



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

FY25 Joint Advanced Dietetics Symposium (JANDS)

U.S. Army Holistic Health and Fitness (H2F) Updates

Home Study (Enduring) 28 April 2025 to 30 September 2025 (Blackboard)

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 registered dietitians and dietetic technicians. A certificate of attendance is available for other attendees.

FY25 JANDS: U.S. Army Holistic Health and Fitness (H2F) Updates (2.0 clock hours)

Learning Objectives:

1. Describe the structure of the H2F Performance team and the roles of each member.
2. Understand the differences between the military health system and H2F and describe how they work together to enhance Soldier readiness.
3. Discuss how H2F has demonstrated a return on investment by improving Soldier readiness and performance.


Faculty:

MAJ Stephanie Meno, MS, RD, CSSD. Presenter has no financial or non-financial relationships to disclose. All relevant financial relationships have been resolved.

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.

Registered Dietitians and Dietetic Technicians, Registered (CDR)

 <p>Commission on Dietetic Registration the credentialing agency for the Academy of Nutrition and Dietetics</p>	<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 2.0 Continuing Professional Education units (CPEUs) for completion of this activity/material.

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@health.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 30 September 2025 at 1159 ET at the following URL:

www.dhaj7-cepo.com