Pilot Webinar on Culinary Medicine – May 4

The American College of Preventive Medicine (ACPM) is hosting a free webinar—an Introduction to Culinary Medicine—for physicians and clinicians on May 4, 12pm EST. This live pilot event is a first look at the course that will become an elective for the comprehensive Lifestyle Medicine Core Competencies Program.

Participants will be able to speak directly with course faculty and ask questions as part of an interactive session. As this webinar is piloting new material, user feedback is critical for final edits and improvements. Free CME/MOC credit is also available for attendees.

Developed from a food is medicine perspective, the webinar will discuss the practical aspects that patients face day-to-day when trying to make substantive lifestyle changes. The emphasis will be on provider education and encourage the personal adoption of culinary medicine so that providers are more likely to prescribe the methods to their patients. Comprehensive knowledge of nutrition and the culinary techniques to prepare food that is consistent with low income to moderate budgets, time constraints, and nutritional ideals related to a high fiber plant based diets will be reviewed.

Visit the full event description to review the learning objectives, course faculty, and to register for the May 4 pilot webinar.

Building Wellness Programs on Lifestyle Medicine

To combat rising health care costs, businesses large and small have been rushing over the past decade to implement employee wellness programs. The allure of these win-win models have made them practically universal in corporate America, even amid research data that suggests mixed results and varied overall health outcomes. For Cummins, an Indiana-based engine company, wellness efforts featuring health risk assessments and biometric screenings were not reducing costs or getting to the root causes of obesity and related chronic conditions.

After considerable research by Dexter Shurney, Cummins chief medical director, the company is in the process of rolling out a new comprehensive health program based on the core competencies of lifestyle medicine for their employees and families. The aim is to change lifestyles through better management of seven factors: physical activity, sleep, nutrition, stress reduction, substance abuse, water, and sunshine. Dr. Shurney found that employees know far less about these things than they think they do. For instance, few understand the relationship between sleep and obesity or realize that chicken has far more cholesterol than peanut butter.

Their efforts to develop a unique, lifestyle medicine-based in-house wellness program were recently profiled by Fortune in an article titled "Corporate Wellness Programs: Healthy or Hokey?" as part of their 100 Best Companies to Work For features.
Your Take: Using Lifestyle Medicine to Achieve Health Equity

We want to know how you feel lifestyle medicine relates to "Achieving Health Equity through Prevention," the theme of Preventive Medicine 2017, ACPM's annual conference to be held May 23-26 in Portland, Oregon. Your insightful quotes and contributions will be used to help illustrate the importance lifestyle medicine plays in preventing disease and promoting health. Submissions will be displayed at the conference on video screens and tabletop tablets for meeting attendees.

Submit your statement of 40 words or less describing how lifestyle medicine can help achieve health equity. Submissions due April 28.

Preventive Medicine 2017 will explore the many ways preventive medicine and public health professionals, and the diverse range of programs they lead, are working to achieve health equity. We encourage you to learn more about the conference and the available meeting track on Clinical Preventive & Lifestyle Medicine which includes sessions on: Food for the Soul, Next Generation Healthcare, Positive Mindset in Preventive and Lifestyle Medicine, and many more.

Wisewoman Webinars

ACPM is working with the Centers for Disease Control and Prevention (CDC) to create and deliver new lifestyle medicine education modules for providers in their WISEWOMAN program. The webinars will equip providers with skills and resources to optimize the services they offer to their patients.

Administered through CDC's Division for Heart Disease and Stroke Prevention (DHDSP), the WISEWOMAN program provides low-income, under-insured, or uninsured women aged 40–60 years in 19 states and two tribal organizations with chronic disease risk factor screening, lifestyle programs, and referral services to prevent cardiovascular disease.

Women – Centered Care
APRIL 25, 4:00-5:00PM EDT
This webinar will explore and discuss the considerations, methods, and tools that clinicians may utilize to provide tailored support for cardiovascular disease prevention and treatment for program patients. Register

Care Coordination
MAY 16, 4:00-5:30PM EDT
This webinar will explore the role of patient navigation, community and institutional resources, and self-management in cardiovascular preventive care and treatment for program patients. Register

Systems/Policy Change
JUNE 20, 4:00-5:30PM EDT
This webinar will explore approaches to improve the prevention and treatment of
cardiovascular disease for program patients by integrating innovative health system-based approaches and strengthening community-clinical linkages. Register

U.S. Chamber of Commerce's Workplace Wellness Briefing

ACPM Executive Director Mike Barry delivered the closing keynote address at "Innovations in Workplace and Community Wellness: A New Era," an April 6 briefing in Washington, DC sponsored by the U.S. Chamber of Commerce, ACPM, and Pfizer.

His talk, titled "Preventive Medicine: Driving Behavior Change at Work and in the Community," discussed ACPM's lifestyle medicine initiative, the Lifestyle Medicine Core Competencies Program developed with the American College of Lifestyle Medicine, and profiled the Cummins corporation, an ACPM Corporate Roundtable member who invested in a lifestyle medicine approach to successfully move the needle on the health of its workforce.

