

Nutrition Science for Health and Longevity: What Every Physician Associate Needs to Know



Your patients look to you for nutrition advice.

Learn to give them the answers they need—even when time is short.

Gain a solid foundation of nutrition essentials through award-winning interactive online CME that you complete at your own pace. It's clinically relevant nutrition science, with a focus on practical application, plus strategies for successful outcomes in busy clinical settings.

Immersive counseling scenarios will ensure your readiness and competence to address patients' nutrition questions.

More than **9,000 clinicians** have enrolled.

99%

of PAs said it will change their practice.

A COMPLETE TOOLKIT:

CME for You, Plus Resources for Your Patients

- Developed by an educational nonprofit with no commercial interests or dietary biases
- 4.0 Hours of AAPA Category 1 CME Credits
- Evidence-based nutrition science, divided into four engaging, self-paced modules
- Essential nutrition concepts, with opportunities to dig deeper on the topics you need
- 20+ realistic clinical scenarios
- Interactive knowledge-checks with customized feedback
- Direct links to 190+ medical literature references (plus printable reference lists you can keep)
- Practical tools for rapid clinical implementation
- Downloadable summaries, an interactive patient-education resource, and reproducible patient handouts

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The motivational interviewing and goal setting information was very useful, also how to address the different “fad” diets. This was a great resource. I will highly recommend it to my colleagues and the free resources for patients!

– **Laura Ross, PA-C, AACC, CLS, DipACLM**
Director of the Park Nicollet Health Services Prevention and Lipid Clinic
President, Academy of Physician Associates in Cardiology

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This resource empowers providers to integrate practical nutrition counseling into care. This short course is a must-have training for clinically practicing PAs in all specialties.

– **James C. Somers, PA-C, DHSc, DFAAPA**
Associate Professor, Doctor of Medical Science Program, College of Medical Sciences, University of Lynchburg

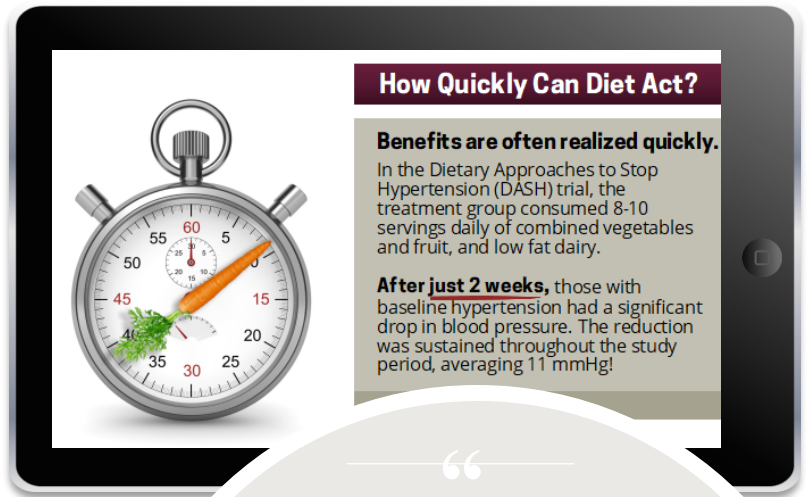
GROUP DISCOUNTS AVAILABLE FOR PHYSICIAN ASSOCIATE SCHOOLS

See an outline of each module



MODULE 1: WHY DOES NUTRITION MATTER TO YOU AND YOUR PATIENTS?

- Why Poor Nutrition is a Health Crisis
- Clinician Self-Care and Important Ways to Maintain Resilience
- Nutrition and High-Potency Weight-Loss Drugs
- The Magnitude of Benefit Possible from a Healthy Diet
- Focus on Whole-Food Diets
- Heritage Diets and Importance of Cultural Adaptations
- Evidence of How Diet Can Improve Health Conditions Including Diabetes, Heart Disease, and More



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Patients are constantly requesting nutrition advice from their caregivers, yet most physicians and nurses lack the underpinnings of nutrition science. **This information is not only what every doctor needs to know, but is precisely what all patients want their doctor to know.**

– **Robert Bonow, MD**
Former President, American Heart Association; Goldberg Distinguished Professor of Cardiology, Northwestern University Feinberg School of Medicine

