

Introduction to Lifestyle Medicine

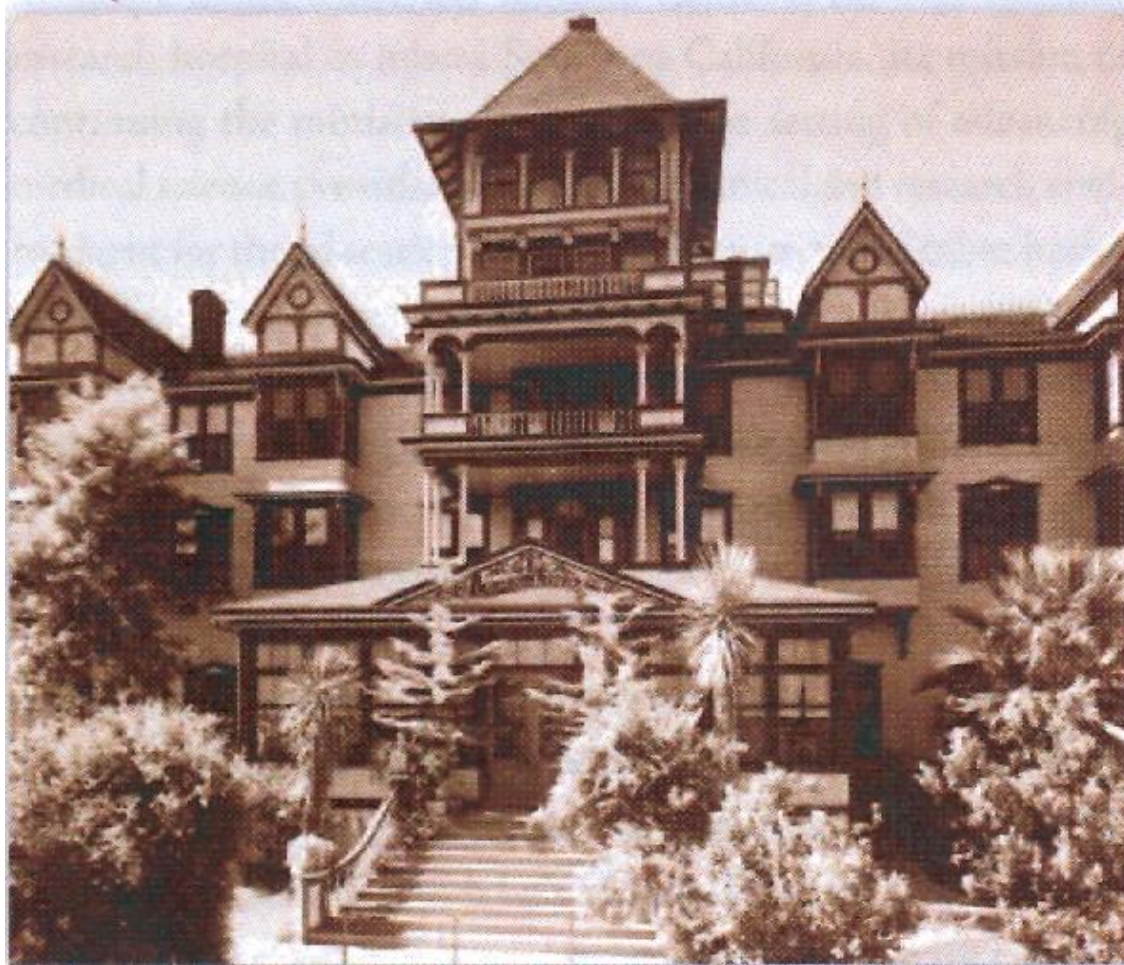
Health 180°

Intensive Therapeutic Lifestyle Change Program



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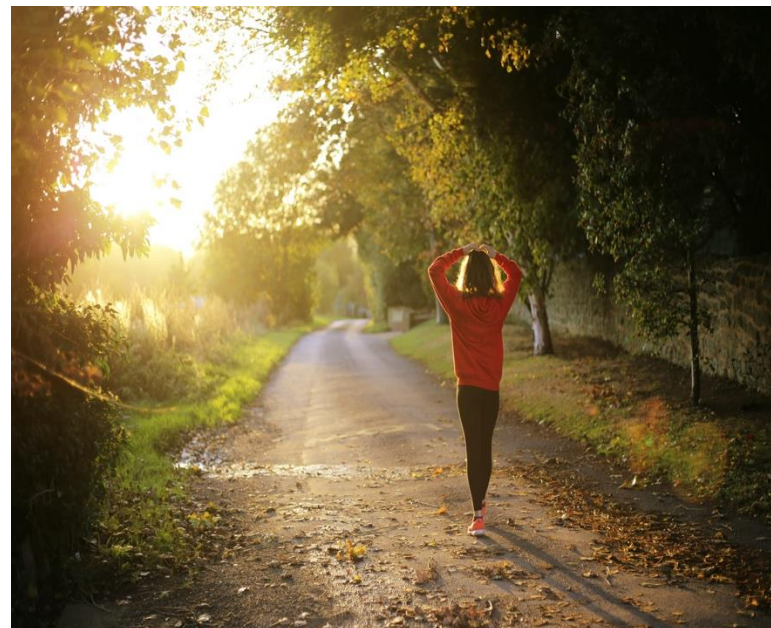
Why Lifestyle Medicine at LLUH?



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LLUH Lifestyle Medicine Foundation

- Core to Seventh-day Adventist global health care system
- Mission to “continue the teaching and healing ministry of Christ”

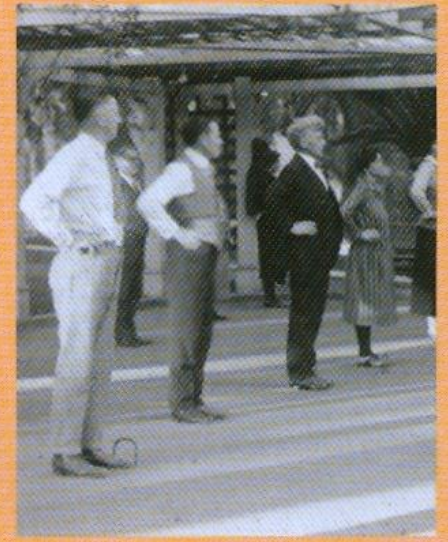
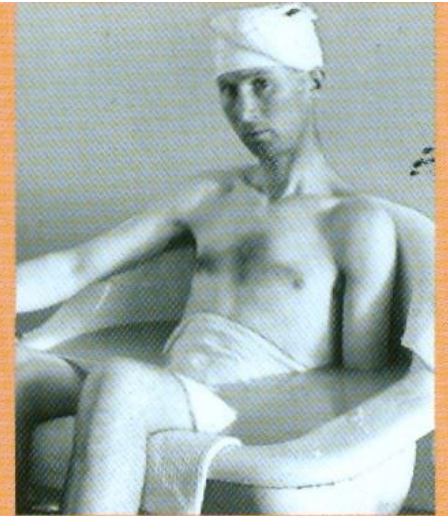


“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.”

