

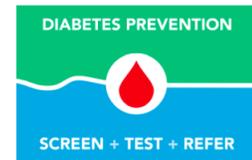
## Take Advantage of the Medicare Diabetes Prevention Program

The [Medicare Diabetes Prevention Program](#) (MDPP) launched nationwide on April 1, providing coverage for eligible individuals enrolled in Medicare Part B to participate in an approved diabetes prevention program. To orient providers and patients, the Centers for Medicare & Medicaid Services has made several introductory materials available online.

The MDPP is based on the science of the Diabetes Prevention Program (DPP) research study and multiple translation studies which demonstrated that health behavior changes helped participants lose 5 to 7 percent of their body weight and reduced the risk of developing type 2 diabetes by 71 percent in adults over 60 years of age.

The program consists of a minimum of 16 intensive 'core' sessions as part of a Centers for Disease Control and Prevention (CDC) approved curriculum provided over six months in a group-based, classroom-style setting that provides practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight control.

*The American College of Preventive Medicine (ACPM) is supporting the MDPP launch through a series of webinars, referral information, and also best practice discussions taking place at the [National DPP Institute at Preventive Medicine 2018](#). Visit ACPM's [Diabetes Prevention Program Resource Center](#) for additional information and resources on the MDPP and diabetes prevention.*



## Lifestyle Medicine Billing & Finances Webinar

The ACPM Young Physicians Section recently hosted a webinar on "[Lifestyle Medicine Clinic Implementation: Billing & Finances](#)" in which ACPM Board member Dr. Wayne S. Dysinger presented on the financial and clinical considerations of setting up a lifestyle medicine practice. Dysinger reviewed examples of billing and reimbursements models in traditional and emerging payment settings, as well as patient care models that include group visits. An open-access video of the webinar is available on ACPM's Vimeo account.



## U.S. Chamber's Annual Briefing Highlights Trends in Workplace Wellness

ACPM President Dr. Robert Carr delivered the closing keynote address at "[Innovations in Workplace and Community Wellness: A Road Map to Program Success](#)," an April 10 briefing in Washington, DC sponsored by the U.S. Chamber of Commerce, ACPM, Cigna, and Pfizer.

His talk, titled "The Role of Corporation in Shaping and Promoting Health Behaviors," discussed ACPM's lifestyle medicine initiative, the [Lifestyle Medicine Core Competencies Program](#), and profiled the Cummins corporation, an ACPM Corporate Roundtable member that has invested significantly in a lifestyle medicine approach to move the needle on the health of its workforce.

The U.S. Chamber's [workplace wellness efforts](#) and annual briefing highlight trends in workplace and community wellness programs. This year's briefing emphasized strategies to influence behavior change, the link between health and performance, community initiatives addressing health disparities, and technological advances in health care.



ACPM PRESIDENT DR. ROBERT CARR, MD, MPH, FACPM

## ACPM Joins and Supports the NAM Clinician Resilience Collaborative

ACPM has made a formal commitment to the National Academy of Medicine (NAM) Action Collaborative on Clinician Well-Being and Resilience in recognition that these trends constitute a threat to both individual patient health, to population and public health, and is another example of lifestyle factors that lead to chronic problems.

As a supporting member, ACPM is excited to share NAM's recently launched Clinician Well-Being Knowledge Hub, a central source for health system leaders, clinicians, and trainees to better understand what's causing clinician burnout and to adopt solutions that hold promise.



ACPM is committed to addressing clinician resilience and poor well-being by collaborating with the other members of this initiative and contributing existing resources and education from the Lifestyle Medicine initiative.

## Increasing the Reach of the CDC's 6|18 Initiative to Address Common and Costly Health Conditions

A recent article in the *Journal of Public Health Management and Practice* and a set of associated infographics highlight how partners of the CDC's 6|18 Initiative are appreciating the value and collaborative nature of the innovative program. These new materials illustrate how the Initiative is serving as a catalyst to help their teams:

- Better coordinate across sectors
- Increase visibility for reimbursement
- Increase cross-sector knowledge sharing
- Raise their accountability to improve
- Inspire new ideas and projects



By leveraging principles of lifestyle medicine and working across health systems, the CDC is making huge strides into effectively addressing the six priority conditions—*tobacco use, high blood pressure, healthcare-associated infections, asthma, unintended pregnancies, and diabetes*—by offering proven interventions that align evidence-based preventive practices with emerging value-based payment and delivery models.

