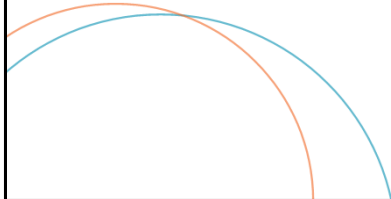




Module 1: Introduction to Lifestyle Medicine

Unit 1: Overview & History of Lifestyle Medicine



Speaker Notes:

Hi, my name is ____, and I'd like to welcome you to the Introduction to Lifestyle Medicine Module of the Lifestyle Medicine Residency Curriculum. This is unit one: Overview and History of Lifestyle Medicine. There are two units in total.

Materials Needed:

- None

Objectives

- Define Lifestyle Medicine (LM) and its six pillars
- Compare and contrast LM to other fields
- Describe the LM core competencies as identified by a national consensus panel



Speaker Notes:

Today, we will be covering the following objectives:

- Defining lifestyle medicine and its six pillars
- Comparing and contrasting lifestyle medicine to other fields
- Describing the lifestyle medicine core competencies as identified by a national consensus panel

The Six Pillars

- Healthful eating
- Physical activity
- Stress management
- Relationships
- Sleep
- Tobacco cessation



American College of Lifestyle Medicine, n.d.



Speaker Notes:

ACLM's six pillars of Lifestyle Medicine are healthful eating, physical activity, stress management, relationships, sleep, and tobacco cessation. These pillars are foundational to our long-term health and wellness. There have been a variety of successful and well-known Lifestyle Medicine programs that have used some version of these six pillars to help guide participants. Let's take a look at a few of these programs before we go into more detail on defining each of the pillars.

Reference:

American College of Lifestyle Medicine. (n.d.). What is Lifestyle Medicine? [PDF]. Retrieved from <https://lifestylemedicineglobal.org/wp-content/uploads/2018/08/What-is-Lifestyle-Medicine-English.pdf>

Healthful Eating of Whole, Plant-based Food

What is a whole foods, plant-based (WFPB) diet?

- **Whole foods:** Single ingredient foods, unprocessed or minimally processed, as they exist in nature
- **Plant-based:** In its broadest sense, >95% of calories coming from fruits, vegetables, whole grains, and legumes



Buettner, 2008

Collaborative Initiative of:



Speaker Notes:

Now let's examine the six pillars more closely, starting with healthful eating of whole, plant-based food.

What is a whole food, plant-based diet? Well, whole foods are single ingredient foods as they exist in nature, so they are unprocessed or minimally processed. Plant-based, in its broadest sense, means that more than 95% of one's calories is coming from fruits, vegetables, whole grains, and legumes.

The Blue Zones Project, conducted by Dan Buettner of National Geographic, went around the world to identify the regions with the greatest number of centenarians. A common theme was that 95% of their diet was plant-based diet among these regions. In the U.S., we do not live in an environment that encourages a >95% plant-based diet as the default diet. For many, and for patients that have not yet met their health goals in particular, complete abstinence is easier than perfect moderation, and a 100% plant-based diet is often recommended. Remember, being more than 95% plant-based would mean less than 100 calories/day coming from animal-based sources... this is quite minimal.

Reference:

Buettner, D. (2008). *The Blue Zone: Lessons for Living Longer From the People Who've Lived the Longest*. Boone, Iowa: National Geographic Books.

Increase Physical Activity

Types of Exercise

- Aerobic (cardiovascular)
- Strength
- Flexibility
- Balance

Activities of daily living - Not sitting!



American Heart Association, 2018

Collaborative Initiative of:



Speaker Notes:

Now let's look at the next pillar: increase physical activity. In this instance, physical activity refers to aerobic, strength, flexibility, and balance. It's also the the opposite to SITTING. It is still harmful to your health to be sedentary, even if you go out and run for an hour. It is important to incorporate movement regularly throughout the day. Sitting is the new smoking. Remember, movement isn't just about exercise; it's about your ability to make it through whatever life is asking of you.

Reference:

American Heart Association. (2018, April 18). Endurance exercise (aerobic). Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/endurance-exercise-aerobic>

Improve Your Sleep

Performance is typically best with 7-8 hr/night. Factors to consider:

- Stress
- Substance use (caffeine, alcohol)
- Timing of meals
- Medication side effects
- Sleep environment



National Sleep Foundation, n.d.

Collaborative Initiative of:



Speaker Notes:

The third pillar is sleep. Talking with patients about sleep gives huge insights into their life as a whole. The science behind the value of 7-9 hours of sleep every night is significant and growing. This is hard to do as a resident. Think about the craziness of how people brag about how long they have been awake without sleeping. Many are actually proud of it. It's common to hear things like, "I can make it on five hours of sleep a night." It may feel that way, but the science says that if you limit sleep consistently, you're harming yourself in the long run. Bragging about sleeping less than seven hours per night is a bit like bragging about smoking. If someone is struggling with sleep, it almost always has to do with stress, and can be a good indication of how someone is managing their stress. The two are separate, but very interconnected. It is common to look at the physical aspects of sleep hygiene, such as a dark room, cool temperature, and so on, but it is also key to focus on stress management.

Reference:

National Sleep Foundation. (n.d.). How much sleep do we really need? Retrieved from <https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-we-really-need>

Group Activity

In small groups, define these fields of medicine, and then share with the large group.

- Allopathic (conventional) Medicine
- Complementary & Alternative Medicine
- Integrative Medicine
- Functional Medicine
- Lifestyle Medicine
- Preventive Medicine
- Mind-Body Medicine



Audience Engagement (10 minutes):

In small groups, determine the definitions and practice highlights for each area of medicine. For purposes of this discussion, it may be helpful to put osteopathic and medical physicians both as allopathic. Then we'll come back together and share what you've found. Take five minutes.

****Allow groups to form and discuss fields of medicine****

Alright, let's discuss your definition.

****Spend 5 minutes sharing what each group found. Then move to the next slide for summaries****