

Chapter 743 of the Laws of 2023, which was further amended by Chapter 97 of the Laws of 2024, relates to coursework and training opportunities in nutrition the New York State Education Department (SED), in consultation with the New York State Department of Health (DOH), will provide for physicians. The coursework and training listed below is not required for physicians to complete but offers continuing medical education (CME) in nutrition and diet. The CME will have a focus on plant-based nutrition and clinically proven methods for the prevention, reversal, and treatment of diet-related illnesses and racial disparities in outcomes for diet-related diseases. For additional information or questions, please contact the State Board for Medicine at MEDBD@nysed.gov.

Online Courses

Health Equity

There are racial disparities present in the development of diet-related diseases and the mortality rates from these diseases. African American adults are diagnosed with cardiovascular disease at higher rates than white adults. Hispanic women are more likely to develop diabetes than white women and Native American adults have significantly higher rates of diabetes when compared to white adults.

- **Racial Disparities in COVID-19 and Social Determinants of Health Equity** - This presentation will review the disproportionate share of COVID-19 disease burden in African Americans and the role of social determinants of health.
[NutritionCME.org](https://www.nutritioncme.org)
1 Credit
Expires July 15, 2024
Cost: Free
- **Nutrition, Ethnicity, and Cardiovascular Mortality** – This presentation will review the ways in which poor nutrition promotes and accentuates health inequities and ethnic disparities and how to use food to reduce cardiovascular risk factors.
[NutritionCME.org](https://www.nutritioncme.org)
1 Credit
Expires August 17, 2025
Cost: Free

- **Health Inequities and Disparities in Food and Nutrition** -This course evaluates the historical roots of modern health inequities, distinguishes the social determinants of health that influence nutrition-related health disparities, and explores the projected impact of Food is Medicine interventions. Strategies are discussed to address health disparities in nutrition education and advocacy.

[Learning Library Today's Dietitian](#)

2 Credits

Cost: \$24.00

Cardiovascular Health

Cardiovascular disease is the leading cause of death in New York State, accounting for 27 percent of all deaths statewide. Lifestyle modifications and interventions could prevent as much as 80 percent of heart disease and stroke; these include following a healthy diet, maintaining a healthy weight, never smoking or quitting smoking if started, being physically active, and being tested and treated for high blood pressure, elevated cholesterol and diabetes.

- **Nutrition and Cardiovascular Mortality:** This course reviews the ways in which poor nutrition contributes to health inequities in cardiovascular disease and strategies to mitigate poor health outcomes through diet.

[NutritionCME.org](#)

1 Credit

Cost: Free

Expires August 17, 2025

- **Evidence-Based Eating Patterns for Heart Disease** - Learn about ways nutrition can affect patients with heart disease.

[NutritionCME.org](#)

1 Credit

Cost: Free

Expires July 15, 2024

Diabetes

More than 1 in 10 New Yorkers have diabetes, and 90% to 95% of them have type 2 diabetes. In addition, around 1 in 3 adults have prediabetes. Type 2 diabetes and prediabetes can be largely prevented with lifestyle changes such as eating a healthy diet, maintaining a healthy weight, and being physically active.

- **Nutrition for Diabetes** - Review the evidence on the effects of plant-based diets for the prevention and treatment of type 2 diabetes and effects on insulin resistance and beta-cell function.
[NutritionCME.org](https://www.nutritioncme.org)
1 Credit
Cost: Free
Expires July 15, 2024
- **Healthy Eating for Type 2 Diabetes**-How to manage Type 2 Diabetes through exercise, meal planning, types of diets, and weight loss.
[Harvard University](https://www.harvard.edu)
Cost: \$30
- **How Food Insecurity Feeds Diabetes**-This webcast will focus on how healthcare providers can help combat social determinants and disparities that contribute to incidences of diabetes.
[The School of Public Health, University at Albany](https://www.albany.edu)
1.0 AMA PRA Category 1 Credits
Cost: Free

Nutrition and Health

Most chronic diseases are caused by a short list of risk factors: tobacco use, poor nutrition, physical inactivity, and excessive alcohol use. A diet high in fruits, vegetables, whole grains, and legumes is full of fiber, rich in vitamins and minerals, free of cholesterol, and low in calories and saturated fat. Eating a variety of these foods provides most of the protein, calcium, and other essential nutrients that an individual needs, while reducing the risk for chronic diseases.

- **Lifestyle Medicine & Food as Medicine Essentials Course Bundle** - Provides a foundational, evidence-based introduction to the field, and focused nutrition education for the prevention and treatment of chronic disease.
[American College of Lifestyle Medicine](https://www.americanlifestylemedicine.org)
5.5 Credits
Expires September 14, 2025
- **Plant-Based Nutrition Certificate** - In a few short weeks arm yourself with the knowledge you need to improve your overall health, learn new skills, or even inspire a

career change. In our online, video-based courses, you'll learn from over 25+ leading experts.