1 Cor 6:19, 20 Bible NLT



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In 1906, Courses included:

Religion: Bible Evangelism, Acts and Epistles, Missionary Methods, and Doctrines and Prophecies.

General: History, Languages, Mathematics, English, Music, Piano and Organ.

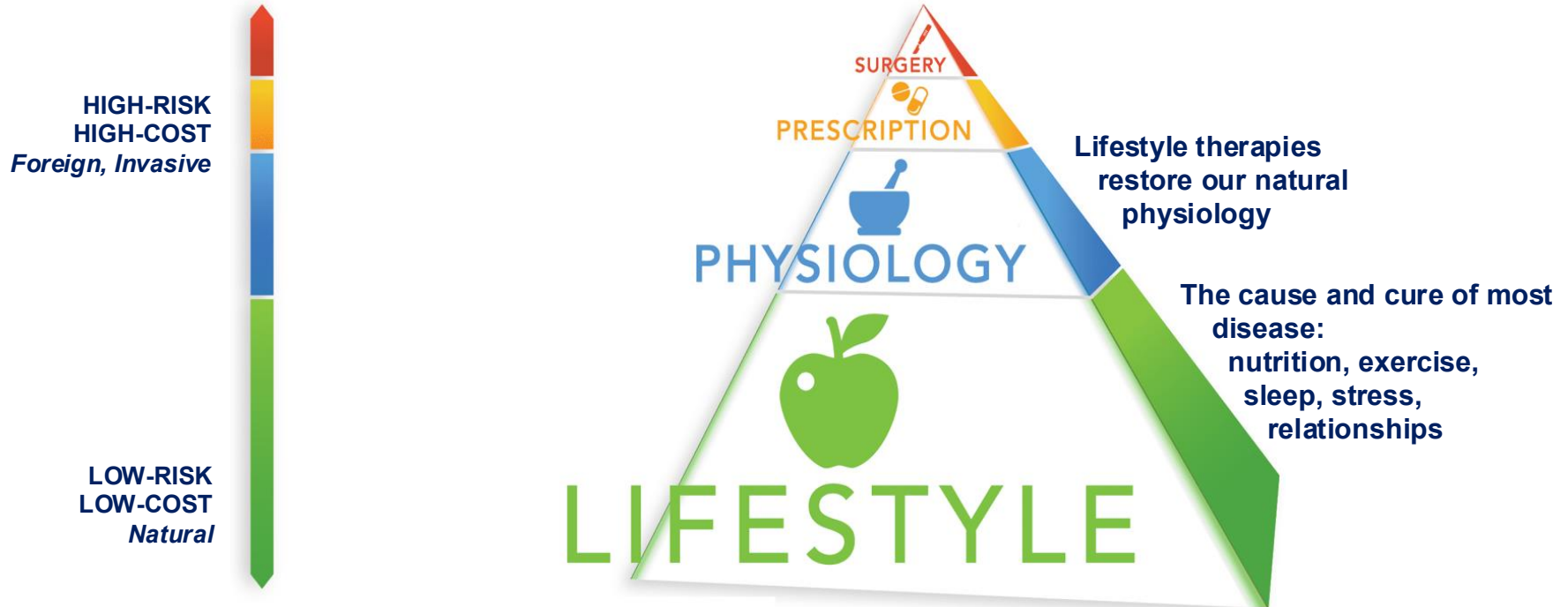
Industrial: Science of Gardening, Practical Gardening, Electrical Mechanics, Carpentry, Cookery, Accounting, Sewing.

Nursing/Medical: Chemistry and Anatomy, Children's Diseases, Physiology, Obstetrics, Gynecology, Hydrotherapy, Practical Nursing and Hydrotherapy.^[9]



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The Treatment Triangle



Daily Habits **BUILD** health or **ERODE** health

Braman, n.d.; WHO, n.d.



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Goals of Medical Care



- Lengthen life
- Compress years of disability
- “Adding years to life and life to years”
 - Harold Brenner, Emer Shelley (1998)



Longevity- Adventist Health Study

7.3

Men

YEARS

4.4

Women

10

FACTORS

Diet

Exercise

BMI

Smoking

Fraser, G. Arch Intern Med, 2001

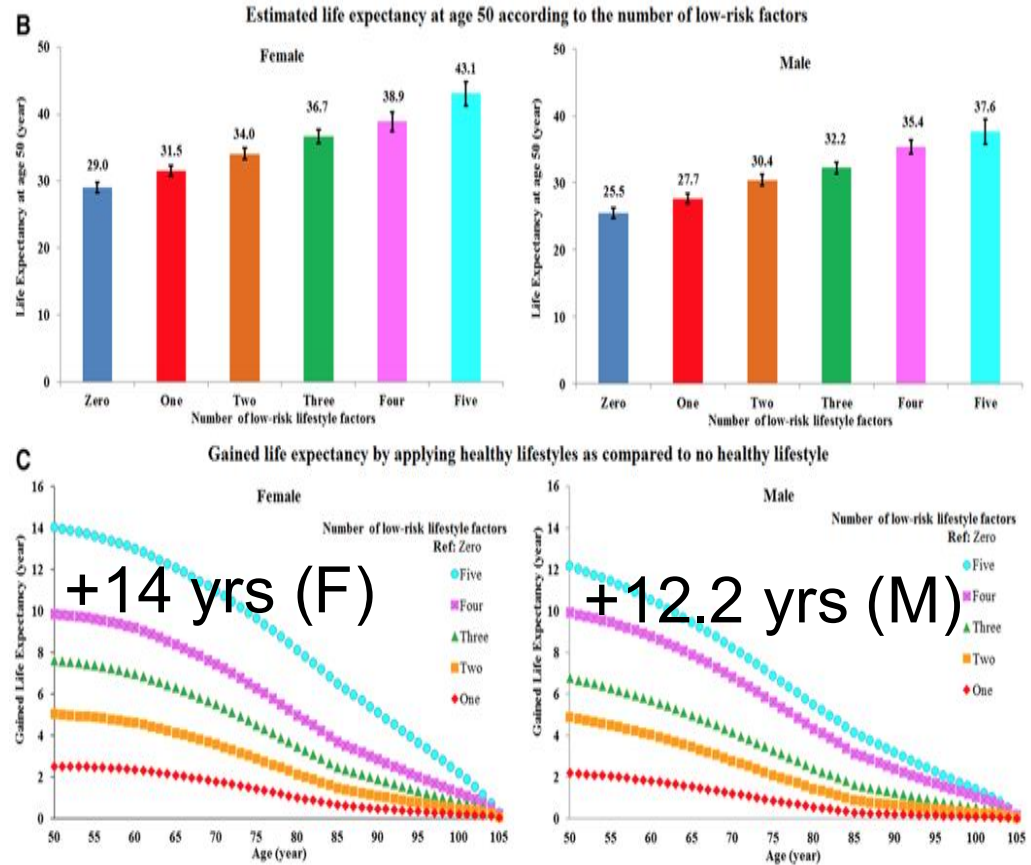


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Longevity- CDC

Healthy Lifestyle Factors

- Non-smokers
- Physically active
- BMI <25
- Healthy diet
- Moderate EtOH intake



Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population, Volume: 138, Issue: 4, Pages: 345-355, DOI: (10.1161/CIRCULATIONAHA.117.032047)



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Compression of Disability

Unhealthy behaviors

- Smoking
- Alcohol use
- Physical inactivity
- Unhealthy diet
- BMI <18 or >25
- Social isolation

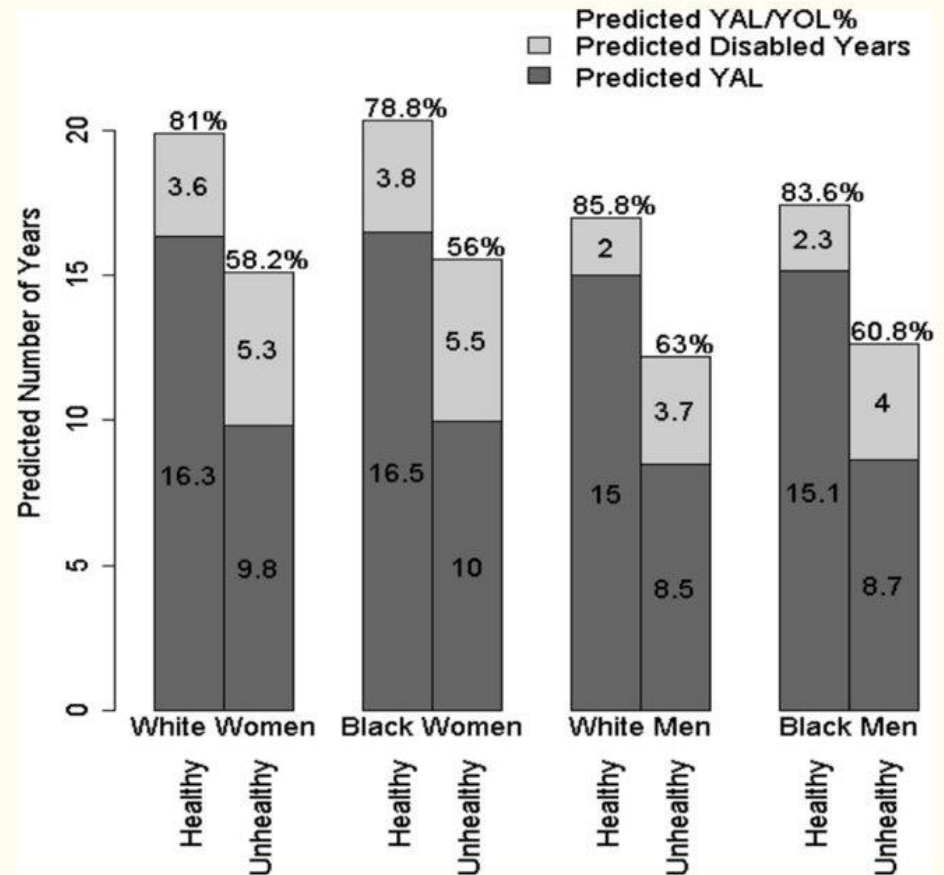


Figure 1

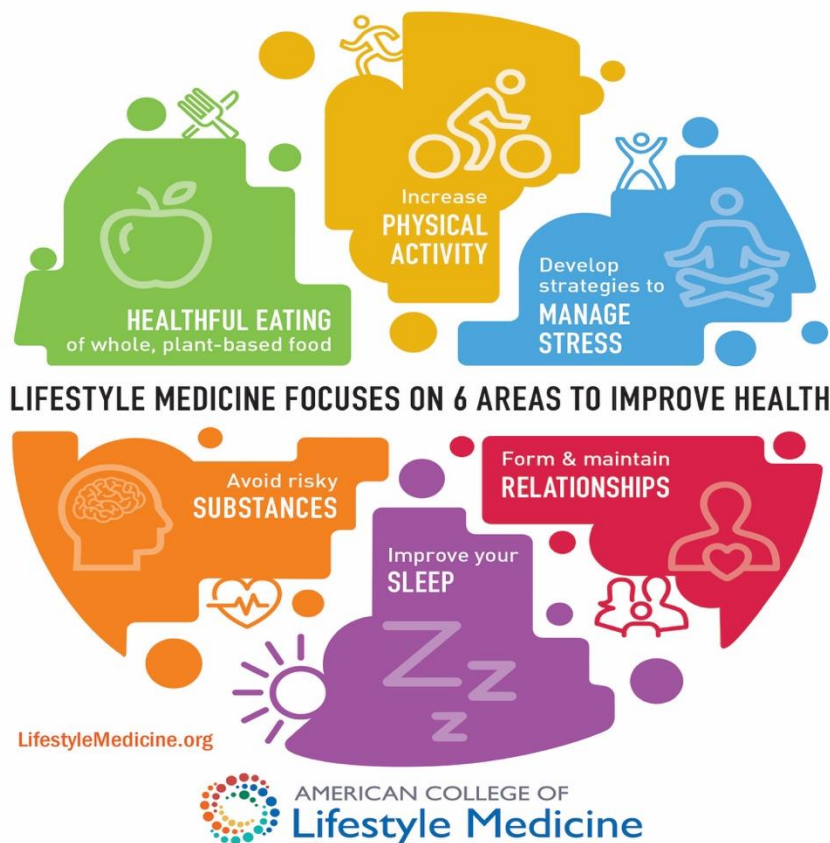
Predicted Number of YAL, Disabled Years, YoL, and YAL/YoL% in Different Race and Gender Groups With Healthy and Unhealthy Lifestyles.

Abbreviations: YAL, Years of able life; YOL, Years of life Jacob, 2016, J. Am. Ger. Soc.



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How Much Can I Do?



By following these 6 lifestyle practices...

You can reduce your risk of diabetes, heart disease, stroke, and some cancers by 70-90%!

