:30 PM)
- 2023 George Bray Outstanding Scientific Achievements Award in Obesity Research: Adipose Tissue Metabolism in Human Obesity (July 24, 4:00 PM – 5:35 PM)
- 2023 Jean-Pierre Habicht Lifetime Achievements in Global Nutrition Award and Global Nutrition Council Forum (July 24, 6:15 PM – 7:30 PM)
- Behind the Scenes @ *Nutrition for Precision Health* (July 25, 8:00 AM – 9:30 AM)

### ***Dietitians/Dietetic Technicians***

ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.

ASN designates this annual meeting activity for a maximum of 18.75 CPE credits.

The following **NUTRITION 2023** sessions will offer CPE credit for registered dietitians. Please note learners can only claim credit for one session if more than one session offering continuing education credit occurs at the same time. All education content presented in this activity has been reviewed and validated as appropriate in keeping with sound scientific principles.

- Teens and Nutrient Deficiencies: A Growing Public Health Crisis (July 22, 2:30 PM – 4:00 PM)
- Opening Session & Presidential Symposium: Food as Medicine: New Findings to Explain Reduced Risk of Cardiovascular Disease by Dietary Linoleic Acid (July 22, 4:30 PM – 6:00 PM)
- Biomarkers of Nutrition for Development: Knowledge Indicating Dietary Sufficiency (July 23, 8:00 AM – 9:30 AM)
- It's Time to Quantify Intake Recommendations for Dietary Bioactives (July 23, 8:00 AM – 9:30 AM)
- Paving the Way to Precision Nutrition: Using Metabolomics to Discover & Validate Dietary Biomarkers (July 23, 10:00 AM – 11:30 AM)
- Ultra-Processed Foods: Current Challenges and Future Directions (July 23, 10:00 AM – 11:30 AM)
- The W.O. Atwater Memorial Award Lecture: Enhancing the Purpose of Food (July 23, 2:00 PM – 3:00 PM)
- Best Practices for Getting Your Manuscript Published & Improving the Discoverability of Your Research (July 23, 4:00 PM – 5:30 PM)
- What is Nutrition Security and How Do We Assess and Monitor It? (July 23, 4:00 PM – 5:30 PM)
- 2023 Robert Suskind and Leslie Lewinter-Suskind Pediatric Nutrition Lifetime Achievement Award Lecture - Infant Nutrition: Challenges and Opportunities (July 24, 8:00 AM – 9:35 AM)
- Food as Medicine (July 24, 10:00 AM – 11:30 AM)
- Prioritizing Nutrition Worldwide: Learning from Exemplar Countries (July 24, 10:00 AM – 11:30 AM)
- Are We Ready? Resilience as a Biomarker for a “Healthy” Gut Microbiome (July 24, 2:00 PM – 3:30 PM)
- Nourishing the Future: How Early Taste and Food Exposures Shape Diet and Health in Later Life (July 24, 2:00 PM – 3:30 PM)
- Nutrition and the Aging Brain (July 24, 2:00 PM – 3:30 PM)
- 2023 George Bray Outstanding Scientific Achievements Award in Obesity Research: Adipose Tissue Metabolism in Human Obesity (July 24, 4:00 PM – 5:35 PM)
- Cultivating Resiliency and a Growth Mindset in Early Career Nutrition Professionals (July 24, 4:00 PM – 5:15 PM)

- 2023 Jean-Pierre Habicht Lifetime Achievements in Global Nutrition Award and Global Nutrition Council Forum (July 24, 6:15 PM – 7:30 PM)
- Behind the Scenes @ *Nutrition for Precision Health* (July 25, 8:00 AM – 9:30 AM)
- Metabolic Adaptation and Increased Drive to Eat as Drivers of Weight Regain in Individuals with Obesity. Myth or Reality? An Exercise in Adversarial Collaboration (July 25, 10:00 AM – 11:30 AM)

*Activity Type:* Annual Meeting

*Activity Number:* 178019

*CPE Level* 2

*Performance Indicators/Learning Objectives*

- 12.3.2 Applies community-based and population-based models and theories in the development of programs and interventions
- 4.2.6 Integrates relevant information with previous learning, experience, professional knowledge, and current practice models
- 6.2.3 Analyzes and interprets data to form valid conclusions and to make recommendations

***Non-physician and Non-dietetic Healthcare Professionals***

ASN does not offer CME credit to non-physicians. However, all non-physician and non-dietetic healthcare professionals at **NUTRITION 2023** will be able to complete an evaluation and download a Certificate of Participation. This certificate designates your participation in this education activity. It lists the amount of continuing medical education credit that has been designated for physicians by ASN. You should be able to use this documentation for your licensing or certification needs. To determine if activities designated for *AMA PRA Category 1 Credit™* are acceptable for your licensing or certification needs, please contact your credentialing body directly. Please note ASN cannot guarantee its acceptance.

