We are delighted that you’ve joined us for the Second Annual Conference on Plant-based Health and Nutrition at SUNY Downstate Health Sciences University in Brooklyn, New York. A plant-predominant diet that is rich in vegetables, fruits, whole grains, nuts, seeds, and legumes can have a profound effect on health and well-being. Plant-based nutrition has proven benefits in chronic diseases that are epidemic in our central Brooklyn community, including obesity, hypertension, type 2 diabetes, coronary artery disease, and hyperlipidemia. Thus, helping people move toward a plant-predominant diet can play an important role in reducing health disparities.

This conference was developed by members of the SUNY Downstate Committee on Plant-based Health and Nutrition, whose mission is to promote awareness of the health benefits of plant-based nutrition and discuss ways to integrate plant-based health into the educational endeavors and the overall culture at SUNY Downstate Health Sciences University. Please visit https://www.downstate.edu/plant-based to learn more about the Committee, access free presentations, view recordings of our previous events, and download free evidence-based resources on healthy eating, current research evidence, myths and facts, and useful web links.

Today we will review the role that plant-based nutrition can have in reducing disparities in chronic disease. We will also have in-depth discussions about plant-based nutrition in clinical practice, strategies that individuals can use to improve the quality of their diets, and the role of nutrition in athletic endurance and performance. We will also provide updates on nutrition policy approaches that can elevate the health of all New Yorkers, and potentially reduce health disparities. We hope that today’s sessions will inspire you to make changes in your own lives and organizations and to go forth and help your patients, clients, friends, and family to do the same.

Sincerely,

Elizabeth P. Helzner, Ph.D., MS, DipACLM (Conference Chair)
Richard M. Rosenfeld, MD, MPH, MBA, DipABLM (Conference Co-chair)
THANK YOU

We gratefully acknowledge our supporters, without whom this event would not be possible:

- SUNY Downstate Medical and Dental Staff, for generous financial contributions
- Office of the Downstate President, Wayne J. Riley, for generous financial contributions
- Office of the Mayor, Eric L. Adams, for logistical support
- Richard M. Rosenfeld for generous funds to cover the cost of Downstate student participation

ABOUT TODAY’S FOOD

Cafe 101

The food for today’s conference was catered by Downstate’s own, Cafe 101. For more information, please visit:

https://www.downstate.edu/about/our-administration/finance/faculty-student-association/cafe-101.html
AGENDA

9:00 a.m.  Check-in, networking, and plant-based breakfast

10:00  Welcome & Opening Remarks
Elizabeth Helzner, PhD, MS, DipACLM
Richard Rosenfeld, MD, MPH, MBA, DipABLM

Welcome and introduction of Honored Guest
President Wayne J. Riley, MD, MPH, MBA, MACP

10:00  Honored Guest Mayor Eric Adams

10:25 - 11:15  KEYNOTE ADDRESS
Columbus Batiste, MD

11:15 - 11:40  Live Q&A/discussion
Plant-based success story

11:45 - 12:00  Consensus Statement on WFPB Nutrition for Diabetes Prevention and Treatment
Richard Rosenfeld, MD, MPH, MBA, DipABLM

12:00 - 12:10 p.m.  Live Q&A/discussion

12:10  Student Engagement Work at Downstate
Lora Stoianova, Medical student

12:15  LUNCH BREAK

Parallel Breakout Sessions
(Each attendee will choose ONE breakout session; we will endeavor to record all sessions)

1:00 - 2:30  BREAKOUT ROOM 1: ALUMNI AUDITORIUM
Plant-Based Nutrition for Disease Prevention and Treatment
Panel Discussion with: Sapana Shah, MD, MPH, Rob Ostfeld, MD, MSc and Shivam Joshi, MD
Moderator: Sumeet Bahl, MD

BREAKOUT ROOM 2: PHAB ROOM 2E
Transitioning your Patients, Your Family and Yourself to Plant-Based Meals
Panel Discussion with: Lily Correa, MPH, RD, DipACLM, Chef Brandy Cochrane, and Lori Pitkowsky, MSW, NBC-HWC
Moderator: Lianna Levine Reisner, MSOD

BREAKOUT ROOM 3: PHAB ROOM 2A
Plant-Based Nutrition for Optimal Athletic Performance
Panel Discussion with: Marc Wood, CHC, CPBN, Athlete, Karla Rodriguez, DNP, RN, CNE, DipACLM, and Danielle Medina, BS
Moderator: Richard Rosenfeld, MD, MPH, MBA, DipABLM
AGENDA cont.

