

Lifestyle Medicine:
National Perspective Resources
and Community

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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)
- Royalties, ACSM's Exercise is Medicine: A Clinician's Guide to Exercise Prescription, Wolters-Kluwer, 2009

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

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.

Professional
Education

Research &
Development

Advocacy for Change

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.

ILM in India



Third Mini-Grant

Supported writing:

*ACSM's Exercise is Medicine: A Clinician's
Guide to Exercise Prescription,*

Steven Jonas, MD, MPH ,

Edward M. Phillips, M.D.

2009, Lippincott, Williams, Wilkins

Jonas | Phillips

ACSM's Exercise is Medicine™ A Clinician's Guide to Exercise Prescription

ACSM's Exercise is Medicine™

A Clinician's Guide to Exercise Prescription

Steven Jonas | Edward M. Phillips

 SPALDING REHABILITATION HOSPITAL 125 NASHUA STREET BOSTON, MASSACHUSETTS 02114 617-573-7000 <small>REHABILITATION HOSPITAL NETWORK</small>			
PATIENT'S FULL NAME	PHONE NUMBER	AGE	SEX
<i>Sue Johnson</i>		<i>57</i>	<i>F</i>
ADDRESS		DATE	
		<i>04 / 15 / 09</i>	
<p>Rx Moderately intense physical activity 30 minutes daily at least five times per week or vigorous activity 20 minutes - three times per week or combination Resistance training twice per week</p>			
<input type="checkbox"/> Refills 1 2 3 4 <input checked="" type="checkbox"/> <i>never</i> <input type="checkbox"/> No Refills Hold After _____			
DEA: _____		Dr. <i>Edward Phillips, M.D.</i>	
VALID FOR CONTROLLED SUBSTANCES		<small>Interchange mandated unless the practitioner writes the words "No Substitution in this space"</small>	

Published in Cooperation with



Wolters Kluwer Health | Lippincott Williams & Wilkins

ILM-Dedicated to all levels of Medical Education

■ 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

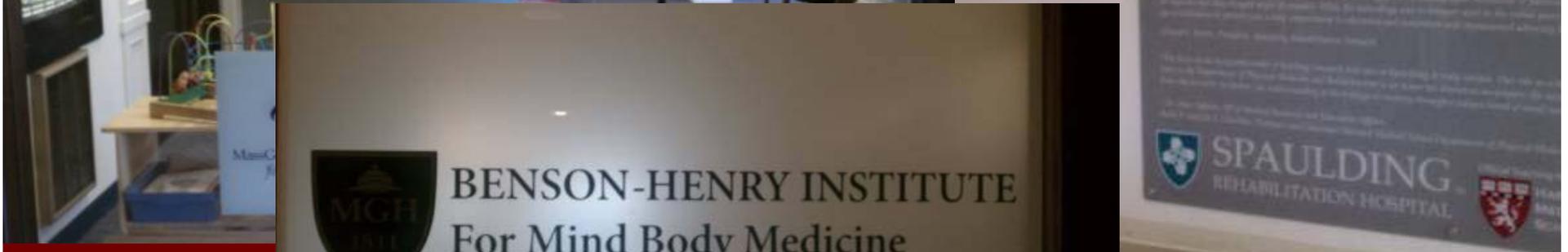
ILM-Dedicated to all levels of Medical Education

- 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:

“Core Competencies for Physicians Practicing Lifestyle Medicine” July 14, 2010.

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

📍 ESPN: Sports Medicine Weekly, June 18, 2011



2011 PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION

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



John R. Principe, MD



www.wellbeingmd.com



Harvard Medical School

Department of Continuing Education

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Sample Case

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Lifestyle Medicine: Prescribing Exercise

[Log-in to Register](#)

[Course Description](#) | [Faculty](#) | [Accreditation](#) | [General Information](#)

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

Lifestyle

Medicine:

*The Exercise
Prescription*

*Weight
Management*

*Stress
Management*

*Metabolic
Syndrome*

Osteoporosis

Back Pain

Competencies

HARVARD MEDICAL SCHOOL
DEPARTMENT OF CONTINUING EDUCATION



certifies that

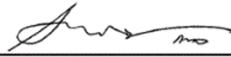
John Harvard

has participated in the educational activity titled

Endocrine Emergencies

*and is awarded xx category 1 credits toward the American Medical Association Physician's Recognition Award.
Each physician should claim only those credits that he/she actually spent in the educational activity.*

Boston, Massachusetts
September 12, 2003


Sanjiv Chopra, M.B., B.S.
Faculty Dean for Continuing Education
Professor of Medicine

