Engaging Patients in the National Diabetes Prevention Program

Join the American College of Preventive Medicine (ACPM) as we host a webinar that features the work of AltaMed and their partner Solera Health to enroll California patients with prediabetes into the National Diabetes Prevention Program (DPP).

The webinar will focus on:
- Engagement of Medicaid patients in the National DPP
- Innovative models of referral and identification
- Inclusion of social determinants of health within the referral and delivery model
- Plans for model expansion and scalability

SPEAKERS
Marissa Hudson, ACPM
Ilan Shapiro, MD, AltaMed Health Services
Brenda Schmidt, MS, MBA, Solera Health

This webinar will be held Friday, September 15 at 12:00 p.m. PDT. Space is limited. Please register in advance to participate.

REGISTER

CMS Releases Proposed Policies for MDPP

The Centers for Medicare & Medicaid Services (CMS) announced proposed policies for the Medicare Diabetes Prevention Program (MDPP) expanded model as part of the Calendar Year 2018 Physician Fee Schedule proposed rule. A summary of the proposed policies discusses the revised MDPP roll out date (April 1, 2018), beneficiary eligibility, supplier enrollment and compliance, engagement incentives, and other aspects.

The MDPP is a structured intervention with the goal of preventing progression to type 2 diabetes in individuals with an indication of pre-diabetes. ACPM's DPP Advisory Group is evaluating the opportunities and areas for response within the rule and we encourage members to read the summary and provide comments.

New Prediabetes Awareness Videos from the CDC

The Division of Diabetes Translation at the Centers for Disease Control and Prevention (CDC) released a new set of public service announcement videos to help raise awareness about prediabetes. Viewers are offered the "perfect way to spend a minute," taking a one-minute prediabetes risk assessment test while watching cute animal videos. Patients are encouraged to speak with their doctor about getting a blood sugar test and visit DoIHavePrediabetes.org to learn more about prediabetes and connect with a CDC-recognized DPP provider in their community.
Upcoming NDPP Call for Proposals

ACPM recently launched our second year of partnership with the CDC to increase the number of physicians and clinicians who are screening, testing, and referring their patients with prediabetes to a CDC-recognized diabetes prevention program. As part of this initiative, ACPM will award funds to three health care organizations/practices to develop and implement a protocol for diabetes prevention either through the EHR or by using another non-electronic approach. Please stay tuned for the call for proposal announcement, expected on August 21 and available at acpm.org/dpp or in the September issue of this newsletter.

NIOSH Call for Abstracts

The National Institute for Occupational Safety and Health (NIOSH) invites researchers and practitioners to contribute to the 2nd International Symposium to Advance Total Worker Health®, to be held May 8-11, 2018, at the Natcher Conference Center (NIH) in Bethesda, Maryland. The symposium theme is “Work & Well-Being: How Safer, Healthier Work Can Enhance Well-Being.” All abstract submissions must be received through the online portal by Tuesday, October 31 at 11:59 p.m. PDT.

ACPM Hosts Congressional Briefing on Lifestyle Medicine

ACPM, in conjunction with the Lifestyle Medicine Education Collaborative (LMEd), held a congressional briefing entitled, “Transforming Medical Education to Prevent Chronic Disease.” The briefing focused on the need to include training on nutrition, physical activity, and other lifestyle elements in medical school curricula and continuing medical education.

The briefing highlighted two bills currently in the House of Representatives: The ENRICH Act, sponsored by Congressman Tim Ryan (D-OH-13) and Congressman Patrick Tiberi (R-OH-12), which would establish grants to medical schools to develop or expand integrated nutrition and physical education curricula; and the EAT for Health Act, sponsored by Congressman Raúl Grijalva (D-AZ-3), which would ensure that federally employed primary health care professionals have continuing education related to nutrition. Presentations were given by ACPM Executive Director Michael Barry, CAE; Dr. Jennifer Trilk, Co-Founder of LMEd; Dr. Douglas Kamerow, former Assistant Surgeon General; and Dr. Dexter Shurney, Chief Medical Director and Executive Director of Global Health & Wellness at Cummins, Inc.