Learn more about the CDC's 6|18 Initiative and ACPM's introductory course which will provide an overview of the Initiative and, through case studies, address the role of providers in implementing the initiative. A free pilot webinar on May 1 will give participants a first look at

## OPPORTUNITIES

### [Pilot Webinar on an Introduction to the CDC's 6|18 Initiative](#)

May 1 (12:30pm EDT)

ACPM is hosting a free pilot webinar to provide a first look at an introductory course on the CDC's 6|18 Initiative. This unique opportunity allows participants to ask questions and speak directly with course faculty Catherine Livingston, Joyce Carter, and Toyosi Morgan. As this webinar is piloting new material, constructive feedback from participants is critical for final edits and improvements. [Registration is required.](#)



### [Policy Development in Lifestyle Medicine Education](#)

April 24 (2:00 PM EDT)

This webinar from the Lifestyle Medicine Education Collaborative features presenters with first-hand knowledge of working on Capitol Hill, supporting bills, and achieving positive legislative results. The webinar is free and includes a Q&A period. Registration is required. ACPM's Dani Pere will be presenting on lifestyle medicine and related topics.

### [Making Lifestyle Medicine Financially Rewarding for Health Care Providers: An Actuary's Perspective](#)

April 26 (3:00 PM EDT)

This webinar presents a new recurring reimbursement model that pays for improvement in patient health rather than the number of office visits, prescriptions written, or procedures performed. By demonstrating to key decision makers at health care payers the substantial future cost savings resulting from improved health outcomes, this model offers lifestyle medicine practitioners an opportunity for generous compensation.

[Call for Abstracts](#) – The Australasian Society of Lifestyle Medicine invites medical professionals to submit oral abstract and poster presentations for its 2018 meeting in Brisbane, Australia. Submissions should represent original and new, important or relevant science, research, clinical application or public health relating to one or more of the themes of the conference, or relevant to the field of Lifestyle Medicine generally. Submissions are due April 30.



[USPSTF Member Nominations](#) – The Agency for Healthcare Research and Quality (AHRQ) is accepting nominations for new members to join the U.S. Preventive Services Task Force (USPSTF). AHRQ is requesting nominations by May 15. Accepted candidates will serve a 4-year term starting January 2019. ACPM members interested in an endorsement should complete the [request for nomination form](#) by April 13. Those who submit a request will be notified by May 7 if they were chosen for an endorsement from ACPM.



[Lifestyle Medicine Residency Curriculum](#) – This curriculum, currently in development by the American College of Lifestyle Medicine (ACLM), is intended to provide a comprehensive, applicable, and flexible design that will allow for implementation into primary care or preventive medicine residency programs. The intent is for residents to receive automatic qualification for the American Board of Lifestyle Medicine certification exam by having completed this curriculum during residency. Those who would like to contribute to the ACLM's Lifestyle Medicine Residency Curriculum Team, may [sign up](#).

[CHEF Coaching](#) – The Clinicians CHEF Coaching Program can increase your cooking confidence so you can help your patients start cooking more at home by increasing your own cooking confidence. The coaching program has two convenient delivery options: remote and a hybrid of onsite and remote. Training graduates earn a "Certificate of Completion in Culinary Coaching" from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School. For more information, visit the [program page](#) and register for an [introductory session](#) on April 24, June 5 or July 18.

**A cooking quick tip:** Before you squeeze the juice from a citrus fruit, always ZEST the fruit with a microplane grater, even if you don't need the zest at the time. It freezes nicely in little jars or containers and can be scooped out (frozen) any time you need zest to brighten up a sauce, vinaigrette, etc.



## LIFESTYLE

[The 'Weight Loss' Ad Season](#) – With summer approaching, quick-and-easy weight loss advertisements and promotions are about to bloom, but they are seldom evidence-based. What should clinicians know about prescribing the right interventions to help patients achieve a healthy, sustained weight loss?



## RESEARCH / NEWS

[Knowledge of an inflammatory biomarker of cardiovascular risk leads to biomarker-based decreased risk in pre-diabetic and diabetic patients](#) – This research shows that rates of patients with elevated myeloperoxidase levels were reduced from 14.4%, 15.2% and 21.3% to 4.0%, 4.0% and 6.7% in non-diabetic, pre-diabetic and diabetic patients, respectively, over a 5-year period. Decreases in vascular inflammation were achieved without decreases in the prevalence of prediabetes or diabetes and were observed in patients below or above guideline low-density lipoprotein targets. – MDVIP (Journal of International Medical Research)



