



**HARVARD**  
MEDICAL SCHOOL

*Tools for Promoting Healthy Change*

# Lifestyle Medicine

**2019**

**May 3–4  
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

**FITNESS  
WEIGHT  
HEALTH  
EXERCISE**

Earn up to 24.25 AMA PRA Category 1 Credits™

This course sold out the last four years. To be assured a seat in the 2019 program, early registration is strongly advised.

Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)

Optional Pre-Courses

Principles of Motivational  
Interviewing



Culinary Health Education  
Fundamentals (CHEF) Coaching





# 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 2019.

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 May.

**Edward M. Phillips, MD**  
*Course Director*



### Education and Skills Development for:

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

### Course Director

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Chief of the Physical Medicine and Rehabilitation Service at the VA Boston Healthcare System. As Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital, he has directed 21 live CME programs and seven online CME modules in Lifestyle Medicine completed by over 15,000 clinicians from 115 countries. He is co-founder and co-director of the Lifestyle Medicine Education Collaborative (LMEd), dedicated to integrating Lifestyle Medicine into medical school curricula.

**Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)**

# Lifestyle Medicine 2019

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
- Breast, colon, and other cancers



## 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.
- Counsel patients on the importance of lifestyle changes. Develop strategies to encourage patients to make and meet their new lifestyle goals.
- Define the relationship between home cooking and health, and explain the rationale for the importance of patients' culinary behavior.
- Employ strategies for facilitating patient-centered culinary knowledge and skills, and describe strategies for empowering patients to adopt home cooking.

## Harvard Medical School Faculty

Suzanne Bertisch, MD  
Helen Delichatsios, MD  
Elizabeth P. Frates, MD  
Lee Kaplan, MD, PhD  
Suzanne Koven, MD

Susan Larrabee, LICSW  
Roseanna Means, MD  
Darshan Mehta, MD, MPH  
Edward M. Phillips, MD  
Rani Polak, MD, Chef, MBA

Elizabeth Recupero, DO  
John Rodolico, PhD  
Claudia Rodriguez, MD  
Joji Suzuki, MD  
Walter Willett, MD, DrPH

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

Rani Polak is the Founding Director of the Culinary Healthcare Education Fundamentals (CHEF) Coaching program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, and a Research Associate in the Department of Physical Medicine & Rehabilitation, Harvard Medical School. His current work focuses on culinary coaching, an innovative telemedicine approach that utilizes evidence-based medicine to help individuals and professionals to efficiently and cost-effectively improve nutrition through home cooking. His work has been featured in many media outlets including the *Scientific American*, the *Herald Tribune*, and *USA Today*.

## Guest Faculty

**Jane Barg**, Health coach, Culinary coach, Chef

**Cedric Bryant, PhD**, President & Chief Science Officer, American Council on Exercise (ACE)

**Nick Buettner**, Founder and Vice President of Product, Blue Zones

**Shirley Garrett**, Culinary coach, Health coach, Medical exercise specialist, Chef

**Liana Lianov, MD, MPH**, Chair, Happiness Science and Positive Health Committee, American College of Lifestyle Medicine; Vice Chair, American Board of Lifestyle Medicine

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

**Tom Rifai, MD**, Clinical Assistant Professor of Medicine, Wayne State University

**Theresa Stone, MD**, Attending Physician in Internal Medicine, MedStar Washington Health Center

## Optional Wednesday Workshop



### Clinicians in the Kitchen

Wednesday, May 1 • 11:00am - 2:00pm  
OR

Wednesday, May 1 • 5:30pm - 8:30pm

Transportation and lunch or dinner will be provided.

*Visit website for more details.*

## Accreditation

### ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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 (May 3-4): 14.25 *AMA PRA Category 1 Credits™*
- Optional .5-day pre-course, Clinicians in the Kitchen (May 1): 2.25 *AMA PRA Category 1 Credits™*
- Optional 1-day pre-course, Principles of Motivational Interviewing (May 2): 7.75 *AMA PRA Category 1 Credits™*
- Optional 1-day pre-course, Clinicians CHEF Coaching (May 2): 6.75 *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)

INTERNATIONAL BOARD OF LIFESTYLE MEDICINE (IBLM)  
Credits may be applied toward the CME requirements of the ABLM and IBLM.

### NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

### PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

### 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.

## Optional Thursday Workshop



### Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

Thursday • May 2, 8:00am - 5:05pm

7:00am Registration and Coffee

8:00am **Introduction to Culinary Coaching: Improving Nutrition through Culinary Training Combined with Coaching Principles**

8:30am **The Nutritional Science of Home Cooking: What and How Should My Patient Cook?**

9:00am **Why Doesn't My Patient Cook? Recognizing and Making It Easier for Patients to Address the Reasons They Don't Embrace Healthier Cooking Practices**

9:45am Networking Break

10:15am **Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals**

10:50am Transition to General Session Room

10:55am **Culinary Tools to Mitigate Cardio-metabolic Risk Factors: Checklists for Shopping, Pantries, Kitchen Tools, and Utilizing Ingredients**

11:30am **Implementing Culinary Coaching: Early Adopters' Experiences**

11:45am **Cooking with Little Time or Budget: Kitchen Economies and Efficiencies to Make Healthier Kitchens More Accessible to More Patients**

12:15pm Break for lunch\*

1:30pm **Implementing Culinary Coaching: Early Adopters' Experiences**

1:45pm **Getting Patients (Even Reluctant or Unskilled Cooks) into the Kitchen: Motivational Interviewing and Coaching to Produce Healthier Kitchen Behaviors**

2:20pm Transition to Practice Sessions

2:25pm **Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals**

3:05pm Invigoration and Networking Break

3:35pm **Implementing Culinary Coaching: Early Adopters' Experiences**

3:50pm **In-Office Culinary Education Tools and Delivery Strategies: Group Lectures, Individual Coaching, Hands-On Instruction, and Reimbursement Strategies**

4:25pm **Mastering Culinary Health Education Fundamentals (CHEF) Coaching: How to Quickly and Effectively Help Patients Set and Achieve Realistic Culinary Goals**

5:05pm **Pre-Course Adjourns**

## Optional Thursday Workshop



### Mastering the Principles of Motivational Interviewing

Thursday • May 2, 8:00am - 5:15pm

Motivational interviewing has emerged as one of the most critical and effective evidence-based approaches when working with patients to promote behavior change.

In this intensive one-day workshop, participants learn and practice state-of-the-art principles and methods for motivational interviewing to improve patient outcomes.

7:00am	Registration and Coffee
8:00am	<b>Engaging: Overview, the Spirit of Motivational Interviewing, and OARS Skills</b> <ul style="list-style-type: none"> <li>• Open-ended questions</li> <li>• Affirmations</li> <li>• Reflections</li> <li>• Summaries</li> </ul> <b>Small Group Practice</b> <ul style="list-style-type: none"> <li>• OARS</li> </ul> Joji Suzuki, MD and Faculty
9:30am	Break
9:45am	<b>Focusing</b> <ul style="list-style-type: none"> <li>• Agenda setting</li> <li>• Ask-tell-ask</li> </ul> <b>Small-Group Practice</b> Claudia Rodriguez, MD and Faculty
10:30am	<b>Evoking</b> <ul style="list-style-type: none"> <li>• Strengthening internal motivation</li> <li>• Change talk and sustain talk</li> </ul> <b>Small-Group Practice</b> <ul style="list-style-type: none"> <li>• Giving information</li> <li>• Recognizing change talk</li> <li>• Selective responding</li> </ul> Susan Larrabee, LICSW and Faculty
12:00pm	Break for lunch*
1:00pm	<b>Discord</b> <ul style="list-style-type: none"> <li>• Rolling with resistance</li> </ul> <b>Small-Group Practice</b> John Rodolico, PhD and Faculty
2:00pm	<b>Planning</b> <ul style="list-style-type: none"> <li>• MI consistent action planning</li> </ul> <b>Small-Group Practice</b> Claudia Rodriguez, MD and Faculty
2:45pm	Break
3:00pm	<b>Bringing It Together</b> <ul style="list-style-type: none"> <li>• Live demonstration</li> <li>• Practice</li> <li>• Q &amp; A</li> </ul>
5:00pm	<b>Wrap-Up</b> 5:15pm <b>Pre-Course Adjourns</b>

# Lifestyle Medicine 2019

## Friday, May 3

7:00am	Registration/Coffee
8:00am	<b>The Fundamental Shift in Lifestyle Medicine: Moving from the Why to the How</b> Edward M. Phillips, MD
8:30am	<b>Special Keynote Presentation</b> <b>The Transformative Power of Lifestyle Medicine</b> Dean Ornish, MD
9:45am	Coffee Break
10:15am	<b>2019 Perspectives on Clinician Self-Care: What It Is and Why It Matters</b> Suzanne Koven, MD
11:00am	<b>Health and Wellness Coaching in Day-to-Day Practice: Who, What, Why, When, and How</b> Elizabeth Frates, MD
11:45am	Break for lunch*
1:00pm	<b>Special Keynote Presentation</b> <b>Cutting Through Controversies: An Evidence-Based Guide to Nutrition in 2019</b> Walter Willett, MD, DrPH
2:00pm	<b>Therapeutic Lifestyle Change in Your Clinical Practice: A Five-Part Toolkit</b> Tom Rifai, MD
3:00pm	Coffee Break
3:30pm	<b>Happiness and Its Impact on Patient and Provider Health: What the Data Now Tell Us</b> Liana Lianov, MD, MPH
4:30pm	<b>Stress and Mindfulness</b> Darshan Mehta, MD, MPH
5:00pm	<b>How to Teach Your Patients to Breathe in Under 10 Minutes</b> Darshan Mehta, MD, MPH
5:30pm	Break for dinner*
7:00pm	<b>Networking Roundtables (optional)</b> Join other participants for informal moderated discussions about selected topics in Lifestyle Medicine, such as coaching, starting your Lifestyle Medicine practice, and social media. Specific topics will be announced on site. (Roundtables not eligible for CME credit. No pre-registration required.)