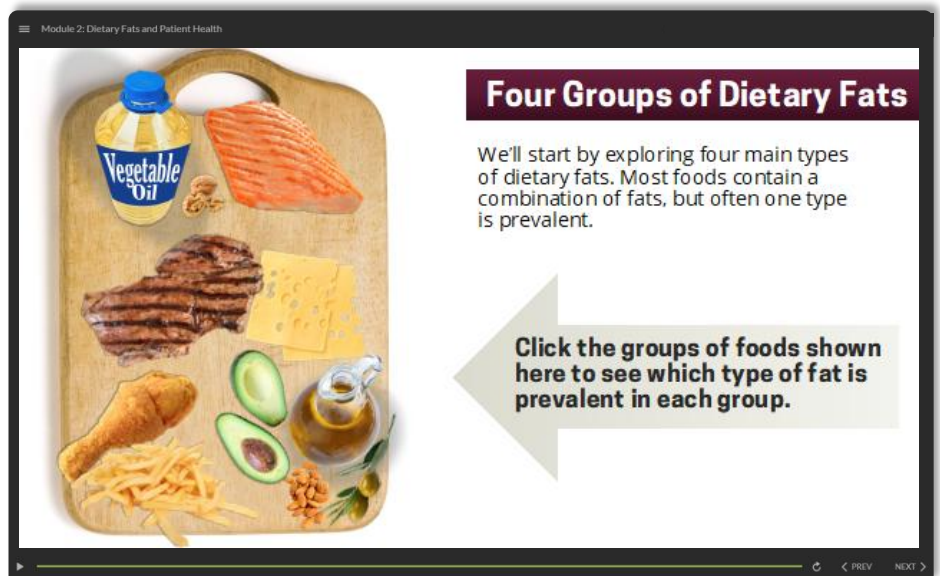
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Student skills in counseling standardized patients have improved noticeably now that they have confidence in their knowledge of nutrition concepts and how they connect to disease and health.

As an educator, I appreciate the deliberate inclusiveness of a wide variety of patients, and fundamental grounding in updated evidence.

– **Deb Erlich, MD**
Master of Medical Education, FAAFP Family Medicine Clerkship Director and Associate Professor, Tufts University School of Medicine

MODULE 2: DIETARY FATS AND PATIENT HEALTH

- Saturated Fats: Importance of Healthful Replacements
- Polyunsaturated Fats, Including the Forms of Omega-3 and What They Do
- Cholesterol: Sources and Health Risks
- Monounsaturated Fats and Their Effect on Health and Cardiovascular Risk
- Cultural Considerations for Dietary Fat Recommendations
- Oils and High-Temperature Cooking



MODULE 3: HELPING YOUR PATIENTS UNDERSTAND CARBOHYDRATES & PROTEIN

- Carbohydrates: Why They're Important and Key Dietary Sources
- Carbohydrates: Chemistry and Food Sources
- Understanding Glycemic Load
- What is a Whole Grain?
- Cultural Considerations for Whole Grain Recommendations
- Fiber: A Marker of Dietary Quality
- Alcohol and Health
- Dietary Protein: Availability from a Wide Variety of Food Sources
- Sodium and Calcium: Sources and Recommended Quantities



Physician Associate Feedback:

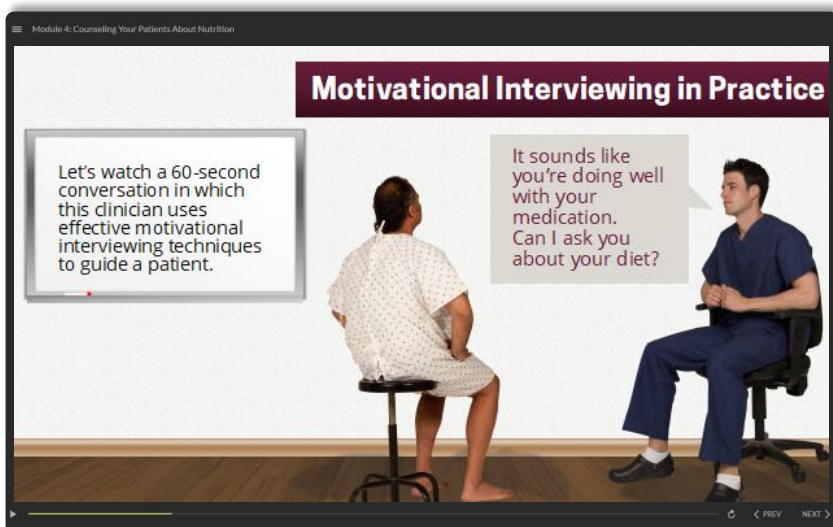
“ All modules gave additional insight on how to better communicate diet and lifestyle to my patients. ”

“ I have learned the data to support certain health choices and have learned effective ways to communicate important nutrition knowledge to patients. ”

“ Brief yet information-packed. I will recommend it to other healthcare providers! ”

MODULE 4: COUNSELING YOUR PATIENTS ABOUT NUTRITION

Module 4 is a **capstone skill-building experience** to help you put into practice the nutrition knowledge gained in the previous three modules.



- Food Insecurity and Your Role as a Clinician
- Popular Diets: Definitions and Scientific Status
- The 3 Skills of Motivational Interviewing
- Counseling With Cultural Sensitivity and Adaptations
- Strategies for Rapid Nutritional Counseling
- How Clinician Resilience and Self-Care Affect Patient Care
- More than 20 patient Q&A scenarios covering a wide variety of clinical examples