

Ten Modules over two to three years constituting 40 hours of in-person didactic material along with 60 hours of independent application activities. The practicum component consists of a minimum of 400 documented patient encounters with requirements for specific domains of lifestyle medicine interventions.

Module 1: Introduction to Lifestyle Medicine

Module 2: Role of Physician Health and the Physician's Personal Health

Module 3: Nutrition Science, Assessment, and Prescription

Module 4: Physical Activity Science and Prescription

Module 5: Sleep Health Science and Interventions

Module 6: Managing Tobacco Cessation and Other Toxic Exposures

Module 7: Fundamentals of Health Behavioral Change

Module 8: Key Clinical Processes in Lifestyle Medicine

Module 9: Emotional and Mental Well-Being

Module 10: The Role of Connectedness and Positive Psychology

Topic	Requirements*	Comments
Lifestyle Medicine approach in inpatient or outpatient clinical care settings	400 patient encounters	Address the six pillars of lifestyle medicine in clinical care: nutrition, physical activity, sleep, stress management/emotional resilience, substance abuse, and connectedness
Nutritional assessments and interventions	40 patient encounters	Food recall, micro-nutrient analysis, and nutrition prescriptions
Physical activity assessments and interventions	40 patient encounters	Activity diaries, exercise capacity assessments, percent body fat, and exercise prescriptions
Emotional and mental wellbeing, sleep, and connectedness assessments and interventions	40 patient encounters	Stress and sleep assessments, depression/anxiety/mental health screening, monitor/improve heart rate variability, mindfulness, meditation, spirituality and emotional well-being activity prescriptions, and referral to resources
Tobacco and toxic substance assessment, brief intervention, and referral training	30 patient encounters	Smoking assessments, chemical and toxic exposure assessments, abstinence prescriptions, screening and brief intervention, and indications for referral
Interpersonal and community communication skills, practice-based learning and improvement, systems based practice, and leadership in policy and community	not designated	Public relations campaigns, media campaigns, policy development and change, health system change, communication of risks vs. benefits, and family, and community engagement
Intensive Therapeutic Lifestyle Change (ITLC) programs**	20 hours	Participation and/or observation in group programs such as CHIP, Ornish program, McDougall program, and Canyon Ranch
Support or coaching group facilitation	20 hours	Group observation, recording, and facilitating – this may occur at the same time or separately from an ITLC program

* A tracking process will need to be developed at each site to track patient numbers and hours.

** ITLC activities must address prevention, treatment, and reversal of chronic disease process.