



# Introduction to Lifestyle Medicine



## Description

Lifestyle change, as an essential treatment intervention to addressing chronic disease, is increasing among physicians and health professionals internationally. Lifestyle, once recognized as an essential prevention strategy, is now acknowledged as a foundational and efficacious treatment approach for a redesigned healthcare system for improved outcomes, lower costs, and improved patient satisfaction. In this course, the 2020-2022 ACLM President, Cate Collings, MD, MS, FACC, DipABLM, defines lifestyle medicine, discusses the evidence base, explains six key interventions, and demonstrates how lifestyle medicine has the power to treat and often reverse disease and provide a solution for real health care reform.

## Learning Objectives

At the conclusion, participants will be able to:

- 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.

## Pricing

Non-Member	Member
\$40	<b>FREE</b>

This Introduction to Lifestyle Medicine course consists of one lecture and one hour of content.

## Target Audience

Physicians, registered nurses, nurse practitioners, physician assistants, registered dietitians, physical therapists, occupational therapists, pharmacists, other health professionals working with chronic disease prevention or treatment, certified health coaches, clinicians in training.

## Accreditation

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

### Designation Statement

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

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

Rush University Medical Center designates this internet enduring material activity for a maximum of 1 nursing contact hour(s).

Rush University Medical Center designates this knowledge-based internet enduring material for a maximum of 1 contact hour(s) for pharmacists.

Rush University Medical Center designates this activity for 1 CE credits in psychology. Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation.

Rush University designates this internet enduring material activity for a maximum of 1 continuing education credits for physical therapists, occupational therapists, respiratory therapists, social workers, nutritionists, speech pathologists, audiologists, and/or psychologists.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.0 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.

The AAFP has reviewed Introduction to Lifestyle Medicine and deemed it acceptable for up to 1.00 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 02/15/2022 to 02/15/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The National Board for Health and Wellness Coaching (NBHWC) has approved 1 continuing education credit for this learning activity: CE-000072-3.

