Lifestyle Medicine: National Perspective Resources and Community

Edward M. Phillips, M.D.

18 May 2013

Creating a Culture of Wellness in Health Care Settings
Conflicts of Interest

- Member, Scientific Advisory Board, OnLife Health Inc. (A subsidiary of Tennessee Blue Cross)
Overview of Resources

- Institute of Lifestyle Medicine
- Exercise is Medicine
- American College of Lifestyle Medicine
- International Associations for Lifestyle Medicine

Publications:
- American Journal of LM
- Encyclopedia of LM
Harvard Medical School
Department of Physical Medicine and Rehabilitation
Spaulding Rehabilitation Hospital
Boston, Massachusetts
www.instituteoflifestylemedicine.org
The Institute of Lifestyle Medicine Vision

- The Institute of Lifestyle Medicine is a non-profit educational, research and advocacy organization dedicated to reducing the prevalence of lifestyle-related disease and mortality in our society through clinician directed interventions with patients.

- Accomplished through a broad-based collaborative effort to transform the practice of primary care medicine.
About the ILM

- Founded in 2007 to transform healthcare professionals into primary drivers of healthy lifestyles
- A non-profit institute, based at Harvard Medical School and Spaulding Rehabilitation Hospital Network, a member of Partners HealthCare
- [www.instituteoflifestylemedicine.org](http://www.instituteoflifestylemedicine.org)

Transform the delivery of health care, improve health outcomes and directly shape a healthier society by shifting clinical care toward improving health behaviors rather than merely treating illness.

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ILM Mission: Education

Ignite clinician involvement in Lifestyle Medicine through education about:
- Exercise/ Physical Activity
- Weight Management
- Stress Management
- Tobacco Cessation
ILM Mission: Tools

Empower physicians, nurses and allied healthcare professionals to facilitate behavior change and the culture of health and wellness for their patients by providing clinical tools.
ILM Mission: Role Model

Promote improved personal lifestyle choices for physicians, nurses and allied healthcare professionals so that they can be optimally effective role models for their patients.
ILM Mission: Coaching

Train physician, nurses and allied healthcare professionals to deliver health promotion messages in an effective and efficient manner.
Support from Spaulding Rehabilitation Hospital Network

- Administrative
- Research
- Academic
- Funding two-year start up
First Mini-Grant from HMS Department of Physical Medicine and Rehabilitation

Supported the development of ILM online Harvard CME course: *Lifestyle Medicine for Weight Management*

Coauthored by Margaret Moore, CEO, WellCoaches
Co-director, Institute of Coaching

4-credit CME course introduces physicians to rudiments of coaching and weight management. Taken by >2,000 clinicians in 100 countries since 2005.

http://cmeonline.med.harvard.edu/course_descriptions.asp?Course_id=52
Second Mini-Grant

Supported development of Harvard Medical School, Department of Continuing Education course: *Lifestyle Medicine*.

Presented in four major metropolitan areas in India in March 2006.
First Harvard CME Lifestyle Medicine Course in India

March 2006
Delhi
Kolkata
Chennai
Mumbai

Course Director:
Edward M. Phillips, MD

Presented in Association with Apollo Hospital/WellnessRx
Third Mini-Grant

Supported writing:

*A. C. S. M.’s Exercise is Medicine: A Clinician’s Guide to Exercise Prescription*,
Steven Jonas, MD, MPH, Edward M. Phillips, M.D.

2009, Lippincott, Williams, Wilkins
Undergraduate Medical Education

- Harvard Medical School Special Interest Group in Lifestyle Medicine Lunch-time Lecture Series, Beth Frates, MD
- Proposed Lifestyle Medicine Elective and Parallel Curriculum
- Programs in Stanford, Cornell, PCOM, etc.
- Exercise Curriculum for Undergraduate Medical Students developed in concert with Exercise is Medicine™ Education Committee
ILM-Dedicated to all levels of Medical Education

- Harvard Medical School Graduate Education
  - Research Fellowship in Lifestyle Medicine
  - HRSA Training Grant for Yale Preventive Medicine Residency
  - American Cancer Society Training Grant for Yale Preventive Medicine Residency
HRSA: Lifestyle Medicine Training Grant

