



2019

FOOD SUMMIT

Cook County Department of Public Health

The Power of Plant-Based Eating AGENDA AT-A-GLANCE

Friday – October 4, 2019

Loyola University Chicago, Center for Translational Research and Education

9:00 am – 12:00 pm	Pre-Summit Urban Farms Tours at OK Farms and Giving Garden (Optional)
12:00 - 1:00 pm	Event Check-In
1:00 pm	Welcome <ul style="list-style-type: none"> • Margaret Faut Callahan, CRNA, PhD, FNAP, FAAN, Acting Provost and Chief Academic Officer, Loyola University Chicago and Provost, Loyola University Chicago Health Sciences Division • The Honorable Toni Preckwinkle, President of the Cook County Board of Commissioners and Chief Executive Officer of Cook County [INVITED] • John Jay Shannon, MD, Chief Executive Officer, Cook County Health
KEYNOTE ADDRESSES	
1:15 – 1:30 pm	Why Plants Work Terry Mason, MD, Chief Operating Officer, Cook County Department of Public Health
1:30 – 2:30 pm	The Power of Nutrition for Health – Dr. Barnard will provide a review of scientific research on dietary interventions for heart disease, overweight, diabetes, and other health problems, with a particular focus on plant-based diets. Methods for putting the power of nutrition to work in clinical practice will be covered. In addition, public policy initiatives aimed at improving nutrition for the broader public will be discussed. Neal D. Barnard, MD, FACC, Adjunct Associate Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and President of the Physicians Committee for Responsible Medicine
2:30 – 2:45 pm	BREAK
2:45 – 3:45 pm	It Takes More than Willpower: Supporting Healthy Eating through Food Policy – Healthy eating in America today is like trudging through deep snow. Policy, food environment, and system changes can clear a path for people to make it possible for them to eat well to prevent disabilities, reduce healthcare costs, and live longer, healthier lives. Dr. Wootan will explore how in-store marketing, advertising, disinformation campaigns, portion sizes, restaurant foods, and defaults often encourage unhealthy eating and eating too much. The session will outline promising policy and environmental approaches that can help to reshape the food system and make healthier choices easier, especially for low-income families. Margo G. Wootan, DSc, Vice President for Nutrition, Center for Science in the Public Interest
3:45 – 4:45 pm	Cook County Good Food Purchasing Program Update Panel Moderator: <ul style="list-style-type: none"> • Terry Mason, MD, Chief Operating Officer, Cook County Department of Public Health Panelist: <ul style="list-style-type: none"> • Rodger Cooley, Executive Director, Chicago Food Policy Action Council • The Honorable Alma E. Anaya, Cook County Commissioner, 7th District • Kathy Chan, Director of Policy, Cook County Health • Lena Hatchett, Proviso Partners for Health, Cook County Good Food Task Force Member
4:45 – 6:00 pm	Networking Reception & Sharing of Unconference Ideas



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Saturday – October 5, 2019

Loyola University Chicago, Stritch School of Medicine (SSOM)

8:00 - 9:00 am	Breakfast and Check-In			
9:00 - 9:15 am	Welcome <ul style="list-style-type: none"> • Terry Mason, MD, Chief Operating Officer, Cook County Department of Public Health • The Honorable Brandon Johnson, Cook County Commissioner, 1st District • The Honorable Dennis Deer, Cook County Commissioner, 2nd District [INVITED] 			
9:15 – 10:15 pm	The Food Rx for Cardiovascular Disease – Medical practice in the U.S. has become a process of prescribing medicines and procedures to treat the effects of the foods we eat. The key issue for health is lifestyle, and the core of that lifestyle is nutrition. Dr. Montgomery will discuss the integration of nutrition and plant-based science in the medical practice. <p>Baxter Montgomery, MD, Medical Director, Montgomery Heart & Wellness</p>			
Breakout Sessions	Track #1 (Healthcare and Public Health)	Track #1 (Healthcare and Public Health)	Track #2 (Consumer)	Track #2 (Consumer)
10:30 – 11:45 pm	Advancing Nutrition Guidelines <p>This session will focus on changes in public and private entities to improve food choice and dietary intake including adoption and implementation of the <i>Food Service Guidelines for Federal Facilities</i>.</p> <p>Presenter:</p> <ul style="list-style-type: none"> • Margo G. Wootan, DsC (CSPI) 	Healthy Food in Health Care <p>This moderated panel will discuss opportunities to improve the health of patients, staff, and visitors by offering healthier food and beverage options in health care settings. Showcase national and local efforts that are already underway and resources that are available to support policy and systems change.</p> <p>Panelists:</p> <ul style="list-style-type: none"> • Jennifer Obadia, PhD (Health Care Without Harm) • Mary J. Larsen, MS (Advocate Aurora Health) 	Tips for Taking Charge of Your Health <p>This session will offer nutritional advice for individuals and recommendations for incorporating more plant-based food into your diet.</p> <p>Presenter:</p> <ul style="list-style-type: none"> • Dr. Baxter Montgomery 	Plant-Based Food Prep Demonstration <p>This session will provide a live demonstration of plant-based meal preparation.</p> <p>Presenter:</p> <ul style="list-style-type: none"> • Handcut Foods
12:00 – 1:00 pm	Lunch: Networking and Unconference Discussions			
1:15 – 2:30 pm	Same as above	Same as above	Same as above	Same as above
2:45 – 3:00pm	Closing Remarks and Adjournment <p>Terry Mason, MD, Chief Operating Officer, Cook County Department of Public Health</p>			

Brought to you by the Cook County Department of Public Health, Cook County Health, and Loyola University Chicago Health Sciences Division.