

## Understanding of Lifestyle Medicine Important for Next CDC Director

The American College of Preventive Medicine (ACPM) wrote a letter to Secretary Alex M. Azar of the U.S. Department of Health & Human Services (HHS) offering perspective on the qualifications necessary for the next director of the Centers for Disease Control and Prevention (CDC). Specifically, ACPM asserted that candidates to this position must be capable of addressing the CDC's main responsibilities of ensuring the nation's health at a population and public health level, which requires competencies—including lifestyle medicine—that not all physicians possess.

On behalf of the College, ACPM President Dr. Robert Carr wrote, “The CDC Director must be versed in how to deliver and support Lifestyle Medicine ... in both the clinic and community to address the top health problems in the United States. Many of the most successful steps forward in improving or protecting the health of our citizens, such as vaccinations and smoking cessation, have come as a result of effective integration of large scale clinical and community interventions and campaigns.”

Read ACPM's [letter to the HHS Secretary](#) and ACPM President-Elect Dr. Stephanie Zaza's [opinion article](#) published in *The Hill* for a detailed look at these and other essential competencies recommended for public health leadership candidates.

## Program Released for the NIOSH Total Work Health Symposium

The National Institute for Occupational Safety and Health released a [preliminary program](#) for the 2nd International Symposium to Advance Total Worker Health®, to be held May 8-11 in Bethesda, MD. The symposium will feature a wide range of sessions and activities covering many ways to advance Total Worker Health research and practice.



Scheduled keynote presentations include:

- The International Reach of Total Worker Health® – Professor Dame Carol Black, DBE, FRCP, FMedSci
- Blue Zones: Exploring Secrets of a Long Life – Tony Buettner
- Global Challenges for Safety, Health and Well-being at Work: New Strategic Responses – Hans Horst Konkolewsky
- Worker Well-being and High Performance Workplaces: Two Sides of the Same Coin – Kimberly Jinnett, PhD
- What Science Can Tell Us about Living Well: Lessons from an 80-Year Longitudinal Study – Robert Waldinger, MD

**Early registration closes March 31.** Student pricing and pre-conference workshops are also available. Continuing Education credits offered through CDC are pending. Anticipated offerings include: CME, CNE, CEU, and CECH.

## 'Go Further' for National Nutrition Month®

Observed each year in March, National Nutrition Month® is a great time to talk with patients about how diet, eating habits, and physical activity can affect health and body weight.

Organized by the Academy of Nutrition and Dietetics, this year's campaign theme is "Go Further with Food." Whether it's starting the day with a healthy breakfast or fueling before an athletic event, planning and preparing meals and snacks in advance can help improve your health, reduce food waste, and save you money.

A dark teal rectangular box with the word "Nutrition" written in white, bold, sans-serif font.

Nutrition

ACPM has compiled a collection of [nutrition-related resources](#) for physicians, allied health professionals, and patients. The collection includes reports, articles, and educational opportunities developed by ACPM and our partners—including the Medical Nutrition Therapy elective offered as part of the [Lifestyle Medicine Core Competencies Program](#).

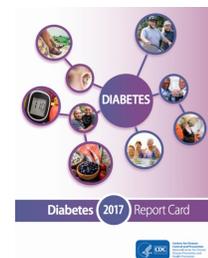
## LIFESTYLE

[Springing Forward Causes Falls and Other Adaption and Health Risks](#) – Beginning this year on Sunday, March 11 at 2:00 am in the United States, Daylight Saving Time brings with it both personal and occupational health risks as individuals adjust to new daily cycles and schedules.



