



Trinity Health

IHA Medical Group
Lifestyle Medicine

Food as Medicine

Care Management/Nursing role in preventing and remission of chronic disease

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Lifestyle Medicine Care Manager

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Provider/Disclosure Statement

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Nan Robinson RN, BSN, CCM, DipACLM
Trinity Health IHA Medical Group, nurse for 20 years



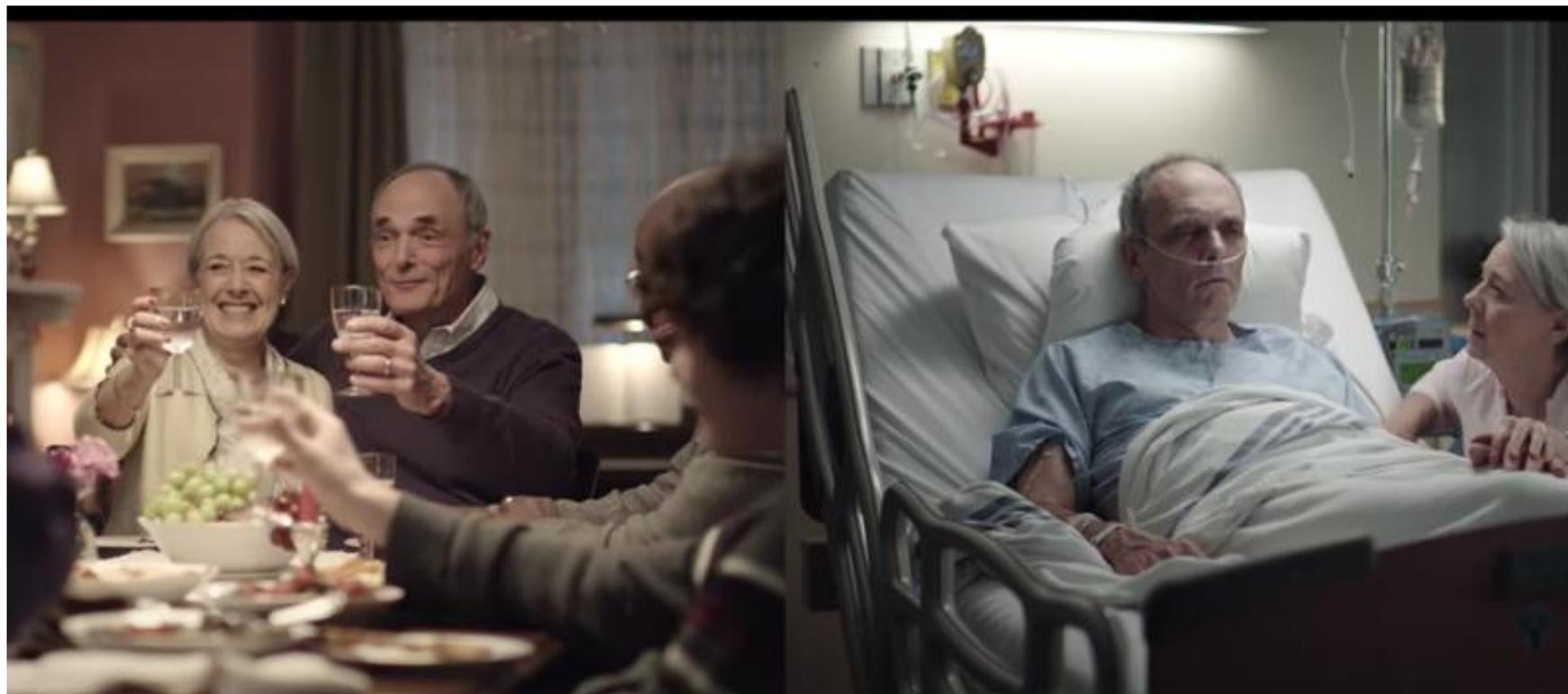
Experience in pediatrics and primary care
CCM for 6 years
Certified by ACLM for 2 years

I have no disclosures

Objective

- Describe the goal of lifestyle medicine and identify the 6 pillars
- Summarize the essence of the whole food plant-based diet
- Examine the evidence-based research that establishes that lifestyle interventions, specifically the whole food plant-based diet, can prevent and in many cases cause remission of chronic diseases
- Describe care management interventions that will empower patients to achieve improved health with dietary changes
- Identify behavior change strategies to help empower the patient

How do you want to age?

