

# The Prior Approver

July 2025 | Volume 1, Issue 3



## The Numbers

1,264

Active Accountable Contacts

813

Active CPE Providers

4,986

CPE activities approved since April 2024

Welcome to *The Prior Approver*, CDR's quarterly CPE Provider newsletter. Summertime is upon us, and that means CDR has some updates and resources that are "hot off the press"! Continue reading for details on journal clubs, study groups, and a few helpful reminders.

## Meet the Prior Approval Team



Sierra Xie, MS, RD

### What is your role within CDR?

As Senior Manager, Provider & Practitioner Compliance, I support both CPE Providers and CDR-credentialed nutrition and dietetics professionals. I work to ensure the quality of prior approved continuing professional education and to help CDR-credentialed practitioners maintain certification.

### What is a fun fact about you?

I love cats!

### What is your best advice to CPE Providers?

Help CDR help you. When reaching out with questions, always include your Provider username, relevant activity numbers (if applicable), and any other pertinent information including direct links and/or screenshots.

## Did you know?

**CPE Providers may request CPEUs for journal clubs and study groups - it's easier than it sounds!**

### Activity Type 161: Journal Club

A journal club must

- be nutrition and dietetics-related
- be preplanned
- provide for group participation
- include three or more professionals
- include in-depth discussion of a single topic from pre-assigned articles/papers in professional, peer-reviewed journals published within the past 5 years

### Activity Type 231: Study Group

Study groups must

- be nutrition and dietetics-related
- be preplanned
- provide for group participation
- include three or more professionals
- include in-depth study of a specific topic
- be based on an active (non-expired) CDR CPEU Prior Approved activity located in CDR's [Continuing Professional Education Database](#)

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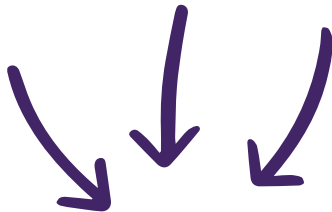


## Test Your Prior Approval Knowledge

Which of the following is an example of a learning objective for an activity about the Mediterranean Diet?

- a. This activity will discuss the Mediterranean Diet.
- b. Learners will be able to identify 3 benefits of following the Mediterranean Diet.
- c. This activity will include evidence-based information about the Mediterranean Diet.
- d. The Mediterranean Diet provides many health benefits.

Check your answer below!



### Answer Key

**b:** Learning objectives are statements that define the goal(s) of an educational activity. The other options do not define goals; rather, they state what information will be included in the CPE content.

## Reminders!

Live activities are eligible for credit for 1 year from the date of approval. Providers are not required to submit multiple applications for the same session being presented multiple times within the approval period.

Providers must disclose conflicts of interest to learners before learners engage in educational content. Additional information may be found in the [Provider Policy Manual](#).

First-time Accountable Contacts must complete [Accountable Contact Training](#) no more than one calendar year before Accountable Contact designation.

The [2025-2030 Essential Practice Competencies](#) are now available!

Providers must include all elements outlined in policy 19.1 on their **certificate of completion**. A certificate template is available in the [CPE Provider Account](#) under the "Activities" tab.