Culinary Medicine Course Now Available for Clinicians

A new culinary medicine elective is being offered as part of the Lifestyle Medicine Core Competencies Program for physicians and allied health professionals. Developed from a food is medicine perspective, this elective discusses the practical aspects that patients face day-to-day when trying to make substantive lifestyle changes. 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 are reviewed. The course emphasizes provider education and encourages the personal adoption of culinary medicine so that providers are more likely to prescribe the methods to their patients.

In addition to the course, recipes and instructional videos have been made available for all medical professionals and their patients. These resources are helpful for patients who want to start cooking healthy meals at home and need clear demonstrations.

The course and resources were made possible by a grant from the Ardmore Institute of Health and were developed by Rani Polak, MD, Chef, MBA, founding director of the CHEF Coaching Program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, along with Liana Lianov, MD, MPH, FACPM, faculty director of the Lifestyle Medicine Core Competency Curriculum and former board member of ACPM and ACLM.

Call for Diabetes Prevention Proposals

ACPM is now accepting proposals from health care providers and health systems for new practice setting models that address the national type 2 diabetes epidemic. This grant program aims to increase awareness, screening, testing, and referral of patients with prediabetes to Centers for Disease Control and Prevention (CDC) recognized diabetes prevention programs to prevent type 2 diabetes.

Proposal applications are due by October 10, 2017 in three provider categories:
- Community Health Centers, Federally Qualified Health Centers (FQHC), Rural Health Clinics and free/charitable clinics
- Independent Physician Associations (IPA)
- Integrated Delivery Systems (IDS)

To learn more about this grant opportunity, please review the press release and register to attend the project overview webinar on September 20.

New Electives for ACPM's Lifestyle Medicine Program

ACPM has developed several new electives for the Lifestyle Medicine Core Competencies Program. These offerings complement the program's main lessons and allow clinicians to delve deeper into methods tailored for the populations they treat.

Medical Nutrition Therapy – This module introduces and defines medical nutrition therapy with a lifestyle medicine
approach. Participants learn how to use plant-based nutrition to prevent and treat chronic diseases, as well as the benefits of a variety of other treatment prescriptions and behavior approaches. Case studies are used to reinforce lessons.

Reducing CVD Risk and Health Disparities – These four electives focus on reducing cardiovascular disease risk factors—including high blood pressure, elevated cholesterol, obesity, inactivity, diabetes, and smoking—among high-risk women served by the CDC's WISEWOMAN health education program. The curriculum reviews the latest studies on how lifestyle change can improve patient outcomes and provides tips and case studies for implementing these lessons into practice. Special attention is also given to caring for patients across the spectrum of socioeconomic status, ethnicity/culture, readiness to change, and severity and complexity of common comorbid conditions such as depression.

Expert faculty in cardiology, primary care, family and lifestyle medicine developed the evidence and practice-based content of the four WISEWOMAN modules in partnership with ACPM and the CDC's National Center for Chronic Disease Prevention and Health Promotion and the Division for Heart Disease and Stroke Prevention. The content does not necessarily represent the official views of the CDC.

Available Position in Lifestyle Medicine

The Medical Center's Wellness Center is seeking a medical director to help lead individual and group patient care and community healthcare in a team setting by strengthening health and wellbeing through chronic disease prevention and reversal. Candidates must be passionate about preventive health's role in facilitating wellness, disease prevention and weight management, and demonstrate ambition to identify unique and innovative ways to include preventive health in our current healthcare model. Candidates must be comfortable upending the status quo to create positive change, as well as exhibit compassion toward individuals and respect awareness of barriers to behavior change.

Champions of Change Workshop

The Lifestyle Medicine Education Collaborative, in association with the American College of Lifestyle Medicine Conference, has organized a hands-on Champions of Change Workshop to help educators implement lifestyle medicine education into health professional training. Participants will explore the rapidly expanding landscape of lifestyle medicine education, identify quality education materials, receive guidance on advocating for the education to be included in existing programs, and guidance for engaging in supportive collaborations. The full-day workshop will be held on October 22 as part of the Lifestyle Medicine 2017 conference in Tucson, Arizona.
Diet, Nutrition, Physical Activity and Colorectal Cancer -- For the first time, there is strong evidence that whole grains lower the risk of colorectal cancer. Physical activity was also found to lower risk of colon cancer, along with foods containing fiber. Obesity, processed meats, and high amounts of red meat increase the risk. -- American Institute for Cancer Research