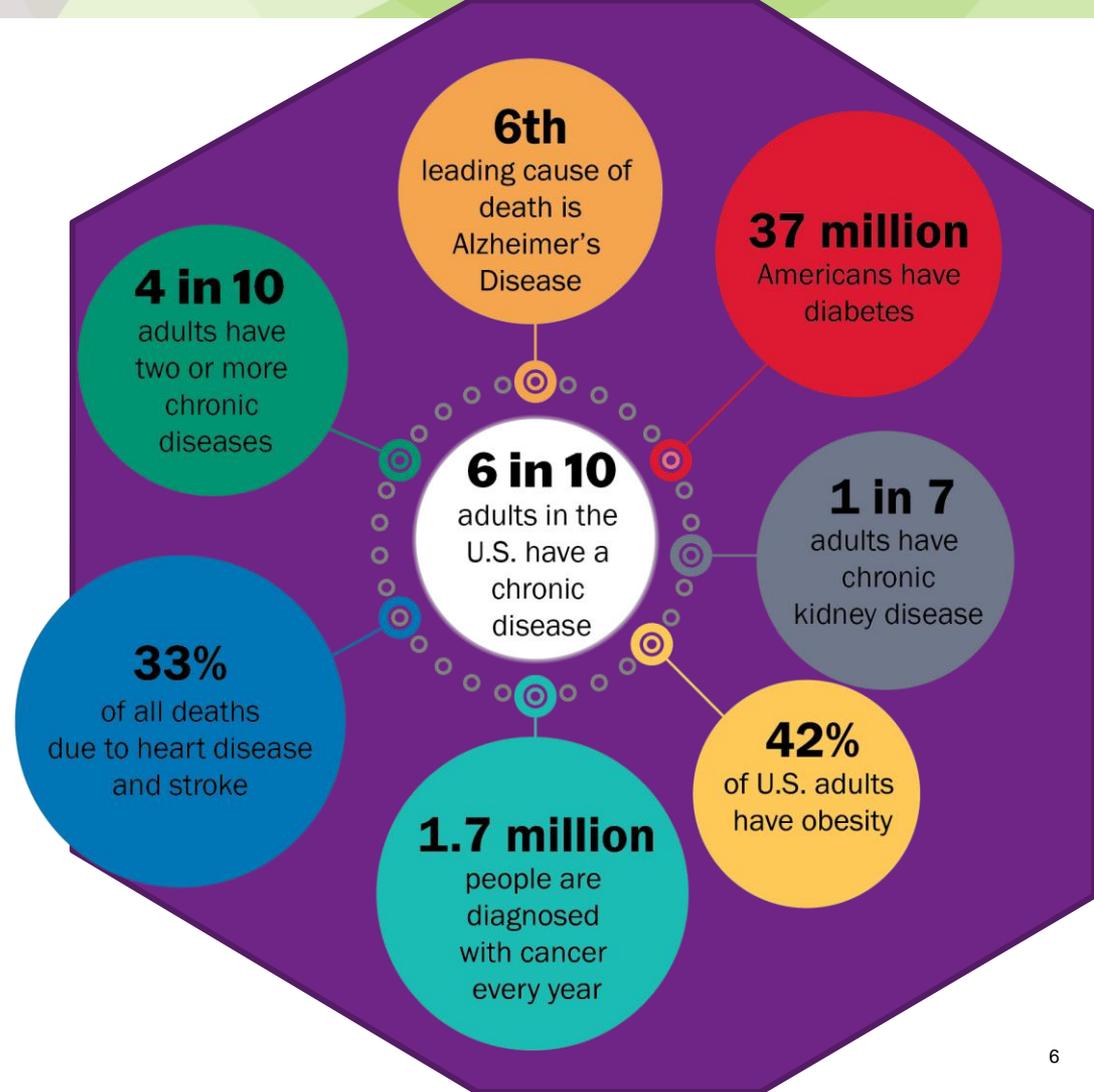


Chronic Disease Prevalence at an All-Time High

In the US

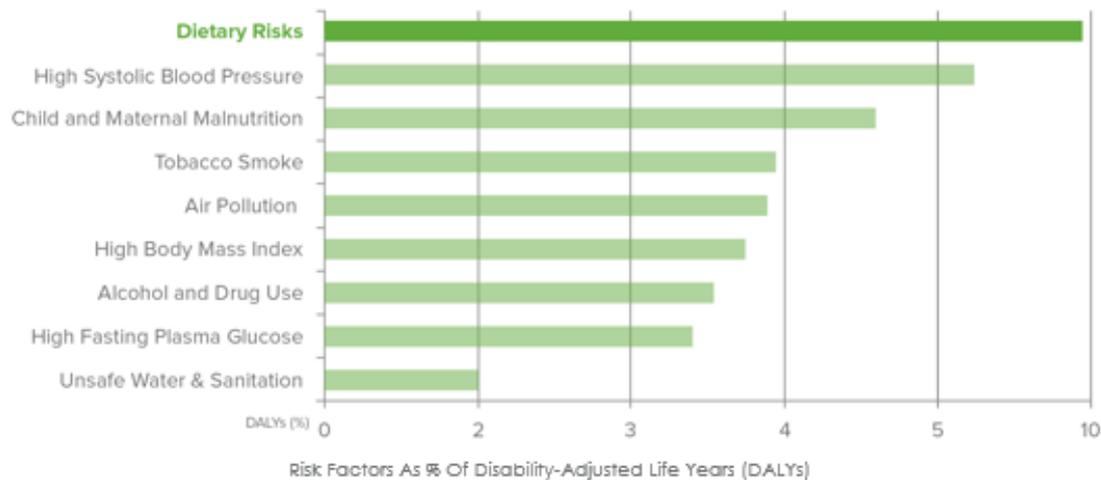
6 in 10 people have a chronic disease

4 in 10 people have 2 or more chronic diseases

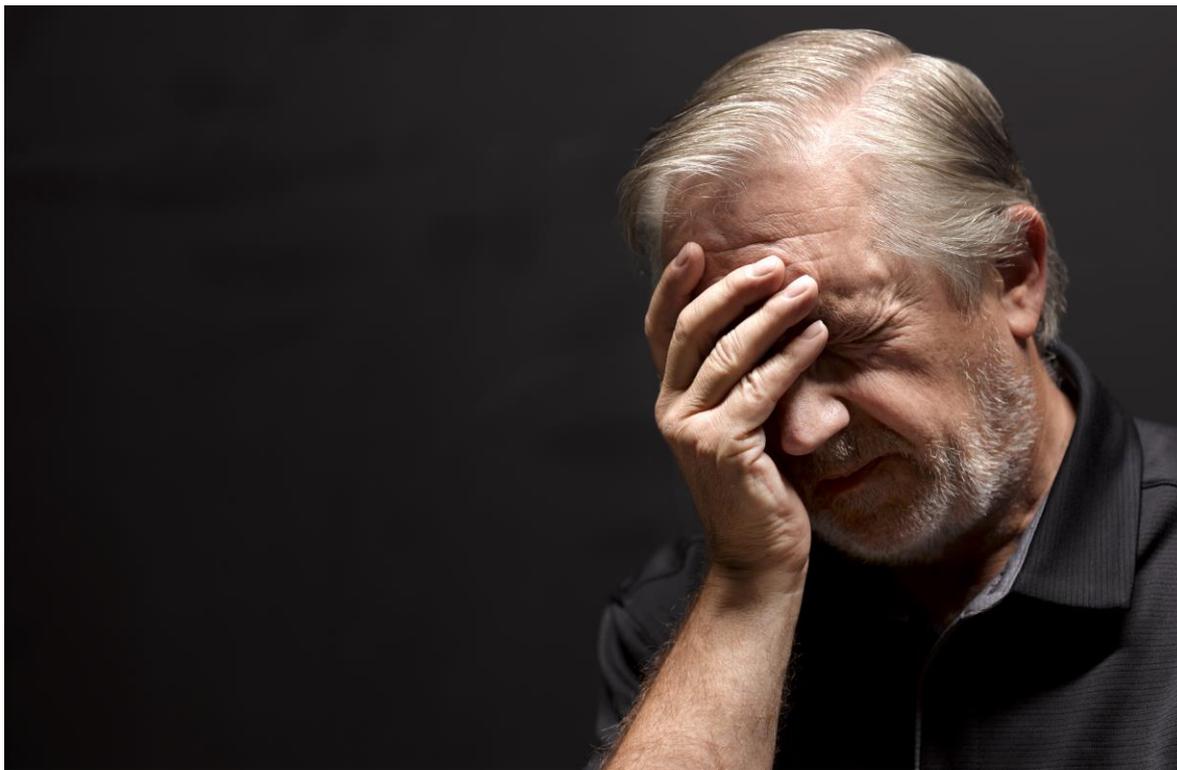


Diet is the leading cause of chronic disease and disability

- *“The most important dietary risks in the United States are diets low in fruits, low in nuts and seeds, high in sodium, high in processed meats, low in vegetables, and high in trans fats”¹*
- These risks are the leading cause of chronic disease, not other common culprits



So, what can we do?



