



AMERICAN  
COLLEGE of  
CARDIOLOGY®



The  
**FUSTER  
HEART**  
Movement

# FUSTER PREVENTION FORUM

LOCAL ACTION.  
STRONGER HEARTS.

JUNE 12 - 13, 2026  
WASHINGTON, D.C.



## Welcome to the Fuster Prevention Forum.

Inspired by Dr. Valentin Fuster's lifelong commitment to prevention, the **Fuster Prevention Forum** envisions a world where education from the earliest ages fosters resilience, healthy habits, and a community-based culture of prevention - ensuring every child has the foundation for lifelong cardiovascular health.



This course is designed as a "teach-the-teacher" initiative of the American College of Cardiology and is intended to empower you to turn prevention into action beyond the clinical setting. Throughout the program, you will build practical skills to lead and expand prevention efforts in the communities you serve.

You will explore an evidence-based curriculum focused on cardiovascular health and primordial prevention in children and adolescents by engaging the adults who shape their daily environments – parents, educators and community leaders. Along the way, you will strengthen your ability to design and implement sustainable, community-based prevention initiatives that drive measurable impact.



### CELL PHONE USAGE

While in sessions, please silence your cell phone and refrain from taking phone calls while the sessions are in progress.



### SMOKING

The ACC promotes a **No Smoking policy**. The use of tobacco products is strictly prohibited in Heart House.



### CONNECT TO THE WI-FI

- Select the **WDC-EVENT** Wi-Fi network
- Launch your web browser and enter:

**Username:** Education

**Password:** Learning2026

## COURSE OVERVIEW

This two-day intensive course prepares participants to design, deliver, and implement primary and primordial prevention strategies grounded in scientific evidence and real-world practice. The program combines epidemiology, health education and implementation science to move participants from understanding risk to taking informed action.

Through expert-led sessions and hands-on workshops, participants will engage with four core pillars – body knowledge and care, nutritional literacy, physical activity and emotional management – and examine how these domains are translated into effective, age-appropriate educational interventions. Interactive panels will guide participants through the key stages of implementation, including dissemination, adoption and monitoring across diverse settings.

The course culminates in the development of an individualized Blueprint Action Plan, enabling participants to leave with clear priorities, concrete next steps, and a practical pathway to advance prevention efforts within their own institutions and communities.

## LEARNING OBJECTIVES

1. Define primary and primordial prevention and explain why they matter for reducing cardiovascular disease (CVD) risk.
2. Describe the program's four pillars: body knowledge and care; nutritional literacy and dietary behaviors; physical activity and movement habits; emotional management.
3. Explain the program's theory of change and key lessons from long-term health-promotion practice.
4. Use program materials and tools to select content and draft a basic session plan for a chosen setting and age group.
5. Identify practical steps for rollout: assess readiness and context, choose a few feasible evaluation indicators, and outline a simple 30/60/90-day action plan.



## CLAIM YOUR CREDIT

To claim your credit or Certificate of Attendance, you must complete a brief evaluation survey, which will be sent to the email you used for your registration after the meeting concludes. If you can't find your link or need any assistance with the survey, please contact [Assessment@acc.org](mailto:Assessment@acc.org).

You may only claim credit once and the deadline to claim credit is Sept. 13, 2026.

## CREDIT DESIGNATION STATEMENTS

### JOINT ACCREDITATION STATEMENT

In support of improving patient care, the American College of Cardiology Foundation (ACCF) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

### ABIM MOC

MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 10.75 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program.



Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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The ACCF designates this internet enduring material for a maximum of 10.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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## PAS

The American College of Cardiology Foundation has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 10.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



## INTERPROFESSIONAL CONTINUING EDUCATION (IPCE)

This activity was planned by and for the healthcare team, and learners will receive 10.75 Interprofessional Continuing Education (IPCE) credits for learning and change.



## ACKNOWLEDGEMENTS

Educational grant support for this activity provided by the Icahn School of Medicine at Mount Sinai.



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ACCF has taken the necessary steps to ensure that all relevant financial relationships have been mitigated.

Please note ACCF staff and the ACWG members involved with this activity have nothing to disclose, unless otherwise noted.

