

# Substance Abuse and Nutrition

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### Overview

*Suggested CDR Learning Codes: 5000, 5350; Level 2*

*Suggested CDR Performance Indicators: 8.1.5, 8.2.1, 8.3.6*

This continuing education course reviews the effects of substance abuse as they relate to nutrition and health, and addresses the role RDs play during treatment to correct nutrition-related deficiencies, address resulting health disparities, and improve the lives of addicts by providing tools for lasting recovery.

Course content appeared as the **CPE Monthly** in the December 2014 issue of *Today's Dietitian*.

### Learning Objectives

After completing this continuing education course, nutrition professionals should be better able to:

1. Identify and evaluate conditions and deficiencies of concern as a result of substance abuse.
2. Provide appropriate diet and activity recommendations for those seeking recovery.
3. Educate clients on the importance of nutrition in preventing relapse.

#### Course summary

##### Available credit:

- 2.00 CDR

**Course opens:** 12/10/2014

**Course expires:** 12/09/2017

**Rating:**



**Cost:\$24.00**

### Faculty

### Accreditation

### Register/Take course