

Title: Dyslipidemia & Cardio-Protective Diet (DCPD)

Duration	One-day training Workshop
Language	English (also available in other languages)
CPD	5 credited hours – IFPH
Location & Dates <i>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</i> Please note	Istanbul (First Saturday & Sunday every month) London (Second Saturday & Sunday every month) Dubai (Third Saturday & Sunday every month) Brunei (Fourth Saturday & Sunday every month) <i>ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above</i>
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community, but not limited to the following individuals: Community Health Workers, Diabetes Educators, Family Physicians, Health Promoters
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

Abstract

With the continuous rise in disease prevalence, dyslipidemia and cardiovascular diseases (CVDs) are real public health dilemma worldwide. CVDs are the number one cause of death globally: more people die annually from CVDs than from any other cause (WHO 2011).

Unfortunately, it is no longer restricted to the ageing population, as young adults and children are also being diagnosed with CVD. With fewer resources to cope, CVD is a major disease burden. An estimated 17.3 million people died from CVDs in 2008, representing 30% of all global deaths. Of these deaths, an estimated 7.3 million were due to dyslipidemia and coronary heart disease and 6.2 million were due to stroke (WHO, 2011).

Low- and middle-income countries are disproportionately affected: over 80% of CVD deaths take place in low- and middle-income countries and occur almost equally in men and women. By 2030, almost 23.6 million people will die from CVDs, mainly from heart disease and stroke. These are projected to remain the single leading causes of death (WHO, 2011).

Detecting dyslipidemia and/or CVDs as early as possible help to control the disease and protect against additional serious health complications.

Diet is a powerful common determinant of non-communicable diseases. Natural experiments have shown rapid reductions in dyslipidemia and CVDs after dietary improvements in populations. Unfortunately, both the optimal dietary targets and evidence based interventions to achieve them have been unclear for decades. Numerous arrays of specific nutritional factors have been considered over time. This has caused confusion and often misguided dietary priorities.

On this background the International Forum for Public Health – IFPH is organizing this one-day training workshop on “Dyslipidemia and Cardio-protective Diet – DCPD”. It focuses on the public health impact of dyslipidemia, scale of CVDs problem (incidence/prevalence), risk factors, Socioeconomic/ethnic differences, and dietary interventions to improve dyslipidemia and CVDs via the cardioprotective diet approach.

Aim

The aim of CPD is to share ideas and build consensus on the need for a concerted effort to strengthen human and institutional capacity to combat dyslipidemia and CVDs as public health threat and to formulate bold action plan to make it happen.

Workshop Specific Aims:

This One-day training workshop is aiming to cover critical updates on the epidemiology of CVDs; Modifiable and non-modifiable risk factors; Management of dyslipidemia and CVDs through lifestyle changes; Prevention and treatment via the adoption of cardioprotective diet (Fat, Carbohydrate, Protein, viscous Fiber, etc) and there will be an open discussion on 'How other dietary factors (such as Omega-3, vitamins/antioxidants, salt,etc.) may reduce baseline risk for coronary heart disease'?

Learning objectives

By the end of this workshop the participants should be able to:

1. Summarise key critical updates on the Epidemiology of CVDs;
2. Appraise the modifiable and non-modifiable risk factors;
3. Advice on possible means to prevent CVDs and manage dyslipidemia;
4. Evaluate evidences related to Cardioprotective diet - CPD;
5. Aware of current recommendation associated with CPD;
6. Critically discuss and promote lifestyle modification strategy to control dyslipidemia and prevent CVDs.

Dyslipidemia and Cardioprotective Diet-Workshop

- Welcome and introduction to workshop
- Workshop 'Pre-Test'
 - Dyslipidemia, Cardio Vascular Diseases and Coronary Heart Disease: Definitions and categories
 - Scale of dyslipidemia and CVDs problem
 - Socio-economic differences
 - Ethnic differences
 - The cost of the problem
 - Atherosclerosis, Hypertension and Hyperlipidaemia
- The Framingham Study
- Risk Factors

- Non-modifiable
 - Modifiable
- Treating Dyslipidemia and Preventing CVDs problem
- Lifestyle modifications
- Cardioprotective diet
 - Major nutrient components
 - Fat
 - CHO
 - Protein
 - Additional dietary options for LDL lowering
 - Increasing viscous fiber in the diet
 - Plant stanols/sterols
 - Soy protein
 - Other dietary factors that may reduce baseline risk for CHD
 - Omega-3 polyunsaturated fatty acids
 - Vitamins/antioxidants
 - Salt intake
- Recommendations to prevent CVDs
- Post-test
- Workshop Evaluation Questionnaire