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NURSING

Updates from the Experts: A SON Clinical Series

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Food is Medicine:

**Community Partnerships to
Improve Rural Cardiovascular
Health**

**Kelley M. Anderson,
PhD, RN, FNP, CHFN**

**Associate Professor,
UVA School of Nursing**

Date: Thursday, October 30th

Time: 4-5 PM

Join via Zoom: [Click here for the Zoom link.](#)

During this presentation a food is medicine research study will be described within the context of a rural community setting. The study focuses on older adults with hypertension, diabetes and heart disease. This work is guided by a community model of care that promotes partnerships between healthcare settings and community services to provide holistic care to improve health outcomes.

Learning Objectives for This Session:

At the end of the session, the learner will:

1. Define food is medicine
2. Discuss the associations of nutrition and cardiovascular health
3. Detail the prevalence of cardiovascular disease in rural adults
4. Differentiate food insecurity and nutrition insecurity
5. Describe the integration of the Community Care Hubs Conceptual Model (HHS) as a framework for a food is medicine study in a rural community

Target Audience: nurses, physician assistants, physicians, students, and researchers.

Clinical Updates from the Experts Series Description:

Through participation in the Updates from the Experts series, clinicians will increase knowledge of available research evidence to optimize patient outcomes, describe strategies for translating current evidence to practice settings, and identify gaps in the current clinical knowledge base that, through new research, could be addressed to improve population health.

Credit Offered

- 1.0 AAPA Category 1 CME Credits
- 1.0 AMA PRA Category 1 Credits™
- 1.0 Contact Hours
- 1.0 IPCE Credits
- 1.0 Hours of Participation

Disclosure of faculty financial affiliations

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All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stockholder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff, and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

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Disclosures:

No one in a position to control the content of this educational activity has disclosed a relevant financial interest or relationship with any commercial interest.

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This activity was planned by and for the healthcare team, and learners will receive **1.0** Interprofessional Continuing Education (IPCE) credits for learning and change.



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The University of Virginia School of Medicine and School of Nursing awards **1.0** contact hours to a nurse who participates in this educational activity and completes the post activity evaluation.

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The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

Questions? Contact sonce@virginia.edu.