

LMEd assembled the following curricular resources for others to utilize to promote and implement Lifestyle Medicine curriculum as of August 2019.

Curricular Resources



MedEdPORTAL LMEd Lifestyle Medicine Collection

Lifestyle medicine is a scientific, evidence-based approach to decreasing disease risk and illness burden by utilizing lifestyle interventions such as nutrition, physical activity, stress reduction, sleep, smoking cessation, and avoidance of alcohol abuse. The lifestyle medicine collection provides an array of evidence-based curricular resources to be adopted throughout medical education for the prevention and treatment of lifestyle related diseases.

The objectives of the Lifestyle Medicine Collection are:

- To provide opportunities for the lifestyle medicine evidence-based discipline to be formalized and integrated as a standard practice of care in medical education, clerkships, residencies, and hospital/clinic practice.
- Promote scholarship and the exchange of peer-reviewed leadership education materials in lifestyle medicine.
- Expand the portfolio of knowledge and skills needed to address leadership challenges in implementing lifestyle medicine in medical education.
- To provide deans, faculty, staff, and other institutional leaders with tangible, practice-based, peer-reviewed resources for improving practice in lifestyle medicine.

[CLICK HERE](#) for the MedEdPORTAL LMED Lifestyle Medicine collection as of August 2019.



Lifestyle Medicine for Coaches: ACLM and Wellcoaches (Fee)

This 18-hour e-course provides an in-depth overview of the leading lifestyle medicine topics. Coaches will gain an understanding of the whole human health experience and become effectively trained to educate, equip and empower their clients with lifestyle choices to prevent, treat and, often, even reverse chronic and select autoimmune disease. This course addresses the need for quality education and credentialing while supporting coaches in their individual practices or as part of a multidisciplinary team in their collective desire to promote lifestyle medicine as the primary treatment of choice. [Learn More.](#)

Online CME Course (Fee)

The American College of Lifestyle Medicine (ACLM) and the American College of Preventive Medicine (ACPM) have jointly developed and released a 30-hour course providing 30 hours of CME credits. The organizations offer a special discount to medical students seeking to complete the curriculum. [Click here](#) to learn more.

Movement for Movement (Free)

Working with the UK Council of Deans of Health, Exercise Works! has launched the latest update of its physical activity and health resources designed specifically to support teaching in undergraduate health program. The "Movement for Movement" resources equip health and social care students to promote physical activity in the prevention and treatment of disease.

[M4M Module Access Guide](#)

[M4M Overview](#)

[M4M Physical activity and health](#)

[M4M Heart disease stroke PAD and exercise](#)

Contact Ann Gates, Director of Exercise Works!:

E-mail: annbgates@googlemail.com

NextGenU.org/LMed (Free and Accredited)

[NextGenU.org](#), established in 2001, is the first and only institution of higher education that is globally for-credit and for-free. Now being used in 193 of 195 countries, anyone, anywhere in the world can take free post-secondary courses to audit or for credit through recognized accrediting institutions and organizations. A full [Master's in Public Health](#), the world's first free degree, is currently available for any university or Health Department/Ministry that would like to offer the degree. [NextGenU.org](#) courses in Lifestyle Medicine for Community Health Workers (CHW) and for Health Professionals (HP) include:

- [Alcohol, Tobacco, and Other Substance Use Disorder Screening](#) (CHW)
- [Alcohol, Tobacco, and Other Substance Use Disorders in Primary Care](#) (HP)
- [Counseling for Alcohol Problems](#) (CHW)
- [Counseling Relationship](#) (CHW)
- [Healthy Activity Program](#) (CHW)
- [Lifestyle Medicine](#) (HP)

These courses are tested/published [in the peer-reviewed literature](#). And they are co-sponsored by the [Africa Mental Health Foundation](#), [Brookfield \(Nigeria\) Centre for Lifestyle Medicine](#), [European Lifestyle Medicine Organization](#), [Institute of Lifestyle Medicine at Harvard](#), [Israeli Society of Family Medicine – Lifestyle Medicine Section](#), [Lifestyle Medical Education Collaborative](#), [University of Florida](#), and the [USC School of Medicine Greenville](#). Like all NextGenU courses, these courses are competency-base utilizing competencies such as the [Lifestyle Medicine Program Curriculum Outline from the American College of Lifestyle Medicine](#).

