Nourish to Flourish: Diet-Based Interventions in Cancer Prevention (2-Part Panel Series for Community Health Centers)

Part 1: February 5, 2026 — 2:00 PM ET
Part 2: February 12, 2026 — 2:00 PM ET
Duration: 30 minutes per session
Format: Virtual Panel Discussion

Panel Description

Chronic diseases such as diabetes, hypertension, and obesity-related cancers remain leading contributors to preventable illness—yet many of the most effective interventions begin with food, behavior change, and accessible wellness support. This 2-part panel explores how health centers can integrate Food-as-Medicine principles into everyday practice through nutrition, coaching, and collaboration with primary care.

Panelists will share practical strategies for engaging patients, providing culturally responsive guidance, and addressing barriers to care, including cost, access, and health knowledge. Each session is fast-paced and grounded in real-world examples tailored to community health settings.

What Participants Will Learn

Part 1 – February 5, 2026

1. Explain how healthy eating patterns influence the prevention and management of chronic disease.
2. Identify common patient barriers related to food access, affordability, and cultural preferences.
3. Describe brief, workflow-friendly strategies for incorporating nutrition discussions into primary care visits.
4. Recognize the role of wellness coaching in initiating motivation and small, achievable behavior changes.

Part 2 – February 12, 2026

1. Explore scalable community-based and farm-to-table strategies that expand access to healthy foods.
2. Understand how coaching, navigation, and clinical teams collaborate to support sustained patient behavior change.

3. Identify practical, community-aligned approaches for helping patients maintain healthy eating habits over time.
4. Apply insights from Part 1 and Part 2 to integrate Food-as-Medicine practices across care teams.

Ideal Audience

- Primary Care & Clinical Teams
- Quality/Population Health Leaders
- Care Coordinators & Patient Navigators
- Community Health Workers
- Behavioral Health & Wellness Staff
- Leadership and Program Directors

Format:

- **2 min** – Moderator welcome + framing
- **12 min** – Panelist insights (4 min each)
- **14 min** – Moderated Q&A
- **2 min** – Closing insights

Moderator Discussion Questions

Part 1 – February 5, 2026

1. What is one small, accessible nutrition change that creates meaningful impact for patients?
2. What are the most common food-related barriers your patients experience, and how have you addressed them?
3. How can providers incorporate nutrition conversations into already busy clinical workflows?
4. How do coaching techniques such as motivational interviewing support patient engagement?

Part 2 – February 12, 2026

1. What opportunities exist for health centers to partner with community or local food suppliers?
2. How can farm-to-table models be adapted or scaled to serve diverse, low-resource communities?
3. What strategies help patients sustain healthier eating patterns long-term, especially when facing ongoing challenges such as cost, time, or traditional preferences?
4. What combined strategies—nutrition, coaching, and primary care—can health centers adopt immediately?

Pre/Post Discussion Polls

Part 1 — Pre-Session Poll (February 5, 2026)

1. How confident do you feel discussing nutrition as part of chronic disease prevention?

- Very confident
- Somewhat confident
- A little confident
- Not confident

2. Which of the following is the most significant barrier your patients face related to healthy eating?

- Food cost
- Lack of access to healthy choices
- Time/competing priorities
- Limited nutrition knowledge
- Cultural or taste preferences

3. What best describes your current workflow for nutrition conversations in primary care?

- Integrated consistently
- Occasionally, based on patient needs
- Reactive only when a chronic condition worsens
- Not currently integrated

Part 1 — Post-Session Poll (February 5, 2026)

1. After this session, how confident do you feel in incorporating "Food as Medicine" concepts into patient conversations?

- Much more confident
- More confident
- Slightly more confident
- No change

2. Which strategy discussed today do you feel most prepared to try in your health center?

- Brief nutrition touchpoints during visits
- Culturally tailored nutrition guidance
- Motivational interviewing techniques
- Referral workflows (CHWs, coaches, nutritionists)
- Community partnerships for food support

3. How helpful was today's session for your role?

- Very helpful
- Moderately helpful
- Slightly helpful
- Not helpful

Part 2 — Pre-Session Poll (February 12, 2026)

1. Which area do you most want to explore further today?

- Behavior change + motivation
- Affordable, scalable nutrition solutions
- Farm-to-table or community food partnerships
- Workflow and operations
- Patient engagement

2. Did you apply any strategies from Part 1?

- Yes, successfully
- Yes, with some challenges
- Not yet, but planning to
- Not applicable to my role

Part 2 — Post-Session Poll (February 12, 2026)

