PROGRAM OBJECTIVE
The goal of the *Medical Clinics of North America* is to keep practicing physicians up to date with current clinical practice by providing timely articles reviewing the state of the art in patient care.

TARGET AUDIENCE
All practicing physicians and other healthcare professionals.

LEARNING OBJECTIVES
Upon completion of this activity, participants will be able to:
1. Review the risks and contributing factors of chronic disease and dietary nutrition disorders.
2. Explain the role of health care providers in nutritional management in promoting adherence to a balanced diet to reduce the risk of chronic disease and poor health outcomes.
3. Discuss strategies for promoting changes in dietary behaviors and nutritional adherence, such as the use of screening and assessment tools, cognitive behavioral therapy and motivational interviewing, medical treatments, and patient-centered collaborative care.

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