

- **code blue: redefining the practice of medicine**

Tuesday, May 21, 2019

LMEd Host: Edward Phillips, MD

Guest Speaker: Saray Stancic, MD

Synopsis: "Through the lens of filmmaker Marcia Machado, **code blue** reveals lapses in the current state of medicine and provides a common sense solution by featuring the practice of **lifestyle medicine** to prevent, manage and reverse chronic diseases. The film presents the hurdles to the proposed shift: antiquated curricula in medical schools, confusion in the media, inadequate government policies, and the underlying influences of the pharmaceutical and food industries. **code blue** follows a passionate physician, Dr. Saray Stancic, as she reflects upon her journey from a multiple sclerosis diagnosis to wellness through her own adoption of **lifestyle medicine.**"

[Click Here](#) to view the webinar.

- **Lifestyle Medicine at University of South Carolina School of Medicine Greenville: 2018 Update**

Tuesday, February 19, 2019

LMEd Host: Dennis Muscato, MS

Guest Speaker: Jennifer Trilk, PhD, FACSM, Aspen Health Innovator Fellow

Synopsis: The University of South Carolina School of Medicine Greenville (UofSC Medical School Greenville) requires all matriculating medical students to become educated in Lifestyle Medicine (LM), called the "Core Program," to improve patient care for the prevention and treatment of lifestyle-related noncommunicable chronic diseases (NCDs). The UofSC Medical School Greenville also offers the *Lifestyle Medicine Distinction Track (LMDT)*. Competitive students who enter the LMDT, train beyond the core program to become LM frontline advocates for healthy lifestyle behaviors in their patients and communities. Learn more about the [Lifestyle Medicine program at UofSC Medical School Greenville](#) in this webinar.

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- **Lifestyle Medicine Residency Curriculum**

Tuesday, November 6, 2018

LMEd Host: Dennis Muscato, MS

Guest Presenters from Family and Preventive Medicine Residencies:

- Tonya Cramer, MD, MPH
Loma Linda University Health
- Janani Krishnaswami, MD, MPH
University of Texas Rio Grande Valley
- Bobby Masocol, MD
Greenville Health System and University of South Carolina School of Medicine
- Jennifer Dalrymple, DO
Florida State University College of Medicine

Synopsis: The Lifestyle Medicine Residency Curriculum (LMRC) is a comprehensive, applicable, and flexible curriculum designed for integrated implementation into medical residency programs. Upon completion of both the educational and practicum components of the curriculum, residents will be qualified for the American Board of Lifestyle Medicine certification exam. Learn more about the Residency Curriculum and its rollout in 2019. To signup for the LMRC newsletter, [click here](#).

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- **Certification through the American Board of Lifestyle Medicine**

Tuesday, July 24, 2018

LMEd Host: Edward Phillips, MD

Guest Presenters:

Wayne Dysinger, MD

Elizabeth Morris Motley, MD

Synopsis: In 2017 the American Board of Lifestyle Medicine (ABLM) launched its inaugural examination and awarded over 221 diplomate certificates to physicians successfully completing the required training and assessment. On Tuesday, July 24th please join ABLM Chair, Wayne Dysinger, MD, MPH and new ABLM certificate holder, Elizabeth Morris, MD as we discuss opportunities to complete the ABLM certification for yourself. We will also address how to best align your Lifestyle Medicine training program to prepare students for the ABLM. The next ABLM certification [exam](#) is October 25th, 2018.

[Click Here](#) to view/download Powerpoint.

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- **Policy Development in Lifestyle Medicine Education**

Tuesday, April 24, 2018

LMEd Host: Jennifer Trilk, PhD

Guest Presenters:

Susan Benigas, Executive Director, ACLM

Dani Pere, Associate Executive Director, ACPM

James Whitehead, CEO and EVP, ACSM

Sheila Franklin, Director of Government Relations, ACE

Synopsis: The LMEd Collaborative is endeavoring to increase momentum for lifestyle medicine on a societal level through one of our five focus areas of supporting federal policy. Three bills currently being considered on Capitol Hill in Washington, DC are the [H.R.1413 – ENRICH Act](#), the [H.R.1634 – EAT for Health Act of 2017](#), and the [H.R.1267 – PHIT Act](#). On the complimentary LMEd webinar on April 24th participants had the rare opportunity to hear from the great leaders of several organizations who provided first-hand knowledge of working on Capitol Hill, supporting bills, and achieving positive legislative results.

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- **Champions of Change Workshop in Lifestyle Medicine**

Tuesday, January 23 2018

LMEd Host: Dennis Muscato, MS

Synopsis: The Lifestyle Medicine Education Collaborative (LMEd), in association with the American College of Lifestyle Medicine (ACLM) 2017 Conference, organized a Champions of Change Workshop (Oct 22, 2017 Tucson Arizona). The well-received workshop was designed to assist medical school educators who wanted to implement lifestyle medicine education into their medical school health professional training. Workshop participants received guidance, mentoring and support to successfully advocate for inclusion of Lifestyle Medicine education at their school or training program. David Drozek, DO Ohio University Heritage College of Osteopathic Medicine, Terri Edwards MEd, MA Brody School of Medicine at East Carolina University, and Beth Frates, MD Harvard Medical School shared their experiences on this webinar.

[Click Here](#) to listen to recording.

