

THE UNIVERSITY OF ARIZONA.



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FOR IMMEDIATE RELEASE

**Nutrition & Health Conference brings needed nutrition education to east coast practitioners**

Andrew Weil, MD, tags Boston as prime location because of focus on academic health

**TUCSON, Ariz., April 4, 2012** – In less than two weeks, the University of Arizona Center for Integrative Medicine (AzCIM) will be in Boston to present its annual Nutrition & Health Conference. The conference is dedicated to delivering much needed nutrition education to health care practitioners, many of whom receive an average of only seven hours of nutrition education in their medical studies.

“For too long medical education has overlooked the importance of nutrition,” said Andrew Weil, MD, AzCIM founder and director, UA professor of medicine and public health and Jones-Lovell Professor of Integrative Rheumatology.

“Given the present epidemics of obesity and Type 2 Diabetes, it is most important that physicians and allied professionals understand the profound influence of dietary choices on health and risks of disease,” he said. “This conference answers that need by bringing together the leading experts on nutritional research to present their findings to clinicians.”

A total of 650 health professionals are expected to attend the 9<sup>th</sup> Annual Nutrition & Health Conference, to be held at the Westin Boston Waterfront, April 16-18. Of those currently registered, 58 percent are physicians and nurse practitioners, 11 percent are dietitians, and 9 percent are nurses.

A special event on Tuesday, April 17, from 6:30-9pm will be open to the public. Weil will be joined by celebrity chef and humanitarian Jody Adams, owner of Boston’s Rialto Restaurant, for an interactive conversation: “Health & Happiness: How What We Eat Affects Our Emotional Well-Being.” Tickets are \$20 through the website or at the door the day of the event.

*Nutrition & Health: State of the Science and Clinical Applications* is the premier nutrition conference in the U.S. for health professionals, assembling internationally recognized researchers, clinicians, educators, and chefs whose work focuses on the interface between nutrition and healthful living. Conference instruction includes how to use diet to prevent illness,

evaluate nutritional recommendations for management of specific conditions, advocate the social and political aspects of diet and health, and experience delicious and healthful meals that are exemplary of conference teachings.

The Nutrition & Health Conference relocates every year, to expand reach and bring the latest nutrition research findings to a wide and diverse audience. Weil said the Arizona Center for Integrative Medicine has long wanted to bring the conference to Boston because of its high concentration of academic health centers.

For more information about the conference or to register online, visit [www.NHConference.org](http://www.NHConference.org).

The Nutrition & Health Conference is made possible, in part, thanks to generous unrestricted educational grants from our **Gold underwriters**: Vital Choice Wild Seafood & Organics, and Pharmavite – the makers of NatureMade and SOYJOY; support from **Silver underwriters** Nordic Naturals, California Walnuts, Pure Encapsulations, and Smarty Pants; and our **Bronze underwriters** Fungi Perfecti, Integrative Therapeutics, Natural Partners, Inc., Innate Response, and Arizona State University Doctor of Behavioral Health Program.

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#### **About the Arizona Center for Integrative Medicine**

The Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. Integrative medicine takes account of all lifestyle factors that influence health and makes use of conventional and alternative therapies, as appropriate. Since its inception, AzCIM has focused its efforts on three areas: education, clinical care and research, with the primary emphasis on education. AzCIM was built on the premise that the best way to change a field is to educate the most gifted professionals and place them in settings where they can teach others. To learn more about AzCIM, please visit [www.azcim.org](http://www.azcim.org)

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