Certificate in Lifestyle Medicine

Background
Globally, there is an ongoing epidemic of noncommunicable diseases like heart disease, high blood pressure, obesity, cancer and diabetes. These chronic diseases currently are the leading causes of morbidity and premature mortality along with being responsible for most of the healthcare expenditure. Evidence suggests that 80 percent of chronic diseases can be prevented by adopting healthy lifestyle measures such as increased physical activity, healthy nutrition, managing stress, maintaining healthy relationships and tobacco cessation.

Lifestyle Medicine (LM) is defined as “evidence-based practice of helping individuals and families adopt and sustain healthy behaviors that affect health and quality of life” (American College of Lifestyle Medicine). LM can effectively prevent, treat and or even reverse many chronic diseases such as hypertension, heart diseases, diabetes, obesity, depression/anxiety and musculoskeletal conditions.

Scientific evidence published in peer-reviewed journals shows that many chronic diseases can be treated and often reversed by addressing these lifestyle factors. Despite valid research findings supporting the benefits of LM, numerous health care providers including physicians, remain unfamiliar about the usefulness of lifestyle medicine in the treatment and prevention of chronic diseases.

Course Overview
The Certificate in Lifestyle Medicine (CLM), 60-hour certificate program, administered by Institute for Population Health, Weill Cornell Medicine-Qatar, provides lifestyle medicine education and competencies which aid in the evaluation, prevention and management of lifestyle health related chronic conditions.

The course is delivered by means of didactic lectures, small group interactive discussions, review of clinical cases and distance online learning. There are two components to the course which must be successfully completed to meet the course requirements in order to receive the Certificate in Lifestyle Medicine. The two components are a) attendance and participation in the onsite/in person (30-hour unit) comprising lectures and interactive discussions, b) self-study/online (30-hour unit) which requires completing the “Foundations of Lifestyle Medicine Board Review Course, 2nd Edition Online Course”, which is an evidence-based course designed to provide an overview of essential elements of lifestyle medicine. No single course can cover all the detailed aspects of lifestyle medicine. It is up to the learners to make sure that their education in lifestyle medicine is consistent with the current standards of care.
The course participants are evaluated on attendance, participation, and meeting the course requirements

**Course Objectives**
The course incorporates relevant lifestyle medicine knowledge and competencies related to leadership, knowledge, assessment skills, management skills and use of community support (Lianov, L, Physician competencies for prescribing LM, JAMA, July 14, 2010).

Objectives:
- Define and discuss lifestyle medicine and its competencies.
- Discuss and examine the evidence of lifestyle medicine interventions in the prevention and management of chronic disease.
- Review relevant lifestyle medicine specific topics such as clinical processes, emotional and mental wellbeing, nutrition science, physical activity, social relationships and connectedness, sleep hygiene, managing tobacco and other addictions and behavior change.
- Summarize lifestyle medicine prescriptions for various chronic diseases.

**Target Audience**
This course is intended for healthcare professionals including physicians, nurses, dentists, pharmacists, allied health professionals, educators, researchers.

**Course Directors and Faculty**
The course is directed by board certified Weill Cornell Medicine faculty namely, Sohaila Cheema, MBBS, MPH, DipIBLM and Ravinder Mamtani, MD, FACPM, FACOEM, DipABLM.

Additional details pertaining to the Certificate in Lifestyle Medicine course can be accessed here: http://qatar-weill.cornell.edu/event/certificate-in-lifestyle-medicine/

Register for the Certificate in Lifestyle Medicine here: http://qatar-weill.cornell.edu/event/certificate-in-lifestyle-medicine/registration/

In developing this course, the Institute of Population Health, Weill Cornell Medicine-Qatar acknowledges and appreciates the support received from the American College of Lifestyle Medicine.