What is Lifestyle Medicine?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for

- Based on strong evidence and research
- Highly effective – better outcomes and lower cost
- Addresses the root-cause of disease
- Team-based care model with patients as active partners

Simple, Powerful Therapy Featuring 6 Pillars:



NUTRITION

Choose predominantly whole, plant-based foods that are fiber-filled, nutrient dense, health-promoting and disease-fighting



SLEEP

Lack of, or poor quality sleep can lead to a strained immune system. Identify and alter dietary or environmental habits that may hinder healthy sleep



EXERCISE

Regular and consistent physical activity is an essential piece of an optimal health equation



SUBSTANCE ABUSE

The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease



STRESS MANAGEMENT

Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improved wellbeing



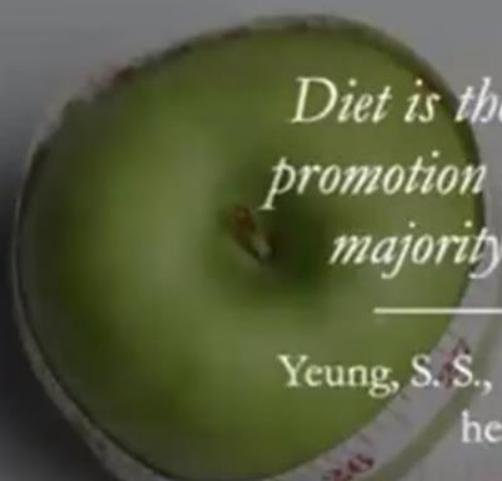
HEALTHY RELATIONSHIPS

Social connectedness is essential to emotional resiliency and overall health

Today the focus is on the power of the plant-based diet.

- Turns out we are what we eat
- Our most powerful tool to prevent or manage chronic disease is NOT in a bottle...it is at the tip of our fork!
- Food is medicine





Diet is the most important intervention for the promotion of health and prevention of the great majority of age-associated chronic diseases.

Yeung, S. S., Kwan, M., & Woo, J. (2021). Healthy diet for healthy aging. *Nutrients*, 13(12), 4310.

Aldino, A., Sir, P. J., Fay, K. A., Gornales, L., Ferrara, G., Salama, J. S., ... & Murray, C. J. (2019). Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 393(10184), 1958–1972.



U.S. FOOD CONSUMPTION AS A % OF CALORIES

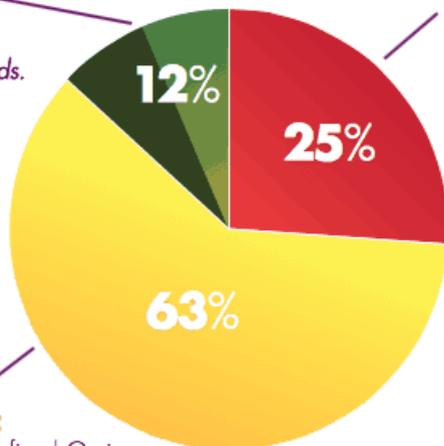
PLANT FOOD:

Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains
Fiber is only found in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains



ANIMAL FOOD:

Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is only found in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.

Source: USDA Economic Research Service, 2009; www.ers.usda.gov/publications/EIB333; www.ers.usda.gov/Data/FoodConsumption/FoodGuideIndex.htm#calories
New York Coalition for Healthy School Food * www.healthyschoolfood.org
Special thanks to Joel Fuhrman, MD, author of *Disease Proof Your Child: Feeding Kids Right* * Graphics by MichelleBando.com
© 2009, New York Coalition for Healthy School Food

What we are missing is the fiber!



- Fiber is key to our health
- Feed our gut microbiome
- Average American gets 15 gms/day
- Dietary guidelines suggest 30gms/day
- For optimal health we should strive for more- 60-100 gms/day

What we are missing is the fiber!

38 Trillion+ micro-organisms in Our Gut Microbiome

Feed them well and they will: **Starve them and they will :**

- Support immune function
 - Support hormone Balance
 - Manage Toxins
 - Nourish Your Colon
 - Lower Inflammation
 - Produce Nutrients
 - Signal Satiety
- Inflamm Colon
 - Produce Toxins
 - Increase Estrogens
 - Increase Serum Cholesterol
 - Induce Inflammation
 - Create “Leaky Gut”
 - Increase Autoimmune Disease Risk

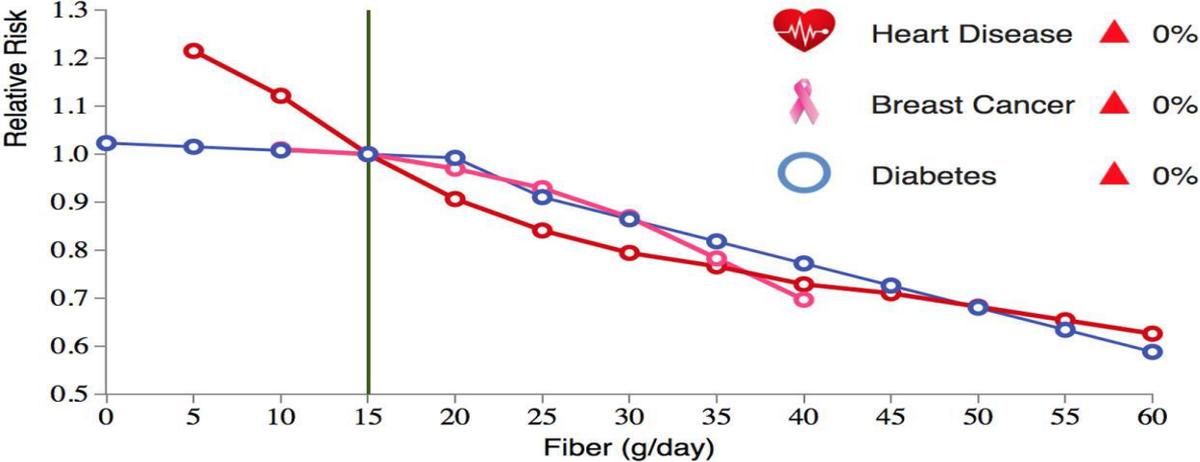
What we are missing is the fiber!

