

You're Invited to a Healthcare Professional CE Group Viewing Event

Nutrition in the First 1,000 Days: DHA

Professor of Nutrition, **Susan E. Carlson, PhD**, emphasizes the importance of providing the essential fatty acids, DHA and ARA for brain development and cognition. Sufficient dietary consumption of long-chain polyunsaturated fatty acids is vital throughout the first 1,000 days, especially during pregnancy and breastfeeding. Prenatal and postnatal DHA affects cortical visual acuity, sustained attention, problem solving ability, as well as brain structure and function. Dr. Carlson reviews the dietary recommended DHA intake for mothers and infants, and outlines a balanced diet after infancy, with foods that contain DHA.

| | |
|------------------------------|-------|
| Date | _____ |
| Time | _____ |
| Location | _____ |
| Organized by | _____ |
| For more info contact | _____ |

After viewing, go to <https://pnce.org/gv/60078> to complete a short assessment and get your certificate.

Target Audience

This activity was developed for pediatric physicians, nurses, registered dietitians, advanced practice clinicians, and other healthcare providers who have an interest in newborns, infants, and toddlers.

Learning Objectives

At the conclusion of this activity, participants should be better able to:

- Associate DHA in the first 1,000 days with long-term cognitive outcomes
- Provide proper DHA dietary recommendations to mothers and infants in the first 1,000 days



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Annenberg Center for Health Sciences at Eisenhower (Annenberg Center) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The Annenberg Center designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Annenberg Center designates this enduring activity for a maximum of 1.0 American Nurses Credentialing Center (ANCC) contact hour.

Provider is approved by the California Board of Registered Nursing, Provider #13664, for 1.0 contact hour. *To receive credit for education contact hours outside of the state of California, please check with your state board of registered nursing for reciprocity.*

Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material.



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.