2:30 p.m.  NETWORKING & COFFEE BREAK

2:40  Reconvene in Alumni Auditorium
      Plant-Based Success Story

2:50 - 3:10  NYC Advocacy for Plant-Based Nutrition and
            Lifestyle Medicine
            Rachel Atcheson

3:10  Clinical Approaches to Plant-Based Nutrition: Health +
      Hospitals Plant-Based Lifestyle Medicine Program
      Michelle McMacken, MD, FACP, DipABLM

3:30  Montefiore’s Cardiac Prevention Program
      Robert Ostfeld, MD, MSc

3:50  Live Q&A/discussion for the three prior speakers

4:15  CLOSING REMARKS

4:30  Complete Evaluation Forms
ABOUT THE EVENT

This conference will share expert views and the scientific evidence supporting plant-based nutrition in managing (and reversing) chronic disease, using plant-based nutrition to optimize athletic endurance and performance, and implementing strategies that help individuals and families transition to a plant-predominant diet. Our in-person format will facilitate networking among diverse participants, but an online option is also available (at the same registration cost).

TARGET AUDIENCE

The intended audience is clinicians (MDs, RNs, NPs, PAs, RDs), public health professionals, resident physicians in training, medical and public health students, community leaders, and interested community members.

At the end of the meeting, participants will be able to:

1. Summarize the scientific evidence on the benefits of plant-based nutrition with regard to preventing and treating chronic disease.
2. Use 1–2 strategies from provider’s resources to inform and inspire their patients and clients to adopt a whole food, plant-based dietary lifestyle.
3. Engage with diverse stakeholders in discussing how to overcome obstacles to dietary change, such as food access, preparation, and cultural adaptation of new foods.

ACCREDITATION

Downstate Health Sciences University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Downstate Health Sciences University designates this live activity for a maximum of 5.25 AMA PRA Category 1 Credits (TM). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing: Downstate Health Sciences University is approved as a provider of nursing continuing professional development by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. This activity is approved for 5.25 CE credits.

Dietitians: This activity has been approved by the Commission on Dietetic Registration for 5.25 CPEUs.

Physician Assistants: AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA category 1 credit for the PRA for organizations accredited by the ACCME.

Social Workers: Downstate Health Sciences University is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-469.
DISCLOSURES

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The following faculty have no disclosures and will not discuss an off-label drug/device: Rachel Atcheson • Sumeet Bahl, MD • Columbus Batiste, MD • Brandy Cochrane • Lilian Correa, MPH, RD, DipACLM • Marta Gomez-Bolanos • Elizabeth Helzner, Ph.D., MS, DipACLM • Joanne Katz, PT, DPT, Ph.D. • Lianna Levine Reisner, MSOD • Michelle McMacken, MD, FACP, DipABLm • Danielle Medina • Lori Pitkowsky, MSW, NBC-HWC • Karla Rodriguez, DNP, RN, CNE, DipACLM • Sapan Shah, MD, MPH • Lora Stoianova • Marc Wood

The following faculty have disclosures and will not discuss an off-label drug/device: Shivam Joshi, MD - Consultant: Otsuka
Robert J. Otsfeld, MD, MSc, FACC - Consultant: Bright Plate