*See Program Committee and Faculty details for disclosure information.*

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Disclosures  
Nothing to disclose

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## AGENDA

FRIDAY, JUNE 12	
7 - 8 a.m.	<b>Breakfast</b>
8 - 8:05 a.m.	<b>Opening Remarks</b> Cathleen C. Gates, CEO, American College of Cardiology
8:05 - 8:30 a.m.	<b>Welcome</b> Edward T. A. Fry, MD, MACC; Pamela B. Morris, MD, FACC
8:30 - 9:15 a.m.	<b>Risk Factors, Morbidity, Mortality and Costs – Present and Prediction in the US: The Case For Primary and Primordial Prevention</b> Valentin Fuster, MD, PhD, MACC
9:15 - 10:15 a.m.	<b>Shaping Impact: An Educational Program and Theory of Change Built on 15 Years of Health Promotion Practice</b> Jorge Baxter, PhD; Valentin Fuster, MD, PhD, MACC
10:15 - 10:30 a.m.	<b>Break</b>
10:30 - 11 a.m.	<b>Introduction to Program Materials, Tools and Website</b> Jorge Baxter, PhD; Taryn Myers, PMP
11 - 11:45 a.m.	<b>From Evidence to Action: Science-to-Implementation Foundations</b> Neha J. Pagidipati, MD, FACC
11:45 a.m. - Noon	<b>Faculty and Attendee Group Picture</b>
Noon - 1 p.m.	<b>Lunch</b>
1 - 2 p.m.	<b>Inside the Classroom: A Hands-On Teaching Session Example</b> Moises Difo
2 - 2:45 p.m.	<b>Pillar 1: Body Knowledge and Care</b> Panelists: Jorge Baxter, PhD; Valentin Fuster, MD, PhD, MACC Facilitator: Pamela B. Morris, MD, FACC
2:45 - 3 p.m.	<b>Break</b>
3 - 3:45 p.m.	<b>Pillar 2: Nutrition</b> Panelists: Jorge Baxter, PhD; Valentin Fuster, MD, PhD, MACC Facilitator: Neha J. Pagidipati, MD, FACC



## FRIDAY, JUNE 12 (CONT)

<b>3:45 - 5:15 p.m.</b>	<p><b>Panel 1: From Intention to Conditions: What Actually Makes a Program Take Root</b>            Jorge Baxter, PhD; Christina M. Cantey, DNP, FNP-C, CCK, AACC; Edward T. A. Fry, MD, MACC; Valentin Fuster, MD, PhD, MACC; Pamela B. Morris, MD, FACC; Carlos Peyra, MBA</p>
<b>5:15 - 5:30 p.m.</b>	<b>Day 1 Wrap-Up</b>
<b>5:30 - 6:30 p.m.</b>	<b>Networking Reception</b>

## SATURDAY, JUNE 13

<b>7 - 8 a.m.</b>	<b>Breakfast</b>
<b>8 - 8:15 a.m.</b>	<p><b>Welcome Back and Recap of Day 1</b>            Edward T. A. Fry, MD, MACC; Pamela B. Morris, MD, FACC</p>
<b>8:15 - 9 a.m.</b>	<p><b>Pillar 3: Physical Activity and Movement</b>            Panelists: Jorge Baxter, PhD; Valentin Fuster, MD, PhD, MACC            Facilitator: Christina M. Cantey, DNP, FNP-C, CCK, AACC</p>
<b>9 - 9:45 a.m.</b>	<p><b>Pillar 4: Emotional Regulation</b>            Panelists: Jorge Baxter, PhD; Valentin Fuster, MD, PhD, MACC            Facilitator: Edward T.A. Fry, MD, MACC</p>
<b>9:45 - 10 a.m.</b>	<b>Break</b>
<b>10 - 11:30 a.m.</b>	<p><b>Panel 2: From Institutionalization and Monitoring: What Actually Makes a Program Effective and Last?</b>            Jorge Baxter, PhD; Christina M. Cantey, DNP, FNP-C, CCK, AACC; Edward T. A. Fry, MD, MACC; Valentin Fuster, MD, PhD, MACC; Pamela B. Morris, MD, FACC; Carlos Peyra, MBA</p>
<b>11:30 a.m. - Noon</b>	<b>Closing Reflections and Audience Q&amp;A</b>















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