

LEARNING OBJECTIVES

2-1-22

PERFORMANCE GAP/ ACTIVITY NEED: Information on nutrition, exercise, herbs and supplements is often not evidence-based. Since physician counseling of lifestyle is part of clinical care, it is important to evaluate new data on nutrition, diet, exercise, and supplements. Cultural preferences regarding nutrition/dietary preferences should be also considered. [Source: Bairey Merz—personal communication, 12/30/21].

DESIRED OUTCOMES: At the end of the activity, attendees will be able to:

- discuss concepts including diet, nutrition, and optimum exercise.
- describe the role of diet, nutrition, and exercise in CVD.
- evaluate the evidence regarding the use of diet, nutrition, and exercise to treat CVD and incorporate into practice.
- discuss cultural diversity/implicit bias issues in risk, incidence, prevalence, disease burden, or mortality associated with CVD and/or cultural disparities in access, diagnosis at more advanced stages, or less adherence to treatment regimens

LEARNERS: cardiologists, OBGYN, endocrinologists, internists, general/family practitioners, pathologists, pharmacists, dieticians

DESIRABLE PHYSICIAN ATTRIBUTE: provide patient-centered care, apply evidence-based practice