



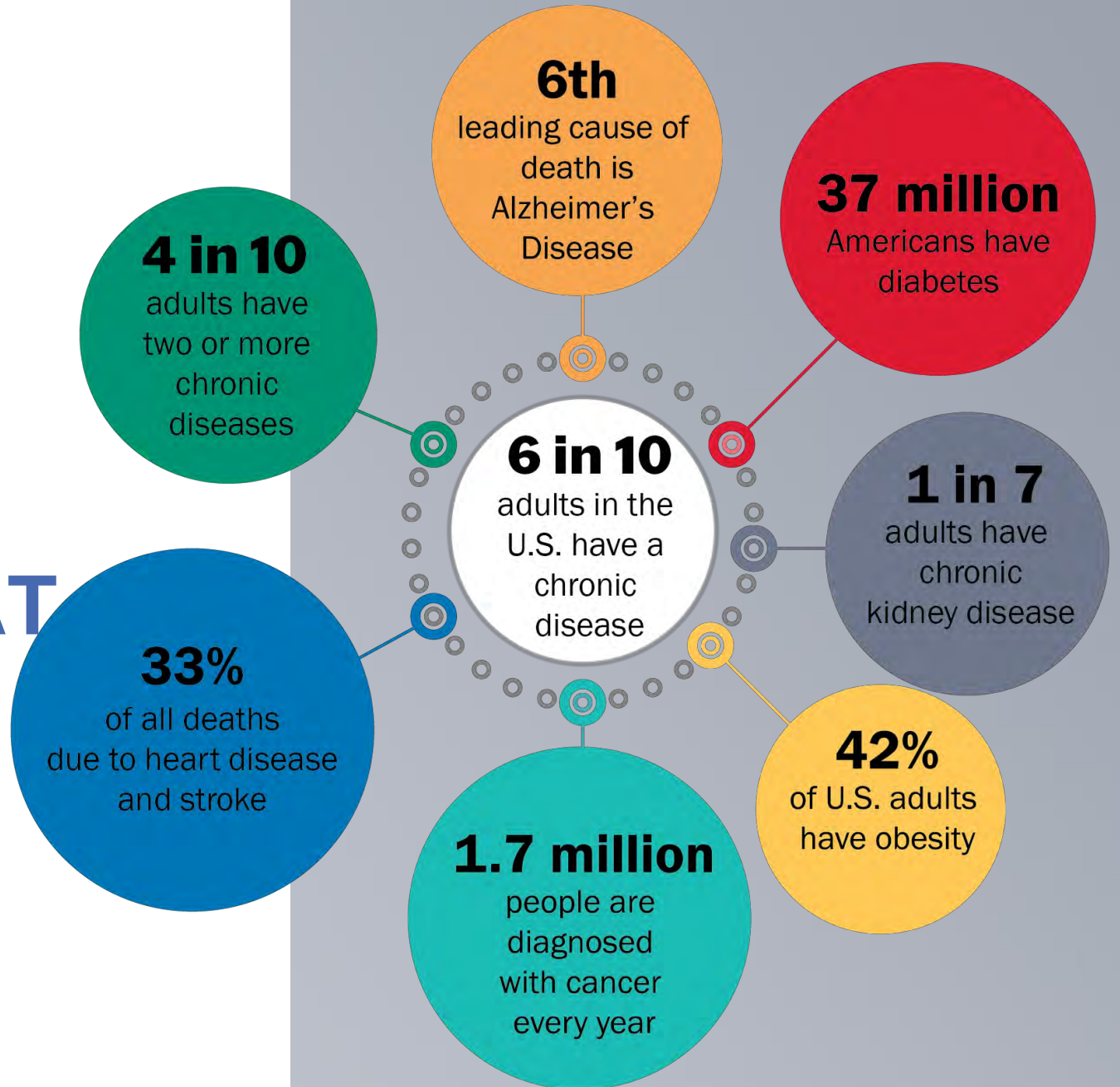
AMERICAN COLLEGE OF
Lifestyle Medicine

OVERVIEW OF LIFESTYLE MEDICINE

DISCLOSURES

- None

CHRONIC DISEASE PREVALENCE AT AN ALL-TIME HIGH



LIFESTYLE MEDICINE IS THE SOLUTION

6 KEY DOMAINS OF HEALTH BEHAVIOR:

- Nutrition
- Physical activity
- Restorative Sleep
- Stress management
- Social connection
- Avoiding risky substances

Overview of Lifestyle Medicine





AMERICAN COLLEGE OF
Lifestyle Medicine

NUTRITION

Extensive scientific evidence supports a whole food, predominantly plant-based diet as an important strategy in preventing chronic disease, treating chronic conditions, and, in intensive therapeutic doses, reversing chronic illness. Such a diet is nutrient-dense, rich in fiber and antioxidants, with a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds.