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

ISSN: 1558-8546
ajlm.lww.com

American Journal of
**Lifestyle
Medicine**

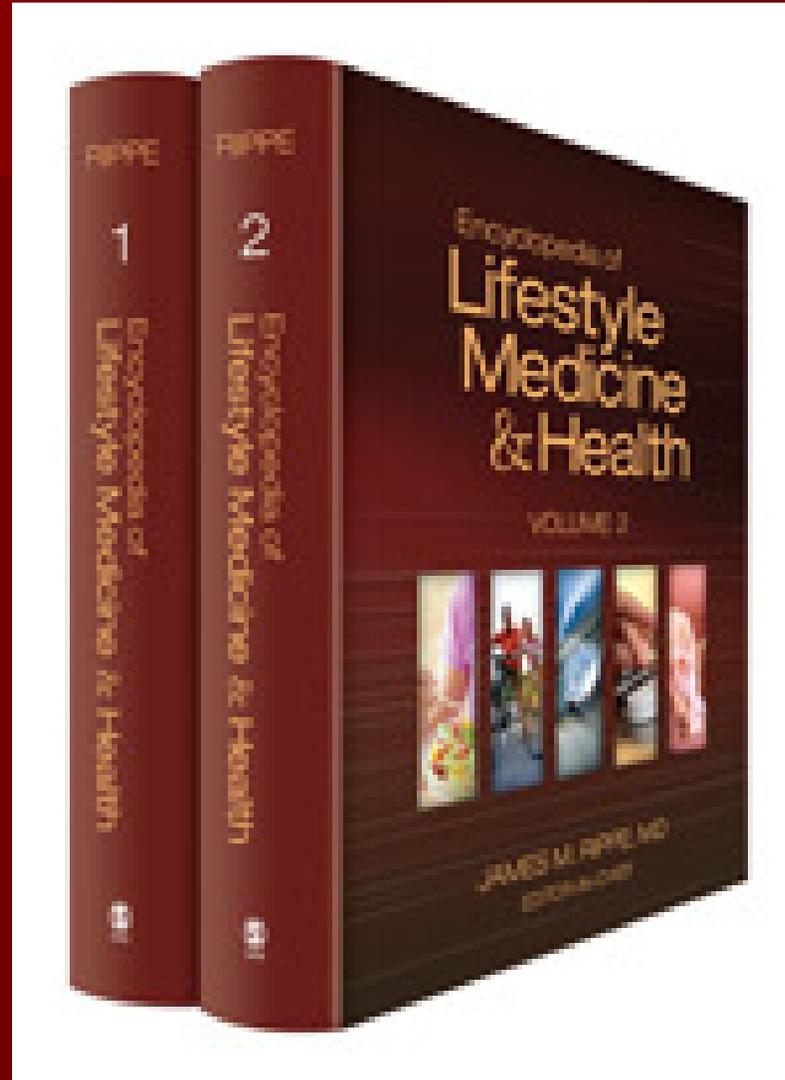
The Official Journal of the Lifestyle Medicine Association
Editor-in-Chief
James M. Rippe, MD

Issue 5
Number 4
July/August 2012



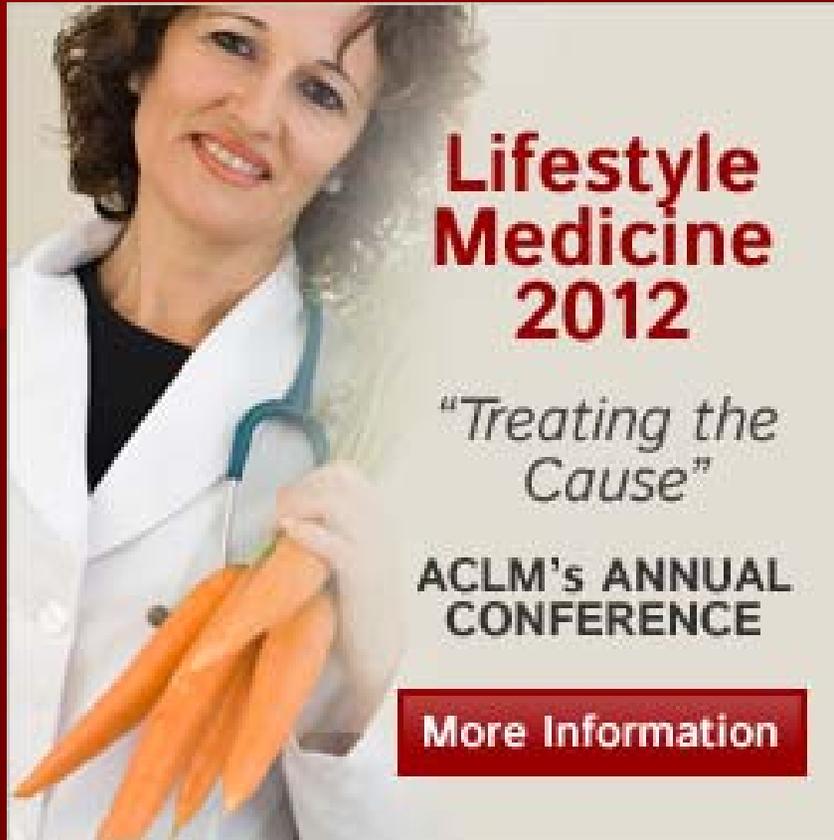
Focus Section
Injury Prevention
in Children







American College of
Lifestyle Medicine



October 28-30, 2013

Crystal City, Virginia

More info:

www.lifestylemedicine.org/LM2013

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Supporting Partners



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.

ILM Contact Information

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