



# Food as Medicine

**2021 Update** – Food for the Body,  
Mind and Soul.

Friday November 19, 2021  
Virtual Symposium  
Toronto, ON

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## Target audience

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

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## Objectives

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### Participants will be better able to:

1. Identify the impact that food and dietary patterns have on cardiometabolic, cognitive and mental health, in adults and children.
2. Define dietary strategies and patterns to manage cardiometabolic health in patients and different populations.
3. Describe the role of the physician in decreasing food insecurity in their patients and the population.
4. Summarize the evidence of health care and policy approaches to improve dietary quality in patients and the population.

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## 2021 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

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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 2021 Lectureship to **Dr. David L. Katz**, founder and former director of Yale University's Yale-Griffin Prevention Center, past president of the American College of Physicians and American College of Lifestyle Medicine and Founder of the non-profit True Health Initiative and Diet ID, Inc.



TEMERTY FACULTY OF MEDICINE  
UNIVERSITY OF TORONTO

**Continuing Professional Development**

**Department of Nutritional Sciences**

**Joannah & Brian Lawson  
Centre for Child Nutrition**

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## St. Michael's

Inspired Care. Inspiring Science.

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**Continuing Professional Development  
Accredited Event**

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### Planning Committee:

John L. Stevenpiper, MD, PhD, FRCPC, *Chair*  
Margaret Rundle, MD, CCFP, FCFP, *Advisor*  
Viola Antao, MD, CCFP, MHSc, FCFP  
Julia Rackal, MD, CCFP, MHSc  
Chris Tomlinson, MB, ChB, PhD  
Sheila Lakhoo, MD, CCFP, MScCH  
Kristie Srichaikul, MD, CCFP, MSc, BSc Hon  
Elena Comelli, PhD  
Chantal Sorhaindo, MN, NP (PHC-GH), RN-EC, BScN  
Vivian Choo, MD, MSc  
Rebecca Noseworthy, RD, MPH  
Chelsea McPherson, RD, MAN

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**For accreditation information  
and to register online:**

**[foodasmedicineupdate.ca](http://foodasmedicineupdate.ca)**

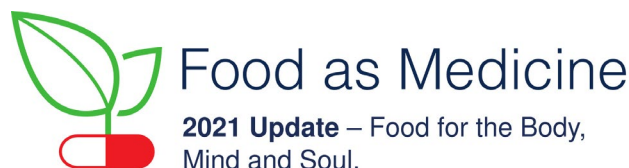
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**Dr. David L. Katz**, MD, MPH, FACPM, FACP, FACLM

# Agenda

Friday November 19, 2021  
Virtual Symposium (via Zoom)



Time	Speaker
8:15–8:20	<b>WELCOMING REMARKS</b> Dr. John Sievenpiper
8:20–8:40	<b>LEVERAGING FOOD AS MEDICINE TO IMPROVE THE HEALTH OF PATIENTS AND THE POPULATION - DIETARY MANAGEMENT FOR CARDIOMETABOLIC HEALTH.</b> Dr. Dariush Mozaffarian
8:40–9:00	<b>SHOULD THE DIETARY PORTFOLIO BE INCLUDED IN GUIDELINES TO LOWER SERUM CHOLESTEROL?</b> Dr. David Jenkins
9:00–9:20	<b>THE MANAGEMENT OF CARDIOMETABOLIC HEALTH WITH NUTRITION IN SOUTH ASIAN POPULATIONS.</b> Dr. Sonia Anand
9:20–10:00	<b>Q&amp;A PANEL # 1</b> Dr. Dariush Mozaffarian, Dr. David Jenkins, Dr. Sonia Anand Facilitated by: Dr. John Sievenpiper
10:00–10:30	<b>BREAK</b>
10:30–10:50	<b>DIET AND MEMORY FUNCTION IN HEALTHY OLDER ADULTS: IS CHOLINE THE FORGOTTEN FAT?</b> Dr. Aileen Burford-Mason
10:50–11:10	<b>FIRST, FEED THEIR BRAINS</b> Dr. Bonnie Kaplan
11:10–11:50	<b>Q&amp;A PANEL # 2</b> Dr. Aileen Burford-Mason, Dr. Bonnie Kaplan Facilitated by: Dr. Chris Tomlinson
11:50–1:00	<b>LUNCH</b>
1:00–1:05	<b>PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD</b> Dr. Margaret Rundle and Mr. Stephen Lister
1:05–1:50	<b>RUNDLE-LISTER LECTURESHIP – THE CASE FOR DIET AS A VITAL SIGN</b> Dr. David Katz
1:50–2:05	<b>KEY NOTE Q&amp;A</b> Dr. David Katz Facilitated by: Dr. John Sievenpiper
2:05–2:35	<b>BREAK</b>
2:35–2:55	<b>THE ROLE OF THE PHYSICIAN IN REDUCING FOOD INSECURITY IN PATIENTS AND THE POPULATION.</b> Dr. Valerie Tarasuk
2:55–3:15	<b>IMPROVING HEALTH OUTCOMES IN INDIGENOUS POPULATIONS: FOCUSING ON NUTRITION AND FOOD ENVIRONMENTS</b> Dr. Anthony Hanley
3:15–3:55	<b>Q&amp;A PANEL # 3</b> Dr. Valerie Tarasuk, Dr. Anthony Hanley Facilitated by: Dr. Sheila Lakhoo
3:55–4:00	<b>CLOSING REMARKS</b> Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit [foodasmedicineupdate.ca](http://foodasmedicineupdate.ca)