

ANPA's "One Health: Integrating Medicine, Lifestyle and Technology"

June 4-5, 2026

OVERVIEW

ANPA's "One Health: Integrating Medicine, Lifestyle and Technology" is a 2-day live continuing medical education activity designed to enhance physician competence and clinical performance through an integrated approach to patient care. In this course, attendees will learn the intersection of medical practice, lifestyle-related determinants of health, and emerging technologies, including digital health tools, data analytics, and artificial intelligence. Through evidence-based presentations and clinically relevant case discussions, participants will learn strategies for incorporating lifestyle interventions and technology-enabled solutions into routine practice.

OBJECTIVES

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

1. Describe how clinical care, lifestyle determinants, and emerging technologies interact to influence patient and population health outcomes
2. Identify and apply evidence-based lifestyle interventions and technology-enabled tools to improve preventive care and chronic disease management
3. Evaluate the benefits, limitations, and ethical considerations of digital health technologies—including data analytics and artificial intelligence—in clinical decision-making.
4. Discuss the implementation of interdisciplinary, patient-centered strategies that integrate medicine, lifestyle, and technology to enhance care coordination and improve clinical outcomes within practice settings

TARGET AUDIENCE

This course is designed primarily for physicians, but is also relevant to nurses, pharmacists, and other healthcare professionals involved in interdisciplinary care, with an emphasis on improving preventive care, clinical decision-making, and patient-centered outcomes across healthcare settings.

ACCREDITATION AND CREDIT DESIGNATION STATEMENTS

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of The University of Texas Southwestern Medical Center and the Association of Nigerian Physicians in the Americas. The University of Texas Southwestern Medical Center is accredited by the ACCME to provide continuing medical education for physicians.

The University of Texas Southwestern Medical Center designates this live activity for a maximum of **13.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

EDUCATIONAL METHODS

Lectures, Case Studies, Question and Answer Sessions

EVALUATION

Evaluation by questionnaire will address program content, presentation, and possible bias.

DISCLOSURE OF FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES

As an organization accredited by the Accreditation Council for Continuing Medical Education (ACCME), The University of Texas Southwestern Medical Center, Office of Continuing Medical Education (UTSW CME) requires that the content of CME activities and related materials provide balance, independence, objectivity, and scientific rigor. Planning must be free of the influence or control of any ineligible company and promote improvements or quality in healthcare. In accordance with ACCME’s Standards for Integrity and Independence in Accredited Continuing Education, all persons in the position to control the content of an education activity are required to disclose all financial relationships in any amount occurring within the past 24 months with any ineligible company producing, marketing, selling, re-selling, or distributing health care goods or services consumed by, or used on patients. UT Southwestern also considers ineligible those companies producing, marketing, selling, re-selling, or distributing healthcare products in development for future use on patients, such as healthcare product research companies. All reported financial relationships with ineligible companies are reviewed for relevancy and then mitigated through a content review process prior to the activity (where applicable).

The following is a listing of all individuals that contributed to the educational content of this activity and any reported financial relationships within the last 24 months (those not listed reported NO financial relationships with ineligible companies):

Speaker Name	Nature of Relationship	Name of Commercial Interest
Chiadi Onyike	Grant or Contract (Clinical Trial	Alector, Inc.; Denali
	Independent Contractor (Consultant)	Eli Lilly; Zevra; Lykos; Neuvivo; BioHaven
Alma Ahonkhai	Professional Services (HIV Prevention Long Acting Injectibles):	ViiV
Olusola Ajilore	Financial Stake (Digital Biomarkers)	KeyWise AI
	Stock Options*	Blueprint Health (Measurement-based care); Embodied Labs (VR medical education)
Omonigho Bubu	Independent Contractor (Sleep Advisory Committee)	RESMED
Iyore James	Other Business Ownership*	RoboMed Global PA
Emeka Ray-Offor	Professional Services (Endoscopic Retrograde Cholangiopancreatography)	JNCI Olympis
Virend Somers	Independent contractor (Consultant)	Jazz Pharmaceuticals; GEM Health; Eli Lilly; Axome; ApniMed; iRhythm; Mineralys; Know Labs
	Independent Contractor (Advisory Board):	Sleep Number
	Grant or Contract (Research Equipment for Mayo Clinic)	Medtronic; Zoll

**Employees of ACCME-defined ineligible entities can participate as faculty in accredited CME activities when the content of the activity is not related to the business lines or products of their employer/company.*

GENERAL INFORMATION

CONTINUING MEDICAL EDUCATION (PHYSICIANS)/ATTENDANCE CERTIFICATES AND EVALUATION

Online course evaluations will be available 3-5 business days after the conference. The evaluation is an important tool for assessing the effectiveness of this activity as well as for planning future activities. We value your feedback.

CME and Attendance Certificates will be available online at <http://cme.utsouthwestern.edu> after completion of the online evaluation. An account must be created at cme.utsouthwestern.edu to claim/view credit. Instructions are available upon request for creating this profile.

DISCLAIMER

The Association of Nigerian Physicians in the Americas & The University of Texas Southwestern Medical Center presents this activity for educational purposes only. Participants are expected to use their own expertise and judgment while engaged in the practice of medicine. Please consult full prescribing information for any drugs or procedures discussed within.

The views and opinions expressed in this publication are those of the authors and do not necessarily reflect the views of the sponsor, supporter, or publisher. Although great care has been taken in compiling and checking the information given in this publication to ensure accuracy, the authors, the Association of Nigerian Physicians in the Americas & The University of Texas Southwestern Medical Center and its servants or agents shall not be responsible or in any way liable for the continued currency of the information or for any errors, omissions, or inaccuracies in this publication.