Mentoring Medical Schools in Lifestyle Medicine
For Administrators, Faculty, & Students – For the Patient

August 16, 2016

www.LifestyleMedicineEducation.org/webinar

Dennis Muscato, Core Team LMEd
Lifestyle Medicine in Medical Schools: Strategic Collaborations
College of Osteopathic Medicine of the Pacific-Northwest
Western University of Health Sciences
Lebanon, Oregon C:541-760-3837
dmuscato@westernu.edu
About the Speaker

Dennis Muscato          Global Program Developer – Social Innovation

Hewlett Packard – 27 Years

- Global Corporate Social and Environmental Responsibility Stakeholder Relations, Benchmarking, and Reporting
  - Fortune 100 companies, Business for Social Responsibility, UN Global Compact, World Resources Institute, Global Reporting Initiative, Socially Responsible Investors, FTSE4Good, Dow Jones Sustainability Index.

- U.C. Berkeley Haas Center for Responsible Business.

- E-Inclusion IT/ Health $1B Initiative in developing nations (Africa, Brazil, India) & Harvard School for Public Health.

- USAID/AIHA 4 year national award winning medical partnership team member in Ukraine.

- Global Philanthropy - multi-million dollar IT technology grants

  Western University of Health Sciences – COMP-Northwest - 5 Years

- Interprofessional Education Oregon Program for 400 medical students, 9 disciplines, 3 universities.

- Lifestyle Medicine Program Development

- LMed Consortium Medical Schools Mentoring Program
The Lifestyle Medicine Education Collaborative (LMEd)

**Leadership, Guidance, & Resources**

Advancing the Adoption and Implementation of Lifestyle Medicine Curricula Throughout Medical Education.
LMEd Partners

- Ardmore Institute of Health
- Association of American Medical Colleges
- American College of Lifestyle Medicine
- American College of Sports Medicine/ Exercise is Medicine
- American College of Preventive Medicine
- American Council on Exercise
- American Medical Student Association
- Bipartisan Policy Center
- Josiah Macy Jr. Foundation
- LevelSmart
- Physician’s Committee for Responsible Medicine
- National Board of Medical Examiners
- National Coalition for Promoting Physical Activity
- NextGenU
- Western University of Health Sciences - College of Osteopathic Medicine of the Pacific
LMEd - Core Team

Jennifer L. Trilk, Ph.D.
- Co-founder, LMed
- Assistant Professor, USC School of Medicine, Greenville
- 10 years examining the benefits of Lifestyle Medicine in clinical populations (Obesity, Type 2 Diabetes, SCI)

Eddie Phillips, MD
- Co-founder, LMed
- Founder, Institute of Lifestyle Medicine
- Assistant Professor, Harvard Medical School

Dennis Muscato, MS
- Lifestyle Medicine in Medical Schools: Strategic Collaborations
- College of Osteopathic Medicine of the Pacific-Northwest, Western University of Health Sciences

Rani Polak, MD
- Research fellow Harvard Medical School
- Program Director, Chef Coaching Program, Institute of Lifestyle Medicine
- 10-year experience in Medical Education & Culinary Medicine

Sarah Hawkins
- LMed Project Coordinator

Rachele Pojednic, PhD
- Assistant Professor Nutrition, Simmons College
- Research Fellow, Harvard Medical School
- Professor, Nutrition & Physical Activity, Harvard Extension School

Cortney Easterling and team
- Marketing and Communications

Lynn Crespo, PhD
- 25 years in Medical Curriculum Design
- Consultant and UME curriculum content expert
Adventist University of the Philippines College of Medicine
American University of Antigua Health Clinic
Ben Gurion University
Cambridge University Hospital
Camosun College
Campbell University of School of Osteopathic Medicine
City College of New York
Clemson University, PRTM
College of Medicine Adventist University of the Philippines
Cornell University
Dartmouth Hitchcock
Dept. of Medical Education/UNTHSC-Fort Worth
DMC/WSU
Duke University
Eastern Kentucky University
Emory School of Public Health & Physician Assistant ETSU
Quillen College of Medicine
Furman University Health Science Department
Geisel School of Medicine at Dartmouth
Greenville Health System – USC SOM