PHYSICAL ACTIVITY

Regular and consistent physical activity combats the negative effects of sedentary behavior. Engaging in general physical activity and purposeful exercise weekly builds mental health, overall health, and resiliency.



RESTORATIVE SLEEP

Inadequate sleep causes sluggishness, low attention span, decreased sociability, depressed mood, decreased daytime caloric burn, increased hunger, decreased satiety, insulin resistance, and decreased performance. 7-9 hours nightly is associated with optimal health; under six hours or more than nine hours is associated with increased mortality.



STRESS MANAGEMENT

Stress, when appropriate, may improve health and productivity, but in excess, it can lead to anxiety, depression, obesity, immune dysfunction, and more. Helping patients recognize negative stress responses and identify coping mechanisms and stress reduction techniques leads to improved well-being.



AVOIDANCE OF RISKY SUBSTANCES

Tobacco and excessive alcohol consumption increase the risk of chronic diseases and death, with a similar impact from opioids and recreational drug use. Treatments take time, requiring varying approaches and many attempts, with patience and support essential to cease risky substance habits.



SOCIAL CONNECTION

Positive social connections and relationships affect physical, mental, and emotional health. Leveraging the power of relationships and social networks can help reinforce healthy behaviors.



AT THE CENTER OF MEDICINE, SCIENCE, AND HEALTH



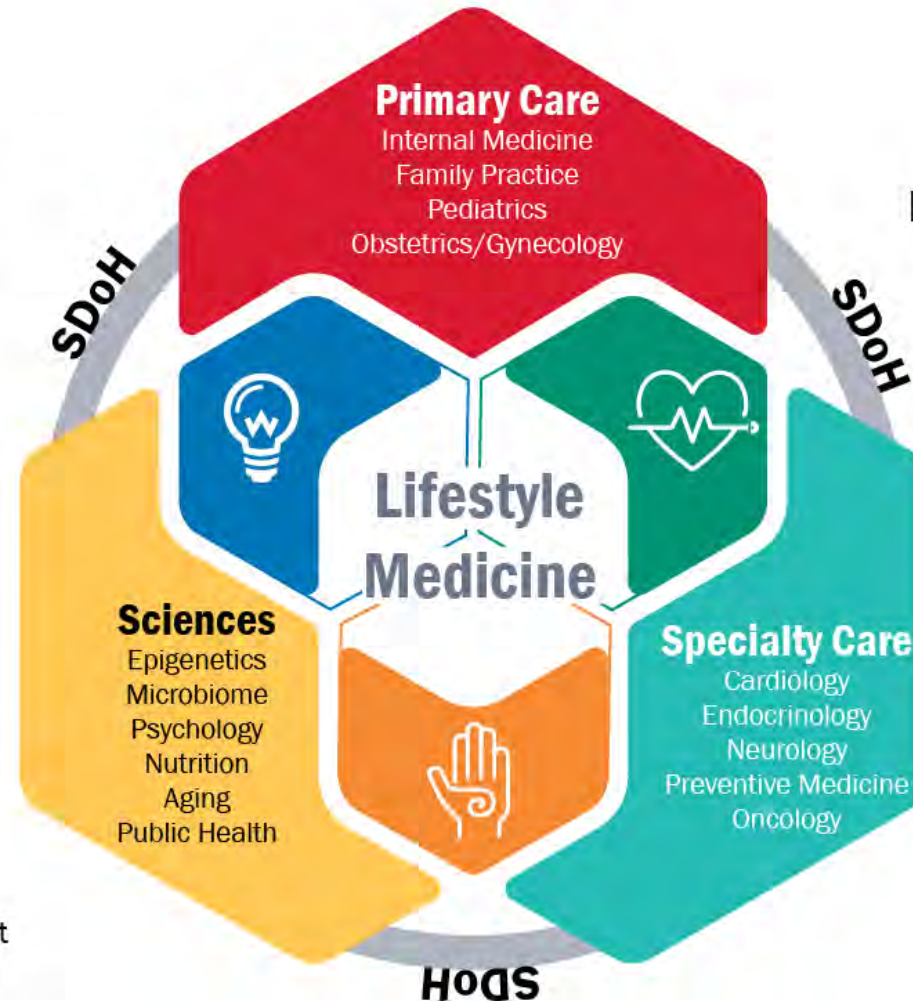
Mental Health

Inner balance and harmony to optimally meet daily demands / tasks / relationships



