ACPM Releases Case Study on Improving Outcomes for Women at High-Risk for Hypertension and CVD

The American College of Preventive Medicine (ACPM) is pleased to announce the release of a case study on the results of a demonstration project designed to improve hypertension management and cardiovascular disease (CVD) outcomes in low-income, uninsured or underinsured women aged 40-60 years. The case study documents the experiences of Mission of Hope Clinic and Truman Medical Centers, University Health Community Care at Linwood in referring patients to the Blood Pressure Self-Management program at the YMCA of Greater Kansas City, as well as the approaches, barriers, and scalability plans of each organization.

In addition to the case study, ACPM has developed four online education modules and a webinar series on prescribing lifestyle modifications for women at high-risk for hypertension and CVD. Originally developed for providers working with the CDC's WISEWOMAN program, the educational resources are now available to all physicians and providers on the ACPM website and as electives through the Lifestyle Medicine Core Competencies Program.

The 3-year initiative to develop education materials for WISEWOMAN providers was supported by the CDC Division for Heart Disease and Stroke Prevention.

Tennessee's Ambitious New Value-Based Care Network

The University of Tennessee Medical Center and Vanderbilt University Medical Center recently formed a new partnership establishing a value-based health alliance to reduce costs and improve care for Tennessee residents. The partnership is designed to remove administrative barriers and increase collaboration and care coordination statewide among dozens of networks and hospitals, hundreds of practices, and thousands of providers.

While coordinated care and partnership models are not new concepts, the scope of this partnership—between two separate companies providing care in rural and multiple urban communities—makes this one of the more ambitious undertakings.

For now, the participating providers' base contracts will remain in place and the value-based payments tied to the health outcomes will be layered on top. Dr. Amy Barger Stevens, board chair of University Health Network, said the network is already seeing a decrease in costs and expects to see fewer emergency room visits and re-admissions.

Cities of Opportunity Initiative Addressing Health and Lifestyle through Improvements to the Urban Environment

The National League of Cities has announced a new initiative, Cities of Opportunity – Healthy People, Thriving Communities, that will be piloted in 12 cities across the nation, including: Birmingham, AL; Charlotte, NC; East Point, GA; Fort Collins, CO; Grand Rapids, MI; Hopewell, VA; Huntington, WV; Lansing, MI; New Orleans, LA; Rancho Cucamonga, CA; and Roanoke, VA.
This initiative will engage city leaders to advance cross-cutting and collaborative approaches to address issues such as housing, economic opportunity, city planning, and environmental design. The pilot will include two components: advancing core capacities to enable systemic change and adopting effective policies, practices and programs.

"The scope of the project will expand in the future based on what we learn as we scale up the initiative," said Clarence E. Anthony, National League of Cities CEO and executive director. "Our goal is to help local leaders build cities where all residents can reach their potential and live productive, fulfilling and healthy lives in thriving communities."

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**Lifestyle Medicine and Related Courses Now Available through ACPM's New Learning Management System**

ACPM is proud to announce the launch of a new learning platform. Browse the expanded catalog with courses featuring key lifestyle medicine and disease prevention topics. Related course titles include:

- Introduction to Culinary Medicine
- Medical Nutrition Therapy for Chronic Conditions
- Improving CVD Outcomes in Women (4 modules)
- Utilizing CDC's 6|18 Initiative to Address High Blood Pressure
- Diabetes Prevention Webinar Series

Through collaborations and the development of education resources, ACPM contributes to the exploration of the scientific basis and best practices in lifestyle medicine and the incorporation of lifestyle medicine competencies into clinical practice.

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**EDUCATION / WEBINARS**

**Don't Just Manage Diabetes, Reverse It with Lifestyle! The Latest Research Reveals How**
October 2 (1:00pm EDT)
American College of Lifestyle Medicine

**Diabetes Prevention Program Demonstration Projects Webinar Series**
October 23 + November 8 (12:00–1:30pm EDT)
American College of Preventive Medicine

