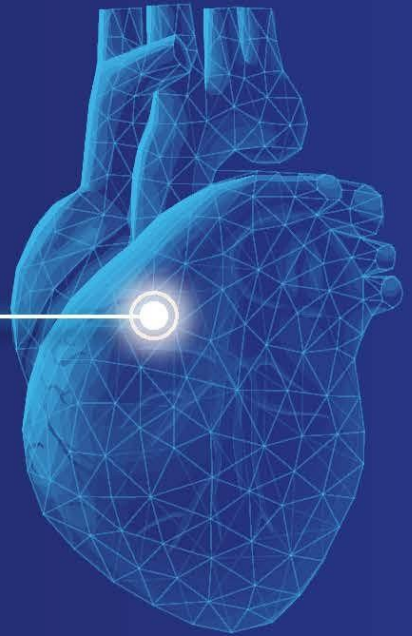


Nutritional Fitness for **PERFORMANCE AND CARDIOVASCULAR DISEASE PREVENTION**



**JUNE 14, 2023 | 2:00-4:30PM EST
MS TEAMS**

In accordance with the National Strategy on Hunger, Nutrition, and Health and as part of the White House Nutrition Interagency Policy Committee (IPC), the Department of Defense (DoD) is hosting a virtual conference to highlight nutrition-focused initiatives across the DoD enterprise in support of Service Member total force fitness and cardiovascular disease prevention. This event will be hosted for DOD leadership, providers, and Service Member stakeholders working to advance military health and performance. Invited speakers from the Consortium for Health and Military Performance (CHAMP), Defense Health Agency (DHA), US Department of Veterans Affairs (VA), Department of Defense Education Activity (DoDEA), Air Force Medical Readiness Agency (AFMRA), Air Force Lifestyle & Performance Medicine Working Group, Armed Forces Wellness Center (AFWC), Defense Centers of Public Health - Aberdeen, and Brooke Army Medical Center (BAMC) will present on the following topics:

- Nutritional Fitness as integral to Total Force Fitness
- Nutrition for Performance and Cardiovascular Disease Prevention
- Optimizing Military Nutrition Environment
- Leader-Inspired Nutrition
- Synergy between DOD and VA

This presentation will focus on DoD/Service work in the utilization of nutrition in disease prevention and performance optimization, expand awareness of barriers, and equip providers and leaders with resources to integrate “food as medicine” and “food as fuel” when they care for Service Members. Towards this end, this event will also include a resource spotlight on the American College of Lifestyle Medicine (ACLM) Food as Medicine course for DoD and VA providers. A registration code for free access to a shortened version of the course will be given to the attendees.



Nutritional Fitness for PERFORMANCE AND CARDIOVASCULAR DISEASE PREVENTION



INTRODUCTION

1400 - 1410 **Lester Martinez-Lopez, MD, MPH, FAAP**
Assistant Secretary of Defense for Health Affairs

NUTRITIONAL FITNESS AS INTEGRAL TO TOTAL FORCE FITNESS

1410 - 1425 **Maria McConville, MS, RDN**
Senior Nutrition Health Educator; HJF/CHAMP

1425 - 1440 **Col Mary Anne Kiel, MD, FAAP, DipABLM, CPE**
*Pediatrician; Chief of Air Force Medical Home; Chair of
DHA Primary Care Clinical Community; Chair of Air Force
Lifestyle & Performance Medicine Working Group*

NUTRITION FOR PERFORMANCE AND CARDIOVASCULAR HEALTH

1440 - 1455 **Dr. Michael Jarka, MSc, PhD**
Operations Chief; Armed Forces Wellness Center (AFWC)

Dr. Genevieve (Beth) Smith, PhD
*Defense Centers for Public Health- Aberdeen / Defense
Health Agency - Public Health*

OPTIMIZING MILITARY NUTRITION ENVIRONMENTS

1505 - 1520 **Katie Kirkpatrick, MS, RD, CSSD**
Senior Nutrition Environment Manager; HJF/CHAMP

1520 - 1535 **Colleen Kesselring, MS, RD**
Chief; DODEA School Meals Branch

Courtney Paolicelli, DrPH, RD
Program Analyst; DODEA School Meals Branch

SYNERGY BETWEEN VA AND DOD

1550 - 1605 **Anne Utech, PhD, RDN, LD**
*National Executive Director (SES EQ)
Nutrition and Food Services*

1605 - 1615 **Sabina Gandhi MD, MPH, TTS, FACPM**
*Lead SME for JIF 2; VA Loma Linda Healthcare System
(605-111PM) Preventive Medicine Section*

Jaime S. Bernhardt
*Healthcare Education Specialist; Institute for Learning,
Education and Development (ILEAD)*

Stephanie Barrientos, MS
JIF2 DoD Program Coordinator, HJF/CHAMP

CLOSING REMARKS

1630 **Donald Shell, MD, MA**
*Acting Executive Director, Health Services Policy and
Oversight OASD(HA)
Director, Disease Prevention, Disease Management and
Population Health Policy & Oversight*

**JUNE 14, 2023
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MS TEAMS

REGISTER



**EMAIL HPRC@USUHS.EDU
IF YOU HAVE ANY QUESTIONS**