1. How prepared do you feel to implement at least one Food-as-Medicine strategy in your health center?

- Very prepared
- Prepared
- Somewhat prepared
- Not prepared

2. Which Food-as-Medicine strategy discussed today are you most likely to apply in your health center?

- Partnering with local farms or food suppliers
- Using coaching techniques to support long-term behavior change
- Providing culturally tailored nutrition guidance
- Enhancing connections between nutritionists, coaches, and primary care staff
- Sharing practical, low-cost strategies for improving eating habits

3. Overall, how valuable was the 2-Part Series?

- Extremely valuable
- Very valuable
- Moderately valuable
- Slightly valuable
- Not valuable

Panel Experts:

Hawau E. Bojuwon, M.S., RDN, CHES - is a Registered Dietitian Nutritionist and Certified Health Education Specialist with over 15 years of leadership experience in food and nutrition services, health promotion, and quality assurance across community, university, clinical, and K–12 settings. She holds a Master of Science in Food and Nutrition Services and a Master of Science in Health Promotion, bringing a unique blend of clinical expertise and public health training to her work in chronic disease prevention and health equity.

As a consultant, Ms. Bojuwon supports individuals, families, and organizations in improving nutrition, managing chronic disease, and creating healthier environments. Her work includes one-on-one and group coaching focused on behavior change, medical nutrition therapy, and tailored health improvement plans that help clients reduce risk, improve health status, and enhance overall quality of life. She develops and delivers culturally responsive nutrition education, adapts teaching to diverse lifestyles and economic realities, and has contributed to efforts that increased access to healthy foods and helped decrease food insecurity in Kern County, California. She also served as a facilitator for the 2023 Michigan Good Food Summit, guiding strategy discussions on strengthening local food systems and expanding access to nutritious foods.

Previously, Ms. Bojuwon served as a Nutrition, Family and Consumer Sciences (NFCS) Advisor with the University of California, Davis, where she led extension and applied research programs focused on family resource management, food security, obesity prevention, and chronic disease prevention. She provided strategic leadership to nutrition education staff in the Expanded Food and Nutrition Education Program (EFNEP) and CalFresh Healthy Living in Kern, Mono, and Inyo Counties. She offered academic oversight for the Master Food Preserver Program. As Chairperson of the Kern County Nutrition Action Plan (CNAP) Coalition, she coordinated a network of more than 40 organizations working to create policy, systems, and environmental changes that make healthy choices easier in the places where people live, learn, work, and play.

Dr. Dorette Nysewander, EdD, “Dr. D”, President, D Group Consulting Services, Inc.

Dorette Nysewander, affectionately known as DrD, brings decades of leadership expertise, guiding teams across four continents. Her innovative kinesthetic training style has revolutionized wellness programs globally. With numerous certifications and conferrals, DrD has crafted effective strategies for the Fortune 500, the Military, Communities, and beyond. She has been pivotal in integrating academia with business needs and continues to drive mission-driven results in health and wellness.

Dr. D standardized the first Corporate YMCAs and launched the first corporate Health Promotion Shared Services Strategy (EAP, Wellness, Occ Health, Industrial Hygiene & Safety), achieving an ROI of $8.5:1 for 150 clients. Established the First Coast Worksite Wellness Council as a non-profit providing wellness programs and services for small businesses; Standardized the first Fitness Guidelines for Safety, certifying 350,000 allied health

professionals, leading with Perinatal Fitness, in 73 countries, and served Commercial Clients and US ARMED Forces CONUS and OCONUS over four continents.

Carl Boyanton, CEO, ProduceGPO and Farmer Fresh Produce

Carl Boyanton is a seasoned industry leader with over 40 years of experience in produce, logistics, supply chain operations, and large-scale food systems. Known for his entrepreneurial resilience and deep industry expertise, Carl has built, scaled, and revitalized multiple multimillion-dollar companies while advancing national conversations around healthy food access, regenerative agriculture, and chronic disease prevention.

In 2016, he founded ProduceGPO and Farmer Fresh Produce, companies that now write and manage contracts for national retail chains and continue to grow under his leadership. His work spans the full spectrum of procurement, distribution, quality assurance, and national logistics, bringing fresh produce efficiently to communities across the country.

Together with his wife, Heidi, Carl founded **Farmed Fresh for MS**, a 501(c)(3) nonprofit dedicated to nourishing communities by increasing access to healthy, fresh produce. Through this work, he has built strong partnerships that promote healthy eating initiatives and support efforts to reverse chronic disease across Mississippi and beyond.

Driven by a mission to improve health and well-being, Carl is committed to developing a national platform that integrates preventive services, access to healthy food, and community partnerships. His lifelong dedication to the produce industry continues to shape innovative pathways that make nutritious food more accessible to all.