The Whole Food Plant-Based Diet

- Vegetables
- Fruit
- Whole grains
- Legumes
- Nuts and seeds
- Herbs and spices



Dietary Fiber and Risk of Disease

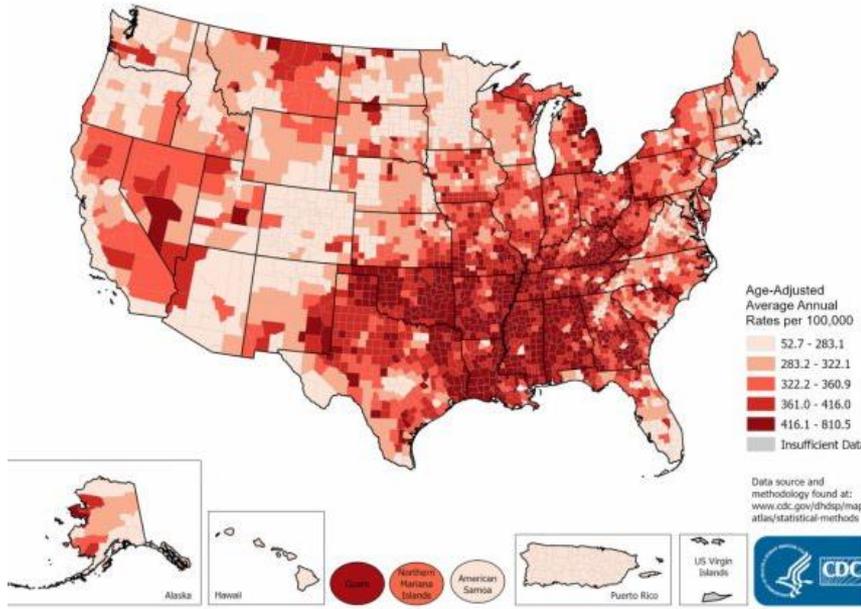


References

- ... (2013) Dietary fibre intake and risk of cardiovascular disease: systematic review and meta-analysis
- ... (2014) Dietary fiber intake and risk of type 2 diabetes: a dose–response analysis of prospective stu...
- ... (2012) Dietary fiber and breast cancer risk: a systematic review and meta-analysis of prospective s...

Heart Disease in US

Heart Disease Death Rates, 2018 - 2020
Adults, Ages 35+, by County



- #1 leading cause of death in US
- One person dies every 33 seconds from CVD
- 1 in every 5 deaths

1990-The Lifestyle Heart Trial Coronary Artery Disease is Reversible

MEDICAL SCIENCE

Can lifestyle changes reverse coronary heart disease?

The Lifestyle Heart Trial

DEAN ORNISH SHIRLEY E. BROWN LARRY W. SCHERWITZ
JAMES H. BILLINGS WILLIAM T. ARMSTRONG THOMAS A. PORTS
SANDRA M. MCLANAHAN RICHARD L. KIRKEIDE
RICHARD J. BRAND K. LANCE GOULD

In a prospective, randomised, controlled trial to determine whether comprehensive lifestyle changes affect coronary atherosclerosis after 1 year, 28 patients were assigned to an experimental group (low-fat vegetarian diet, stopping smoking,

We carried out trials in 1977 and 1980 to assess the short-term effects of lifestyle changes on coronary heart disease with non-invasive endpoint measures (improvements in cardiac risk factors, functional status, myocardial perfusion,² and left ventricular function³).



2014 Caldwell Esselstyn

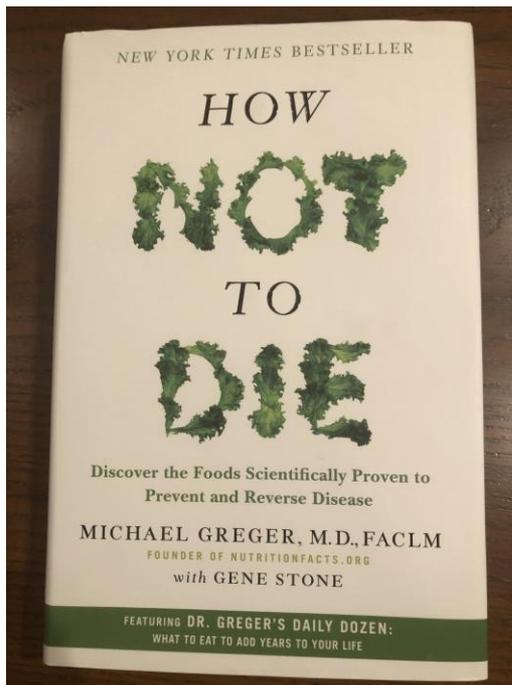
Arresting and Reversing Coronary Artery Disease

- Study of 198 patients with heart disease
- Whole food plant-based medicine
- Ate fruits, vegetables, leafy greens, whole grains, legumes, B-12, flaxseeds
- 177 patients were adherent-one had a cardiac event
- 21 non-adherent-13 had cardiac events



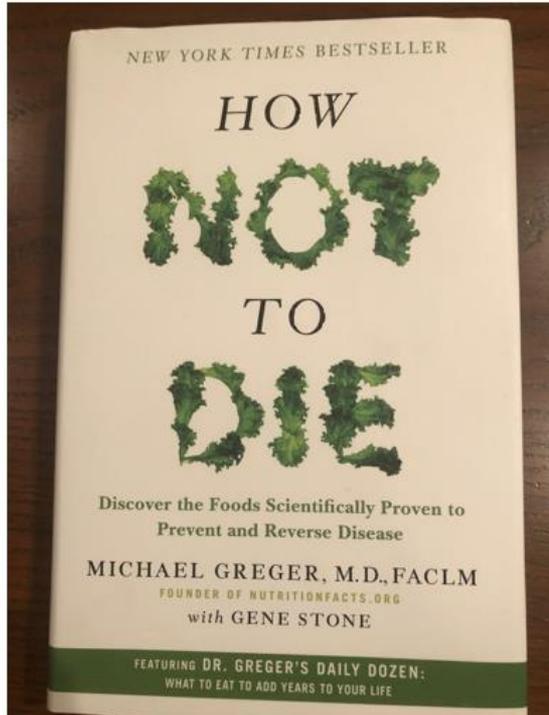
2015

All 15 of our Leading Killers Are Preventable



2015

All 15 of our Leading Killers Are Preventable



- Coronary Artery Disease
- Alzheimer's
- Colon / Esophageal / Pancreatic Cancers
- Diabetes
- Hypertension
- Leukemia / Lymphoma / Multiple Myeloma
- Chronic Kidney Disease
- Breast Cancer
- Depression
- Prostate Cancer
- Parkinson's

Obesity epidemic

- Obesity is a chronic condition all on its own, but also root cause of other diseases as well (metabolic syndrome)
- Over 20 years ago study said could be reversed with lifestyle
- But the standard American diets continue to be “SAD”



