



Food as Medicine

2019 Update: Hot Topics in Nutrition
Through the Lifespan

Friday, November 15, 2019

Li Ka Shing Knowledge Institute,
209 Victoria Street, 2nd Floor, Toronto

Target audience

Family doctors, medical trainees, and other healthcare professionals with an interest in the relationship between diet and chronic disease prevention.

Objectives

Participants will be able to:

1. Describe the evidence of emerging nutrition topics from infancy to old age.
2. Explain the role of macronutrients, micronutrients, dietary patterns, and probiotics in the prevention and management of non-communicable diseases such as obesity, diabetes, cardiovascular disease, cancer, and dementia.
3. Consider and identify nutrition policies to promote health.
4. Outline strategies to promote healthy eating behaviours of patients in clinical practice across the lifespan.

2019 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

The Rundle-Lister Lectureship in Transformative Nutritional Medical Education is awarded annually to a preeminent clinician researcher in recognition of their outstanding contributions to the role of nutrition in patient care. We are pleased to present the 2019 Lectureship to Dr. Walter C. Willett, Professor of Epidemiology and Nutrition at the Harvard T.H. Chan School of Public Health and Professor of Medicine at Harvard Medical School in Boston, Massachusetts. He served as Chair of the Department of Nutrition at Harvard T.H. Chan School of Public Health for 25 years.



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Webcast option available

Planning Committee:

John L. Sievenpiper, MD, PhD, FRCPC, *Chair*

Margaret Rundle, MD, CCFP, FCFP, *Advisor*

Rebecca Noseworthy, RD, MPH

Elena Comelli, PhD

Chris Tomlinson, MB, ChB, PhD, FRCPC

Kristie Srichaikul, MD, CCFP, MSc

Viola Antao, MD, CCFP, MHSc, FCFP

Chelsea McPherson, RD, MAN

Learn More and Register Online:

foodasmedicineupdate.ca



Dr. Walter Willett

Agenda

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Time	Speaker
7:30-8:30	REGISTRATION + REFRESHMENTS
8:30-8:40	WELCOMING REMARKS Dr. John Sievenpiper
8:40-9:10	WEEDING THROUGH THE EVIDENCE: MARIJUANA AND BREASTFEEDING Dr. Rebecca Hoban
9:10-9:40	SUGARS AND HEALTH: WHAT IS THE RIGHT DIRECTION FOR PUBLIC POLICY? Dr. Vasanti Malik
9:40-10:10	UPDATE ON PEDIATRIC OBESITY MANAGEMENT Dr. Katherine Morrison
10:10-10:30	PANEL # 1 Q&A Dr. Rebecca Hoban, Dr. Vasanti Malik, Dr. Katherine Morrison Facilitator: Dr. Viola Antao
10:30-11:00	BREAK
11:00-11:30	WHAT IS NEW WITH CANADA'S FOOD GUIDE? Dr. Alfred Aziz
11:30-12:00	LOW CARB VERSUS LOW FAT: WHAT DOES THE EVIDENCE SAY? Dr. John Sievenpiper
12:00-12:20	PANEL # 2 Q&A Dr. Alfred Aziz, Dr. John Sievenpiper Facilitator: Dr. Margaret Rundle
12:20-1:20	LUNCH BREAK
1:20-2:05	DIET AND HEALTH ACROSS THE LIFESPAN Rundle-Lister Lectureship In Transformative Nutritional Medical Education Dr. Walter Willett, Key Note Speaker
2:05-2:20	Q&A Dr. Walter Willett Facilitator: Dr. John Sievenpiper
2:20-2:25	PRESENTATION OF RUNDLE-LISTER LECTURESHIP AWARD IN TRANSFORMATIVE MEDICINE Dr. Margaret Rundle and Mr. Stephen Lister
2:25-3:00	BREAK
3:00-3:30	FOOD FOR THOUGHT: NUTRITION, COGNITIVE HEALTH AND THE AGING BRAIN Dr. Aileen Burford-Mason
3:30-4:00	THE MICROBIOME QUESTIONS YOU'D LIKE ANSWERED FOR PATIENT ISSUES ACROSS THE LIFESPAN Dr. Gregor Reid
4:00-4:20	PANEL # 3 Q&A Dr. Aileen Burford-Mason, Dr. Gregor Reid Facilitator: Dr. John Sievenpiper
4:20-4:30	CLOSING REMARKS Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit foodasmedicineupdate.ca