



HARVARD
MEDICAL SCHOOL

Tools for Promoting Healthy Change

Lifestyle Medicine

2017

June 9–10
Boston, MA

Evidence-based strategies, tools, and techniques to effect healthier changes in patients (and ourselves), including diet, exercise, sleep, weight loss, and stress management

Advance your:

- Knowledge
- Skills
- Patient outcomes
- Self-care
- Medical practice

This course sold out the past two years.
To be assured a seat in the 2017 program,
early registration is strongly advised.

Earn up to 24.25 AMA PRA Category 1 Credits™

FITNESS
WEIGHT
HEALTH
EXERCISE

Register at LifestyleMedicine.HMSCME.com

Optional Pre-Courses

Lifestyle Medicine
for Older Adults



Culinary Health Education
Fundamentals



Course Description

According to the World Health Organization, by 2020, two-thirds of all disease worldwide will be the result of lifestyle choices. Currently, the leading causes of death in the United States are lifestyle related: poor diet, lack of exercise, obesity, tobacco use, and overconsumption of alcohol. This course is designed to change your competence and performance-in-practice by increasing your knowledge of lifestyle medicine and helping you develop strategies to incorporate it into patient care, providing the newest science of nutrition, physical activity, and management skills. The course will focus on effectively counseling your patients to improve their overall lifestyle, including stress management, diet, and exercise. You will also have the opportunity to commit to improving your personal health practices so that you can serve as a better role model for your patients.

Learning Objectives

Upon completion of this course, participants will be able to:

- Recognize that lifestyle choices are the root cause of the majority of disease, death, and healthcare cost.
- Utilize evidence-based practices in health coaching to support initial behavior change and to sustain the new behavior.
- More effectively and efficiently counsel patients on the importance of lifestyle changes.
- Develop strategies to encourage patients to make and meet their new lifestyle goals.

Harvard Medical School Faculty

Jonathan Bean, MD, MS, MPH
Herbert Benson, MD
Helen Delichatsios, MD
Brent Forester, MD
Elizabeth P. Frates, MD

Lee Kaplan, MD, PhD
Suzanne Koven, MD
Rosanna Means, MD
Edward M. Phillips, MD
Andrea Schwartz, MD, MPH

Joji Suzuki, MD
Adam Tenforde, MD
Walter Willett, MD, DrPH

Rani Polak, MD, Chef, MBA – *Assistant Course Director*

Rani Polak is the founder and director of the CHEF Coaching program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, and a Research Fellow in the Department of Physical Medicine & Rehabilitation, Harvard Medical School. Dr. Polak's current focus, along with clinical care, is in clinical and translational research relating to lifestyle medicine, especially culinary medicine, health coaching, and medical education.

Guest Faculty

Damian Folch, MD
Private Practice

Shirley Garrett
CHEF Coach
Founder, Leaps and Bounds Personal Training and Clinical Exercise

Tracy Gaudet, MD
Director, Office of Patient-Centered Care and Cultural Transformation
Veterans Health Administration
Washington, DC

Michael Lustgarten, PhD
Scientist II
Jean Mayer Human Nutrition Research Center on Aging
Tufts University

Jacqueline Minichiello, MS, RD, LDN
DaVita Kidney Care
Harbor Health Services

Dean Ornish, MD
Clinical Professor of Medicine
University of California, San Francisco

Barbara Resnick, PhD, RN, CRNP, FAAN, FAANP
Professor, Organizational Systems and Adult Health
Sonya Ziporkin Gershowitz Chair in Gerontology
University of Maryland School of Nursing

Adam Rindfleisch, MD
Associate Professor
Department of Family Medicine
University of Wisconsin School of Medicine and Public Health

Stephanie Studenski, MD, MPH
Senior Investigator
Chief, Longitudinal Studies Section
National Institute on Aging

Daniel White, PT, ScD, MSc
Assistant Professor
Department of Physical Therapy
University of Delaware

Keynote Speakers



Herbert Benson, MD



Dean Ornish, MD



Walter Willett, MD, DrPH

Register at LifestyleMedicine.HMSCME.com



HARVARD MEDICAL SCHOOL

Dear Colleague,

Our daily work as healthcare professionals increasingly involves caring for patients with diseases that are ultimately caused by or exacerbated by poor diet, lack of exercise, stress, inadequate sleep, and smoking. Yet professional training does not sufficiently prepare us to leverage our position of trust to help patients initiate health-promoting behaviors. At the same time, we are seeing payment structures rapidly evolve to reward clinicians based upon our patients' health behaviors and health outcomes.