Do you have a lifestyle medicine story to share with our readers?

Contact Dani Pere to include your
National Diabetes Statistics Report, 2017

The CDC’s Division of Diabetes Translation provided updated statistics on the prevalence and incidence of diabetes, prediabetes, risk factors for complications, acute and long-term complications, deaths, and costs. The report, data, and available infographics can help providers’ efforts to increase awareness and their and efforts to prevent and treat diabetes and prediabetes.

Competencies for the Prevention and Management of Obesity

A new report for medical professionals and educators has identified a list of Provider Competencies for the Prevention and Management of Obesity. Developed for professionals actively engaged in the prevention and management of obesity, the competencies collectively establish a working knowledge of obesity and provide a framework for each medical specialty to adapt to fit their needs.

The following competencies are described in detail in the report.

- Demonstrate a working knowledge of obesity as a disease;
- Demonstrate a working knowledge of the epidemiology of the obesity epidemic;
- Describe the disparate burden of obesity and approaches to mitigate it;
- Describe the benefits of working interprofessionally to address obesity to achieve results that cannot be achieved by a single health professional;
- Apply the skills necessary for effective interprofessional collaboration and integration of clinical and community care for obesity;
- Use patient-centered communication when working with individuals with obesity and others;
- Employ strategies to minimize bias towards and discrimination against people with obesity, including weight, body habitus, and the causes of obesity;
- Implement a range of accommodations and safety measures specific to people with obesity;
- Utilize evidence-based care/services for persons with obesity or at risk for obesity;
- Provide evidence-based care/services for persons with obesity comorbidities;

This report is the product of a consensus process involving educators from over 20 organizations and societies representing a dozen health professions, and was supported by leadership from the Alliance for a Healthier Generation, American College of Sports Medicine, and the Bipartisan Policy Center.
American Board of Lifestyle Medicine Certification Exam -- The American Board of Lifestyle Medicine (ABLM) today announced that nearly 250 physicians and more than 50 PhD and Masters-level health professionals have registered to sit for the inaugural Lifestyle Medicine Board Certification exam scheduled for October 26, 2017, in Tucson, AZ. In addition to being the first certification test for Lifestyle Medicine, the new board certification makes Lifestyle Medicine the first medical sub-specialty to have a standardized exam globally, with the same exam being offered in several other countries beginning in 2018. -- ABLM

Call for Proposals -- ACPM invites practitioners and researchers to submit a proposal for an educational session and/or presentation for Preventive Medicine 2018, to be held May 22-25, 2018 in Chicago, IL. The conference theme is "Prevention at the Nexus of Health System Transformation" and priority will be given to proposals on topics that are highly interactive and align with the conference theme and planned meeting track descriptions. Submissions must be receive by August 25 at 11:59 p.m. EDT. -- ACPM

Public Comment for Healthy People 2030 -- The U.S. Department of Health and Human Services (HHS) is soliciting written comments on the proposed framework for Healthy People 2030 developed by the Secretary’s Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030 (Committee). Members of the public—including individuals, stakeholders, and organizations—are invited to provide comments on the Healthy People 2030 framework for consideration by HHS. This round of public comment will be open until September 29, 2017 at 5:00 p.m. EDT. -- HHS

EXERCISE

More Americans Are Walking for Exercise -- HealthDay

National Bike Challenge -- League of American Bicyclists / 3M

OBESITY / DIABETES

Artificial Sweeteners Don’t Help People Lose Weight, Review Finds -- NPR

The lifestyle changes that can cut type 2 diabetes risk -- BBC News

Many Primary Care Docs May Miss Prediabetes -- Sioux City Journal

FOOD / NUTRITION

When the Prescription Is a Recipe -- Dr. Nimali Fernando, a pediatrician in Spotsylvania, Va., noticed that many of her patients’ concerns could be traced to poor diet — even problems that may not seem connected, like bed-wetting. "I needed to do more than just give patients a pamphlet. I had to have a kitchen in my office," Dr. Fernando said. "I try to give a lot of prescriptions that are just recipes to see if we can fix an issue with food." Dr. Fernando said she has learned that poor food choices can be the root of many seemingly unrelated issues. -- The New York Times