## RESEARCH / NEWS

[2017 Diabetes Report Card](#) – The report provides the most current information and data available about diabetes and prediabetes, along with diabetes-related preventive care practices, health outcomes, risk factors, and national and state trends. As the seventh leading cause of death in the United States, diabetes is one of the nation’s most serious and urgent health concerns. However, the Diabetes Report Card shows some encouraging trends in diabetes management and prevention of type 2 diabetes. – CDC Division of Diabetes Translation



[‘Obesity Paradox’ Fails to Hold Up in Study](#) – Some experts have suggested that there is an “obesity paradox,” the idea that obese people live longer than those of normal weight. But a new study published in JAMA Cardiology—titled [Association of Body Mass Index With Lifetime Risk of Cardiovascular Disease and Compression of Morbidity](#)—found that obesity was associated with an increased risk for cardiovascular disease and a two- to three-year shorter life span. – Nicholas Bakalar (The New York Times)



[In Sweeping War on Obesity, Chile Slays Tony the Tiger](#) – New regulations, which corporate interests delayed for almost a decade, require explicit labeling and limit the marketing of sugary foods to children. – Andrew Jacobs (The New York Times)

[Prospective associations between toddler televiewing and subsequent lifestyle habits in adolescence](#) – Preventive Medicine

[Future doctors and nurses learning to treat patients with food](#) – Star Tribune

[Prediabetes Treatments That Can Help You Avoid Type 2 Diabetes](#) – Self

[Lifestyle Interventions Cut Gestational Weight Gain](#) – MedPage Today

[A ‘paradigm shift’ in the diagnosis of diabetes](#) – Inquirer.net

[Schools push lifestyle medicine to boost chronic-disease prevention](#) – AMA Wire

[HHS Secretary Alex Azar backs CDC research on gun violence](#) – Adam Cancryn (Politico)

[Sudden Temperature Changes May Lead To Heart Attacks](#) – Medical Daily

[Soccer is basically medicine, some researchers argue](#) – Reuters

[Why Sitting May Be Bad for Your Heart](#) – Gretchen Reynolds (The New York Times)

[6 Steps to a Healthier You](#) – HealthDay News

[Gaps in Public Knowledge of Cancer Risk](#) – Fewer than one third of Americans recognized obesity as a leading preventable risk factor for cancer, according to a national household survey. A similar proportion of the survey participants failed to identify alcohol as a risk factor several types of cancer, including mouth, liver, and breast. Although a majority of the participants knew that sun exposure increases the risk of skin cancer, fewer than half reported using sunblock or taking other precautions to reduce the risk of skin cancer. – Charles Bankhead (MedPage Today)

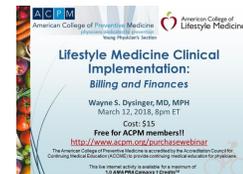


Share your lifestyle medicine news, research, and upcoming events with your colleagues. Submit information to ACPM's Dani Pere at [dpere@acpm.org](mailto:dpere@acpm.org).

## OPPORTUNITIES

### WEBINARS

**Lifestyle Medicine Billing & Finances Webinar** – The ACPM Young Physicians Section has organized a webinar on 'Lifestyle Medicine Clinic Implementation: Billing & Finances' for March 12 at 8pm EST. Dr. Wayne S. Dysinger will be presenting. The webinar is free for ACPM members and costs \$15 for all other participants. [Registration](#) is required. Please contact [ACPMYoungPhysicians@acpm.org](mailto:ACPMYoungPhysicians@acpm.org) if you have any questions.



**Webinar on Policy Development in Lifestyle Medicine Education** – Organized by the Lifestyle Medicine Education Collaborative (LMEd) and hosted by Jennifer Trilk, LMEd Co-Director Jennifer Trilk, this free webinar on April 24 titled '[Policy Development in Lifestyle Medicine Education](#)' will feature guest presenters Monte N. Ward, ACSM Vice President of Government Relations; James Whitehead, ACSM CEO and EVP; Susan Benigas, ACLM Executive Director; and Dani Pere, ACPM Associate Executive Director. [Registration is required to participate.](#)



### COMMENT REQUESTS

**Physical Activity Guideline** – The 2018 Physical Activity Guidelines Advisory Committee submitted its [Scientific Report](#) to the Secretary of Health and Human Services in February 2018. The report summarizes the scientific evidence on physical activity and health, and will be used by the government to develop the second edition of the Physical Activity Guidelines for Americans. The HHS Office of Disease Prevention and Health Promotion encourages those knowledgeable on this subject to [provide comments](#) by April 2.