These factors have given rise to an overwhelming demand for evidence-based lifestyle medicine practices that have been shown to reduce patient risk for chronic diseases. That is precisely what is offered at Lifestyle Medicine in 2017.

Some of the country's most experienced and committed lifestyle medicine experts will offer cutting-edge research, accumulated knowledge, and hands-on methods to further your expertise in guiding your patients to healthier lives.

In this immersive program, you will learn proven practices, accrue state-of-the-art skills, and acquire take-home tools to enable your success in effectively and efficiently helping your patients adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Prior course participants describe a renewed passion for practicing medicine and reduced personal stress as they themselves learn to pay attention to their own health and to serve as role models for their patients.

I look forward to seeing you in Boston in June.

Edward M. Phillips, MD

Course Director

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School, Chief, Physical Medicine and Rehabilitation Services, VA Boston Healthcare System, and Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital. He is also director of the Lifestyle Medicine Education Collaborative (LMEd), dedicated to integrating Lifestyle Medicine into medical school curricula.



Who Should Attend

- Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses
- Psychologists
- Social Workers
- Dietitians
- Educators
- Health Coaches
- Physical Therapists
- Occupational Therapists
- Residents
- Fellows

Optional Wednesday Program

See website for details



Clinicians in the Kitchen

Wednesday • June 7 • 11 am – 2:15 pm or 5 pm – 8:15 pm
Transportation and lunch or dinner provided. Visit the Lifestyle Medicine course website for full agenda: LifestyleMedicine.HMSCME.com

Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 24.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Main 2-day course (Lifestyle Medicine: Tools for Promoting Healthy Change): 13.75 *AMA PRA Category 1 Credits*[™]
- Optional 1-day course (Lifestyle Medicine for Older Adults or CHEF Coaching): 7.25 *AMA PRA Category 1 Credits*[™]
- Optional .5-day course (Clinicians in the Kitchen): 3.25 *AMA PRA Category 1 Credits*[™]

AMERICAN ACADEMY OF FAMILY PHYSICIANS

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AMERICAN BOARD OF LIFESTYLE MEDICINE (ABLM)

All credits may be applied toward the CME requirement of the ABLM.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits*[™] to an equivalent number of European CME Credits[®] (ECMECs[®]). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMECs[®] can be found at: www.eaccme.eu.

Optional Thursday Program



Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

Thursday • June 8

7:00 am	Registration and Coffee
8:00 am	Introduction to Culinary Medicine: The Health and Social Benefits of Home Cooking: What the Newest Data Clearly Show Us
8:45 am	The Nutritional Science of Home Cooking: What and How Should My Patient Cook?
9:30 am	Why Doesn't My Patient Cook? Recognizing and Making It Easier for Patients to Address the Reasons They Don't Embrace Healthier Cooking Practices
10:15 am	Networking Break (refreshments provided)
10:45 am	Mitigating Cardiometabolic Risk Factors: Checklists for Shopping, Pantries, Kitchen Tools, and Utilizing Ingredients
11:30 am	Getting Patients (Even Reluctant or Unskilled Cooks) into the Kitchen: Motivational Interviewing to Produce Healthier Kitchen Behaviors
12:45 pm	Lunch Break
1:30 pm	Cooking with Little Time or Budget: Kitchen Economies and Efficiencies to Make Healthier Kitchens More Accessible to More Patients
2:15 pm	Mastering Home Cooking: Advanced Healthy Cooking Strategies to Improve Home Cooking for You and Your Patients
3:00 pm	Invigoration and Networking Break (refreshments provided)
3:30 pm	In-Office Culinary Education Tools and Delivery Strategies: Group Lectures, Individual Coaching, Hands-On Instruction, and Reimbursement Strategies
4:15 pm	Mastering Culinary Health Education Fundamentals (CHEF) Coaching: How to Quickly and Effectively Help Patients Set and Achieve Realistic Culinary Goals
5:00 pm	Pre-Course Adjourns