Social Determinants of Health (SDoH)

Economic Stability
Education Attainment
Health Care Access
Built Environment
Social Context



Physical Health

Proper bodily function affected by lifestyle, genetics, and one's environment



Social Health

Personal ability to interact and adapt effectively with the environment



LIFESTYLE CHANGE AS FIRST TREATMENT OPTION

LIFESTYLE THERAPY

RISK STRATIFICATION FOR DIABETES COMPLICATIONS

INTENSITY STRATIFIED BY BURDEN OF OBESITY AND RELATED COMPLICATIONS

Nutrition	<ul style="list-style-type: none"> Maintain optimal weight Calorie restriction (manage increased weight) Plant-based diet; high polyunsaturated and monounsaturated fatty acids 	+	<ul style="list-style-type: none"> Avoid <i>trans</i> fatty acids; limit saturated fatty acids Technological aids 	+	<ul style="list-style-type: none"> Structured counseling Meal replacement
Physical Activity	<ul style="list-style-type: none"> 150 min/week moderate exertion (e.g., walking, stair climbing) Strength training Increase as tolerated 	+	<ul style="list-style-type: none"> Structured program Wearable technologies 	+	<ul style="list-style-type: none"> Medical evaluation/clearance Medical supervision
Sleep	<ul style="list-style-type: none"> About 6-8 hours per night Basic sleep hygiene 	+	<ul style="list-style-type: none"> Screen sleep disturbances Home sleep study 	+	<ul style="list-style-type: none"> Referral to sleep study
Behavioral Support	<ul style="list-style-type: none"> Community engagement Alcohol moderation 	+	<ul style="list-style-type: none"> Discuss mood with HCP 	+	<ul style="list-style-type: none"> Formal behavioral therapy
Smoking Cessation	<ul style="list-style-type: none"> No tobacco products 	+	<ul style="list-style-type: none"> Nicotine replacement therapy and medications as tolerated 	+	<ul style="list-style-type: none"> Referral to structured program

AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in adult life



BE PHYSICALLY ACTIVE

Be physically active as part of everyday life - walk more and sit less



EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks



LIMIT CONSUMPTION OF "FAST FOODS" AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol



FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby



AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional about what is right for you



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone



American Institute for Cancer Research®
www.aicr.org

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

WHO Guidelines For Risk Reduction Of Cognitive Decline And Dementia



Physical activity interventions

Physical activity should be recommended to adults with normal cognition to reduce the risk of cognitive decline.

Quality of evidence: moderate

Strength of the recommendation: strong

Physical activity may be recommended to adults with mild cognitive impairment to reduce the risk of cognitive decline.

Quality of evidence: low

Strength of the recommendation: conditional

Tobacco cessation interventions

Interventions for tobacco cessation should be offered to adults who use tobacco since they may reduce the risk of cognitive decline and dementia in addition to other health benefits.

Quality of evidence: low

Strength of the recommendation: strong

Nutritional interventions

The Mediterranean-like diet may be recommended to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: moderate

Strength of the recommendation: conditional

A healthy, balanced diet should be recommended to all adults based on WHO recommendations on healthy diet.

Quality of evidence: low to high (for different dietary components)

Strength of the recommendation: strong

Vitamins B and E, polyunsaturated fatty acids and multi-complex supplementation should not be recommended to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: moderate

Strength of the recommendation: strong

Interventions for alcohol use disorders

Interventions aimed at reducing or ceasing hazardous and harmful drinking should be offered to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia in addition to other health benefits.