Harvard University
IMO State University Teaching Hospital ORLU Nigeria
Institute of Lifestyle Medicine
Jefferson Medical College
Kalinga Institute of Medical Sciences, Bhubaneswar, India
Louisiana State University Health – Shreveport
Loyola University Medical Center
Michigan State College of Osteopathic Medicine
MSU Denver
National University of Ireland Galway
Northshore University Health System
Oakland University William Beaumont School of Medicine
Ohio University College of Osteopathic Medicine
Oregon Health Science University
PNWU-COM
Queens University Kingston, Ontario Canada
Rutgers Robert Wood Johnson University
San Juan Bautista School of Medicine
San Marino High School
Sidney Kimmel Medical College Thomas Jefferson University
<table>
<thead>
<tr>
<th>Medical Schools</th>
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<tbody>
<tr>
<td>Slippery Rock University</td>
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<tr>
<td>Sophie Davis School of Biomedical Education</td>
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<tr>
<td>Southern Connecticut State University</td>
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<td>Stanford Medical School</td>
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<td>Staten Island University Hospital</td>
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<td>Stetson University</td>
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<td>Taylor University</td>
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<td>Texas A&amp;M Family Medicine Residency</td>
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<td>Texas College of Osteopathic Medicine</td>
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<td>Thomas Jefferson University – Family Medicine</td>
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<td>UCI Medical Affiliates</td>
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<tr>
<td>University of California San Francisco</td>
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<td>University of California San Diego</td>
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<td>University of Oklahoma School of Community Medicine</td>
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<td>Universidad ICESI Columbia</td>
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<td>Universite Du Quebec a Trois-Rivieres</td>
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<td>University of Alabama at Birmingham</td>
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<td>University of Florida</td>
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<td>University of Ghana Medical School</td>
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<td>University of Iowa Carver College of Medicine</td>
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LMEd – Medical Schools - Administrators, Faculty, & Students
Mentoring – Operationalizing – Lifestyle Medicine Education

Personal Consultation & Encouragement (100+)

Dropbox Toolkit files (200+)
- Journal Research evidence
- Curricular Education materials

Showcase Medical Schools
Networking
Mentoring Testimonials – Personal Consultation & Encouragement (100+)

Administration

The focus of the school is with primary care for underserved communities. I am very appreciative of the consultation of how to integrate LM as a threaded curriculum. I have never felt so supportive with outreach and friends in a program area.
- CUNY Biomedical Science

Faculty

I am an assistant professor in PMR, and the entire focus of my program of research is related to better understanding preventable secondary/chronic conditions among high risk populations. Thank you for our discussion. Kindest Regards.
- University of Michigan, School of Medicine

Medical Student

I enjoyed speaking with you about the need for increased nutrition education within the medical school curriculum - Nutrition in Medicine Interest Group, Teaching Kitchen, and Wellness/Physical Health.
- Johns Hopkins, School of Medicine
Mentoring Dropbox Toolkit

Content Acquisition
Daily scans of new content
User contributed submissions
Most valuable/useful vetted

Content Retrieval
Simple folders
File Names Keyworded
Searchable by Keyword

Read Access:
Email: Dmuscato@westernu.edu
LMEd Mentoring User Survey – August 2016

Please indicate your degree (16 responses):
- MD: 50%
- DO: 18.8%
- PhD: 18.8%
- MPH: 12.5%
- Other: 75%

Type of institution you represent (16 responses):
- Medical School: 75%
- Other: 25%

What is your role within your organization? (16 responses):
- Administrator: 75%
- Faculty: 12.5%
- Student: 12.5%
- Trainee/Resident: 75%
- Other: 75%
Is your leadership supportive of LM education?

- Faculty: 13
- Administration: 7
- Staff: 6
- Other: 2
- Not Supportive: 0
### What examples of LM education do you currently have underway at your institution?

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
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<tbody>
<tr>
<td>Student Group</td>
<td>9</td>
</tr>
<tr>
<td>IPE/Community</td>
<td>6</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
</tr>
<tr>
<td>Faculty Involve</td>
<td>4</td>
</tr>
<tr>
<td>Extra Curricular Course</td>
<td>3</td>
</tr>
<tr>
<td>Student Organization</td>
<td>2</td>
</tr>
</tbody>
</table>
What barriers did you find incorporating LM education at your school?