OBESITY / DIABETES

Data Suggests More Needs To Be Done To Help Americans Be Active and Eat Healthier -- The proportion of adults with obesity in the United States continues to remain high, with estimates across states ranging from 22.3% in Colorado to 37.7% in West Virginia. The South had the highest prevalence of obesity (32.0%), followed by the Midwest (31.4%), the Northeast (26.9%), and the West (26.0%). Five states now have over 35% of adults with obesity. -- CDC

Adult Obesity in the United States -- Trust for America's Health / Robert Wood Johnson Foundation

Regular, early lifestyle changes key to reducing type 2 diabetes, CVD -- Medical Xpress

Diabetes Management: Intensive Lifestyle Interventions for Patients with Type 2 Diabetes -- Community Preventive Services Task Force

FOOD / NUTRITION / EXERCISE

Supertracker -- The interactive food, physical activity, and weight tracking tool serves as the public interface for the Dietary Guidelines for Americans. This free, comprehensive resource integrates MyPlate's healthy eating tools into a clean, user-friendly interface that enables patients to track food and physical activity, develop personalized weight management plans, monitor progress toward selected health goals, and generate detailed reports to review or share with their healthcare providers. -- USDA

Comprehensive School Physical Activity Program -- A program is a multi-component approach for schools and school districts to help students meet the nationally-recommended 60 minutes of physical activity each day and develop the knowledge, skills, and confidence to be physically active for a lifetime. A program reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement. -- CDC

Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease -- The National Academies of Science, Engineering and Medicine

Patterns of Sedentary Behavior and Mortality in U.S. Middle-Aged and Older Adults: A National Cohort Study -- Annals of Internal Medicine

Losing weight gets personal: Combining diet and behavioral changes may help -- The Washington Post

POPULATION HEALTH / SYSTEMS

We're not prepared for the next public health emergency -- The Hill

More Than Half of Americans Will Need Nursing Home Care -- HealthDay

The Interplay of Community Trauma, Diet, and Physical Activity -- National Academy of
Consortium links experts in engineering, medicine to improve health in underserved communities — UCLA News

Omega-3 Fatty Acids and Cardiovascular Disease: Current State of the Evidence — Agency for Healthcare Research and Quality

EVENTS

ACPM Diabetes Prevention Demonstration Project Overview
September 20, Webinar
Attend this webinar to learn more about ACPM’s efforts to fund the development and implementation of new practice protocols to increase screening, testing, and referring of patients with prediabetes to a CDC-recognized prevention program.

Overcoming Obesity 2017
September 13-17, San Antonio, TX
Organized by the Obesity Medicine Association

Lifestyle Medicine Australasia 2017
September 15-17, Sydney, Australia
Excitement is building for Lifestyle Medicine 2017 Australasia. Streams and workshops have been announced, speaker announcements are underway, and a draft program is now available. Check out the highlights video from last year too!

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

Bringing Plant-Based Nutrition into the Clinical Practice
September 28, Webinar

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

Lifestyle Medicine 2017
October 22-25, Tucson, AZ
Abstract submissions are due by August 1 and early bird registration ends August 29. Keynote speakers have been announced.
Leadership Summit for Healthy Communities
October 23-24, Columbia, SC

American Board of Lifestyle Medicine Exam
October 25, Indianapolis, IN

National Obesity Care Week
October 29–November 4
Half of people with obesity report they have never had a conversation about their weight with a healthcare professional (HCP), and only 4 in 10 patients say they have been counseled about their weight by a HCP. To address this shortfall, the National Obesity Care Week aims to advance an evidence-based understanding of obesity and widespread access to respectful, comprehensive and appropriate care.

ObesityWeek 2017
October 30–November 3, Washington, DC
Early registration closes August 1.

2nd International Symposium to Advance Total Worker Health
May 8-11, 2018, Bethesda, Maryland
abstract submissions due by Tuesday, October 31 at 11:59 p.m. PDT.

SBM's 39th Annual Meeting
April 11-14, 2018, New Orleans, LA

ACPM distributes lifestyle medicine news and updates each month.
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