



# Lifestyle Medicine & UTFP Wellness

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Family Medicine

# Simple, Powerful Therapy

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## NUTRITION

Choose predominantly whole, plant-based foods that are fiber-filled, nutrient dense, health-promoting and disease-fighting



## SLEEP

Lack of, or poor quality sleep can lead to a strained immune system. Identify and alter dietary or environmental habits that may hinder healthy sleep



## EXERCISE

Regular and consistent physical activity is an essential piece of an optimal health equation



## SUBSTANCE ABUSE

The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease



## STRESS MANAGEMENT

Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improved wellbeing



## HEALTHY RELATIONSHIPS

Social connectedness is essential to emotional resiliency and overall health



THE SIX DOMAINS

# Lifestyle Medicine in Action

**EAT  
SMARTER**

**MOVE  
MORE**

**SLEEP  
MORE  
SOUNDLY**

**MANAGE  
STRESS  
BETTER**

**CULTIVATE  
RELATION-  
SHIPS**

**AVOID RISKY  
SUBSTANCES**

BETTER HEALTH

LOWER  
ABSENTEEISM

INCREASED  
ENGAGEMENT

GREATER FOCUS

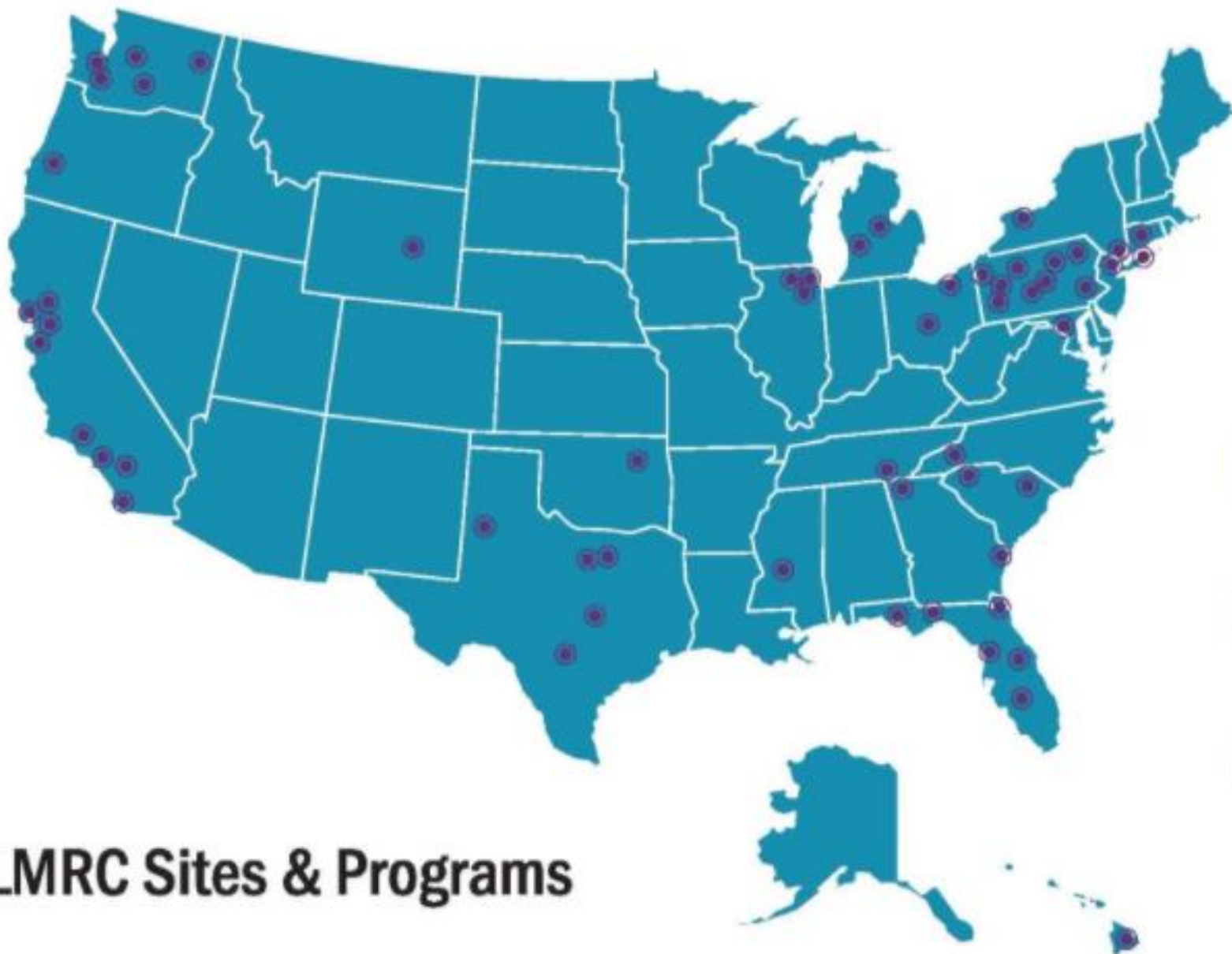
HIGHER ENERGY

HEIGHTENED  
CREATIVITY

FEWER ACCIDENTS

HIGHER  
PRODUCTIVITY





**49 Sites**

**82 Programs**

**2471 Enrolled**

**LMRC Sites & Programs**



# Lifestyle Medicine Residency Curriculum

Year	Module Numbers					
<b>24-Month Implementation Plan</b>						
Year 1 20 hrs	1	2	3 (1/2)	5	7	9
Year 2 20 hrs	3 (1/2)	4	6	8	10	

Module	Module Title	Didactic Units	Application Hours	Total
1	Intro to LM	2	2	4
2	Role of Physician	2	2	4
3	Nutrition	10	16	26
4	Physical Activity	6	8	14
5	Sleep	3	5	8
6	Tobacco & Substances	3	5	8
7	Health Behavior Change	4	6	10
8	Key Clinical Processes	3	5	8
9	Emotional & Mental Wellbeing	4	6	10
10	Connection & Positive Psychology	3	5	8
<b>Total Hrs</b>		<b>40</b>	<b>60</b>	<b>100</b>

# LMRC Continued

Topic	Requirements*	Comments
