



Defense Health Agency J-7 Continuing Education Program Office

FY26 Joint Advanced Nutrition and Dietetics Course (FY26 JANDS) Nutrition in Women's Health

**Enduring Material (Home Study), 27 April 2026 to 30 September 2026,
Army Medical Center for Excellence (MEDCoE) ATIS-E**

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 physician associates/physician assistants, registered dietitians, dietetic technicians, occupational therapists, occupational therapy assistants, physical therapist assistants, physical therapist assistants, project management professionals across the Military Health System (MHS). A certificate of attendance is available for other attendees.

FY26 JANDS: Nutrition in Women's Health (2.00 clock hours)

Learning Objectives:

1. Analyze the hormonal drivers of women's health across the reproductive lifespan and their impact on nutritional requirements.
2. Evaluate micronutrient requirements for female service members from menstruation through post-menopause.
3. Apply evidence-based strategies to optimize health, performance, and readiness in female military personnel.

Faculty:

Army Maj. Kay Kerstens, MS, RD, CSSD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.
All relevant financial relationships have been resolved.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA J-7 CEPO 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. This activity was planned by and for the healthcare team, and learners will receive 2.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physician Associates/Physician Assistants (AAPA) – Enduring



DHA J-7 CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 2.0 AAPA Category 1 CME credits. Approval is valid until 30 September 2026. As should only claim credit commensurate with the extent of their participation.

Dietitians/Dietetic Technicians (CDR)

The logo for the Commission on Dietetic Registration, featuring the text 'Commission on Dietetic Registration' in a bold font, with 'the credentialing agency for the Academy of Nutrition and Dietetics' below it, and the 'eat right.' logo to the left.	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 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 (1 hour/60 minutes = 1 CPEU).</p> <p>RDs and DTRs are to select activity type 102 in their Activity Logs.</p>
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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.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA J-7 CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 15759. This distance learning-independent, is offered at 0.2 CEUs, intermediate, OT service delivery, professional issues, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA J-7 CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.2 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

Other Professionals

All other healthcare 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 2026 at 1159 ET at the following URL: www.dhaj7-cepo.com.