ACLM 2021



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Loma Linda University Health

Key Details

- 6 hospitals
- 8 schools
- 1.5 M outpatient visits/yr
- Level 1 trauma center

Strengths in:

- Proton Therapy and general cancer treatment
- Cardiovascular/stroke care
- Obstetrics and high risk deliveries
- Children's hospital



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Preventive Medicine Department

- **Lifestyle Medicine Service Lines**
 - Inpatient consults
 - Outpatient clinic
 - Health 180 intensive therapeutic lifestyle change program

Lifestyle Medicine Endeavors

- **Lifestyle Medicine Education**
 - Medical school core education and emphasis tracks
 - Lifestyle medicine residency curriculum
 - Fellowship program



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Inpatient Lifestyle Medicine Consultation Service

Addressing underlying risk factors that led to hospitalization and that could lead to readmission in the future, utilizing the 6 pillars of lifestyle medicine and connecting to outpatient treatment.

- Physician and NP team
- Fellows learn and lead
- Support primary teams
 - Rehab
 - Family medicine
 - Cardiology
 - Internal Medicine
 - Oncology
 - Emergency Medicine



Outpatient Lifestyle Medicine Clinical Consults

Whole Person Care

Approach:

- Sleep
- Nutrition
- Physical Activity
- Stress and Mood Concerns
- Spirituality and Relationships/Connections
- Purpose and Meaning
- Healthy Habits/Treating Tobacco Use

- **Benefits:**

- Treat the root cause of chronic disease
 - Metabolic diseases
 - Prevention of primary cancer and recurrence
- Improve health and prevent complications

- **Our team:**

- 2 physicians
- 2 nurse practitioners
- Bring your family to the visit



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Health 180°

An 8 week intensive therapeutic lifestyle change program



Join the LLUH
Intensive Lifestyle Change Program



Health 180°

What makes our program unique?

- Designed to treat the root cause of diabetes, hypertension, high cholesterol, and more
- Medically Supervised Individualized Lifestyle Plan
- Baseline & End-of-Program Health Assessment including laboratory work, and body composition measurements
- Integrated Lifestyle Care provided by Physicians, Exercise Specialists, Psychologists, and Health Coaches
- 10 High-Intensity Virtual Lifestyle Sessions
- Focus on whole-food plant-based dietary treatments

Virtual Lifestyle Sessions - April 18th - June 6th 6:30 p.m. - 8:00 p.m.

April - Tuesday 18, Thursday 20, Tuesday 25, Thursday 27
May - Tuesday 2, Tuesday 9, Tuesday 16, Tuesday 23, Tuesday 30
June - Tuesday 6

Program Fees	
10 virtual sessions, body composition measurement, health coaching sessions	\$399
3 Medical visits	Copay (if billed to insurance), or cash pay
Laboratory fees	Copay or cash for Lab processing fee, and blood draw fee (depends on insurance coverage)
Additional medical visits as needed	Copay (if billed to insurance), or cash pay

Only
\$399



EMAIL: Health180@LLU.EDU
CALL: 909) 558-4594

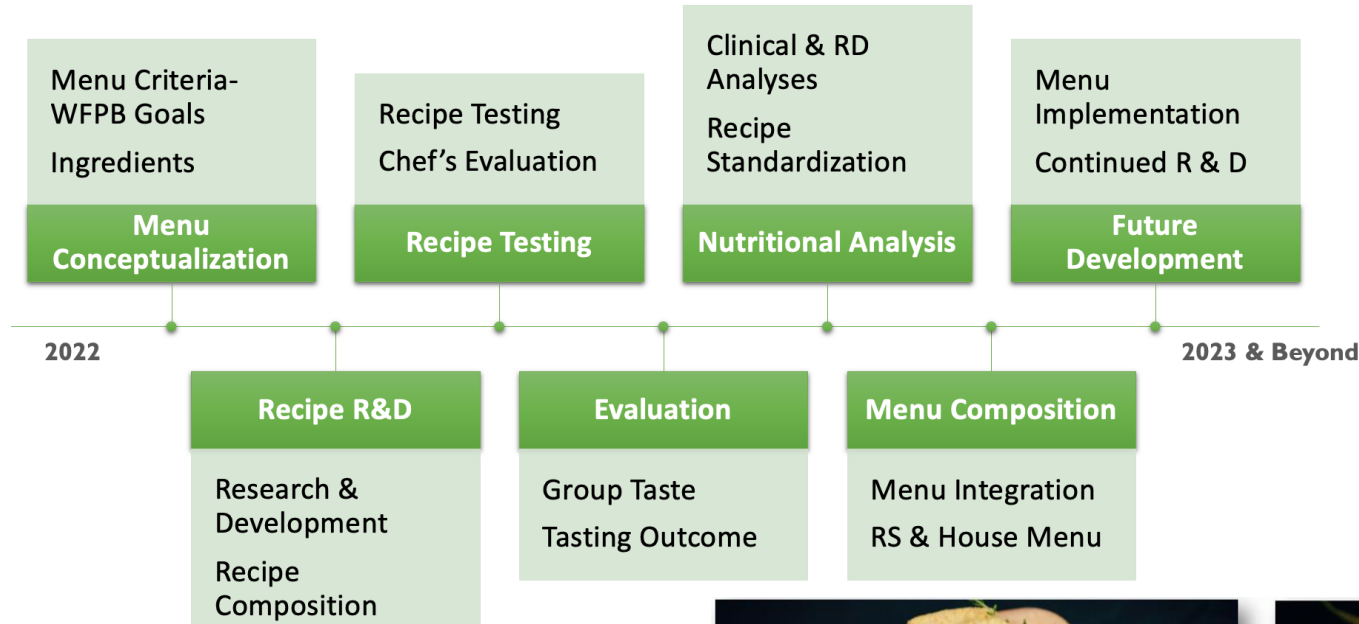
Medical visits and labs are not included in the program fee. All standard medical insurance fees and co-payments apply.



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Inpatient Nutrition Project

Therapeutic WFPB Menu Development



Tomato Bisque with Date Corn Bread



Southwest Power Salad



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Undergraduate Medical Education

Medical school

Other schools are adding components as well to meet the LM track requirements

- LM thread leading to Platinum certification?
- PLMIG
- LM track leading to certificate (is this the correct term)
- Electives (general clinical LM and Health 180)
- Integration week offerings
- Culinary medicine
- Projects and publications



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Lifestyle and Preventive Medicine Thread



- **MS1 and MS2**

- Dedicated sessions
- Integrated curriculum
 - Other sessions
 - LIFE Communities
 - Personal Improvement Project
 - Integration Weeks
 - LM Selective option
- LM Track students chosen

- **MS3 Integration**

- Dedicated clerkship assignment
- Fam Med Clerkship – workshops, lecture, LM clinical selectives
- Integration Weeks
- LIFE communities

- **MS4**

- Dedicated Clerkship - Prev Med and Pop Health
 - Electives available
 - LIFE communities



LM Track – up to 12 students/year

- **MS1/MS2**

- 2-week LM basic science selective
- 4-week LM summer project
- Attend quarterly LM Track meetings in years 2-4
 - 50% attendance overall

- **MS3/MS4**

- MS3 Integration Week: total of 2-4 LM focused workshops each week
- 4-week LM elective in 4th year
- Present a LM capstone project at APC
- Attend quarterly LM Track meetings in years 2-4
 - 50% attendance overall.