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**The Healthy Healthcare Work Place: A Competitive Advantage**
December 5 (2:00–3:00pm EDT)
ACLM / ACPM / MFA / Wellcoaches
Following up on a recent report on this topic by ACPM member Dr. Michael D. Parkinson, this webinar describes why efforts to improve health, reduce excessive medical costs, and optimize productivity are essential to produce high performing people and companies. The program will demonstrate how health coaching, epigenetics, lifestyle medicine, built environment, whole person-family approaches, and behavioral economics are being incorporated into integrative, best practice employer models.
Statement on the IPCC Special Report – The Medical Society Consortium on Climate and Health issued a statement, written by Director Dr. Mona Sarfaty, responding to the Intergovernmental Panel on Climate Change (IPCC) report titled "Global Warming of 1.5 degrees C." The report warns of the profound dangers to human and environmental health from the current trajectory of greenhouse gas emissions. "As a physician, I know that climate change is already harming the health of Americans," said Dr. Sarfaty. "Doctors and medical professionals see it daily in our offices, including the effects of extreme weather events like Hurricane Florence to droughts, smoke from large wildfires, spreading Lyme disease, and worsened asthma. This week's IPCC report makes clear that these harms will get much worse for our patients if we don’t act now." said Dr. Sarfaty.

As a member of the Medical Society Consortium on Climate and Health, ACPM recognizes climate change as a threat to human health and advocates for the adoption and implementation of effective mitigation and adaptation measures. ACPM has issued a Climate Change Policy statement with policy recommendations and supporting evidence.

New High Blood Pressure Guidelines: Back on Track With Lower Treatment Goals, but Implementation Challenges Abound – "The guidelines emphasize non-drug strategies for blood pressure management, particularly healthy diet, several forms of physical activity, reduction in sodium intake, enhancement of potassium intake, reduction in alcohol use, and weight loss." ... "The guidelines suggest that successful implementation requires the adoption of new models of chronic disease care, including team-based care, telehealth, a shift towards self-management, better approaches to patient adherence, and use of home blood pressure monitoring. Attention to systems level issues is much needed, including population-based management, aligned financial incentives, improved health literacy, community interventions, and improved access to primary care and medications." –Randall S. Stafford (American Journal of Preventive Medicine)

Your new Rx for patient health: a good home-cooked meal – Sara Berg (AMA Wire)

Lifestyle changes reduce the need for blood pressure medications – (American Heart Association)

Lifestyle factors linked to brain health of young adults – Medical Xpress

Individual, societal changes needed to combat obesity – Carl J.Lavie, et al. (Journal of the American College of Cardiology)

Promoting Physical Activity and Exercise – Gerald F. Fletcher (Journal of the American College of Cardiology)

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

MEETINGS / EVENTS

See the Community Calendar for a complete list and links to upcoming events focused on lifestyle medicine, preventive medicine, population health, and more.

Population Health Academy
Thomas Jefferson University
October 15-19; Philadelphia, PA
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% off the cost of registration for this academy—a $600 discount. Apply the 'ACPM' discount code when registering.

Lifestyle Medicine 2018
American College of Lifestyle Medicine
October 21-24; Indianapolis, IN
As a conference sponsor, ACPM supports the Lifestyle Medicine 2018 meeting and the part it plays in promoting evidence-based interventions and behavior modification that are essential in the wholistic shift toward value-based care. To be held October 21-24 in Indianapolis and themed 'Real Health Care Reform,' the event provides an opportunity for clinicians to follow up on lessons learned through the Lifestyle Medicine Core Competencies Program. ACPM Executive Director Donna Grande and Associate Executive Director Dani Pere will be in attendance and encourage you to visit the ACPM booth.

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 meeting program has been released for the 1st European Lifestyle Medicine Congress to be held November 10-11 in Geneva, Switzerland. We encourage you to review the full schedule of events and list of confirmed speakers. ACPM is an affiliate partner of the European Lifestyle Medicine Organization and will be in attendance to organize a poster session.

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

Community Integrated Health Conference 2018
Creating a Culture of Health by Integrating Community and Health Care
YMCA of the USA / Robert Wood Johnson Foundation
December 10-12; Washington, DC
ACPM Associate Executive Director Dani Pere will be in attendance and presenting.

**Lifestyle Medicine Tools for Promoting Healthy Change**
Institute of Lifestyle Medicine
May 3-4, 2019; Boston, MA

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**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 to Dani Pere (dpere@acpm.org).

*Lifestyle Medicine* is distributed by the American College of Preventive Medicine. If forwarded to you, please subscribe to receive future newsletters and emails.

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