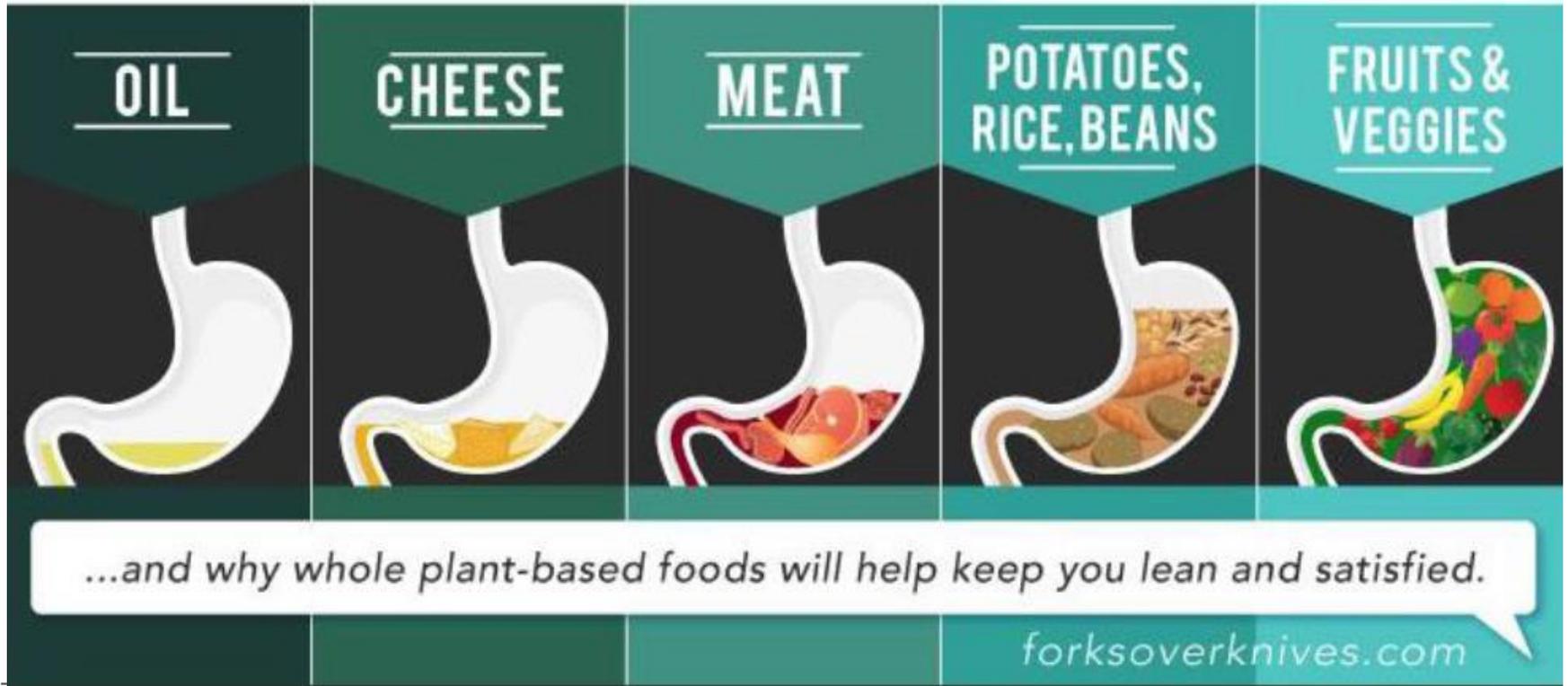
Obesity Epidemic





CALORIE DENSITY

WHAT 500 CALORIES LOOK LIKE



Cancer prevention

- 2018 World Cancer Research Fund/American Institute for Cancer Research 3rd Expert Report
- Recommendations for Cancer prevention
- Eat a diet rich in whole grains, vegetables, fruits and beans
- Limit consumption of fast foods and other processed foods high in fat, starches or sugar
- Limit consumption of red meat





World Health Organization 2015

Processed meat was classified as carcinogenic to humans (Group 1). Tobacco smoking and asbestos are also both classified as carcinogenic to humans (Group 1).

Bovine leukemia virus and breast cancer

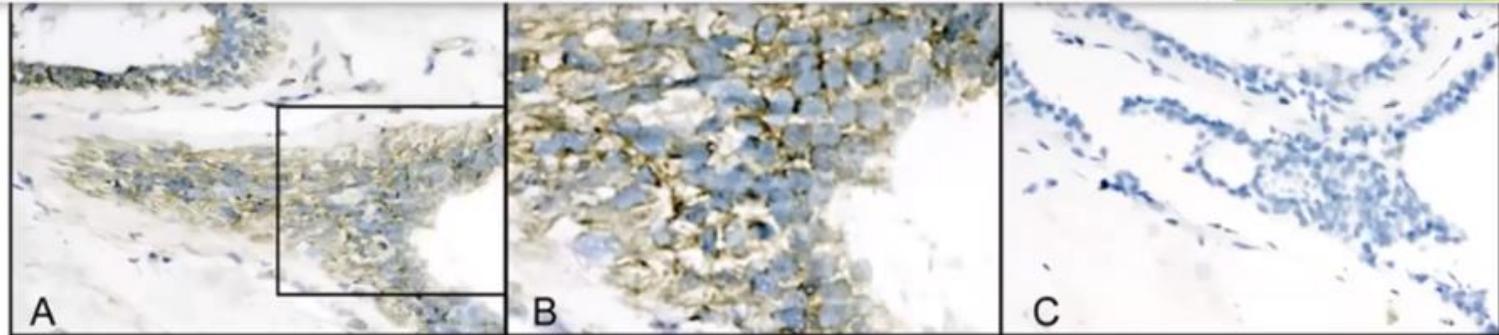
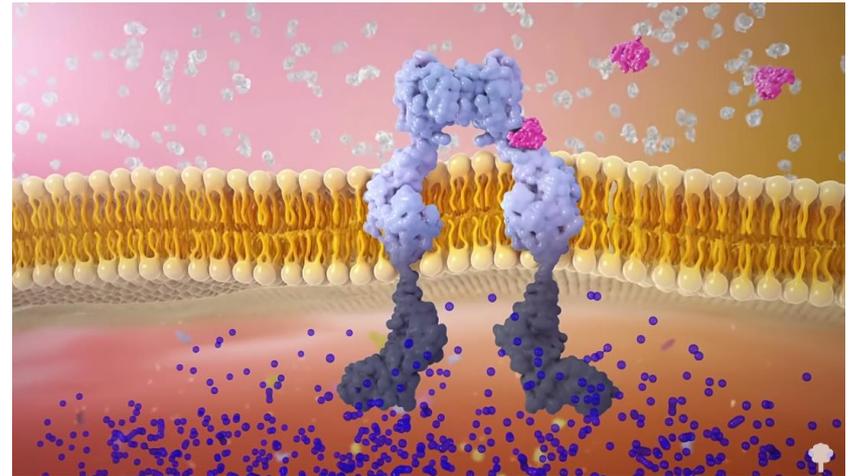


Fig 1. Bovine leukemia virus (BLV) in the mammary epithelium of a donor with breast cancer. (A) BLV DNA detected by in situ PCR (brown cells) (X40). Note presence of brown outcome reaction only in epithelium and not in surrounding connective tissue; (B) enlargement of boxed area in A, showing that the positive reaction is localized to the cytoplasm of mammary epithelial cells (X136). (C) background control, adjacent section reacted with PCR mix without primers to rule out non-specific false positive reactions (X40). Note absence of brown outcome reaction. Counterstain for A,B, and C is Difquick blue.

Presence of BLV-DNA in breast tissues was strongly associated with diagnosed and histologically confirmed breast cancer, OR = 3.07. As many as 37% of breast cancer cases may be attributable to BLV exposure.