All members of the conference planning committee reported no relationships with ineligible companies: Richard Rosenfeld, MD, MPH, DipABLm • Elizabeth Helzner, Ph.D., MS, DipACLM • Joanne Katz, DPT, Ph.D. • Lianna Levine Reisner, MSOD • Rachel Atcheson, BA • Ayanna Besson, MPH • Lora Stoianova • Pamela Straker, Ph.D. • Nate Sherfinski • Barbara Messier, PhD ANP • Ann Dyling, MS, RD, CD • Edeline Mitton, MEd
Columbus D. Batiste, MD is a board-certified Interventional Cardiologist and Assistant Clinical Professor at the University of California Riverside School of Medicine. From 2008 until 2020 he served as Chief of Cardiology. Dr. Batiste currently serves as Regional Medical Director of Home-Based Cardiac Rehab and Chair of the Regional Cardiac Quality Committee for Southern California Permanente Medical Group. Over the years Dr. Batiste has been recognized for his work in the community and abroad by multiple organizations.

In 2010, Dr. Batiste sought to break-the-cycle of prescriptions and procedures as the sole management of chronic disease and began promoting a long-term solution for his patients through nutrition, stress reduction, and exercise. As a result, in 2011 Dr. Batiste established the Integrative Cardiovascular Disease Program (based at Kaiser Permanente). This program sought to prevent the re-occurrence of major adverse cardiac events in patients who were diagnosed with a cardiovascular disease by focusing on lifestyle modification. In 2016 Dr. Batiste led a group that collaborated with Samsung Technologies and developed a virtual cardiac rehabilitation program utilizing a Samsung wearable. Since its launch the program, which applies the principles of lifestyle, has treated nearly 10,000 patients.

Dr. Batiste’s mission is to share information so that “each-one can teach-one” about the benefits of plant-based nutrition, daily exercise, stress reduction and therefore, provide everyone with the opportunity to take control of their health. Understanding that the health of an individual is uniquely tied to their community, Dr. Batiste collaborated on the formation of a non-profit organization called the Healthy Heart Nation. The mission of Healthy Heart Nation is to improve the health of the community by narrowing disparities in education, business, justice, and ultimately health otherwise described as social determinants of health.
INVITED SPEAKERS

**Rachel Atcheson**, five years ago, moved on to work in the New York City Mayor’s Office as the Animal Welfare Liaison, also the only position of its kind in the country. For the last four years, she has been a part of Eric Adams’ team, first as the Deputy Strategist for the then-Brooklyn Borough President working on plant-based nutrition initiatives such as launching Bellevue Hospital’s Plant-Based Lifestyle Medicine Program and expanding the resources available to Brooklyn residents who might benefit from access to information around plant-based nutrition. She is currently an At-Large Director of the SUNY Downstate Committee on Plant-Based Health and Nutrition, and the Senior Assistant to the Mayor.

**Sumeet Bahl, MD** was raised in Atlanta, GA, where he graduated from Emory University with a BA in Anthropology. He has an MS in Physiology from New York Medical College. He received his medical degree (MD) from St. George’s University School of Medicine in Grenada, West Indies. He completed his internship in General Surgery at Rutgers University-New Jersey Medical School and his residency in Diagnostic Radiology at Mount Sinai West-St. Luke’s Hospital in New York City. He received his fellowship training in Vascular and Interventional Radiology at the Mount Sinai Hospital. He is currently a Vascular and Interventional Radiologist at the Brooklyn Hospital Center, where he performs minimally invasive image-guided procedures for peripheral arterial disease, venous disease, liver cancer, and uterine fibroids.

Dr. Bahl has practiced meditation for over 20 years, performed meditation research under the leadership of the Dalai Lama, and led guided meditations at Yelp, Mount Sinai Health System, and for NYC Mayor Eric Adams during the height of the COVID-19 pandemic. Through his vegan lifestyle, he combines his love of health and music as the physician representative for Hip Hop is Green, aiming to leverage pop culture as a means to spread the plant-based diet on a mass scale. Find him on social media @sumeetbahlmd.