The U.S. Chamber's annual workplace wellness briefing highlights trends in workplace and community wellness initiatives. This year’s event discussed strategies to influence behavior change, promoting mindfulness at work, and improving health through genetics, as well as the link between health and performance.

Culinary Tip: Batch Cooking

Do you work from home or have a few extra hours over the weekend? Leverage your time with batch cooking! Batch cooking is a great way to eat healthy all week with less prep.

For instance, cooking chickpeas and other legumes can take some extra attention. Boil a pot with water, salt, and chickpeas. After 90 minutes, rinse and transfer to containers. Keep in your fridge for the coming week or in the freezer for later use. Makes a great addition to a wide range of meals!

This culinary tip provided by Rani Polak, director of the Institute of Lifestyle Medicine's Chef Coaching program and faculty of the Introduction to Culinary Medicine course.

RESEARCH / NEWS

Advancing Lifestyle Medicine Education in Undergraduate Medical School Curricula Through the Lifestyle Medicine Education Collaborative (LMEd) -- Physicians are uniquely positioned to stem the tide of the world’s top lifestyle-related diseases; however, most are not trained to provide effective patient care. The Lifestyle Medicine Education Collaborative (LMEd) has a plan that is a comprehensive and sustainable approach to policies, programs, and initiatives to increase graduating US medical students’ knowledge and application of lifestyle medicine. -- American Journal of Lifestyle Medicine

Lifestyle medicine course for family medicine residents: preliminary assessment of the impact on knowledge, attitudes, self-efficacy and personal health -- Postgraduate Medical Journal

Evidence-Based Diabetes Management Special Issue -- American Journal of Managed Care

NIH Nutrition Research Strategic Plan -- NIH Nutrition Research Task Force
Common Blood Tests Can Help Predict Chronic Disease Risk — NPR


Yoga As Lifestyle Medicine: Interview with Linda Stern Lang — The Not Old Better Show

BLOGS / OPINION

Fluctuating Body Weight May Increase Morbidity and Mortality Among CAD Patients — TCTMD

Here’s how Congress can get people to live healthy lifestyles — Helen Durkin (The Hill)

EVENTS

Scaling the National DPP: Program Activation in Health Systems
May 1 (3:00pm EST)
Join ACPM for an in-depth look at promoting the National DPP within your practice setting and with your patients! We will discuss a variety of referral strategies including point of care and EMR based referrals.

Obesity Medicine 2017
April 19-23, Seattle, WA

Applying and Practicing Lifestyle Medicine in Residency
April 25, Webinar
Presenters Brenda Rea and Regan Steigman will share stories of how lifestyle medicine-based practices have been successfully integrated into various residency education programs. In addition, they will discuss how they personally apply the concepts of lifestyle medicine into their own lives.

Lifestyle Medicine Symposium: A Holistic Approach to Medical Care
April 25, Rochester, MN

5th Canadian Obesity Summit
April 26-28 Banff Springs, AB, Canada

Clinicians CHEF Coaching
April 27, Online
Participate in a free introduction session April 27, 8pm ET, to learn more about culinary coaching and empowering your patients to cook more at home and improve their nutrition.

Building the Best Workplace for Health and Well-Being
May 4, Berkeley, CA
The Interdisciplinary Center for Healthy Workplaces has organized this event as part of the Science to Practice Conference Series and will hold it on the University of California, Berkeley campus. Participants will receive a workbook summarizing the information provided in the conference and a decision-process guide for integrating this knowledge into a coherent building project strategy.

No Sleep vs. Bad Sleep: The Impact of Sleep on Wellness
May 10, Webinar
An NIOSH researcher will be speaking about sleep as part of the MA Working on Wellness Expert Series Webinars from the University of Massachusetts at Lowell.

Preventive Medicine 2017
May 23-26, Portland, OR
Registration discounts are available until April 30. Registration includes CME/MOC credits, meeting materials, tickets to the opening reception, and continental breakfast and coffee breaks each day.

**Lifestyle Medicine Summit**
*June 1-7, Webcast Event*

**Lifestyle Medicine: Tools for Promoting Healthy Change**
*June 8-10, Boston, MA*
Sessions are beginning to fill up!

**Healthcare Transformation Summit**
*June 16, Carlsbad, CA*

**The Principles and Practice of Yoga in Health Care: The Science, Research and Application**
*June 17, San Antonio, TX*

**Professional Training Program in Mind-Body Medicine**
*August 6-11, Big Sur, CA*

**Cycling CME: Road Bike / Mountain Bike**
*September 5-9 / October 4-7, Grand Junction, CO*

**Whole Life Conference**
*September 9, Ithaca, NY*
The conference is limited to just 90 participants to guarantee plenty of time for discussion and conversation throughout the day.

**Lifestyle Medicine Australasia 2017**
*September 15-17, Sydney, Australia*

**International Plant-Based Nutrition Healthcare Conference**
*September 24-27, Anaheim, CA*

**Food As Medicine**
*October 15-20, Scotts Valley, CA*

**Lifestyle Medicine 2017**
*October 22-25, Tucson, AZ*

**ObesityWeek 2017**
*October 30–November 3, Washington, DC*
ACPM distributes lifestyle medicine news and updates each month. 
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