Type 2 Diabetes

- Insulin ineffective getting glucose into cell, glucose builds up in the blood.
- The intramyocellular lipid is cause
- From diets high in saturated fat
- Low in fiber
- Inflammation, oxidative stress and more
- Obesified chickens and over consumed. Dramatic increase cheese consumption, 70% saturated fat.
- Book-Reversing DM by Dr. Neal Barnard



NYC Mayor Eric Adams reversed his DM with a plant-based diet



- [NYC Mayor Eric Adams on Reversing Diabetes with a Plant-Based, Vegan Diet | Forks Over Knives - YouTube](#)

EXAMPLE LIFESTYLE MEDICINE PROGRAMS/MODELS

Program Name	Targeted population
Diabetes Prevention Program	Individuals diagnosed with prediabetes or gestational diabetes https://www.cdc.gov/diabetes/prevention/index.html
Cardiac Rehab	Recent MI, ACAS, chronic stable angina, CHF, post CABG, post PCI, valvular surgery, cardiac transplantation
Intensive Cardiac Rehab (Pritikin, Benson Henry and Ornish)	Same indications as regular cardiac rehab https://pritikinicr.com , https://www.ornish.com/
Pivio (formally Complete Health Improvement Program CHIP)	Type 2 diabetes, heart disease, obesity https://piviohealth.com/
Model Name	Targeted population
New York City	The entire population of New York City https://www.nyc.gov/office-of-the-mayor/news/879-22/mayor-adams-a-american-college-lifestyle-medicine-44-million-offer-lifestyle?s=09#/0
Veterans Administration	Whole Health - https://www.va.gov/WHOLEHEALTHLIBRARY/tools/index.asp

Complimentary Webinars



Medication Deprescribing and Type 2 Diabetes

Presented on **June 7, 2023**: The American College of Lifestyle Medicine (ACLM) just published a [qualitative case series research study](#) that provides valuable insights into the protocols that can guide clinical decision-making on medication deprescribing for type 2 diabetes patients. The study, published in *Clinical Diabetes*, presents the first published examples of protocols that can help clinicians deprescribe medications safely and effectively following successful lifestyle medicine interventions.



ACLM's Position

1. Sufficiently intensive lifestyle modifications are capable of producing clinical improvements and/or remission in T2D patients.
2. The optimal treatment to bring about remission includes a whole food, plant-based (WFPB) dietary pattern, coupled with regular moderate exercise.

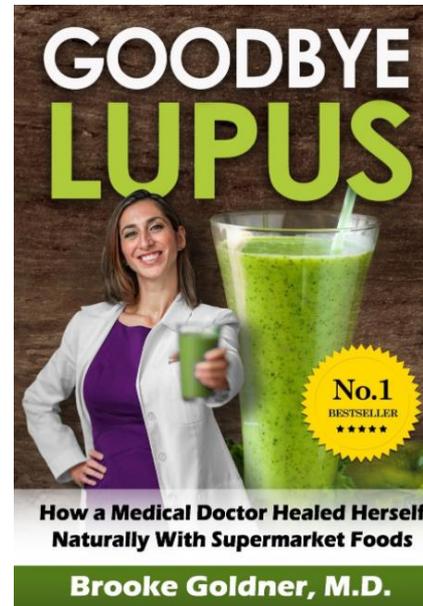
Therefore:

3. Remission should always be the preferred clinical goal, and lifestyle medicine interventions shown to produce remission should therefore become the standard of care.



Autoimmune Disease

- Can the whole food plant-based diet help?





Success story

Sarah, 47-year-old, married, mom of 3, 8 y o twins and teenager

Chronic conditions: RA, HTN

Conclusion:

- Traditional medicine typically manages chronic diseases with medications and procedures. Lifestyle Medicine also uses medications and procedures, when necessary, but seeks to address the root causes of diseases.
- Improving lifestyle habits, including embracing a plant forward diet , are pivotal in preventing and often alleviating the symptoms of chronic disease.



Forks Over Knives





The care manager role-empowering patients to make lifestyle changes, leaning into a plant forward diet.

Build the relationship

Get to know your patient

Ask about their “Why” (patient motivation)

Listen to their story

Recognize their strengths and reflect this back to them.



Start where the patient is....

- What questions do you have?
- What was your takeaway from your LM appointment with?
- How do you best gather more information? Do you read, watch tv, listen to podcasts?
- Offer education, but not too much



ACLM Resource

Nutrition



For optimal health, aim to eat whole plant foods that are minimally processed and in their natural form as often as possible (i.e. banana, carrots, unsalted nuts). Use the lists below for guidance.

Eat Plenty

- Vegetables
- Mushrooms
- Fruits
- Legumes/beans
- Whole Grains
- Nuts
- Seeds
- Herbs
- Spices
- Water

Limit/Avoid

- Sugary drinks like soda, juice cocktails, sweetened coffee and energy drinks
- Processed meats like sausage, bacon, salami, bologna, deli meat
- Processed snacks like crackers, chips, pretzels
- Cakes, pastries, sweets
- Dairy (especially high-fat types with added salt and sugar)
- Red meats
- Poultry
- Eggs



In Health:



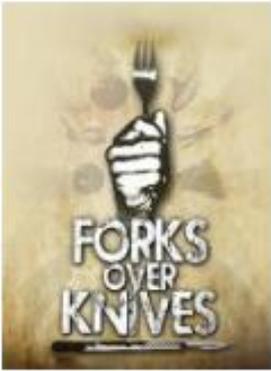
- Start with simple steps
- ACLM offers a wide variety of helpful resources



Recommended Documentaries



Netflix



Free on the FOK website



Netflix

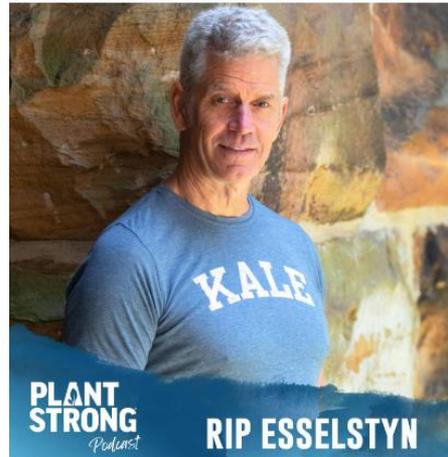


EXAMPLE LIFESTYLE MEDICINE PRESCRIPTIONS AND RESOURCES

Type	Example(s)
Documentaries	Plantwise, Optimizing Life (Indiana), Code Blue
Apps	Headspace, Better Therapeutics, Calm
Online nutrition resources	Rouxbe Culinary Rx, The Big Switch
Physical Activity Interventions	Exercise is Medicine, Park Rx
Nutrition Interventions	Food is Medicine, produce prescriptions, medically tailored meal programs, Full Plate Living
Sleep Interventions	CBTi



Whole Food Plant-Based Podcasts



Patient led goal setting-Behavior change



Be sure to write the goal down for the patient.