**Brandy Cochrane** is a Plant Powered Metro New York culinary educator, and the founder of Entrepreneur Meal Plan which provides a space for leaders to connect, share resources, and have “real talk” about what it means to be well-rounded businesspeople. She’s combined her passion and experience as a creative strategist and a plant-based chef to help over 150 creative professionals and entrepreneurs develop ideas, find simple affordable resources, and take the guesswork out of eating simple, nutritious, and delicious food. She also co-founded Plant Candy, a company that focuses on helping families and communities find simple affordable ways to add more fruits, veggies, and whole grains to their diets and enjoy them. Brandy is also passionate about protecting the environment. She has been featured in the New York Times, the New York Daily News, and other publications for her community beautification work.
Mare Gomez-Bolaños, PPMNY Latinx Community Organizer, in her early twenties, Mare found herself with high triglycerides, high cholesterol, hypoglycemia, and constipation and was almost prescribed a statin. After watching the documentary Forks Over Knives, which explained the power of a plant-based diet to prevent, treat, and reverse chronic illnesses, she decided to immediately make the switch. Changes came quickly: healthy cholesterol and triglyceride levels, no more hypoglycemic episodes, and regular bowel movements. Feeling empowered, happy, and liberated, Mare decided to learn more and became a whole food, plant-based coach. She received a Plant-Based Nutrition Certificate from the T. Colin Campbell Center for Nutrition Studies and eCornell, completed a Wellness & Holistic Health certificate from AFPA, and is currently studying health coaching through the Institute for Integrative Nutrition. Currently, Mare coaches Spanish-speaking community members through 10-day jumpstart programs presented by Plant Powered Metro New York for SOMOS Community Care patients. Her passion is to help people transition to plant-based nutrition to free themselves from their families’ illnesses so they can enjoy a healthy life and achieve their dreams.

Lily Correa, MPH, RD, DipACLM is passionate about plant-based nutrition and firmly believes that the kitchen is the greatest tool from which to promote optimal health and wellness. She graduated from Loma Linda University in California, where she obtained a Master of Public Health with a concentration in Nutrition. She worked as a registered dietitian/bilingual health educator at the preventive medicine department at Kaiser Permanente in Riverside, Calif., for three years before moving to New York to pursue health-supportive culinary arts studies at the Natural Gourmet Institute. After graduating from the Natural Gourmet Institute, Lily joined the team at Bellevue Hospital’s Plant-Based Lifestyle Medicine Program. She is a Diplomate of the American College of Lifestyle Medicine.

Shivam Joshi, MD, is an internist, nephrologist, and plant-based physician practicing at NYC Health + Hospitals/Bellevue in New York City. He received his BS from Duke University and his MD from the University of Miami. He completed his residency at Jackson Memorial Hospital/University of Miami and his nephrology fellowship at the Hospital of the University of Pennsylvania. He is also a clinical assistant professor at the New York University Grossman School of Medicine with research interests in plant-based diets, fad diets, and nephrology. He has written numerous scientific articles and speaks nationally on these subjects. He is the youngest nephrologist to receive the NKF’s Joel D. Kopple award, the highest award in renal nutrition. You can follow him on Twitter (@sjoshiMD).
Michelle McMacken, MD, FACP, DipABLM is Executive Director of Nutrition and Lifestyle Medicine at NYC Health + Hospitals (NYC H+H), the largest public healthcare system in the United States. In this role, she leads the expansion of dedicated lifestyle medicine programs to NYC H+H sites in all five NYC boroughs, as well as system-wide initiatives to augment nutrition and lifestyle medicine education for healthcare providers and patients. Dr. McMacken joined NYC H+H in 2004 and currently practices internal medicine in the NYC H+H/Bellevue Adult Primary Care Center. She also directed Bellevue’s Adult Weight Management Program from 2005-2022, and in 2019 she developed and launched the innovative Bellevue Plant-Based Lifestyle Medicine Program, among the first of its kind in a safety-net healthcare setting.

An Associate Professor of Medicine at NYU Grossman School of Medicine, Dr. McMacken has received the faculty “Teacher of the Year” award three times for her work with physician trainees, as well as a 2014 NYU Merrin Fellowship grant to study evidence-based nutrition and develop a curriculum for her internal medicine faculty colleagues.

