



Defense Health Agency, J-7, Continuing Education Program Office

JUN 2022 CCSS S05: A Lifestyle Medicine Approach to Diabetes Reversal through Nutrition

Course, June 23, 2022, Silver Spring, MD

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician assistants, pharmacists, pharmacy technicians, optometrists, social workers, psychologists, dentists, dental hygienists, dental technicians, athletic trainers, registered dietitians, dietetic technicians, occupational therapists, occupational therapy assistants, certified counselors, kinesiotherapists, case managers, and healthcare executives.

This activity is also approved for physicians who are board certified with American Board of Internal Medicine, American Board of Pathology, and American Board of Pediatrics. A certificate of attendance is available for other attendees.

JUN 2022 CCSS S05: A Lifestyle Medicine Approach to Diabetes Reversal through Nutrition (1.50 clock hours)

1330-1500 (ET)

Learning Objectives:

1. Describe and define Lifestyle Medicine (LM) and Lifestyle & Performance Medicine (L&PM).
2. Summarize the impact of L&PM on diabetes and other chronic diseases.
3. Illustrate the evidence-based eating pattern guideline for treating, managing, and reversing diabetes.
4. Identify strategies to apply L&PM in clinical practice and outline professional resources.

Faculty:

Air Force Col. Mary Anne Kiel, M.D., F.A.A.P., Dip.A.B.L.M. Presenter has no financial or non-financial relationships to disclose.

Air Force Lt. Col. Amanda Denton, B.S.C., M.S.H.S., R.D., L.D., C.H.E.S., F.A.N.D. Presenter has no financial or non-financial relationships to disclose.

Air Force Capt. Courtney Clutter, M.D. Presenter has no financial or non-financial relationships to disclose.

Disclosures:

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

Interprofessional Continuing Education (IPCE)



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

This activity was planned by and for the healthcare team, and learners will receive 1.50 Interprofessional Continuing Education (IPCE) credits for learning and change. In support of improving patient care, this activity has been planned and implemented by DHA, J-7, CEPO. DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), the American Academy of Physician Assistants (AAPA), the Association of Regulatory Boards of Optometry's Council on Optometric Practitioner Education (ARBO/COPE), the Association of Social Work Boards (ASWB), the American Psychological Association (APA), the American Dental Association's Continuing Education Recognition Program (ADA CERP), Board of Certification for the Athletic Trainer (BOC) and Commission on Dietetic Registration (CDR) to provide continuing education for the health care team.

Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA, J-7, CEPO designated this live course for a maximum of 1.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Internists (ABIM)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.50 MOC points in the American Board of Internal Medicine's (ABIM) 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 ABIM MOC credits.

Pathologists (ABPath)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.50 Lifelong Learning (CME) and Improvement in Medical Practice (Part IV) Maintenance of Certification (MOC) credits in the American Board of Pathology's (ABPath) Continuing Certification program on activity materials. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABPath MOC credit.

Pediatricians (ABP)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 1.50 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

Nurses (ANCC)

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education course for a maximum of 1.50 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists (ACPE)



UAN JA4008136-0000-22-172-L04-P

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.50 contact hours of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Pharmacy Technicians (ACPE)



UAN JA4008136-0000-22-172-L04-T

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 1.50 contact hours of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Physician Assistants (AAPA) - Live



DHA, J-7, CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.50 hours of AAPA Category 1 CME credits. Physician assistants should only claim credit commensurate with the extent of their participation.

Optometrists (ARBO/COPE)

This activity has been approved by ARBO/COPE. The DHA, J-7, CEPO designated this activity for a maximum of 1.50 credit hours. Optometrists should only claim credit commensurate with the extent of their participation in the activity.

COPE Course ID #: 78901-SD COPE Activity/Event #: 124127

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO 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. DHA, J-7, CEPO maintains responsibility for this course. Social workers completing this course receive 1.50 ASWB continuing education credits.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The DHA, J-7, CEPO maintains responsibility for the content of the programs. DHA, J-7, CEPO designated this activity for a maximum of 1.50 credits. The instructional level of this activity is intermediate. There is no cost to participate.

Dentists and Allied Dental Staff (ADA CERP)



DHA, J-7, CEPO is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education (CDE). ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP. DHA, J-7, CEPO designates this activity for 1.50 continuing education credits.

Athletic Trainers (BOC)



The DHA, J-7, CEPO (BOC AP #: P12034) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.50 Category A hour/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

Registered Dietitians and Dietetic Technicians, Registered (CDR)

The logo for the Commission on Dietetic Registration (CDR), featuring the text 'Commission on Dietetic Registration' in large, bold letters, with 'the credentialing agency for the Academy of Nutrition and Dietetics' written below it. Commission on Dietetic Registration the credentialing agency for the Academy of Nutrition and Dietetics	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).</p> <p>If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).</p> <p>RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.</p>
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The DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.50 Continuing Professional Education units (CPEUs) for completion of this activity/material.

ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit*[™]. ACCME Non-Physician CME Credit providers may receive a maximum of 1.50 hours for completing this course.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



The DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 04760. This distance learning-interactive is offered at 0.15 CEU intermediate, OT service delivery, professional issues, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Case Managers (CCMC)



This program has been pre-approved by The Commission for Case Manager Certification (CCMC) to provide continuing education credit to CCM[®] board certified case managers. The course is approved for up to 1.50 CE contact hours.

Activity Code: I00051021 Approval Number: 220001867

To claim these CEs, log into your CCMC Dashboard at www.ccmcertification.org.

Kinesiotherapists (COPSKT)

Provider# is 062322



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 1.50 contact hours/0.15 CEUs. DHA, J-7, CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

Certified Counselors (NBCC)



DHA, J-7, Continuing Education Program Office (CEPO) has been approved by National Board for Certified Counselor (NBCC) as an Approved Continuing Education Provider, **ACEP No. 6955**. Programs that do not qualify for National Board of Certified Counselors (NBCC) credit are clearly identified. DHA, J-7, CEPO is solely responsible for all aspects of the programs.

NBCC ACEP No. 6955

Other Professionals

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@mail.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 7 July 2022 at 2359 ET at the following URL:

www.dhaj7-cepo.com