- What small change could you make?
- How would you do that?
- SMART Goal
- What will be your challenge with this?
- Who will support you?

Start with just adding more plants

“Eat the foods you love that love you back”

Dr. Joel Fuhrman



Think about how many vegetables you eat in a day....

Can you increase your veggies by one serving every day?

Celebrate the wins and plan for setbacks

- Celebrate the wins
 - Encourage self praise
 - Setback are okay
 - Atomic Habits says-It is not you that failed, it's the process.
 - Don't focus on outcome, focus on the process (daily plan)
 - Build a better process
- Patient in the driver's seat, they are the expert of their health



ACLM Resource



First Steps to HEALTH RESTORATION





Lifestyle Medicine is the use of evidence-based therapies such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection for the treatment and reversal of chronic disease.



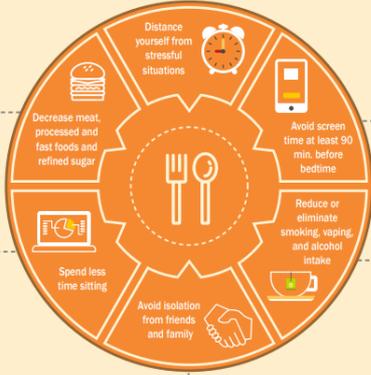
Choose fiber-filled, nutrient-dense whole plant foods to fill half to 3/4 of your plate



Take time. Breathe - Try meditation, yoga, and spending time in nature

ADDITIONAL TIPS

- Drink water to quench thirst.
- Choose a fitness activity you enjoy, such as walking, moving in water or biking. Build up slowly, with a goal of at least 30 min. 5 days/week.
- For the best quality of sleep, make your room cool, dark, quiet and comfortable.
- Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.
- Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.
- Set regular times to engage with others. Social connectedness is essential to emotional resiliency.





Build more activity into your daily life, such as parking farther away or always taking the stairs



Develop an evening routine to relax. Aim for 7 to 9 hours of sleep per night



Spend time with those who lift your spirits and help others when you feel down



Substitute other relaxing activities and talk to your physician if you need help

Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life — are “just what the doctor ordered” to powerfully prevent, treat, and, often, even reverse chronic disease.

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Meet Joan

- 66 yo, single
- PMH: HTN, OSA, AFIB, GAD
- Feels tired all the time, wants to be healthier and off meds
- Completed the Rochester NY virtual Jumpstart program RLMI
- followed up with LM board certified provider for a consult
- Came to several SMA's (where she met new friends)



Resources



Dr. Greger's Daily Dozen 📱

NutritionFacts.org

NutritionFacts.org

Designed for iPhone

★★★★★ 4.8 • 10.7K Ratings

Free

daily plant-based nutrition guide

LEGUMES: 3 servings per day

- Serving Size:
- 1/4 cup hummus or other bean or lentil based dip
 - 1/2 cup cooked beans, lentils, peas, tofu, edamame or tempeh

Includes black beans, pinto beans, kidney beans, white kidney beans, chickpeas, fava beans, black-eyed peas, navy beans, lupini beans, any variety of lentil, hummus, any variety of tofu, tempeh, edamame, green peas, legume-based pasta

WHOLE GRAINS: 2-3 servings per day

- Serving Size:
- 1/2 cup hot cereal, cooked whole grains or whole-wheat pasta
 - 1 cup cold cereal
 - 1 slice whole-grain bread, tortilla, english muffin or bagel
 -
 -

Includes rolled oats, steel cut oats, buckwheat, brown rice, farro, freekeh, barley, popcorn, quinoa, sorghum, millet, amaranth, rye, teff, whole-wheat pasta, quinoa pasta, brown rice pasta, whole-grain bread, bagels, english muffins and tortillas, any other whole grain or lightly processed whole grain product

OMEGA-3 SEEDS: 1-3 servings per day

- Serving Size:
- 1 tbsp hemp seeds, chia seeds or ground flax
 -
 -

NUTS & OTHER SEEDS: 1 serving per day

- Serving Size:
- 1/4 cup nuts or seeds
 - 2 tbsp nut or seed butter
 -
 -

Includes walnuts, almonds, cashews, brazil nuts, hazelnuts, sunflower seeds, pumpkin seeds, pistachios, macadamia nuts, sesame seeds, tahini, almond butter, peanut butter, cashew butter, sunflower seed butter

HERBS & SPICES: Min. 1 serving per day

- Serving Size:
- unlimited dried herbs and spices
 - unlimited fresh herbs
 -
 -

Includes turmeric, ground ginger, cumin, coriander, dill, parsley, dill, oregano, basil, thyme, curry powder, garlic, nutmeg, mustard powder, paprika, sage, any other whole fresh or dried ground or whole herb or spice

BERRIES: 1-2 servings per day

- Serving Size:
- 1/2 cup fresh or frozen berries
 - 1/4 cup dried berries
 -
 -

Includes blackberries, blueberries, strawberries, goji berries, acai berries, cherries, raspberries, mulberries, cranberries

OTHER FRUITS: 1-2 servings per day

- Serving Size:
- 1/2 cup cut up fruit
 - 1/4 cup dried fruit
 - 1 medium sized fruit
 -
 -

Includes fresh or frozen apples, apricots, bananas, melons, dates, figs, grapefruit, oranges, mango, nectarines, plums, papaya, peaches, pear, passion fruit, pomegranate, pineapple, watermelon, lemons, limes, kiwi, any other variety of whole fruit

CRUCIFEROUS VEG: Min. 1 serving per day

- Serving Size:
- 1/2 cup chopped raw veggies
 -
 -
 -

Includes fresh or frozen arugula, bok choy, broccoli, brussels sprouts, cabbage - any variety, kale, oilseed greens, cauliflower - any variety, turnip greens, watercress

LEAFY GREENS: Min. 2-3 servings per day

- Serving Size:
- 1/2 cup cooked greens
 - 1 cup raw greens
 -
 -

Includes fresh or frozen spinach, kale - any variety, collard greens, swiss chard, beet greens, mixed greens, any other leafy green

OTHER VEGGIES: Min. 2 servings per day

- Serving Size:
- 1/2 cup cooked or raw veggies
 -
 -
 -

Includes fresh or frozen carrots, squash - any variety, sweet potato, potato, celery, zucchini, beets, corn, mushrooms - any variety, onion, tomatoes, eggplant, asparagus, bell peppers, any other whole vegetable

My care management note

- **Nutrition:**
- Joan continues on the WFPBD, finished the Jumpstart program this month and really enjoyed, learned so much!
- Lost 9#, BP controlled, average pt reported 120/68. You will remain off HTN med! You have met your goal! (add hibiscus tea daily for BP control)
- Eating greens with daily-goal met!
- **Physical Activity:**
- Last few months has not had much time to exercise
- Yoga class starts next week
- Goal around getting to the gym 3 days a week.
- We talked about incorporating cardio, flexibility, strength and balance.

