CDC Report Highlights Frequency of Self-Reported Cognitive Decline

The Centers for Disease Control and Prevention (CDC) Division of Population Health released a report on subjective cognitive decline among adults 45 years and older in the Morbidity and Mortality Weekly Report on July 13. Subjective cognitive decline (SCD) is the self-reported experience of worsening or more frequent confusion or memory loss, which can affect the ability to care for oneself. It is typically one of the earliest warning signs of Alzheimer’s disease.

To examine SCD prevalence, researchers analyzed state-level survey data from the 2015 and 2016 cognitive decline module of the Behavioral Risk Factor Surveillance Survey. Among adults over age 45, 11.2 percent reported SCD, including 10.4 percent of adults between 45 and 54 years old. Among all persons who reported SCD, only 45.4 percent had discussed it with a health care professional.

The CDC encourages persons with confusion or memory loss to talk to a health care professional. Report authors stressed that early assessment is important because memory issues can affect a person’s ability to manage their health, especially notable because 15.2 percent of those self-reporting SCD also had a chronic disease. Understanding modifiable lifestyle factors are important in the prevention of cognitive decline and dementia.

The American College of Preventive Medicine (ACPM) has received a grant from the CDC Division of Population Health to develop a 90-minute course titled "Blood Pressure Management in Mid-life to Reduce Risk of Cognitive Decline." The course, released as part of the Lifestyle Medicine Core Competencies Program, will examine brain health and the benefits of preventing and managing hypertension and other risk factors to prevent cognitive decline and dementia. ACPM will host a pilot webinar providing an overview of the course and a question and answer session to solicit feedback. Registration is free.

Pilot Webinar: An Introduction to the Brain Health Course
September 11 (12:00pm—1:30pm EDT)

The Value of Lifestyle, Behavior Featured at the Healthy Aging Summit

The 2018 Healthy Aging Summit was held July 16 and 17 in
Washington, DC, attracting hundreds of medical professionals, policymakers, caregivers and patients from around the country. They were treated to a program stressing the prevention strategies that encourage healthy lifestyles, planning for aging, and the use of preventive services.

Behavior and lifestyle were extensively discussed as part of the 'Social and Community Context' and 'Maximizing Quality of Life' tracks, including in sessions discussing the "Benefits of Community Engagement and Social Interaction," "The Impact of Loneliness on Mental and Behavioral Health," "Keys to Successful Aging: Activity, Access, Advocacy, and Empowerment," and "Improving Mobility to Prevent Older Adult Injury."

Recordings from the 2018 Healthy Aging Summit will be made available for continuing medical education credit. Stay tuned for updates about their release through ACPM's social media accounts and email newsletters. Summit partners include the Office of Disease Prevention and Health Promotion and Office on Women's Health, U.S. Department of Health and Human Services and ACPM.

**Taking Meat Off the Menu for the Environment, for Health**

WeWork, a startup valued at $20 billion, recently informed its roughly 6,000 staff located around the world that it will no longer expense meals including meat and will not pay to have red meat, poultry, or pork served at any company events. The environmental impact of meat production was the co-working office company’s main reason for the new policy, with co-founder Miguel McKelvey stating: "New research indicates that avoiding meat is one of the biggest things an individual can do to reduce their personal environmental impact."

The decision follows other efforts at WeWork to reduce plastic usage and redistribute waste food from its events to good causes. American Airlines and Starbucks also recently pledged to reduce plastic usage and overall waste.

With a new policy statement on climate change, ACPM is committed to advocating for the adoption and implementation of policy measures that can reduce negative health outcomes from climate change. Strategies that reduce greenhouse gas emissions are of particular importance and a reduction in meat production and consumption may provide meaningful direct and indirect health benefits for many communities and populations.

**Calling for Practice Examples in Lifestyle Medicine**

We want to share your success stories. Tell us how you, your practice, organization or agency have implemented lifestyle and behavior interventions to improve the health of your patients, communities and populations. Submit your stories by email to ACPM Associate Executive Director Dani Pere (dpere@acpm.org). Submissions received by the first of the month will be considered for inclusion the next issue of the newsletter.

**EDUCATION**

**Improving Obesity Care: A Practical Guide to Engaging and Treating Patients** -- This CME program from the Endocrine Society features Drs. Robert Kushner, Scott Kahan, Donna Ryan, and W. Timothy Garvey as they share their insights on how to engage and treat patients with obesity.
Lifestyle Medicine for Coaches -- This 18-hour e-course provides an in-depth overview of the leading lifestyle medicine topics. Coaches will gain an understanding of the whole human health experience and become effectively trained to educate, equip and empower their clients with lifestyle choices to prevent, treat and, often, even reverse chronic and select autoimmune disease.

Clinicians CHEF Coaching -- Join a Community of over 500 clinicians who are changing the way nutrition is prescribed! Clinicians CHEF Coaching will help you improve your culinary confidence so you can assist your patients in overcoming their own barriers to home cooking and improve their nutrition. The Remote Cohort starts September 12 and is filling fast. Early bird pricing ends July 31. For more information about the program and to and register, visit the program website, email organizers, or get inspired at the next introduction session on Wednesday, July 18 (9:00am EDT) with founder and director Dr. Ran Polak.