- Didactics on site (or by web conferencing)
- Online Curriculum
- Institute of Lifestyle Medicine Courses in Boston
- Two-week rotation in Boston (PGY-4)
- Personal behavior change
Thank you for teaching lifestyle medicine. Lifestyle change for myself & my future patients.
Recent Highlights:

- **Good Morning America** with Dr. Tim Johnson

- **Seminar**
  “Active Doctors, Active Patients”
  included US Surgeon General
  Dr. Regina Benjamin

- **Time Magazine:**
  “Get Wellness”
  January 10, 2011
Recent Highlights:

- **JAMA:**

- President’s Council on Physical Fitness, Sports and Nutrition Community Leadership Award to ILM, May, 2011

- **ESPN:** Sports Medicine Weekly, June 18, 2011
Community Leadership Award

Presented to

Institute of Lifestyle Medicine at Spaulding Rehabilitation and Harvard Medical School

For exemplary service and dedication to improving the lives of others by promoting and fostering opportunities for participation in fitness, sports or nutrition programs.

Drew Brees
Co-Chair
President's Council on Fitness, Sports & Nutrition

Dominique Dawes
Co-Chair
President's Council on Fitness, Sports & Nutrition

Shellie Y. Pfohl
Executive Director
President's Council on Fitness, Sports & Nutrition
Surgeon General Regina Benjamin
Damian Folch, MD
Lifestyle Medicine: Prescribing Exercise

Course Description

This online course is another facet of Lifestyle Medicine. Since Americans are leading increasingly sedentary lifestyles and becoming more overweight/obese, there is a need to educate physicians on the benefits of prescribing exercise to their patients. While the benefits of exercise are widely known, physicians do not always have the necessary training to counsel their patients on how to incorporate exercise into their daily routines. Exercise is Medicine™, which is a nationwide initiative of the American College of Sports Medicine, will equip physicians with the knowledge they need to prescribe exercise to patients in a manner similar to prescribing medication. The ultimate objective of this initiative is to have every physician at every visit prescribe exercise for every patient, as needed and appropriate. The format of the course will be multiple choice, with an explanation as to why a particular answer that is chosen is right or wrong.

NUMBER OF CREDIT HOURS: 1 hours

COST: $20.00
click here for pricing outside the United States of America

OVERALL LEARNING OBJECTIVES:

1. Define exercise prescription.
2. Understand the four parts of exercise prescription.
3. Learn how to write an exercise prescription.

CLINICAL LEARNING OBJECTIVES:

1. Review the benefits of exercise.
Institute of Lifestyle Medicine currently offers seven Online Harvard CME courses:

- The Exercise Prescription
- Weight Management
- Stress Management
- Metabolic Syndrome
- Osteoporosis
- Back Pain
- Competencies
Continuing Medical Education

- Live Seminars:
  - Active Lives: Transforming Ourselves and Our Patients, Waltham, MA
    November 15-16, 2013
  - Lifestyle Medicine: Tools for Promoting Healthy Change, Boston
    June 21-22, 2013
October 28-30, 2013
Crystal City, Virginia

More info:
www.lifestylemedicine.org/LM2013

Supporting Partners

The Institute of Lifestyle Medicine

American College of Preventive Medicine
physicians dedicated to prevention

LOMA LINDA UNIVERSITY
International Lifestyle Medicine

- Australian
- European College of Lifestyle Medicine
- Exercise is Medicine
  - www.exerciseismedicine.org
What can you do?

- Take the online CME Lifestyle Medicine courses available through www.harvardlifestylemedicine.org
- Come to the live CME seminars
- Join ILM on Linked In or Twitter
- Join the American College of Lifestyle Medicine
- Promote healthier lifestyles for yourselves and other professionals.
Institute of Lifestyle Medicine
Spaulding Rehabilitation Hospital
20 Guest Street, Suite 150
Brighton, MA

Email: ephillips1@partners.org
agrubin@partners.org, Education & Outreach Coordinator

On the web: www.instituteoflifestylemedicine.org
or
www.harvardlifestylemedicine.org