- Champions of Change**
Tuesday, September 26, 2017
LMEd Host: Eddie Phillips, MD
Synopsis: In October 2017, LMEd hosted a workshop in conjunction with ACLM's annual conference. During our September 26 webinar, Eddie Phillips shares the details of LMEd's Champions of Change Workshop, and led a discussion with some of the Champions joined us in October along with past Summit attendees.
[Click Here](#) to listen to recording.
- Walk with a Future Doc**
Tuesday, June 6, 2017
LMEd Host: Dennis Muscato, MS
Presenters: David Sabgir, MD, and Joan Dorn, PhD
Synopsis: Webinar presenters David Sabgir, MD, and Joan Dorn, PhD, discuss the creation of the Walk with a Future Doc program and the history of a grassroots movement that equips physicians to dispense the miracle drug of walking. In addition, they share the adaptation they've made to incorporate medical students, the practitioners of tomorrow, to invest in healing their communities today.
[Click Here](#) to view/download Powerpoint.
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- Applying and Practicing Lifestyle Medicine in Residency**
Tuesday, April 25
LMEd Host: Eddie Phillips
Presenters: Brenda Rea and Regan Steigman
Synopsis: Webinar presenters Brenda Rea and Regan Steigman share stories of how Lifestyle Medicine-based practices have been successfully integrated into various residency education programs. In addition, the presenters discuss how they personally apply the concepts of Lifestyle Medicine into their own lives.
[Click Here](#) to view/download Powerpoint.
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- Teaching Doctors to Practice Value-Based Health Care and Population Health Management: The Lifestyle Medicine Education Collaborative**
Presenter: Jennifer L.Trilk, PhD
Tuesday, May 17, 2016
Synopsis: This webinar showcased the overview, mission and vision of the Lifestyle Medicine Education Collaborative (LMEd), the accomplishments to date, and LMEd's goals in 2016 to align medical schools to work together to improve the nation's practice of value-based care by teaching lifestyle and preventative medicine. We are grateful to the Ardmore Foundation, Physician's Committee on Responsible Medicine, American Council on Exercise, American College of Lifestyle Medicine, and many others for their support and expertise. [Click Here](#) to view/download Powerpoint.
[Click Here](#) to listen to recording.
- Medical Students as a Key Partner in the Co-creation of Evidence-Based Lifestyle Medicine Medical School Education**
Presenter: Edward M. Phillips, MD
Tuesday, June 21, 2016

Synopsis: The second webinar in our series showcased the critical involvement of medical students in Lifestyle Medicine Education. Each year, students have pointed to a lack of lifestyle medicine knowledge due to a gap in the traditional curriculum. Particularly there is a lack of content surrounding topics such as physical activity, nutrition and behavior-change strategies, despite a call by students indicating that the inclusion of this knowledge skills are an important component of medical education. Specifically, this webinar focused on incorporating students at all levels of curriculum integration – from student interest groups to fully incorporated classroom based education. We discussed the need for four essential components necessary to implement a Lifestyle Medicine from a student perspective including: A Champion Mentor, Interested Students, Recognition from the Medical School, and Creating a Lifestyle Medicine Syllabus. We are grateful to the Ardmore Foundation, Physician’s Committee on Responsible Medicine, American Council on Exercise, American College of Lifestyle Medicine, and many others for their support and expertise. [Click Here](#) to view/download Powerpoint. [Click Here](#) to listen to recording.

- **Lifestyle Medicine Education Collaborative Mentoring – Assisting Medical Schools in Lifestyle Medicine Student Education**

Presenter: Dennis Muscato, MS

Tuesday, August 16, 2016

Synopsis: Our third webinar showcased how we assist medical schools in the step-by-step process of adding Lifestyle Medicine Education to the student education and experience. More than 70 schools have joined LMed, and they are at varying levels of integration of Lifestyle Medicine across the country and the globe. We offer phone and virtual coaching sessions, a Dropbox of key resources, and network of medical professionals in lifestyle medicine that support each other collaboratively. We also have many others already in residency and in medical practice as well from a variety of medical professionals and undergraduate universities. We are grateful to the Ardmore Foundation, Physician’s Committee on Responsible Medicine, American Council on Exercise, American College of Lifestyle Medicine, and many others for their support and expertise. [Click Here](#) to view/download Powerpoint. [Click Here](#) to listen to recording.

- **The Lifestyle Medicine Education Collaborative Partners with AAMC’s MedEdPORTAL to Provide Evidence-Based Lifestyle Medicine Curricular Resources**

Presenter: Jennifer L. Trilk, PhD

Tuesday, September 20, 2016

Synopsis: In our final webinar, we highlighted LMed’s partnership with the AAMC’s publishing suite, MedEdPORTAL Publications (www.mededportal.org). MedEdPORTAL maintains a rigorous peer review process based on standards used in the scholarly publishing community. Each submission is scrutinized by editorial staff and independent reviewers using a standardized review instrument grounded in the tenets of scholarship. Published authors receive a formal citation for their accepted publication. MedEdPORTAL publications are considered by many to be scholarly works that may support faculty advancement decisions. The AAMC manages a database of trained, content expert reviewers, puts forth a call for submissions to all medical schools, tracks submissions through the publication process and supports an Associate Editor for the collection. As such, the Lifestyle Medicine Collection curated and housed at MedEdPORTAL will include material vetted by Lifestyle Medicine content-expert reviewers and an Associate Editor that will guarantee the collection to be of the utmost quality of material for educators to use in teaching. Finally, as MedEdPORTAL is an international publication of peer-reviewed curricula and resources, authors who develop evidence-

based, Lifestyle Medicine material are encouraged to submit to the collection. In summary, by distributing high-quality curriculum and incentivizing faculty, this collaboration will “raise the bar” of making available, evidence-based LM medical education for medical schools to utilize. We are grateful to the Ardmore Foundation, Physician’s Committee on Responsible Medicine, American Council on Exercise, American College of Lifestyle Medicine, and many others for their support and expertise. [Click Here](#) to view/download Powerpoint. [Click Here](#) to listen to recording.