Faculty: Rani Polak, MD, Chef, MBA and Shirley Garrett, CHEF Coach

Welcome Reception • Thursday, June 8 • 5:30 – 7:00 pm



**Optional
Thursday
Program**

Lifestyle Medicine for Older Adults

Thursday • June 8

7:00 am	Registration and Coffee
8:00 am	Incorporating Lifestyle Medicine into Your Care of Aging Patients: When, Why and How Edward M. Phillips, MD
8:15 am	Helping Your Patients Maintain Functional Independence in Late Life Jonathan Bean, MD, MS, MPH
8:55 am	Who Is Vulnerable? Quick, Office-Based Screening for Older Adults Jonathan Bean, MD, MS, MPH
9:15 am	Strategies for De-prescribing Medicines to Enhance Function Andrea Schwartz, MD, MPH
10:00 am	Top Ten Tips for Fall Prevention Andrea Schwartz, MD, MPH
10:15 am	Networking Break (refreshments provided)
10:45 am	Resilience in Older Adults Barbara Resnick, PhD, RN, CRNP, FAAN, FAANP
11:45 am	Lunch Break
1:00 pm	Recommending Increased Levels of Exercise to Older Adults: How to Assess, How to Prescribe Daniel White, PT, ScD, MSc
2:00 pm	The Role of the Gut Microbiome and Serum Metabolome on Lean Mass and Physical Function in Older Adults Michael Lustgarten, PhD
3:00 pm	Invigoration or Networking Break (refreshments provided)
3:30 pm	Leveraging Exercise as a Means to Help Older Adults with Depression, Dementia and Anxiety Brent Forester, MD
4:30 pm	Learning from Our Elders: Applying Tools and Techniques from Geriatrics to Lifestyle Medicine Stephanie Studenski, MD, MPH
5:15 pm	Novel Approaches to Enhance Cognition and Physical Functioning Stephanie Studenski, MD, MPH
5:30 pm	Pre-Course Adjourns

Welcome Reception • Thursday, June 8 • 5:30 – 7:00 pm

Friday, June 9

7:00 am	Registration and Coffee
8:00 am	The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools, and Self-Care Edward M. Phillips, MD
8:15 am	Special Keynote Presentation: The Transformative Power of Lifestyle Medicine Dean Ornish, MD
9:15 am	Self-Care: What It Is and Why It Matters Suzanne Koven, MD
10:00 am	Meditation and Networking Break (refreshments provided)
10:15 am	Special Keynote Presentation: Cutting Through Controversies: An Evidence-Based Guide to Nutrition in 2017 Walter Willett, MD, DrPH
11:15 am	Effective Techniques for Engaging Patients in Their Change Process Elizabeth P. Frates, MD
12:15 pm	Lunch Break
1:00 pm	Walks — Meditative or Networking
1:30 pm	Afternoon Workshops: 1A-1C (Choose One)
	1A. Tools: The “Whole Health” Tool Kit (and how to use it) Adam Rindfleisch, MD
	1B. Skills: Motivational Interviewing Joji Suzuki, MD
	1C. Knowledge: Incorporating Basic and Advanced Lifestyle Medicine Principles into Your Practice Introduction to Lifestyle Medicine Edward M. Phillips, MD Exercise Prescription Damian Folch, MD Nutrition Counseling Helen Delichatsios, MD
3:00 pm	Break (refreshments provided)
3:30 pm	Afternoon Workshops: 2A-2C (Choose One)
	2A. Tools: The “Whole Health” Tool Kit (and how to use it) Adam Rindfleisch, MD
	2B. Skills: Motivational Interviewing Joji Suzuki, MD
	2C. Knowledge: Incorporating Basic and Advanced Lifestyle Medicine Principles into Your Practice Introduction to Lifestyle Medicine Edward M. Phillips, MD Exercise Prescription Damian Folch, MD Nutrition Counseling Helen Delichatsios, MD
5:00 pm	Daily Program Ends

Saturday, June 10

7:00 am	Coffee
7:30 am	Meet and Greet Edward M. Phillips, MD
8:00 am	Obesity and Metabolic Risk: Different Disorders, Different Treatments Lee Kaplan, MD, PhD
9:00 am	Sleep Problems: The Most Effective Lifestyle Medicine Interventions Suzanne Bertisch, MD
10:00 am	Invigoration Break and Networking (refreshments provided)
10:30 am	Culinary Medicine: What It Is and Why It's Gaining Such Rapid Adoption Rani Polak, MD, Chef, MBA
11:30 pm	Special Keynote Presentation: The Relaxation Response: The When, Why and How of Recommending Meditation to Your Patients Herbert Benson, MD
12:30 pm	Lunch Break
1:15 pm	Walks — Meditative or Networking
1:45 pm	Lifestyle Medicine for Underserved Populations: Panel Discussion Rosanna Means, MD; Jackie Minichiello, MS, RD, LDN; Tracy Gaudet, MD
3:00 pm	Invigoration Break and Networking (refreshments provided)
3:15 pm	The Exercise Prescription: Getting Your Patients (and You) Moving Adam Tenforde, MD
4:15 pm	The Surprising New Data on the Benefits of Resistance Training: Weight Loss, Function, and Performance Edward M. Phillips, MD
4:30 pm	Closing Remarks Edward M. Phillips, MD
4:45 pm	Main Course Adjourns

