

# Lifestyle Medicine & Food As Medicine ESSENTIALS Course Bundle



**Chronic disease is the leading cause of death and disability in the U.S. accounting for up to 90% of all health care dollars spent.**

## Introduction

Health care professionals who participate in this CME/CE opportunity will receive a foundational, evidence-based introduction to the field of lifestyle medicine and engage in focused nutrition education for the prevention and treatment of chronic disease. The first recommendation in chronic disease guidelines is lifestyle modification, yet most healthcare professionals receive little to no training in the clinical application of lifestyle modification or nutrition in their formal medical education. The training package illustrates six key interventions to treat lifestyle-related chronic conditions based on clinical practice guidelines. It is designed to equip physicians and healthcare professionals with the knowledge and tools to support treatment and risk reduction of common lifestyle-related conditions, with a focus on cardiovascular disease, insulin resistance, cancer prevention, and obesity.

## Target Audience

Health care professionals including physicians, physician assistants, nurse practitioners, registered nurses, pharmacists, registered dietitians, certified diabetes educators, physical therapists, occupational therapists, psychologists, social workers, certified health coaches, students and trainees.



## Description

The Lifestyle Medicine & Food as Medicine Essentials Course Bundle provides a foundational, evidence-based introduction to the field, and focused nutrition education for the prevention and treatment of chronic disease.

This course bundle consists of three modules, four presentations and 5.5 hours of content. Below is an outline for the course:

- Pre-Course Survey
- Introduction to Lifestyle Medicine module (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity module (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction module (1.5 hours)
- Post-Course Survey
- CME/CE Evaluation Survey

## Pricing\*

	Non-Member	Member
Physician/Doctoral	\$220	<b>\$175</b>
Non-Doctoral Health Professional	\$220	<b>\$150</b>
Student	\$220	<b>\$95</b>

\*Large scale training packages and custom pricing available upon request. Please contact: [partnerships@lifestylemedicine.org](mailto:partnerships@lifestylemedicine.org)

Register Today at [lifestylemedicine.org/essentials](https://lifestylemedicine.org/essentials)

Questions? Contact us at [education@lifestylemedicine.org](mailto:education@lifestylemedicine.org)

## Course Bundle Includes:



### 1 CME/CNE/CPE/CE

In this course, Cate Collings, MD, MS, FACC, DipABLM, demonstrates how lifestyle medicine has the power to treat and often reverse chronic disease.

#### Learning Objectives

- Define lifestyle medicine.
- Discuss the importance and timeliness of lifestyle medicine.
- Review evidence and current endorsements and guidelines for lifestyle medicine.
- Illustrate six key interventions to treat lifestyle-related chronic conditions.
- Explore unique components of a lifestyle medicine practice.
- Describe opportunities to train and certify in lifestyle medicine.
- Discuss the emerging priorities for lifestyle medicine.

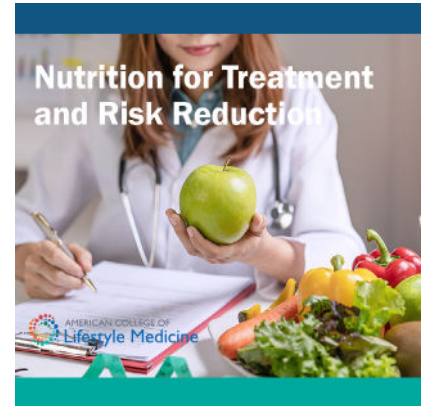


### 3 CME/CNE/CPE/CE

Diet has been identified as the single most important risk factor for morbidity and mortality in the U.S., yet most health care providers spend relatively few hours learning about nutrition during their formal training.

#### Learning Objectives

- Review the current challenges in nutrition research and the challenges of disseminating accurate nutrition information to the public.
- Explain national and global nutrition recommendations and basic nutrition principles.
- Distinguish differences between health-promoting and health-harming foods.
- Describe the dietary pattern recommended by the American College of Lifestyle Medicine for disease prevention, treatment and reversal.
- Apply the concept of the dietary spectrum when making nutrition recommendations.
- Apply nutrition therapy scope of practice.
- Review the scientific evidence of popular diets.



### 1.5 CME/CNE/CPE/CE

This Food as Medicine course session will provide an overview of the scientific evidence on food groups and dietary patterns for treatment and risk reduction of common lifestyle-related conditions, with a focus on cardiovascular disease, insulin resistance, cancer prevention, and obesity.

#### Learning Objectives

- Describe dietary patterns that have been shown to be effective in the treatment and risk reduction of common lifestyle-related chronic diseases.
- Discuss how diet behaviors impact chronic disease development and progression.
- Identify ways in which different macronutrient sources may contribute to disease progression or improvement.
- Explore basic counseling strategies for dietary behavior change.

## Accreditation

In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity is being presented without bias and without commercial support.

For Medicine: Rush University Medical Center designates enduring material for a maximum of 5.50 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

For Nursing: Rush University Medical Center designates this enduring material for a maximum of 5.50 nursing contact hour(s).

For Pharmacy: Rush University Medical Center designates this knowledge-based enduring material for a maximum of 5.50 contact hour(s) for pharmacists.

For Psychologists: Rush University Medical Center designates this enduring material for 5.50 CE credits in psychology.

For Dietitians: This enduring material has been approved by the Commission on Dietetic Registration for 5.50 CPEUs.

For Social Work: As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 5.50 general continuing education credits.

For physical therapy or occupational therapy: Rush University is an approved provider for physical therapy/occupational therapy by the Illinois Department of Professional Regulation. Rush University designates this enduring material for a maximum of 5.50 continuing education credits for physical therapists/ occupational therapists.

ABIM MOC: Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 5.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

AAFP Prescribed Credits: The AAFP has reviewed Lifestyle Medicine & Food as Medicine Essentials Course Bundle and deemed it acceptable for up to 5.5 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 09/15/2022 to 09/15/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABLM MOC: The American Board of Lifestyle Medicine has approved 5.5 maintenance of certification credits (MOC) for this learning activity.

For NBC-HWCs: The National Board for Health and Wellness Coaching (NBHWC) has approved 5.5 continuing education credits for this learning activity: CE-000109-1.