Quality of evidence: moderate (for observational evidence)

Strength of the recommendation: conditional

Cognitive interventions

Cognitive training may be offered to older adults with normal cognition and with mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: very low to low

Strength of the recommendation: conditional

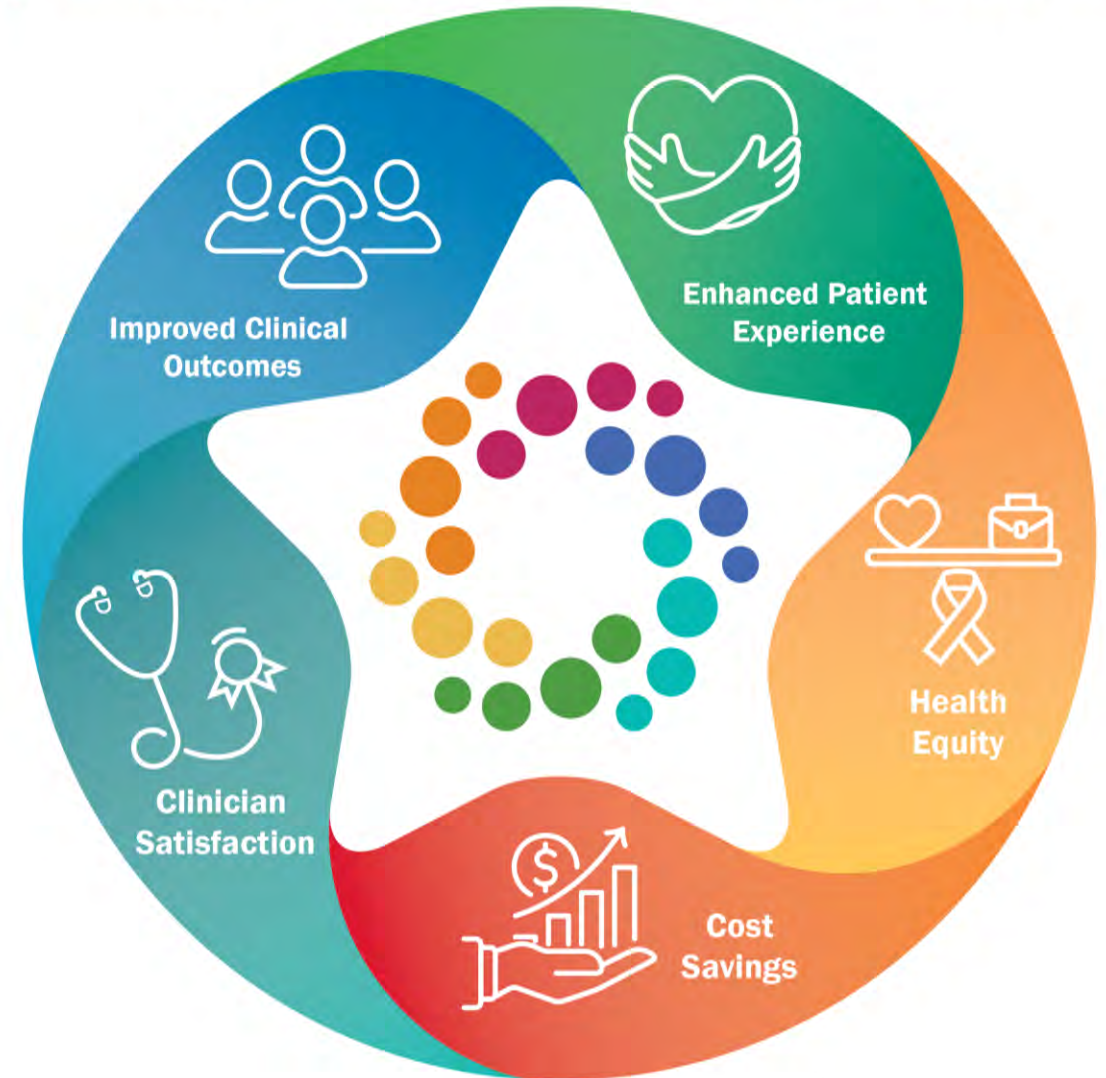
Social activity

There is insufficient evidence for social activity and reduction of risk of cognitive decline/dementia.

Social participation and social support are strongly connected to good health and well-being throughout life and social inclusion should be supported over the life-course.



LIFESTYLE MEDICINE ACHIEVES THE QUINTUPLE AIM



LIFESTYLE MEDICINE = GREATER HEALTH BENEFITS

Improvements in:

- Hypertension
- Blood lipids
- BMI
- Heart disease
- Mental health
- Depression

Reduced risk of:

- Alzheimer's disease
- Musculoskeletal conditions
- Certain forms of cancer

Reversal of:

- Coronary artery disease (CAD)

Remission of:

- Type 2 diabetes
- Metabolic dysfunction-associated steatotic liver disease (MASLD)

RE-ENVISIONING CLINICAL OUTCOMES

- Health Restoration
 - o Disease Remission
 - o Medication De-escalation



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