Graduate Medical Education

- Lifestyle Medicine Residency Curriculum for LLU students and nationally (not international yet)
 - More info: <https://lifestylemedicine.org/project/lifestyle-medicine-residency-curriculum/>
- Elective rotations (Clinical LM and Health 180)
- Fellowship in LM
- PlusOne Prev Med Fellowship LM track (1 year)
 - LM track and global service track
- General Prev Med Residency (2 years)
 - LM board certification track with standardized LM curriculum for all residents
 - ABLM eligible at end of training
 - Culinary Medicine
 - “Live It” Sessions (wellness enhancing activities: exercise, painting)



ABLM Certification- LM Physician

• Experiential Pathway

Prerequisites

ABMS certified with 2 years experience
30h of online/non-live CME
10h of in-person CME
Case study (templated)

Certificate

Jointly issued by ABLM and IBLM

Nomenclature

DipABLM or DipIBLM
“Certified Lifestyle Medicine Physician”

• Educational Pathway

Prerequisites

Lifestyle Medicine Residency Curriculum (LMRC)
Educational/Didactic Component – 100 hours
Practicum Component
Resident and Faculty Eligible

Certificate

Issued by ABLM, not available globally yet

Nomenclature

DipABLM
“Certified Lifestyle Medicine Physician”



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Lifestyle Medicine Residency Curriculum- Site Implementation Options

Intro Package Implementation

- 6 Didactic units

Partial Implementation

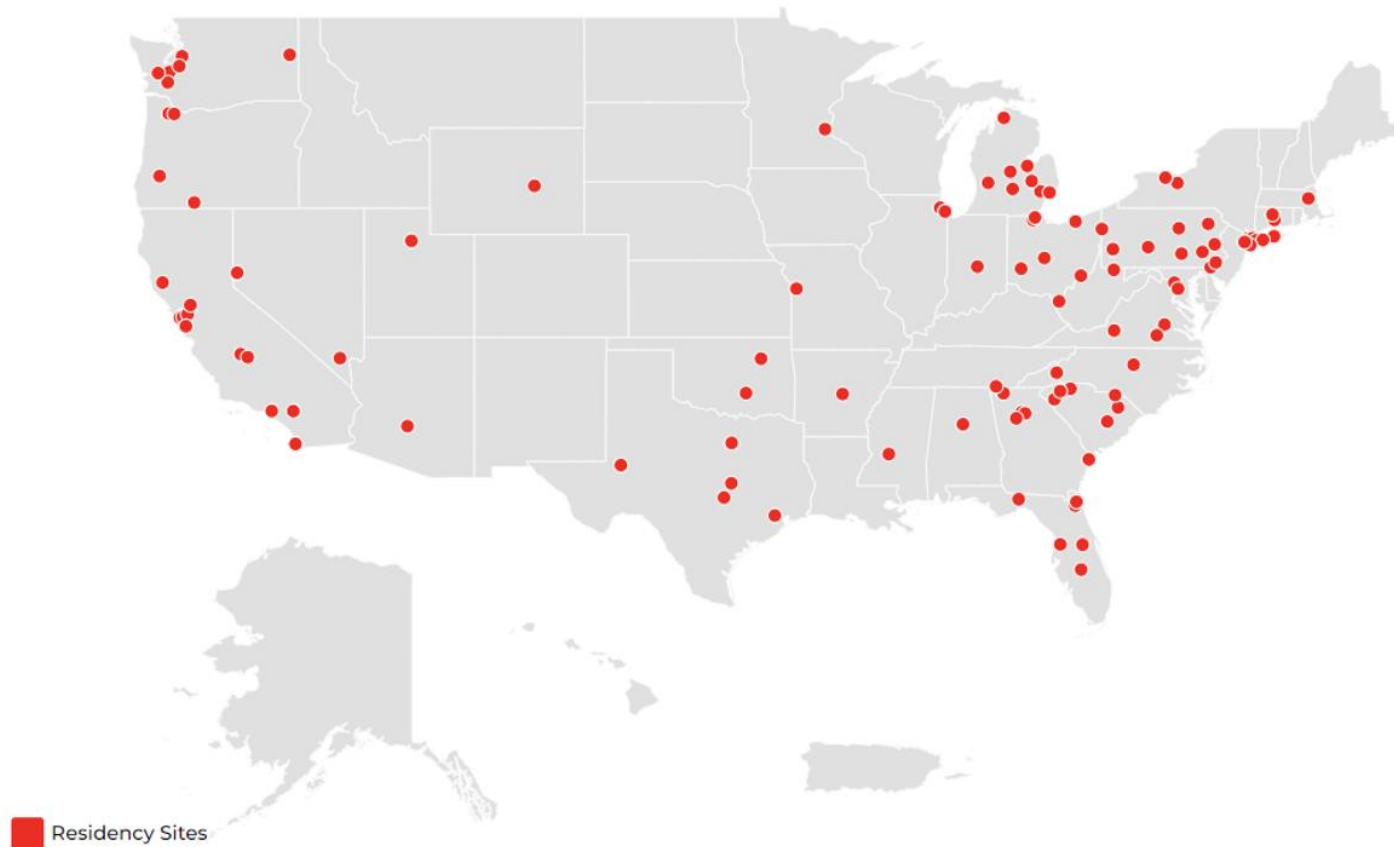
- 40 hours of didactics
- 400 patient encounters
- **Track Implementation**

Full Implementation

- 40 hours didactics
- 60 hours independent application activities
- 400 patient encounters
- 10 hours ITLC or TLC
- 10 hours group



Lifestyle Medicine Residency Curriculum- Site Map



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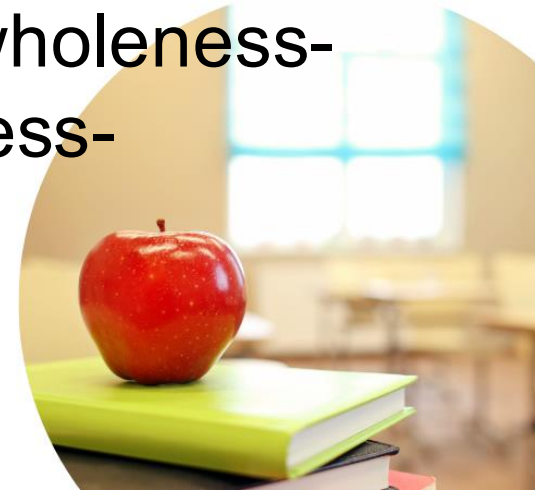
LLUH Wholeness Institute Initiatives and Resources



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Wholeness Institute

- » Wholeness Experience Survey for Students
- » Wholeness Vital Signs
- » ACLM Class Certification
- » WholenessU (in progress)
- » <https://lluh.org/wholeness-institute/wholeness-resources>



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ACLM Partial Pathway

4 out of 8 school
participating with
more in progress

SOM
SOPH
SAHP
SOP

Certified Classes

- » PT - AHCJ 541-174 (40296)
MANAGING STRESS
- » Pharm - RXPS 630: Biochemical
Aspects of Obesity and Metabolic
Syndrome
- » Pharm - RXPS 710: Dietary
Supplements
- » OT - OCTH 551 Occupation
Lifestyle and Wellness
- » OT - OCTH 536 Lifestyle Medicine
& OT
- » HPRO 526: Lifestyle Diseases and Risk
Reduction



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Adventist Health Study- Research

<https://adventisthealthstudy.org/researchers/scientific-publications>

PUBLICATION DATABASES



Scientific Publications About Adventists

Explore a compilation of publications that show the results of Adventist's unique diet and lifestyle choices.