Lifestyle Medicine not only prevents disease, but is integral to treating many of them:

- Type 2 diabetes
- Hypertension
- Cardiovascular disease
- Stroke
- High cholesterol
- Depression
- Anxiety
- Osteoarthritis
- Sexual health issues
- Dementia
- Osteoporosis
- Sarcopenia
- Many cancers, including breast and colon



VENUE

Boston Marriott Copley Place
110 Huntington Ave., Boston, MA 02116
617-236-5800

ACCOMMODATIONS

A limited number of rooms have been reserved at the Boston Marriott Copley Place until May 17, 2017. When calling the hotel, be sure to specify that you are enrolled in this activity to receive a reduced room rate. Hotel arrangements can also be made online before May 17 by visiting the course website and clicking on the dedicated reservation link on the Venue page.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

Booking in the Lifestyle Medicine room block helps to support the course. Doing so helps us keep our meeting registration costs at their current low rate, and is convenient for you and keeps you close to your colleagues.



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MEDICAL SCHOOL

Tools for Promoting Healthy Change

Lifestyle Medicine

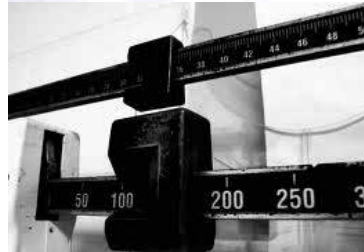
2017

June 9–10
Boston, MA

Keynote Speakers: Herbert Benson, MD • Dean Ornish, MD • Walter Willett, MD, DrPH

Education and tools to start or expand your use of lifestyle medicine:

- The strategies that produce the best results for stress resiliency, sleep quality, nutrition, and weight-loss counseling
- Guidance to prescribe exercise and perform risk assessments
- Health coaching (it's not "eat less; exercise more")
- Clinician self-care: what it is and why it matters
- What *really* gets patients (even reluctant ones) to make healthy changes
- Leveraging lifestyle medicine to prevent and treat type 2 diabetes, hypertension, high cholesterol, depression, anxiety, osteoporosis, dementia, certain cancers, and sexual health issues
- When, why, and how to incorporate lifestyle medicine into your care of older adults



Register at LifestyleMedicine.hmscme.com

THE INSTITUTE OF LIFESTYLE MEDICINE

SPAULDING
REHABILITATION NETWORK



HARVARD MEDICAL SCHOOL

Course #734233-1702

This course sold out the past two years.
To be assured a seat in the 2017 program,
early registration is strongly advised.

Tuition

Friday and Saturday • June 9 – 10, 2017

Lifestyle Medicine

Tools for Promoting Healthy Change

Your tuition includes a welcome reception on the evening of Thursday, June 8, morning coffee/tea, and morning and afternoon refreshments. All registrants will receive online access to the complete syllabus.

\$695

Pre-Course Programs

Thursday • June 8, 2017

Full-day skills development programs. Hosted on site.
Choose one:

Lifestyle Medicine for Older Adults

or

Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

\$345

Wednesday • June 7, 2017

11:00 am – 2:15 pm OR 5:00 pm – 8:15 pm

Clinicians in the Kitchen

Hosted at Create A Cook teaching kitchen in Newton, MA. Transportation provided between the Boston Marriott Copley Hotel and the teaching kitchen. Each session of this program is limited to 30 participants.

\$295

Registration, Payment, Confirmation, and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at LifestyleMedicine.HMSCME.com.

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a United States bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

DISCLAIMER

CME activities sponsored by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

INQUIRIES

Call 617-384-8600 Monday – Friday, 9am – 5pm (ET) or by email to CEPrograms@hms.harvard.edu

Register at LifestyleMedicine.HMSCME.com