



Sharp Rees-Stealy Medical Group

Food is Medicine

A **knowledge** activity for physicians, pharmacists, physician assistants, nurse practitioners, and other interested health care providers.

Salvatore Lacagnina, DO

President, Concierge Lifestyle Medicine

Medical Director, Lifestyle Medicine Institute

Fort Myers, FL

Let food be thy medicine, and let medicine be thy food. - Hippocrates



Original Presentation: March 10, 2021

Launch Date: March 29, 2021

Expires: March 29, 2024

Educational Objectives: Following this activity, participants should be able to:

1. Discuss how food influences health
2. Summarize evidence-based concepts related to nutrition
3. Employ strategies to translate evidence-based nutrition information to the layperson
4. State the improvements in clinical outcomes as a result of adding more plant based foods into treatment, reversal and prevention strategies for chronic health conditions, including reducing COVID-19 risks
5. Develop nutrition related action plans for appropriate patients

Registration Fees: \$40 per person, to register, use the link below to go to the activity, and click on the REGISTER tab.

Go directly to the activity: click [HERE](#)

To earn credit please complete the following:

1. **Login** to the **CME Portal** at www.sharp.com/cmeportal
2. **Select Sign In** from far left at the top menu – if you do not remember your log in credentials contact the CME Department at 858-499-4560 or cme@sharp.com to verify. If it's your first time, create your account.
3. **Select Online CME.**
4. **Select Lifestyle Medicine** from the curriculum search box then scroll until you find the module.
5. **Select Details.**
6. **Review Overview tab** for general course information, then **select Content tab** to begin the module.
7. **Complete** the module by launching video.
8. **Complete and pass** posttest with a **minimum of 80%**. Once complete **select Show Results** button (upper right)
 - a. If you "x" out and do not select Show Results, **select My CME > Evaluations & Certificates > Complete Evaluation.**
9. **Select Complete Evaluation.** Once finished the completion certificate will be emailed as a PDF.

Total Time: 60 minutes

No commercial support



Accreditation: Sharp HealthCare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. **CME Credit:** Sharp HealthCare designates this enduring materials for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **PA Credit:** PAs may claim a maximum of 1.0 Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by ACCME or a recognized state medical society. **NP Credit:** AANPCB accepts *AMA PRA Category 1 Credit(s)*[™] issued by organizations accredited by ACCME as an equivalent number of hours of participation. 1.0 *AMA PRA Category 1 Credit(s)*[™] = 1.0 contact hours. **Nurse Credit:** The California Board of Registered Nursing recognizes the use of Category 1 Continuing Medical Education credit toward credit contact hours. Report "ACCME Category 1 Credit" as BRN number. No BRN slip will be given. Participants must attend the entire conference to receive continuing education credits. **Accreditation:** Sharp HealthCare is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. **CPE Credit:** Sharp HealthCare designates this live activity for a maximum of 1.0 contact hours (0.10 CEUs). Partial credit will not be awarded. Pharmacists can verify their credits at [CPE Monitor](#) within 30 days of completion of this activity. **UAN: 0571-0000-21-011-H04-P**