Lifestyle Interventions During Pregnancy Reduce Gestational Diabetes Risk -- The Community Preventive Services Task Force recommends lifestyle interventions delivered during the first two trimesters of pregnancy to reduce the risk of gestational diabetes. Compared to usual care, lifestyle interventions reduced the overall risk of developing gestational diabetes by 32 percent. -- CPSTF

Advancing Obesity Solutions Through Investments in the Built Environment -- This report highlights key points made by workshop participants and discussions from a workshop held September 12, 2017. The workshop brought together diverse partners to examine the ways in which the places we live, work, and play influence obesity, health, and equity. -- National Academies of Sciences, Engineering, and Medicine

Fewer teens having sex and using drugs -- Jacqueline Howard (CNN) (CDC Report)

Characteristics of Health Care Practices and Systems That Excel in Hypertension Control -- An Young, et al. (Preventing Chronic Disease)

Few Americans Receive All High-Priority, Appropriate Clinical Preventive Services -- A new study found that only 8 percent of adults (over age 35) have received all the recommended preventive services and about 5 percent reported they have not received


Influence of a New Diabetes Diagnosis on the Health Behaviors of the Patient’s Partner -- Julie A. Schmittdiel, et al. (Annals of Family Medicine)

Bad habits that lead to cancer, chronic disease corrected by simple lifestyle intervention -- Northwestern University (Medical Xpress) (Journal of Medical Internet Research)

PRESS

California Food is Medicine Coalition Selects Solera Health to Help Drive a $6M Program for the Chronically Ill -- As part of a partnership with Feeding America, Solera Health will work with the California Food is Medicine Coalition to strengthen, accelerate, and scale their comprehensive medically-tailored meal and medical nutrition therapy interventions with the goal of improving outcomes for patients with complex chronic conditions. -- Solera Health (PRNewswire)

Certified Lifestyle Medicine Nurse Credential -- American College of Lifestyle Medicine

Obesity: What's Bias Got to Do with It? -- Joe Nadglowski and Rebecca Puhl (National Business Group on Health)

Trump’s EPA Puts Our Health at Risk -- Kathleen Rest and Georges C. Benjamin (Scientific American)

Share your lifestyle medicine news, research, and upcoming events with your colleagues. Submit information to ACPM’s Dani Pere at dpere@acpm.org.

OPPORTUNITIES

ACPM Program Director -- ACPM is seeking a program director to manage ACPM’s grant work funded through a cooperative agreement with the CDC related to the Diabetes Prevention Program and lifestyle medicine programs. The successful candidate will be responsible for meeting all project deliverables and serving as the grant’s primary contact.

What is Lifestyle Medicine? -- What are the key differences and what makes Lifestyle Medicine unique? Join ACLM President-Elect Dr. Dexter Shurney on a webinar July 25 (1:00–2:00pm EDT) as he defines Lifestyle Medicine, differentiates it from other types of medicine, and explains how it has the power to provide a solution for real health care reform.
Certification through the American Board of Lifestyle Medicine -- In this webinar from the Lifestyle Medicine Education Collaborative, July 24 (2:00pm EDT), American Board of Lifestyle Medicine (ABLM) Chair, Dr. Wayne Dysinger and new ABLM certificate holder Dr. Elizabeth Morris will discuss opportunities to complete the ABLM certification and how to best align your Lifestyle Medicine training program to prepare students for the ABLM.

Hearst Health Prize -- Applications for the 2019 Hearst Health Prize will be accepted through August 9. One winner will receive a $100,000 prize—with $25,000 awarded to up to two additional finalists—in recognition of outstanding achievement in managing or improving population health. The goal of the award is to discover, support, and showcase population health programs that have made a measurable difference. This is not a grant program.

Early Registration -- The early registration deadline is August 31 for the 1st European Lifestyle Medicine Congress to be held November 10-11 in Geneva, Switzerland. Registration includes admission to the Congress halls and exhibition areas, the Opening Ceremony & Welcome Reception, daily lunches and coffee breaks, congress material, and a certificate of attendance.

Prevent Heart Attack Workplace -- Attend a webinar September 6 (3:00-3:30pm EDT) discussing "Strategies to Prevent Heart Attack and Stroke in the Workplace: Findings from the CDC Workplace Health in America Survey."

Population Health Academy -- This 5-day continuing education program, October 15-19 in Philadelphia, 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 review and analyze key areas of Population Health. ACPM members may take 20 percent off the cost of registration—a $600 discount. Apply the 'ACPM' discount code when completing the registration form.

MEETINGS

7th Annual Your Weight Matters National Convention
Obesity Action Coalition
July 19-22; Denver, CO

Lifestyle Medicine 2018
Australasian Society of Lifestyle Medicine
August 17-19; Brisbane, Australia

Congress on CVD Prevention
American Society for Preventive Cardiology
July 27-29; Santa Ana Pueblo, NM
The conference will review the latest advances, current trends, and innovative therapies to reduce and prevent cardiovascular disease (CVD). Attendees will have the opportunity to network with national expert faculty and leave with practical and useful information on evidence-based clinical practices.

Healthy Eating in Practice
August 26-29; Asheville, NC

Lifestyle Medicine 2018
American College of Lifestyle Medicine
October 21-24; Indianapolis, IN
Summer pricing discounts are available until August 29. Full registration for ACLM member and non-members is $749 and $849 respectively.
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
ACPM representatives will be in attendance! Early registration deadline is August 31.

ObesityWeek 2018
American Society for Metabolic & Bariatric Surgery / The Obesity Society
November 11-15; Nashville, TN

Lifestyle Medicine in Day-To-Day Practice
Institute of Lifestyle Medicine
December 6-8; Waltham, MA

Lifestyle Medicine Tools for Promoting Healthy Change
Institute of Lifestyle Medicine
May 2-4, 2019

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