Dr. McMacken received her undergraduate degree from Yale University and her medical degree from Columbia University College of Physicians and Surgeons. She has presented at numerous academic conferences including the American College of Physicians and the American Diabetes Association, published on nutrition and lifestyle medicine topics in peer-reviewed scientific journals, and served on the Board of Directors for the American College of Lifestyle Medicine. She is board certified in both internal medicine and lifestyle medicine.

Danielle Medina, BS is actively growing the fitness and whole food plant-based community in NYC and beyond. She is the creator of Fit N Play Mama, an online fitness and wellness resource, to bridge the gap between adult and children fitness and plant-based nutrition programs. As a certified fitness expert, plant-based nutrition educator and mom, Danielle focuses on teaching practical movements and fun cooking demos to maintain an active and healthy lifestyle. Danielle holds a B.S. in Food Science and Nutrition and has certifications in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies and Rouxbe Forks Over Knives Ultimate Cooking Course. She is also a Food For Life instructor with the Physicians Committee For Responsible Medicine, an organizer and mentor with Plant Powered Metro New York and holds many national fitness and yoga certifications.
**INVITED SPEAKERS**

**Robert Ostfeld, MD, MSc** is a Professor of Medicine, the Director of Preventive Cardiology, and the founder and director of the Cardiac Wellness Program at Montefiore Health System. Dr. Ostfeld received his BA from the University of Pennsylvania, graduating Summa Cum Laude and Phi Beta Kappa and his MD from Yale University School of Medicine. He then did his Medical Internship and Residency at the Massachusetts General Hospital and his Cardiology Fellowship and Research Fellowship in Preventive Medicine at Brigham and Women’s Hospital, both teaching hospitals of Harvard Medical School. During his Cardiology Fellowship, he earned a Master of Science in Epidemiology from the Harvard School of Public Health.

Dr. Ostfeld’s research focus is on cardiovascular disease prevention through lifestyle modification, and he speaks widely on this topic. Dr. Ostfeld earned the outstanding Full-Time Attending of the Year award at Montefiore for excellence in teaching medical residents, received the Program Director’s Award for dedicated service on behalf of the Montefiore Einstein Cardiology Fellowship, and was elected to the Leo M. Davidoff Society at Einstein for outstanding achievement in the teaching of medical residents.

**Lori Pitkowsky, MSW, NBC-HWC, PPMNY Community Support Facilitator.** Lori’s journey to a whole food, plant-based lifestyle began over twenty years ago with a desire to empower herself and her brothers from avoiding the fate of many in their family lost to cardiac events. Her journey has been evolving ever since. Lori started her work with Plant Powered Metro New York mentoring community members who wanted continued support, one-on-one and in groups. She greatly enjoys assisting people transitioning to a healthier lifestyle and imparting the joy she feels about it in her life. Lori has her MSW and has practiced clinical social work. In addition, she is a certified personal trainer and holds a certificate in Plant-Based Nutrition from the T. Colin Campbell for Nutrition Studies and eCornell. Lori is certified as a Wellcoaches Certified Health and Wellness Coach and has her National Board Certification in Health and Wellness Coaching and completed certification through the American College of Lifestyle Medicine.

**Lianna Levine Reisner, MSOD** is building a multicultural movement for health as President and Network Director of Plant Powered Metro New York, an organization she co-founded in 2019 to empower local communities to address health concerns through whole food, plant-based nutrition. She holds a Master’s degree from Case Western Reserve University in Positive Organization Development and Change and a certificate in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies.
Karla Rodriguez, DNP, RN, CNE, DipACLM is a clinical assistant professor at NYU Rory Meyers College of Nursing. She has been teaching since 2007 and is a certified nurse educator and clinical instructor. Her background is adult and pediatrics medical-surgical nursing. She is a mentor for registered nurses and nursing students along their varying trajectories. She has been a registered nurse since 1999 and worked in Irvine, California and different areas of New York. Rodriguez has been certified in Lifestyle Medicine since 2020 and has always been passionate about teaching the preventative and disease-reversal nature of a plant-based diet. She is also certified in Plant-Based Nutrition from Nutrition Studies eCornell.