For more information contact: Erica Frank, MD, MPH, FACPM; President and Founder, NextGenU.org
at EFrank@NextGenU.org
Web: www.NextGenU.org

Doane University and edX Lifestyle Medicine Competencies and Certificate Program (Free and Fee)

Doane University and edX, the leading nonprofit online learning platform founded by Harvard and MIT, are partnering to offer multiple online courses in Lifestyle Medicine that grant CMEs. As of 1/30/18, over 3500 people are taking the courses from 160 countries!

Currently, there are three courses:

- Core LM Principles (5 CME)
- Chronic Disease Treatment (15 CME)
- Health Coaching (10 CME)

Check the websites for any updates and contact information to learn more.

<https://www.doane.edu/graduate-and-adult/doanex>
[Link](#) to the certificate.

Community Health Improvement Program (CHIP) (Fee)

The Complete Health Improvement Program (CHIP), formerly the Coronary Health Improvement Project, is an affordable, lifestyle-enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower blood cholesterol, hypertension and blood sugar levels and to reduce excess weight. This is done by improving dietary choices, enhancing daily exercise, increasing support systems and decreasing stress, thus aiding in preventing and reversing disease.

Website: www.chiphealth.com

Contact: travis.young@chiphealth.com

View a [video](#) on the CHIP program.

Culinary Medicine Specialist Board

The Culinary Medicine Specialist Board provides programming for medical schools, nursing schools, and residency programs nationwide. The course content spans all aspects of diet, nutrition, and lifestyle for healthcare professionals, students, and the community. The certification program for licensed healthcare

providers led by the Board incorporates hands-on training, online programming, and conferences that lead to examination and the Certified Culinary Medicine Specialist designation.

Contact Timothy S. Harlan, MD, FACP, CCMS drgourmet@culinarymedicine.org

Website: www.healthmeetsfood.com

Mobile: (504) 931-2929



CHEF Coaching, Institute of Lifestyle Medicine (ILM) (Fee)

The Institute of Lifestyle Medicine (ILM) offers CHEF Coaching, an innovative approach to promote healthy eating through combining culinary skills with coaching principles without the need for a teaching kitchen. CHEF Coaching includes effective and inspiring programs for both patients and trainees, led by Rani Polak, MD, Chef and Health Coach. Scholarships for trainees are available.

Website: [Click here](#).

Phone: (617) 651-2433

Email Rani Polak, MD, Chef, Health Coach: chefcoaching@instituteoflifestylemedicine.org

The Institute of Lifestyle Medicine (ILM) (Fee)

The Institute of Lifestyle Medicine (ILM) was founded in 2007 at Spaulding Rehabilitation Hospital and Harvard Medical School to reduce lifestyle-related death and disease in society through clinician-directed interventions with patients. A non-profit professional education, research, and advocacy organization, the ILM is uniquely positioned to ignite clinician involvement in lifestyle medicine.

[Institute of Lifestyle Medicine CME opportunities, Educational Conference, and Resources](#)

Harvard Medical School Department of Continuing Education (Fee)

Harvard Medical School Department of Continuing Education sponsors a variety of courses to provide continuing medical education including lifestyle medicine. [Click here](#) to learn more.

Harvard Extension School Courses (Fee)

Harvard Extension School sponsors live (in-person and online) semester-long courses that provide credit for undergraduate and graduate degrees. [Learn more](#).

[Beth Frates Lifestyle Medicine Course Syllabus \(Free\)](#)

Available: [Lifestyle Medicine Handbook – An Introduction to the Power of Healthy Habits](#). Authors include Beth Frates, MD, Johnathan P. Bonnet, MD, Richard Joseph, MD, & James A Peterson, PhD.

[Lifestyle Medicine Courses by Dr. Rachael Pojednic](#)

T Colin Campbell – e-Cornell Plant Based Nutrition Education and Certificate (Fee)

Created by the T. Colin Campbell Center for Nutrition Studies, this revolutionary program will help you understand the importance of diet and nutrition for your life. Through video presentations, including over 25 experts (MDs, PhDs, RDs, RNs), research and perspectives are provided to emphasize why following a plant-based diet and lifestyle is optimal for health—including the prevention and reversal of diseases such as heart disease and diabetes—and how you can implement the proposed lifestyle immediately.

Consisting of three two-week courses (to be taken one at a time), this online certificate program provides you the opportunity to examine historic and contemporary research, learn the steps for practical application in your life, and be better prepared to engage in productive conversations with friends, colleagues, clients, or patients about the science and philosophy behind plant-based nutrition. Interactive elements throughout the course provide tools for learning and check understanding of content presented.

<https://www.ecornell.com/certificates/plant-based-nutrition/certificate-in-plant-based-nutrition/>