

# Food As Medicine: Preconception, Pregnancy, and Postpartum

## Joint Providership Statement

In support of improving patient care, this activity has been planned and implemented by RUSH University Medical Center and American College of Lifestyle Medicine. RUSH University Medical Center is Jointly accredited by the Accreditation Council for Continuing Medical Education, Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing medical education for the healthcare team.

## Designation Statement

**For Medicine:** RUSH University Medical Center designates this enduring material for a maximum of 3.00 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

**For Nursing:** RUSH University Medical Center designates this enduring material for a maximum of 3.00 nursing contact hour(s).

**For Pharmacy:** RUSH University Medical Center designates this knowledge-based activity for a maximum of 3.00 contact hour(s) for pharmacists.

**For Psychologists:** RUSH University Medical Center designates this enduring material for 3.00 CE credits in psychology. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

**For Dietitians:** This enduring material has been approved by the Commission on Dietetic Registration. Completion of this activity awards 3.00 CPEUs.

**For Social Work:** As a Jointly Accredited Organization, RUSH University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 3.00 general continuing education credits.

**For physical therapy or occupational therapy:** RUSH University Medical Center is an approved provider for physical therapy (216.000378) and occupational therapy (224.000220) by the Illinois Department of Professional Regulation. RUSH University Medical Center designates this enduring material for 3.00 continuing education credits.

**ABIM MOC:** Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 3.00 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

**AAFP Prescribed Credits:** The AAFP has reviewed Food as Medicine: Preconception, Pregnancy and Postpartum and deemed it acceptable for up to 3.00 Enduring Materials, Self-Study AAFP Prescribed credit(s). Term of Approval is from 04/12/2025 to 04/12/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**ABLM MOC:** The American Board of Lifestyle Medicine has approved 3 maintenance of certification credits (MOC) for this learning activity.

**For NBC-HWCs:** The National Board for Health and Wellness Coaching (NBHWC) has approved 3 continuing education credits for this learning activity: CEA-000043-1.

## Faculty Disclosures

**Unapproved Uses of Drugs/Devices:** In accordance with requirements of the FDA, the audience is advised that information presented in this continuing medical education activity may contain references to unlabeled or unapproved uses of drugs or devices. Please refer to the FDA approved package insert for each drug/device for full prescribing/utilization information.

It is the policy of the Interprofessional Continuing Education office at RUSH to ensure that its CE activities are independent, free of commercial bias. Therefore, we manage all financial relationships associated with accredited continuing education activities. RUSH asks everyone who has the ability to control or influence the content of an

educational activity to disclose information about all of their financial relationships with ineligible companies within the prior 24 months. An ineligible company is an entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. Individuals must disclose regardless of their view of the relevance of relationships to education. Mechanisms are in place to identify and mitigate any potential conflicts of interest prior to the planning, implementation, or evaluation of the continuing education activity. If a financial relationship is identified for the person in control of content, conflict mitigation strategies will be used to mitigate the financial relationship before they assume their role.

Individuals in control of content for this activity have the following relevant financial relationships with ineligible companies to disclose and all financial relationships have been mitigated.

- Rohit Moghe, PharmD, MSPH, CDCES - Member, Speaker's Bureau: Novo Nordisk

All other individuals in control of content have no relevant financial relationships with ineligible companies.