Lifestyle Medicine approach in inpatient or outpatient clinical care settings	400 patient encounters	Address the six pillars of lifestyle medicine in clinical care: nutrition, physical activity, sleep, stress management/emotional resilience, substance abuse, and connectedness
Nutritional assessments and interventions	40 patient encounters	Food recall, micro-nutrient analysis, and nutrition prescriptions
Physical activity assessments and interventions	40 patient encounters	Activity diaries, exercise capacity assessments, percent body fat, and exercise prescriptions
Emotional and mental wellbeing, sleep, and connectedness assessments and interventions	40 patient encounters	Stress and sleep assessments, depression/anxiety/mental health screening, monitor/improve heart rate variability, mindfulness, meditation, spirituality and emotional well-being activity prescriptions, and referral to resources
Tobacco and toxic substance assessment, brief intervention, and referral training	30 patient encounters	Smoking assessments, chemical and toxic exposure assessments, abstinence prescriptions, screening and brief intervention, and indications for referral
Interpersonal and community communication skills, practice-based learning and improvement, systems based practice, and leadership in policy and community	not designated	Public relations campaigns, media campaigns, policy development and change, health system change, communication of risks vs. benefits, and family, and community engagement
Intensive Therapeutic Lifestyle Change (ITLC) programs**	20 hours	Participation and/or observation in group programs such as CHIP, Ornish program, McDougall program, and Canyon Ranch
Support or coaching group facilitation	20 hours	Group observation, recording, and facilitating – this may occur at the same time or separately from an ITLC program



# Resources



- ▶ American College of Lifestyle Medicine
  - ▶ [www.lifestylemedicine.org](http://www.lifestylemedicine.org)
  - ▶ [lifestylemedicine.org/residency-curriculum](http://lifestylemedicine.org/residency-curriculum)
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