Rodriguez earned her DNP from Quinnipiac University, MSN from Phoenix University, and her BSN from Long Island University. Rodriguez serves as one of the medical advisors for Plant Powered Metro NY. She is a member of the Office of Global Inclusion at NYU. She serves as a faculty advisor for the student group, Plant-Based Lifestyle Nursing and Latinos Aspiring to Imagine Nursing Opportunities (LATINOS) at NYU. Rodriguez is also an active member of the Sigma Theta Tau - Upsilon chapter as Chair of the Education Committee.

This is her second semester teaching an undergraduate course elective to nursing students called, Lifestyle Approaches and Well-Being in Nursing. She was a guest speaker on The Nurse Practitioner Podcast in August 2021 speaking about Lifestyle Medicine.

A vegan for over 10 years, she is grateful she found a better approach to her lifestyle.

Sapana Shah, MD, MPH is an Assistant Professor at NYU Grossman School of Medicine and an internist at Bellevue Hospital. She is passionate about promoting lifestyle medicine with her patients to optimize their health and treats patients in the Primary Care Addiction Medicine Clinic as well as in the Plant Based Lifestyle Medicine Program since its inception in 2019. She has recently taken over as Director of the Plant Based Lifestyle Medicine Program as of January 2022.

Lora Stoianova is a 3rd year medical Student at SUNY Downstate. She is the founder of the SUNY Downstate’s Lifestyle Medicine Interest Group, the first in the New York metro area. She was recently appointed to the position of HEAL Liaison (Health Equities Achieved through Lifestyle Medicine) to the American College of Lifestyle Medicine Trainees Executive Board. She is interested in plant-based diets’ role in chronic disease management and reversal and how plant-based diets can empower patients and help alleviate health disparities.
Marc S. Wood, CHC, CPBN originally from Scotland, has lived in NYC for the last 25 years and is proud to call himself a New Yorker. Certified in Plant-Based Nutrition by the T. Colin Campbell Center for Nutrition Studies in partnership with e-Cornell, and as a Health Coach through the Dr. Sears Wellness Institute, Marc has dedicated his life to helping people reclaim their health through the healing power of food. An Ironman and Triathlete, Marc transitioned to an entirely whole-foods, plant-based diet in 2011 and recently co-founded That’s One Brainy™, a new line of fresh food and power snacks teeming with live probiotics, activated enzymes, and essential prebiotics designed to foster a healthy gut microbiome, which has been linked to many key aspects of health including digestion, immunity, metabolism, brain function, and mood. When we eat, what we are really doing is feeding the diverse community of microorganisms that make up our microbiome. We treat our microbiome intelligently by providing our resident microbes the food they need so we can thrive. Drawing upon state-of-the-art research in microbiology, neuroscience, psychology, nutrition, immunology, and gastroenterology, Marc and his team at That’s One Brainy™ strive to help people achieve healthier states of mind and body with the use of organic seeds, nuts, legumes, fruits, and vegetables that have been activated, sprouted, cultured, and fermented using ancient techniques that maximize nutrient bioavailability and digestion.
Wayne J. Riley, MD, MPH, MBA, MACP, was appointed President by The State University of New York (SUNY) Board of Trustees as the 17th president of the State University of New York Health Science Center at Brooklyn Downstate Medical Center in January of 2017. Before Dr. Riley’s appointment at Downstate, he served as clinical professor of Medicine and adjunct professor of Health Policy at the Vanderbilt University School of Medicine. Prior to Vanderbilt, Dr. Riley served as the 10th president, chief executive officer, and professor of Medicine at Meharry Medical College in Nashville, Tennessee.

Dr. Riley is an academic primary care general internist with more than 25 years of progressive senior executive level management, policy, and leadership experiences in academic medicine, patient care, research administration, academic health center administration, health care management, health policy, biotechnology, the corporate sector, government service, advocacy, and organized medicine.

