

# Lifestyle Medicine Core Competencies

## Learning Objectives

After viewing the module presentations, learners should be able to:

- Understand the fifteen core competencies of lifestyle medicine as identified in “Physician Competencies for Prescribing Lifestyle Medicine” (JAMA.)
- Incorporate competencies into clinical practice
- Enhance efficacy in lifestyle assessments and evidence-based lifestyle prescriptions
- Leverage community and team-based resources to support lifestyle change

## Modules

The Lifestyle Medicine Core Competencies contains ten modules:

- **Lifestyle Medicine Core Competency Skills** | Liana Lianov, MD, MPH, FACLM, FACPM, DipABLM | Marc Braman, MD, MPH, FACLM, FACPM
- **Nutrition** | Kayli Anderson, MS, RDN, ACSM-EP, DipACLM | Scott Stoll, MD, FABPMR | Wayne S. Dysinger, MD, MPH, FACLM, FACPM, DipABLM | Michael Greger, MD, FACLM, DipABLM
- **Physical Activity** | Edward M. Phillips, MD, DipABLM
- **Health & Wellness Coaching** | Margaret Moore, MBA, NBC-HWC
- **Sleep Health** | Csilla Veress, ND, LAC
- **Mental Health & Emotional Well-Being** | Liana Lianov, MD, MPH, FACLM, FACPM, DipABLM
- **Mindfulness** | Kaylan Baban, MD, MPH, DipABLM
- **Tobacco Cessation** | Shaylona Kirk, MD, MPH, MA
- **Alcohol Use** | Shaylona Kirk, MD, MPH, MA
- **Weight Management** | Ingrid Edshteyn, DO, MPH, DipABLM

## Target Audience

Physicians, physician associates, nurse practitioners, registered nurses, pharmacists, registered dietitians, physical therapists, occupational therapists, psychologists, social workers, certified health coaches, students, and trainees.



## Description

Lifestyle medicine is the evidence-based therapeutic approach to prevent, treat and reverse lifestyle-related chronic diseases. Core competencies for lifestyle medicine were developed by a national consensus panel to serve as a framework for training healthcare professionals. They include leadership, knowledge, assessment skills, management skills, and use of office and community support. This program emphasizes the importance of lifestyle medicine, compares and contrasts lifestyle medicine to other fields of health and medicine, describes the unique role of lifestyle medicine, as well as explains each of the core competencies in lifestyle medicine and how they impact both healthcare practitioner learning and practice.

## Pricing

	Non-Member	Member
Physician/ Doctoral	\$999	<del>\$999</del> \$799
Non-Doctoral Health Professional	\$999	<del>\$999</del> \$599
Student	\$999	<del>\$999</del> \$560

## Accreditation

In support of patient care, this activity has been planned and implanted by the Rush University Medical Center, American College of Preventive Medicine and the American College of Lifestyle Medicine.

The American College of Preventive Medicine designates this enduring material for a maximum of 32 AMA PRA Category 1 Credits™. The American College of Preventive Medicine is accredited by the ACCME to provide continuing medical education for physicians.

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. This activity is being presented without bias and without commercial support. ANCC Credit Designation – Nurses

The maximum number of hours awarded for this CE activity is 32 contact hours.

Rush University Medical Center designates this knowledge-based CPE activity for 32 contact hours for pharmacists.

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 live activity for 32 Continuing Education credits.

Rush University designated this internet enduring material for 32.00 CE credits in psychology

This activity has been approved by the Commission on Dietetic Registration for 32.00 CPEUs.

Maintenance of Certification (MOC) Statement

This curriculum is applicable for Maintenance of Certification Credit (MOC) by the American Board of Preventive Medicine. Additional medical specialty boards are reviewing this new program for MOC credit.



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