### **Instructions for Claiming Credit**

In order to receive continuing education credit for this activity, learners must complete the activity evaluations.

Credit will be claimed on DiscoverNUTRITION, ASN's online learning platform. Learners must have an account on the DiscoverNUTRITION website to proceed.

Credit must be claimed and certificates must be downloaded by **September 30, 2023**.

#### *Step 1: Create a DiscoverNUTRITION account*

- If you are a member of ASN:
  - Click 'ASN Discover Nutrition login' at the top right corner of the screen at <https://discover.nutrition.org/>
  - Click the 'ASN Discover Nutrition login' button.
  - Enter your ASN member login credentials.
  - Click the 'LOG IN' button.
  - You will be returned to the learning portal website to complete your profile information for the DiscoverNUTRITION website.
- If you are not a member of ASN:
  - Click 'Register' at the top right corner of the screen at <https://discover.nutrition.org/>
  - Click 'Create new visitor account' in the Visitor Login section.
  - Complete the online form.
  - Click the 'Create new visitor account' button at the bottom of the page.

*Step 2: Once logged into the DiscoverNUTRITION website, enroll in the appropriate course relevant to your qualifications. See below for direct links to the courses available for each specific learner group.*

- Physicians: <https://discover.nutrition.org/content/nutrition-2023-cme-credit-physicians>
- Registered Dietitians: <https://discover.nutrition.org/content/nutrition-2023-continuing-professional-education-cpe-credit-registered-dietitians>
- Non-physician and Non-dietetic Healthcare Professionals: <https://discover.nutrition.org/content/nutrition-2023-certificate-participation>

*Step 3: Click the Register tab for the course and enter the following code to gain access to it: **ASN23***

*Step 4: In the course, follow all instructions to (1) complete the evaluations for sessions attended, and (2) the overall continuing education evaluation. The final step of downloading a certificate for the NUTRITION 2023 sessions evaluated by the learner will become available on Tuesday, July 22 at 12:00 PM ET.*

- Feedback on each session attended must be provided. CME/CE credit will not automatically be awarded.
- Follow all instructions for completing the required information.
- Please note session evaluations for each day will not be available until the day the session is scheduled to take place.

### **Official ASN Disclosure Policies**

It is the policy of the American Society of Nutrition, in compliance with the Standards for Integrity and Independence in Accredited Continuing Education to ensure that education presents learners with only accurate, balanced, and scientifically justified recommendations and protects learners from promotion, marketing, and commercial bias. ASN requires disclosure of all financial interest that the planning committee (including ASN staff) or faculty members have with ineligible companies. All faculty and contributors to this continuing education activity have disclosed any relevant financial relationship that may have direct bearing on the subject matter of this program. Specific disclosure information is in the course materials.

The American Society for Nutrition supports fair and unbiased participation of individuals in its education activities. Any real or potential conflicts of interest must be identified and managed. All relevant financial relationships with commercial interests that directly impact and/or might conflict with ASN activities must be disclosed, or disclosure that no relevant financial relationships exist must be documented. Other relationships that could cause private interests to conflict with professional interests must also be disclosed. This policy is intended to openly identify any potential conflict so that participants in an education activity are able to form their own judgments about the presentation. In addition, disclosure must be made of presentations on drugs or devices or uses of drugs or devices that have not been approved by the Food and Drug Administration.

### **Disclosures**

*Disclosures for planners, faculty and staff for all sessions for which CME credit for physicians or CPE credit for registered dietitians is available are listed below.*

#### **Faculty**

Steven Abrams, MD

Dell Medical School at the University of Texas at Austin

Abbott Nutrition Health Institute: Speaker/Speaker's Bureau (Terminated, January 1, 2022)

All of the relevant financial relationships listed for this individual have been mitigated.

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University of Ghana, Legon

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Liliana Aguayo, PhD, MPH

Emory University, Rollins School of Public Health

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University at Buffalo

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Paola Baratto, MS

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No relevant financial relationship(s) with ineligible companies to disclose.

Ty Beal, PhD

GAIN

No relevant financial relationship(s) with ineligible companies to disclose.

Martha Belury, PhD, RD  
The Ohio State University  
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All of the relevant financial relationships listed for this individual have been mitigated.

Paul Bernstein, MD, PhD  
Moran Eye Center, University of Utah  
Heidelberg Engineering: Grant/Research Support (Ongoing); Kemin: Grant/Research Support (Ongoing);  
Speaker/Speaker's Bureau (Ongoing); OmniActive Health Technologies: Speaker/Speaker's Bureau  
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Liz Hatzenbuehler, RDN, MS, MPH  
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James Hill, PhD  
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Rutgers University  
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Curtis Huttenhower, PhD  
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Mayo Clinic  
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Julie Jones, PhD, CNS, CFS, Fellow of AACCI, IFT and ICC  
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Dr. Leslie Kaplan  
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National Institute of Public Health, Cuernavaca, Mexico  
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