[T. Colin Campbell Center for Nutrition Studies](#)

30 Credits

- **Evidence-Based Approaches to Help Patients Initiate and Sustain Healthy Behaviors -** This immersive two-day course offers state-of-the-art strategies to guide patients to healthier lives. Education includes evidence-based strategies, tools and techniques to effect healthier changes in patients (and ourselves), including nutrition, exercise, sleep, weight loss, and stress management. This course also provides updates on payment structures that reward clinicians based upon patients' health behaviors and health outcomes.

[Harvard Medical School CME](#)

21.25 Credits

Live Virtual June 7 and 8, 2024

- **Anti-Inflammatory Diet-** Long-term inflammation can contribute to and even cause many unhealthy conditions. In this course the curriculum will include an introduction to the components of the anti-inflammatory diet and how food and nutrition can aid in the improvement of certain conditions.

[The University of Arizona Andrew Weil Center for Integrative Medicine](#)

8.75 Credits

Cost: \$289.10

Expires August 2024

- **Nutrition & Cancer-** This course covers emerging research in nutrition and cancer with a focus on breast, colorectal, and prostate cancer.

[The University of Arizona Andrew Weil Center for Integrative Medicine](#)

6.25 Credits

Cost: \$206.50

Expires August 2024

- **Integrative Nutrition Advanced Practice Certificate-** This course provides a foundation in nutrition science with integrative and clinical treatment plans to improve the health outcomes across a wide range of patients.

[Thomas Jefferson University](#)

3-9 Credits

- **Nutrition and Healthy Living**-This certificate program explores a holistic view of how biochemical pathways work along with physiological systems and behavior through contemporary scientific information on nutrition and disease prevention.
[eCornell Certificate Program](#)
Cost: \$2999
- **Jumpstarting Health Foundations**-Courses on plant-based nutrition and Lifestyle Medicine provide practitioners with the knowledge and skill to help their patients take control of their own health.
[Rochester Lifestyle Medicine Institute](#)
24- 34 Credits
Cost: \$49
- **Nutrition and Health**-This course emphasizes the role of nutrition in preventing and treating chronic disease, weight management, and issues of equity and ethics. Providing foundational knowledge for practitioners to incorporate in their practice.
[AMA Ed Hub](#)
44.75 Credits
- **Discover the Functional Medicine Approach**-Functional Medicine is improving the health of patients all around the world. These introductory courses provide fundamental information on how healthcare practitioners might use functional medicine with their patients.
[The Institute for Functional Medicine](#)
On-Demand courses up to 1.5 credits
Cost: Free
- **Nutrition for Healthcare Providers**-This course looks at evidence-based nutrition and its role in the prevention and management of diseases and chronic conditions.
[New York Institute of Technology](#)
12-13 Credits

Conferences

- [International Conference on Nutrition in Medicine](#) - Join health care professionals in Washington, D.C., for the eleventh annual International Conference on Nutrition in Medicine. Improve your patient care with the latest nutrition research and practical tips, provided by 25 of the top global nutrition experts.
20 AMA PRA Category 1 Credits™
Cost: \$1079
- [International Plant-Based Nutrition Healthcare Conference](#) - The International Plant-Based Nutrition Healthcare Conference is the nation's premier CME-accredited medical

education conference focused exclusively on the current and progressive scientific research conveying the efficacy of using whole food, plant-based nutrition in a food-as-medicine first approach to preventing, suspending, and even reversing chronic disease.

23.5 AMA PRA Category 1 Credits™

Cost: \$1099-\$1199 In-Person

\$599 Virtual

\$125-299 Workshop Only

- [Plant-Based Prevention of Disease \(P-POD\)](#) - P-POD is the finest U.S. conference of fewer than 100 speakers for explaining the impact that plant-based nutrition combined with lifestyle medicine can have on chronic disease in society.

16 AMA PRA Category 1 Credits

Cost: \$538 In-person

\$366 Virtual

- [Lifestyle Medicine Conference](#) - Our conference is the call to action we need to create a future where the overwhelming burden of chronic disease is prevented, treated, and even potentially reversed, with easily accessible and intensively-administered lifestyle medicine interventions provided at an effective therapeutic dose. As the premier conference for transformational healthcare leaders, this year's in-person event will provide abundant opportunities to learn from pioneers in the field while also earning continuing education credits for physicians, pharmacists, nurses, dietitians, and health coaches.

22 AMA PRA Category 1 Credits™

Cost: [2024 Registration Rates](#)

Resources

[American Diabetes Association](#)

[American Heart Association](#)

[American Journal of Preventive Medicine](#)

[American Society for Nutrition](#)

[CDC Nutrition Topics-Fruit and Vegetable Voucher Incentives and Produce Prescriptions](#)

[Crohn's & Colitis Foundation, Nutrition Resources for Healthcare Providers](#)

[National Heart, Lung, and Blood Institute, Dietary Approaches to Stop Hypertension](#)

[Food Connect Map](#)

[Foundation for Brain Development and Learning](#)

[New York State Food as Medicine Project](#)

[Journal of the Academy of Nutrition and Dietetics](#)

[NutritionCME.org](#)

[Physicians Committee for Responsible Medicine](#)

[Plant Powered Metro New](#)

[The Plantrician Project](#)

[Today's Dietitian](#)