**Draft Recommendation on Behavior Interventions for Weight Loss and Obesity Prevention** – The U.S. Preventive Services Task Force (USPSTF) is accepting comments on a draft [recommendation statement](#) and [evidence review](#)



concerning the use of behavioral interventions to encourage weight loss and prevent obesity-related morbidity and mortality in adults. USPSTF strongly encourages those knowledgeable on this subject to review the documents and [submit comments](#) on behalf of your organization. Input from practitioners helps ensure that the final recommendation is relevant and useful to health professionals, patients, and family members. *Comments must be submitted by March 19.*

### CALLS / ANNOUNCEMENTS

**Summit on Happiness Science** – The American College of Lifestyle Medicine in partnership with Dell Medical School (The University of Texas at Austin) is convening a [Summit on Happiness Science in Health Care](#) on May 6-7 for experts and stakeholders to determine strategies for infusing evidence-based positive psychology interventions into health care clinical processes, treatment plans and healthcare workers' personal health. This is an invitation-only event. *To be considered, prospective attendees may complete the registration application by Friday, March 9.*

### **Submit a Presentation Proposal for Lifestyle Medicine**

**2018** – The American College of Lifestyle Medicine is now accepting [presentation proposals](#) for the Lifestyle Medicine 2018 conference themed 'Real Health Care Reform.' Share your unique perspective and the innovative ways that you are applying lifestyle medicine in your practice, research community, or environment. *Submissions are due April 4.*

**lifestylemedicine** 2018  
Real Health Care Reform

## MEETINGS

### [Climate & Health Solutions Conference](#)

*Medical Society Consortium on Climate & Health  
April 9-10; Arlington, VA*

### [Innovations in Workplace and Community Wellness: A Road Map to Program Success](#)

*U.S. Chamber of Commerce  
April 10; Washington, DC*

The event will include talks by ACPM President Dr. Robert Carr as well as the Cummins corporation, a Fortune 500 company and ACPM Corporate Roundtable member.



### [SBM's 39th Annual Meeting](#)

*Society of Behavioral Medicine  
April 11-14; New Orleans, LA*

ACPM's Dani Pere will be presenting on lifestyle medicine and related topics.

### [2nd International Symposium to Advance Total Worker Health](#)

*National Institute for Occupational Safety and Health  
May 8-11; Bethesda, MD*

In addition to being an affiliate partner of the Total Worker Health program, ACPM is serving on the planning panel and will be a presenting partner for this event.

### [Preventive Medicine 2018](#)

*American College of Preventive Medicine  
May 23-26; Chicago, IL*

The Lifestyle Medicine and Precision Public Health track will examine the emerging science of personalized/precision medicine in regard to lifestyle medicine and precision public health. Sessions will cover topics such as food, exercise, mind-body medicine, and many more. Registration is now open and CME/MOC credits are available for attendees. [Subscribe](#) to receive email updates from ACPM about this and other events and news.



### [National Wellness Conference](#)

*National Wellness Institute  
June 18-20; Saint Paul, MN*

ACPM's Dani Pere will be presenting on lifestyle medicine and related topics.

### [Lifestyle Medicine: Tools for Promoting Healthy Change](#)

*The Institute of Lifestyle Medicine / Spaulding Rehabilitation Network  
June 22-23; Boston, MA*

## [Lifestyle Medicine: Science & Art of Healthy Longevity](#)

British Society of Lifestyle Medicine  
June 23; Edinburgh, United Kingdom

## [Healthy Aging Summit](#)

HHS / ACPM

July 16-17; Washington, DC

Open to health professionals and patients from all walks of life, the Summit is a unique opportunity to explore the factors that influence health in the later years of life and contribute to how we approach aging in America. The focus will be on maximizing the health of all older adults through prevention strategies that encourage healthy lifestyles, planning for aging, and improving the use of preventive services. [Registration is now open](#) and early bird rates are available until June 5.



## Healthy Aging Summit

July 16-17, 2018 ■ Washington, DC

## [Lifestyle Medicine 2018](#)

Australasian Society of Lifestyle Medicine  
August 17-19; Brisbane, Australia

## [Lifestyle Medicine 2018](#)

American College of Lifestyle Medicine  
October 21-24; Indianapolis, IN

## [Lifestyle Medicine Certification Exam](#)

American Board of Lifestyle Medicine  
October 25; Indianapolis, IN



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