

# **Nutrition and Cardiovascular Health Workshop**



**November 8, 2019**

**Sixth Avenue Baptist Church (SABC) Fellowship Hall  
1101 Martin Luther King Jr. Dr.  
Birmingham, Alabama 35211**

**Continuing Education Credits for Nurses 6.5 (ANCC) (ABN)-pending  
and Registered Dietitians 6.0 (RDs)-pending**

# Nutrition and Cardiovascular Health Workshop

## OBJECTIVES

- Describe the new nutritional approach to obesity and Type 2 Diabetes
- Discuss your body in balance; the new science of foods, hormones and health
- Discuss the role of plant-based diets in the treatment and prevention of chronic diseases
- Discuss the importance of meal planning and blood sugar control and optimal health for people with diabetes
- Participant will learn simple techniques for identifying and counting carbohydrates in meal planning
- Identify carbohydrates and their effect on blood sugar control
- Participant will learn importance of glucose management and cardiovascular risk reduction
  
- Address the association between healthy eating and living well with diabetes
- Discuss foods that reduce the risk of developing heart disease
- Learn about chronic disease in Alabama
- Understand the importance of diet while living with Cardiovascular disease
- Increase the number of individuals who are self-monitoring their blood pressure for better control at the community level
- Increase the number of partners in prevention programs in the state of Alabama through awareness
- Describe the current landscape of diabetes care nationally and locally

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<b>8:00 am-8:30 am</b>	<b>Registration</b>
<b>8:30 am</b>	<b>Bianca Hawk, MPH, MSW Community Impact Director American Heart Association Birmingham, AL</b>
<b>9:00 am-10:00 am</b>	<b>Dr. Neal Barnard, MD, FACC PCRM, Washington, DC</b>
<b>10:00 am-11:00 am</b>	<b>Efstathia Andrikopoulou, MD American Heart Association</b>
<b>11:00 am-12:00 pm</b>	<b>Dr. Neal Barnard, MD, FACC PCRM, Washington, DC</b>
<b>12:00 pm-1:00 pm</b>	<b>Heart Healthy Meal and Discussion Chef Lawson State Community College Birmingham, AL</b>
<b>1:00 pm-1:45 pm</b>	<b>Cardiovascular Risk Reduction Dr. Dennis Pillion Birmingham, AL</b>
<b>1:45 pm-2:30 pm</b>	<b>Keesha Nelson YMCA Community Intervention Birmingham, AL</b>
<b>2:30 pm-3:00 pm</b>	<b>Ann Heard-Nesbitt, RD, CDE Carbohydrates Made Simple Birmingham, AL</b>
<b>3:00 pm-3:30 pm</b>	<b>Angela Strode, Teacher Managing Your Cardiovascular Health Birmingham School System</b>
<b>3:30 pm-3:45 pm</b>	<b>Evaluation and Wrap Up Tanya Shelton, RN, CDE Venice Smiley, RN Birmingham, AL</b>

## Speakers

**Dr. Neal Barnard**, MD, FACC, PCRM, Washington, DC  
**Chef**, Lawson State Community College, Birmingham, AL  
**Evelyn Crayton**, EdD, RDN, LDN, Living Well Associates, Montgomery, AL  
**Bianca Hawk**, MPH, MSW, American Heart Association, Birmingham, AL  
**Ann Heard-Nesbitt**, RD, Cardiovascular Dietary Guidelines, Birmingham, AL  
**Keesha Nelson**, BS, Associate Community Health Director, Greater Birmingham YMCA  
**Dr. Dennis Pillion**, Retired UAB Professor, Birmingham, AL  
**Angela Strode**, Teacher, Birmingham School System, Birmingham, AL

## Program Planning Committee Members

Evelyn Crayton, EdD, RDN, LDN  
Debra Griffin, BSN, RN  
Natalie Hardcastle  
Ann Heard-Nesbitt, RD/CDE  
Alethea Hill, PhD, ACNP-BC, ANP-BC  
Tanya Shelton, RN, CDE  
Venice Smiley, RN

## Exhibitors/Sponsors

Alabama Cardiovascular Health Program  
Alabama Department of Public Health  
Living Well Associates, LLC  
National Organization of Blacks in Dietetics and Nutrition (NOBIDAN)

We appreciate the collaborative efforts of our partner agencies as we host the **Nutrition and Cardiovascular Health Workshop**. Thank you for joining us. We trust you will gain information to help improve the lives of people across the state and the nation.



National Organization of  
Blacks in Dietetics and Nutrition



*Living Well Associates, LLC*

**Physicians  
Committee**  
for Responsible Medicine  
[PhysiciansCommittee.org](http://PhysiciansCommittee.org)

**Cooper Green Mercy Health Services**

**Washington, DC**

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**REGISTRATION FORM**

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

TITLE: \_\_\_\_\_ FAX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

COUNTY: \_\_\_\_\_ PHONE: \_\_\_\_\_

REGISTERED NURSE: LICENSE NUMBER: \_\_\_\_\_

REGISTERED DIETITIAN: REGISTRATION NUMBER: \_\_\_\_\_

\* CEUs PENDING APPROVAL

Pre-Registration Cost includes all handouts, CEUs, and lunch)

Pre-Registration - \$20.00: Students and community persons (Not Employed) - Due October 18, 2019

Pre-Registration - \$50.00: Healthcare Professionals - Due October 18, 2019

Exhibitors - \$250.00

Special Diet: (Specify) \_\_\_\_\_

Pre-Registration is due October 18, 2019. Please make check or money order payable to Living Well Associates and mail to address below. Include in the memo portion: "Cardiovascular Workshop".

ON-SITE/LATE FEE IS AN ADDITIONAL \$25.00 for Students and Healthcare Professionals.

For more information contact:

Dr. Evelyn Crayton  
124 Elm Drive  
Montgomery, Alabama 36117  
Phone (334) 272-3487 or (334)220-3061- Cell

Debra M. Griffin, RN, BSN  
Alabama Department of Public Health  
(334) 206-2066 – Work

For Accommodations: Comfort Inns & Suites @ Crossplex Village  
2341 Crossplex Blvd. Birmingham, Alabama 35208 205-730-7800  
Ask for the special rate for Cardiovascular Conference