SCIENTIFIC PUBLICATIONS ABOUT ADVENTISTS



Adventist Mortality Study

The first major study of Adventists, begun in 1958, has become known as the Adventist Mortality Study, a prospective study of 22,940 California Adventists. The study was conducted at the same time as the large American Cancer Society study of non-Adventists, and comparisons were made for many causes of death between the two populations.

ADVENTIST MORTALITY STUDY



Adventist Health Study-1

The second major study was designed to determine which components of the Adventist lifestyle give protection against disease. Over the course of the study, several questionnaires were mailed to 34,198 California Adventists. In the beginning, AHS-1 was primarily a cancer investigation. In 1981, a cardiovascular component was added.

ADVENTIST HEALTH STUDY-1



Adventist Health Study-2

With 96,000 Adventist participants in the U.S. and Canada, AHS-2 is one of the largest and most comprehensive studies of diet and cancer in the world. It is also one of the largest dietary studies of Black/African Americans and will help answer why this group has a disproportionate amount of cancers and heart disease.

ADVENTIST HEALTH STUDY-2



Adventist Health Air Pollution Study

The AHSMOG Study is a sub-study consisting of 6,338 California Adventists who were members of the parent AHS-1. It is believed this population provides a unique opportunity for also investigating the health effects of long-term exposure to ambient air pollutants with very little confounding (distortion) by active tobacco exposure. Since 1977, the cohort has been followed and monitored for newly diagnosed malignant neoplasms, coronary heart disease, and all-cause mortality.

ADVENTIST HEALTH AIR POLLUTION STUDY



Adventist Religion and Health Study

ARHS is a sub-study of AHS-2 consisting of 11,000 Adventist Americans who are members of the parent AHS-2. It aims to understand what specific aspects of religion, life stressors and other health behaviors account for better or worse health and trace some of the biopsychosocial pathways to health.

ADVENTIST RELIGION AND HEALTH STUDY



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Scholarly Activity and Publications

- » Lifestyle Medicine Core Competencies: 2022 Update.
<https://pubmed.ncbi.nlm.nih.gov/36389051/>
- » Undergraduate Medical Education: Lifestyle Medicine Curriculum Implementation Standards.
<https://pubmed.ncbi.nlm.nih.gov/36389051/>
- » Lifestyle Medicine Inpatient Consultation Services at Loma Linda University Health: A Novel Approach in a Tertiary Care Center.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124963/>
- » The Lifestyle Medicine Outpatient Clinic at Loma Linda University Health.
<https://journals.sagepub.com/doi/10.1177/1559827618766487>



Media and Professional Talks

- » Healthy Habits for Lifelong Wellnessv (about the LM outpatient clinic)

<https://www.youtube.com/watch?v=goLIXY4U7Ic>

- » High Dosed Lifestyle Change for Disease Remission (about the Health 180° Program)

<https://www.youtube.com/watch?v=pIH54XtD6G0>

- » Exercising on Empty

<https://www.youtube.com/watch?v=6w3izScHonk>

- » Meal Timing (info in this talk relevant to breast cancer recurrence)

<https://www.youtube.com/watch?v=IBd0ah1m2BA>



Blue Zones- Netflix Trailer

» Mo to insert here



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Lifestyle Medicine Global Alliance

- <https://lifestylemedicineglobal.org/lifestyle-medicine-4/>



Sister Organizations

LMGA sister organizations are those who meet the criteria set forth by the LMGA global steering committee. Of the 5 levels, level 5 is for established and sophisticated sister organizations, while level 1 is for organizations just starting out. Read more on [LMGA Sister Organization Criteria](#).

Please see our [LMGA Starter Pack](#) for guidance on starting a Lifestyle Medicine Sister Organization.

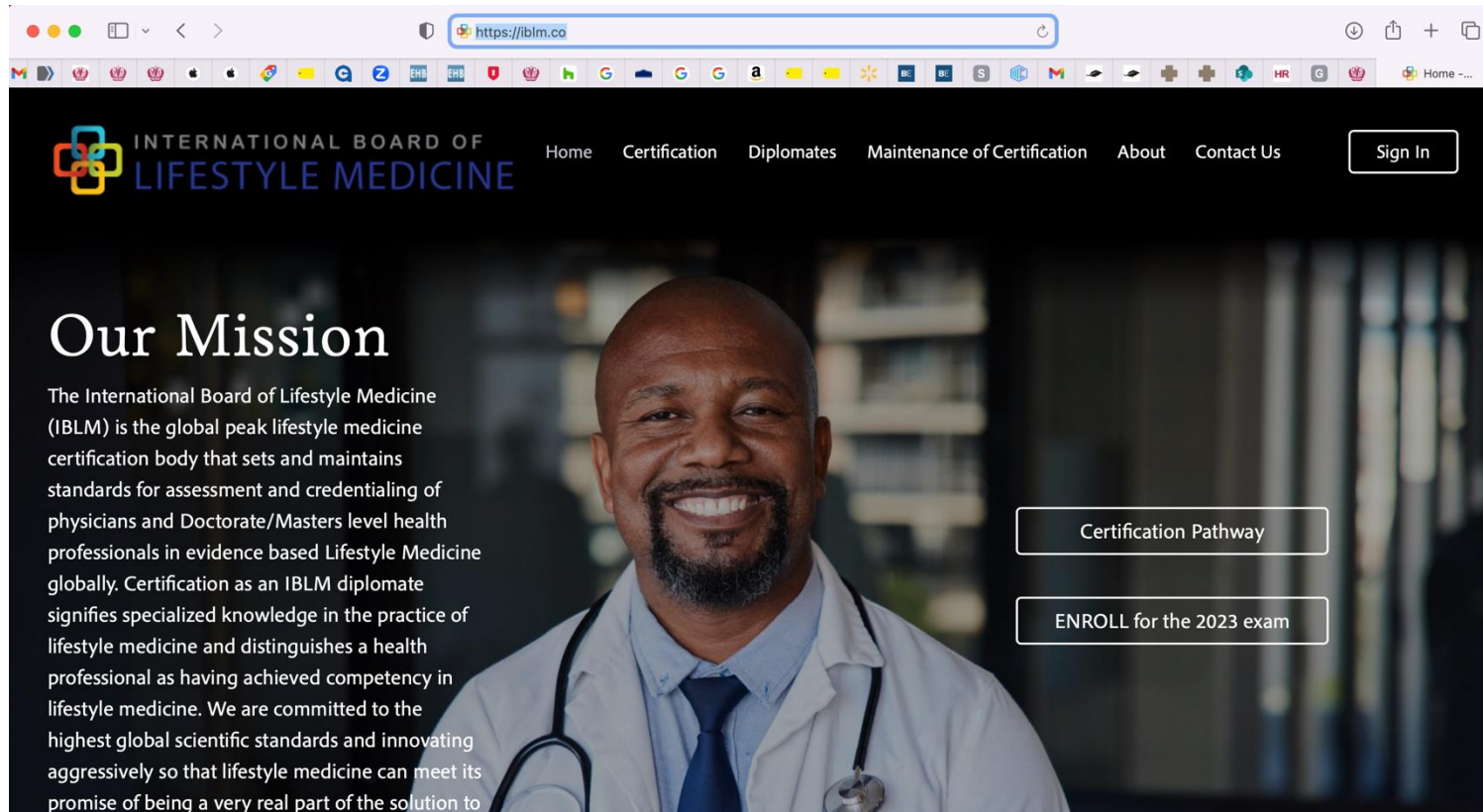
Find out more about the individual country lifestyle medicine organizations members by clicking on each logo.