Dr. Riley earned his Doctor of Medicine degree from the Morehouse School of Medicine, a Bachelor of Arts degree in anthropology with a concentration in Medical Anthropology from Yale University, and a Master of Public Health degree in health systems management from the Tulane University School of Public Health and Tropical Medicine. He also earned a Master's in Business Administration from Rice University’s Jesse H. Jones Graduate School of Business. A Brooklyn resident, Dr. Riley currently serves on the boards of the Bedford Stuyvesant Restoration Corporation, the YMCA of Greater New York, and the Arnold P. Gold Foundation.

Elizabeth Helzner, PhD, MS, DipACLM is vice chair of the SUNY Downstate Committee on Plant-based Health & Nutrition. She is Associate Professor and Interim Chair of Epidemiology and Biostatistics in Downstate’s School of Public Health, and directs the Public Health Geriatrics program. Dr. Helzner is a chronic disease epidemiologist with research specialties in aging epidemiology and neuroepidemiology. Dr. Helzner has first-hand experience with the health benefits of plant-based nutrition. She is actively involved in expanding nutrition education for the healthcare workforce, evaluating plant-based nutrition interventions for health and wellness, and developing community-based approaches to increase access to plant-based nutrition for chronic disease prevention and treatment.

Joanne Katz, PT, DPT, PhD is Associate Professor and Chair of the SUNY Downstate Department of Physical Therapy. Dr. Katz’ research interests include neurodevelopmental issues in infants and the pathomechanics of gait, and her clinical specialties include the assessment of motor control problems in infants and young children and treatment of children with cerebral palsy. Dr. Katz adopted a whole-food plant-based diet to help protect herself against heart disease, which is prevalent in her family. She spreads the news about the power of plant-based nutrition in lectures and presentations to students and faculty at Downstate.
Richard Rosenfeld, MD, MPH, MBA, DipABLM is Distinguished Professor and Chairman of Otolaryngology at SUNY Downstate Health Sciences University, where he serves as Program Director for residency training, chairs the Committee for Plant-based Health and Nutrition, and is faculty advisor to medical students for the Lifestyle Medicine Interest Group and the Downstate Initiative for Nutrition Empowerment. He is the Senior Liaison for Medical Society Relations for the American College of Lifestyle Medicine (ACLM) and is a Diplomate of the American Board of Lifestyle Medicine (ABLM), where he also serves as Treasurer and Chief Medical Officer. Dr. Rosenfeld follows a whole food, plant-based diet, runs marathons, and enjoys regular weight training. He has published over 300 articles and chapters, given over 1,000 scientific presentations, and served as editor-in-chief of Otolaryngology – Head and Neck Surgery journal for 8 years. Dr. Rosenfeld has 30 years of experience in leadership, evidence-based medicine, and health policy, including innovative national and international work in creating clinical practice guidelines, implementation strategies, and measures of quality and performance.
GENERAL INFORMATION

INTERNET
Wireless internet access is complimentary. There is no password. Choose DMC-guest, then join network. Accept policy to connect.

NETWORKING
We provide open tables during breakfast and lunch. We encourage you to build connections, enjoy dialogue with your colleagues, and make new friends. Food and beverages are not permitted in the auditorium.

LUNCH
Boxed lunches will be served during the breakout sessions. Please find your lunch in your assigned breakout room.

LAVATORY
Women’s and Men’s lavatories are situated on each side of the auditorium.

AFTER THE MEETING

Continuing Education (CE) Instructions for Attendees:

- Sign-in sheets, evaluations, and contact forms for each discipline are available at the registration desk
- Please complete an evaluation regarding how your needs are being met
- CME/CE credits are available for physicians and PAs. Instructions to retrieve your CME certificate will be forwarded via e-mail. Please ensure we have your correct e-mail address
- NURSES - A completed evaluation MUST be returned in order to receive contact hours. Complete the evaluation form included in your handout packet and return to the registration desk.

CONTACT US

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