The best place to launch a healthy lifestyle? Your kitchen; Because we all have to eat... -- Harvard Health Blog

Supporting healthy communities: How rethinking the funding approach can break down silos and promote health and health equity -- Deloitte Center for Government Insights

The Population Health Benefits Of A Healthy Lifestyle: Life Expectancy Increased And Onset Of Disability Delayed -- Health Affairs

Using Commercial Programs for Lifestyle Intervention: Not Reinventing the Wheel -- Journal of the American College of Cardiology

Special Analysis: How Healthy Is Your Congressional District? -- Trust for America's Health

MENTAL HEALTH

Work-life balance in medicine with a side gig -- Medical News Today

Dementia prevention, intervention, and care -- The Lancet

EVENTS

**CHEF Coaching Culinary Medicine**
*August 10, Online*
The CHEF Coaching Culinary Medicine program from the Institute of Lifestyle Medicine offers a remote professional training designed to expand your professional skills. Would you like to cook more delicious food in less time? Are you interested in learning how to empower clients to make more home-cooked food, thus improving their health? Learn more about this exiting Culinary Medicine method by joining us for a free introduction session followed by Q&A with Rani Polak, MD, chef, on Thursday, August 10 at 8pm (EDT).

**Your Weight Matters National Convention**
*August 10-13, New Orleans, LA*

**Cycling CME: Road Bike / Mountain Bike**
*September 5-9 / October 4-7, Grand Junction, CO*

**Whole Life Conference**
*September 9, Ithaca, NY*

**2017 National Walking Summit**
*September 13-15, Saint Paul, MN*

**National Prevention Network Conference 2017**
*September 12-14, Anaheim, CA*

**Overcoming Obesity 2017**
*September 13-17, San Antonio, TX*
Organized by the Obesity Medicine Association

**Lifestyle Medicine Australasia 2017**
*September 15-17, Sydney, Australia*
Excitement is building for Lifestyle Medicine 2017 Australasia. Streams
and workshops have been announced, speaker announcements are underway, and a draft program is now available. Early bird registration is also still available—be sure to use the ‘PASSIONATE’ promotion code. And check out the highlights video from last year too!

International Plant-Based Nutrition Healthcare Conference
September 24-27, Anaheim, CA

Food As Medicine
October 15-20, Scotts Valley, CA

Lifestyle Medicine 2017
October 22-25, Tucson, AZ
Abstract submissions are due by August 1 and early bird registration ends August 29. Keynote speakers have been announced.

Leadership Summit for Healthy Communities
October 23-24, Columbia, SC

American Board of Lifestyle Medicine Exam
October 25, Indianapolis, IN

National Obesity Care Week
October 29–November 4
Half of people with obesity report they have never had a conversation about their weight with a healthcare professional (HCP), and only 4 in 10 patients say they have been counseled about their weight by a HCP. To address this shortfall, the National Obesity Care Week aims to advance an evidence-based understanding of obesity and widespread access to respectful, comprehensive and appropriate care.

ObesityWeek 2017
October 30–November 3, Washington, DC
Early registration closes August 1.

2nd International Symposium to Advance Total Worker Health
May 8-11, 2018, Bethesda, Maryland
abstract submissions due by Tuesday, October 31 at 11:59 p.m. PDT.

SBM's 39th Annual Meeting
April 11-14, 2018, New Orleans, LA
ACPM distributes lifestyle medicine news and updates each month.
Subscribe to stay current with this growing field »