- **Time in Curriculum**: 15
- **Expertise**: 8
- **Integration**: 8
- **Administration**: 6
- **USLME Only**: 3
- **Other**: 2
- **Faculty**: 2
- **Students**: 1
How has the LMEd Mentoring Consulting & Toolkit Dropbox helped to start, encourage, and further your LM education program?

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
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<tbody>
<tr>
<td>Converse</td>
<td>9</td>
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<tr>
<td>LM Materials</td>
<td>8</td>
</tr>
<tr>
<td>Research</td>
<td>8</td>
</tr>
<tr>
<td>Personal Connection</td>
<td>7</td>
</tr>
<tr>
<td>Teach</td>
<td>6</td>
</tr>
<tr>
<td>Have not used the tool kit</td>
<td>4</td>
</tr>
<tr>
<td>Business Case</td>
<td>4</td>
</tr>
<tr>
<td>Rotations</td>
<td>4</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
</tr>
<tr>
<td>Not valuable</td>
<td>0</td>
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How might we improve the LMEd Mentoring service?

- Operationalize: 12
- Curriculum: 10
- Research: 5
- Networking: 4
- Other: 3
Networking and case study examples are most helpful. Continued success to all involved in this wonderful education and life skills initiative.

Currently offering two, online, interprofessional courses for healthcare practitioners and students to build knowledge, skills and tools to integrate lifestyle medicine into practice. Working to integrate lifestyle medicine into DO curriculum under the Population Health umbrella so any resources would be appreciated.

This will happen at our institution—just a matter of getting enough time to organize.

More resources on how schools are funding Lifestyle Medicine initiatives.

Thank you for being a supportive advocate for us, individuals, pushing for LM in our institutions.

We also need faculties to mentor us in Togo.

This is a fantastic resource and any additional material that could be added would clearly be of benefit. Thank you for those of you who take the time to populate this dropbox!
Road Ahead – Positive – Keep Going!

More Materials
  Curriculum & Research

Operationalizing LM Education
  Overcome Barriers

Networking
  Showcase Success Stories
What’s Ahead - Webinar Series, May-September 2016
Half Hour Live & Recorded

<table>
<thead>
<tr>
<th>TOPIC</th>
<th>TITLE</th>
<th>DATE/TIME</th>
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<tbody>
<tr>
<td>Overview</td>
<td>Teaching Doctors to Practice Value-Based Health Care and Population Health Management: The Lifestyle Medicine Education Collaborative</td>
<td>Tuesday, May 17 2pm EDT</td>
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<tr>
<td>Medical Students</td>
<td>Medical Students as a Key Partner in the Co-creation of Evidence-Based Lifestyle Medicine Medical School Education</td>
<td>Tuesday, June 21 2pm EDT</td>
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<tr>
<td>Mentoring</td>
<td>Lifestyle Medicine Education Collaborative Mentoring Assisting Medical Schools in Lifestyle Medicine Student Education</td>
<td>Tuesday, Aug 16 2pm EDT</td>
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<tr>
<td>MedEdPortal</td>
<td>LMEd Partners with AAMC’s MedEdPORTAL to Provide Evidence-Based Lifestyle Medicine</td>
<td>Tuesday, Sept 20 2pm EDT</td>
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Registration and Recordings: [www.LifestyleMedicineEducation.org/webinar](http://www.LifestyleMedicineEducation.org/webinar)
What’s Ahead - Medical Schools Summit Oct 7-9 2016

www.LifestyleMedicineEducation.org/summit
Jennifer L. Trilk, Ph.D.
- Co-founder, LMEd
- Assistant Professor, USCSOM
- 10 years Lifestyle Medicine in clinical populations
Thank You

Students, faculty, administrators, and medical professionals around the globe are invited to collaborate with us - FREE

Web:  LifestyleMedicineEducation.org

Email:  DMuscato@westernu.edu  - Access LMEd Mentoring Toolkit

Text:  “LMEd” to 444999 for LMEd newsletter signup

FREE:  LMEd newsletter, social collaboration, webinars, summit, & mentoring consultation/toolkit.