\*There are many convenient and varied eating options within a short walking distance of the course.

### 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](http://www.eaccme.eu).

# Lifestyle Medicine 2019

## Saturday, May 4

7:00am	Registration/Coffee
8:00am	<b>Culinary Medicine: What It Is and Why It's Gaining Such Rapid Adoption</b> Rani Polak, MD, Chef, MBA
8:30am	<b>Special Keynote Presentation</b> <b>How to Live Longer and Better: Lessons from the Blue Zones</b> Nick Buettner 
9:30am	Coffee Break
10:00am	<b>Obesity and Metabolic Risk: Different Disorders, Different Treatments</b> Lee Kaplan, MD, PhD
11:00am	<b>Sleep Problems: The Most Effective Lifestyle Medicine Interventions</b> Suzanne Bertisch, MD
12:00pm	Break for lunch*
1:15pm	<b>Incorporating Basic and Advanced Lifestyle Medicine Principles into Your Practice</b> Theresa Stone, MD; Elizabeth Recupero, DO; and Helen Delichatsios, MD
2:30pm	<b>Lifestyle Medicine for Underserved Populations</b> Roseanna Means, MD
3:15pm	Coffee Break
3:45pm	<b>Evidence-Based Answers to Your Patients' Fitness Questions</b> Cedric Bryant, PhD
4:30pm	<b>The Exercise Prescription: Getting Your Patients (and You) Moving</b> Edward M. Phillips, MD
4:45pm	<b>The New Data on the Benefits of Resistance Training: Weight Loss, Function, and Performance</b> Edward M. Phillips, MD
5:00pm	<b>Closing Remarks</b> Edward M. Phillips, MD

*Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.*

## Venue

### Renaissance Boston Waterfront Hotel

606 Congress Street  
Boston, MA 02210  
617-338-4111

### ACCOMMODATIONS\*

A limited number of discounted rooms have been reserved at the Renaissance Boston Waterfront Hotel until April 10, 2019. You can call the hotel reservation line to make a room reservation: (617) 338-4111 or 1-888-796-4664 (toll-free reservation line). Please specify that you are enrolled in this activity to request the reduced room rate. To make your discounted reservation online by April 10, 2019, please visit the course website and click on the dedicated reservation link on the Venue page.

*\*Please book early, as the discounted rooms frequently sell out before the deadline.*

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

**Welcome Reception**  
*Thursday Evening, May 2*  
5:30pm–7:00pm



Lifestyle Medicine provides practical education, opportunities to develop state-of-the-art skills, and take-home tools to enable your success in effectively and efficiently helping your patients to adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Lifestyle Medicine has sold out the last four years.  
Early registration to the 2019 program is strongly advised.



# HARVARD MEDICAL SCHOOL

Tools for Promoting Healthy Change

# Lifestyle Medicine

# 2019

May 3–4  
Boston, MA

Keynote  
Speakers

Dean Ornish, MD • Walter Willett, MD, DrPH • Nick Buettner

## 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 for underserved populations



Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)



# HARVARD MEDICAL SCHOOL

Course #734233-1902

This course sold out the last four years.  
To be assured a seat in the 2019 program,  
early registration is strongly advised.

**Tuition**

## Lifestyle Medicine: Tools for Promoting Healthy Change

Friday and Saturday • May 3 – 4, 2019

Your tuition includes a welcome reception on May 2, morning and afternoon coffee breaks, and online access to the complete syllabus.

\$795

### Optional Workshops

#### Clinicians in the Kitchen

Wednesday, May 1, 2019 (choose one)

11:00am - 2:00pm OR 5:30pm – 8:30pm

Hosted at Create A Cook teaching kitchen in Newton, MA. Transportation and lunch or dinner provided. Each session limited to 30 participants.

\$350

#### Mastering the Principles of Motivational Interviewing

Thursday • May 2, 2019

Full-day skills development workshop.

Hosted at the Renaissance Boston Waterfront Hotel.

\$350

#### Culinary Health Education Fundamentals (CHEF) Coaching – The Basics

Thursday • May 2, 2019

Full-day skills development workshop.

Hosted at the Renaissance Boston Waterfront Hotel.

\$350

## 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](http://LifestyleMedicine.HMSCME.com).

At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation 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.

## INQUIRIES

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

### DISCLAIMER

CME activities accredited 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.

Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)