[Flu Checklist: Stay one step ahead of the flu](#) – This free handout helps patients take steps toward preventing the flu, recognizing common symptoms, and understanding treatment options for both children and adults. "There are steps you can take to help protect yourself and others from the flu. If you or someone you love does get sick, use this checklist to help identify and understand the symptoms. Plus, learn effective at-home treatment remedies and know when to seek further care." – Johnson & Johnson, Consumer Inc. (Get Relief Responsibly)



[Gardening Interventions to Increase Vegetable Consumption Among Children](#) – Gardening provides children with hands-on experience with fruits and vegetables, which may increase willingness to consume them. Interventions must include outside gardens, microfarms, container gardens, or other alternative gardening methods. – Community Preventive Services Task Force (The Community Guide)



[Professor says the workplace is the fifth leading cause of death in the U.S.](#) – Stanford professor Jeffrey Pfeffer doesn't mince words. Workplace stress – the result of conditions like long hours, a lack of health insurance, little autonomy on the job, high job demands - - don't just hit productivity or damage morale. They're killing us. – Jena McGregor (The Washington Post)



[Health care professionals lack knowledge of evidence-based obesity treatment](#) – Researchers found that provider type and years in practice affected health care provider understanding of clinical guidelines for pharmacotherapy, physical activity and behavioral counseling, with family practitioners providing the most responses that aligned with guidelines and internists selecting the least guideline-aligned responses. – Melissa Webb (Healio)

[Exercise for High Blood Pressure? Most Not Keen on Idea](#) – The Yale researchers asked what treatment or intervention appealed the most, and they found that only a monthly shot ranked lower than exercise. Even more discouraging, some respondents were unwilling to adopt any of the four proposed treatments, even if it meant living an additional year or five years. – Maureen Salamon (HealthDay)

[When it comes to weight loss, coaching matters](#) – Interacting regularly with a coach as part of a weight-management program significantly affects an individual's ability to lose weight, according to a study published in the Journal of Medical Internet Research. – Retrofit (PRNewswire)

[Payers Add Preventive Care, Wellness to Holistic Health Solutions](#) – Commercial payers are dedicating research, digital, and financial investments into holistic health solutions involving preventive care and wellness. – Thomas Beaton (HealthPayer Intelligence)

[Hemoglobin A1c Targets for Glycemic Control With Pharmacologic Therapy for Nonpregnant Adults With Type 2 Diabetes Mellitus: A Guidance Statement Update](#) – American College of Physicians (Annals of Internal Medicine)

[Managing blood pressure in barbershops yields substantial improvements](#) – American College of Cardiology (EurekAlert)

[Policy Recommendations on Reducing and Preventing Firearm-Related Injuries and Deaths](#) – ACPM (American Journal of Preventive Medicine)

[Chinese millennials try to counter the effects of late-night lifestyles](#) – Rory Coen (CGTN)

[We learn nothing about nutrition, claim medical students](#) – Sheila Dillon (BBC Health)

[OSU medical students help local agencies reach underserved populations](#) – Emily Caldwell (The Ohio State University)

[Surgeon general urges more Americans to carry opioid antidote naloxone](#) – Susan Scutti and Robert Jimison (CNN)

[Opioids are 'biggest crisis facing the FDA'](#) – Sandee LaMotte (CNN)



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).

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## MEETINGS

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### [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.

### [Population Health Academy Spring 2018](#)

*Jefferson College of Population Health*

*April 30–May 4; Philadelphia, PA*

This 5-day continuing education program provides a high-level overview of the concepts covered in Jefferson's Population Health Graduate Certificate program. Through case studies and real-life workplace applications, participants in the Academy review and analyze key areas of Population Health. Registration includes breakfast, lunch and snacks each day, access to the online course materials, and a copy of the book *Population Health: Creating a Culture of Wellness*. The Academy will also be offered in July and October.

Jefferson  
College of  
Population  
Health

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

*National Institute for Occupational Safety and Health*

*May 8-11; Bethesda, MD*

Concurrent sessions and a preliminary program are now available for the Symposium. If novel approaches in fatigue management, strategies for preventing acute and chronic disease, challenges for transportation worker safety, or novel approaches in fatigue management pique your interest, register to join us in May! 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*

*Early bird deadline ends April 30.*

## [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 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*

## [1st European Lifestyle Medicine Congress](#)

*European Lifestyle Medicine Organization*

*November 10-11; Geneva, Switzerland*

The Congress intends to bring together the most prestigious

European and international professionals with clinical expertise and scientific recognition to facilitate the spread and exchange of evidenced based knowledge, skills and attitudes, between experts, researchers, clinicians and trainees. The abstract submission deadline is June 25.



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