

ON-DEMAND VIEWING

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Free CE course

Targeting Maternal Diet in the First 1,000 Days to Impact Outcomes

Presented by Christina J. Valentine, MD, MS, RD, at Miami Neonatology 2022

Professor and neonatologist, Christina J. Valentine, MD, MS, RD, reviews the latest evidence demonstrating the perinatal benefits of docosahexaenoic acid (DHA) during the first 1,000 days beginning at conception. Dr. Valentine emphasizes the significance of DHA and its benefits in terms of risk of preterm birth and early preterm, as well as birth weight. Dr. Valentine also emphasizes the need to review mothers' prenatal and postnatal diet, while highlighting sources and appropriate dosing of supplemental DHA for optimal breast milk composition.

Learning Objectives

- Define the importance of nutrition in the first 1,000 days for preterm infants
- Recognize how maternal dietary docosahexaenoic acid in pregnancy and lactation impacts immune health and outcomes of preterm infants
- Improve awareness in clinical practice to counsel mothers on key foods and supplements



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Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 0.5 continuing professional education unit (CPEU) for completion of this program/material.

Activity Format

This activity is an online enduring material. Successful completion is achieved by reading and/or viewing the material, reflecting on its implications in your practice, and completing the assessment component.

Commission on Dietetic Registration
Academy of Nutrition and Dietetics

Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

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