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International LM Certification Information

» <https://iblm.co>



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Case Studies

Case Study 2



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Case Study 1



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Obesity Medications

- GLP-1s

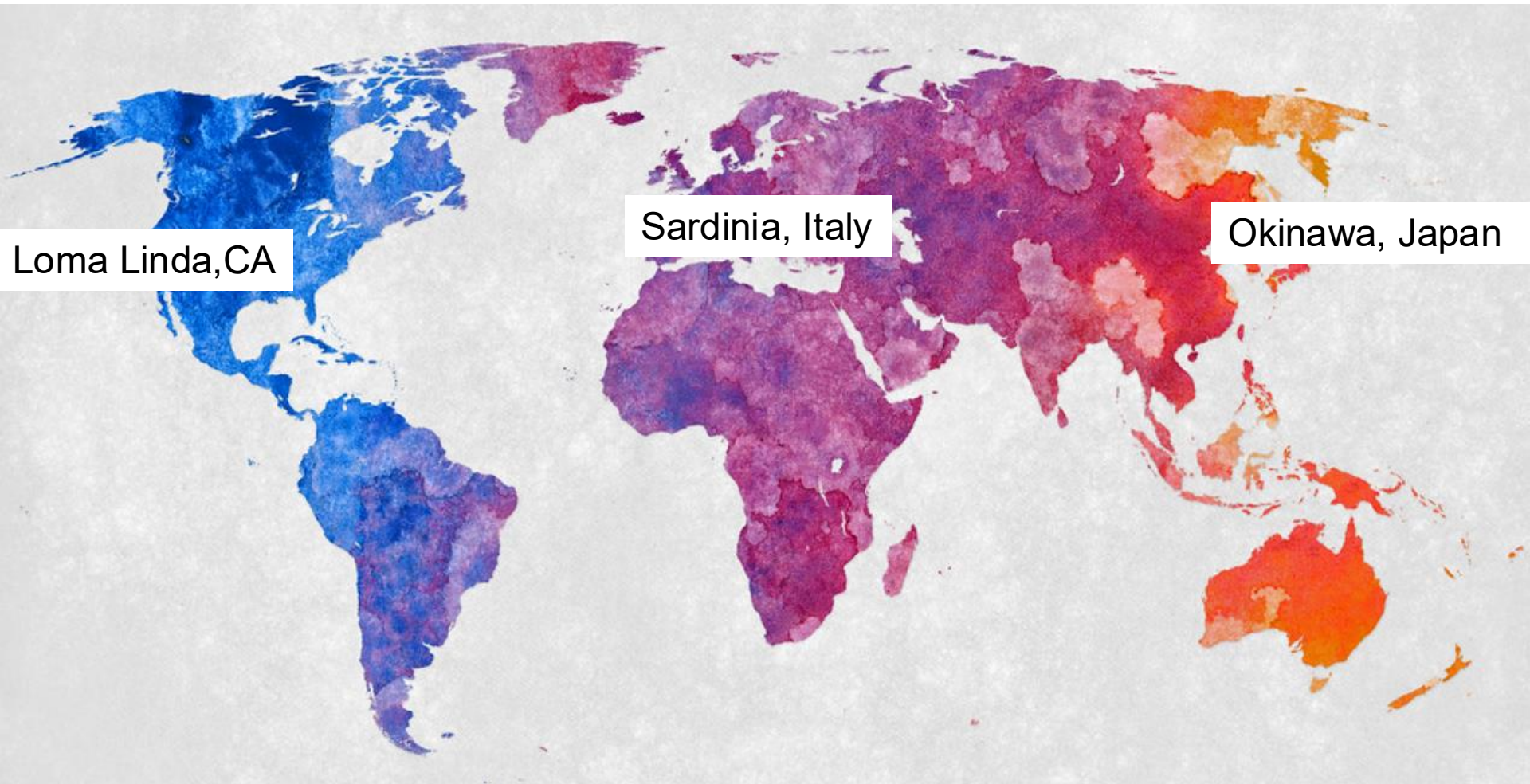


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Q and A

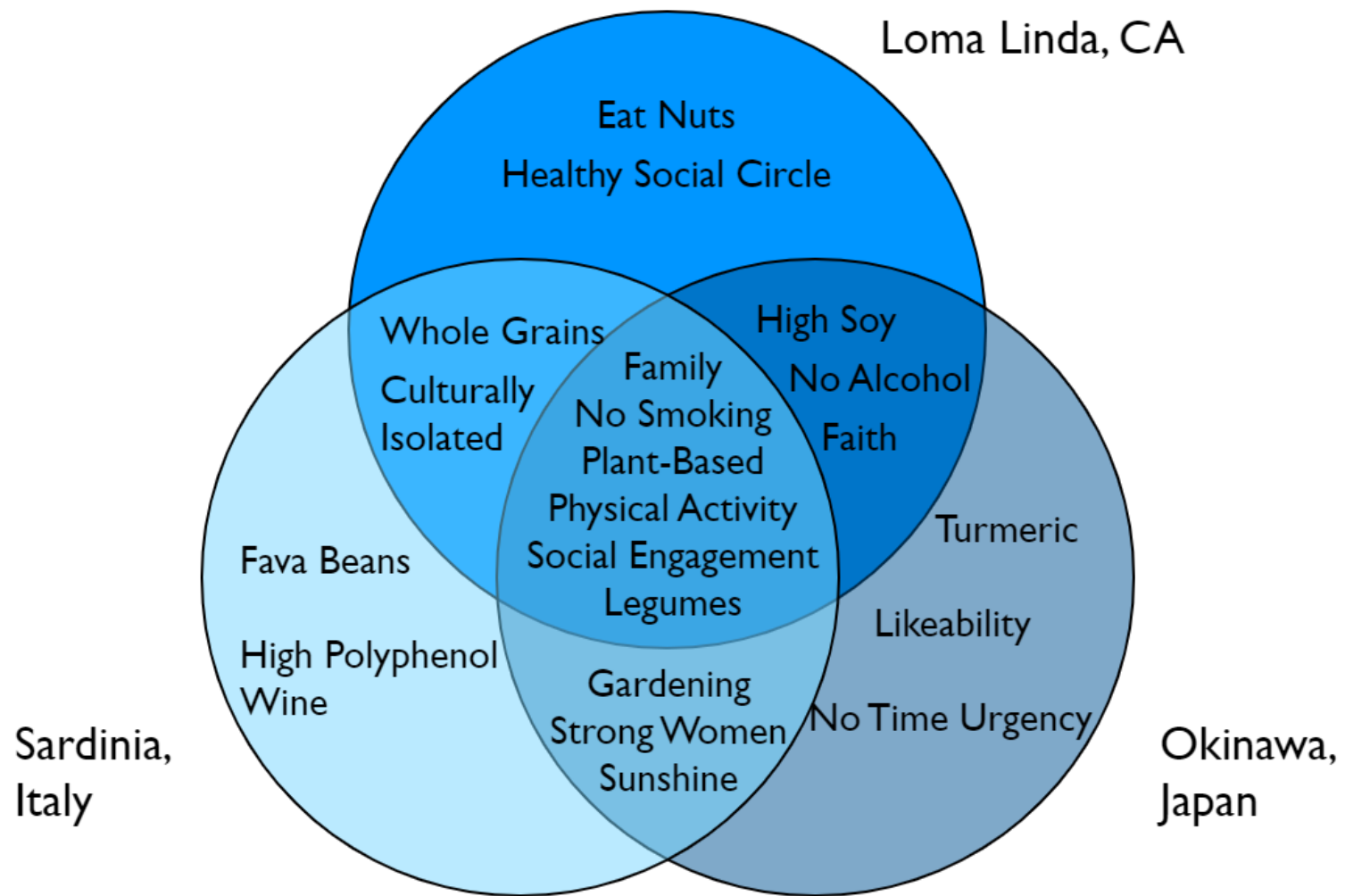
Thank you!

What's the Connection?



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National Geographic- “Blue Zones”



Which Pillar is Most Important?



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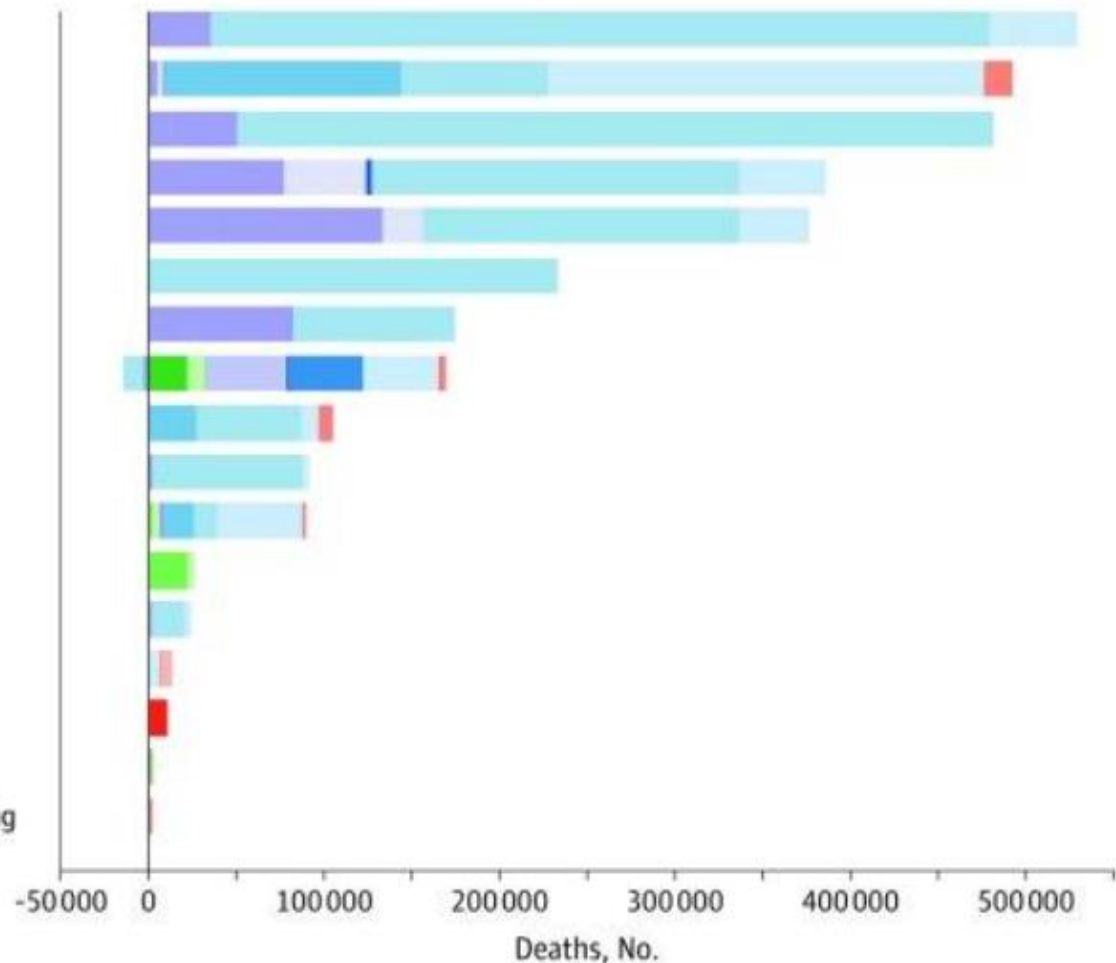
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Risk Factors and Death

A Risk factors and related deaths

Risk factors

Dietary risks
Tobacco use
High systolic blood pressure
High body mass index
High fasting plasma glucose
High total cholesterol
Impaired kidney function
Alcohol and drug use
Air pollution
Low physical activity
Occupational risks
Low bone mineral density
Residential radon and lead exposure
Unsafe sex
Child and maternal malnutrition
Sexual abuse and violence
Unsafe water, sanitation, and handwashing



Mokdad et al. JAMA 2018 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5933332/>



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