My care management note, continued

- **Stress Management:**
- History of anxiety, feels like WFPBD diet has really helped manage this.
- Uses prayer/bible study to help with stress as well
- Has the “Calm” app on phone, we discussed using this to practice short meditation daily
- **Substance use:**
- Rarely drinks alcohol (approximately 2 beers/year), never smoked, no recreational drugs
- **Social Connection:**
- Friends, church friends, content with social life
- **Sleep:**
- Bed at 9 or 10 pm, always wakes at 3 am to urinate and sometimes eats then too. Up about 6 am
- No trouble falling back to sleep, or initiating sleep
- CM provided ACLM healthy sleep habits hand-out today
- Uses CPAP nightly

RLMI Jumpstart Program

15-Day Whole-Food Plant-Based
Jumpstart Program

You have the power to improve your health, once and for all.

- Lose weight, lower cholesterol, and feel better in two weeks!
- Takes place via facilitated Zoom meetings, including 3 primary sessions, cooking demo, and 2 mid-week check-ins.
- Best part - no restrictions on the amount of healthy food, no measuring or weighing food, no calorie counting, and no macronutrient (carbs, protein, fat) tracking!

Use discount code IHAS0 for \$50 off!





RLMI Jumpstart Average Recorded Results

weight loss	systolic blood pressure	total cholesterol	LDL cholesterol	fasting glucose
-5.6 lb. (25%)	-6.0 mmHg	-26 mg/dL	-19 mg/dL	-12 mg/dL
-7.3 lb. for those with BMI greater than 30	-15.7 points for those with BP over 130	-44 for those with cholesterol over 190	-33 for those with LDL over 130	-18.0 points for those starting in diabetes range

Participants experienced these improvements in just 15 days.



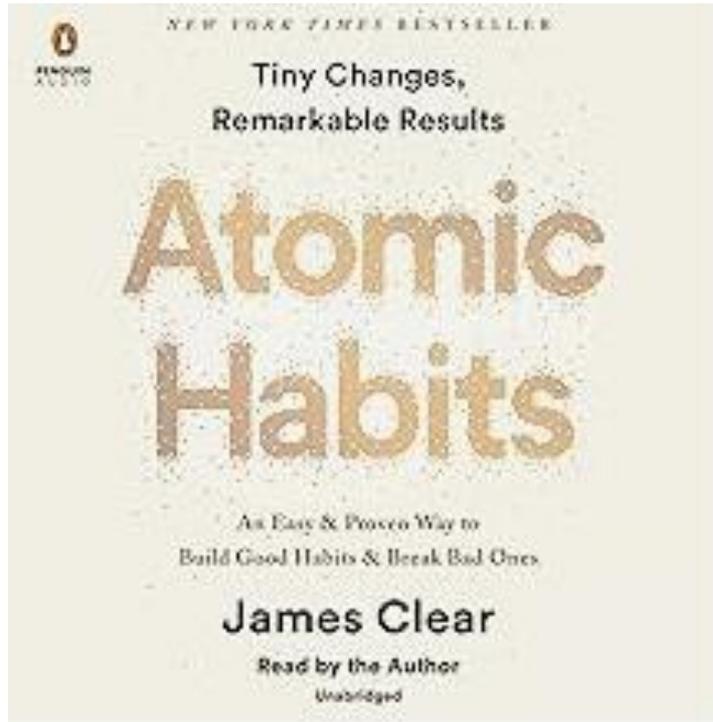
Visit our website or call to get started!

RochesterLifestyleMedicine.org/about-jumpstart
 (800) 710-7584 (RLMI) | info@roclifemed.org | @roclifemed

Rochester Lifestyle Medicine Institute



Who is the person you want to become?



- “I am someone who chooses to eat oatmeal for breakfast”.
- Atomic habits are tiny routines and behaviors that build on one another to multiply outcomes over time.
- (1) make it obvious, (2) make it attractive, (3) make it easy, and (4) make it satisfying.”
- Focus on just "1% improvement" each day. "As the days stack up, you'll find that those small changes, those reasonable approaches that you take on stack into something much greater,"

Care Management Role-Lifestyle Medicine Shared Medical Appointments

- Offer SMA to patients who may be interested
- Huddle with provider week before visit
- Set agenda
- Huddle with reception and MA day of visit



Care Management Role-Lifestyle Medicine Shared Medical Appointments

- Welcome-”one good thing”
- Agenda for our visit
- Inviting patients to share
- Empowering patients to support one another (the power is in the group)
- Pointing out Key take aways
- Summarizing
- Goal setting
- Next steps/follow up



Complimentary Patient Education



Care Managers and Nurses have a pivotal role in empowering patients to make lifestyle changes that can improve health and wellness!





**Eat as if your life depends on it.....
Because it does**

Questions?



Books:

- *Atomic Habits*- James Clear
- *Fiber Fueled* –Dr. Will Bulsiewicz
- *Goodbye Autoimmune Disease*-Dr. Brooke Goldner
- *How Not To Die*-Dr. Michael Greger
- *How Not To Diet*-Dr. Michael Greger
- *Prevent and Reverse Heart Disease*-Caldwell Esselstyn
- *Reversing Diabetes*-Neal Barnard
- *The China Study*-T. Colin Campbell
- *Undo it*-Dr. Dean Ornish

citations

3. [“Make Health Last” - Canadian Heart & Stroke Foundation - YouTube](#) .
4. About chronic diseases. Centers for Disease Control and Prevention. <https://www.cdc.gov/chronicdisease/about/index.htm>. Published July 21, 2022. Accessed April 28, 2023
10. [Lifestyle and Disease Prevention: Your DNA Is Not Your Destiny \(nutritionfacts.org\)](#)
11. Optimizing Health span Julieanna Hever, MS, RD, CPT [Optimizing Healthspan | Pale Blue Dot Community](#)
14. [22-01-11 Lifestyle as Medicine Lecture: Robert Breakey – YouTube](#)
18. Dr. Dean Ornish Life Heart Trial: [Intensive-lifestyle-changes-for-reversal-of-coronary-heart-disease1.pdf \(ornish.com\)](#)
19. Dr. Caldwell Esselstyn: [A way to reverse CAD? - PubMed \(nih.gov\)](#)
- 20, 21. Dr. Michael Greger: How Not To Die: [How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease: Greger M.D. FACLM, Michael, Stone, Gene: 9781250066114: Amazon.com: Books](#)
- 26 [Scoring WCRF/AICR Cancer Prevention Recommendations | EGRP/DCCPS/NCI/NIH](#)
28. [Exposure to Bovine Leukemia Virus Is Associated with Breast Cancer: A Case-Control Study-
<https://doi.org/10.1371/journal.pone.0134304>](#)
29. [What Causes Insulin Resistance? \(nutritionfacts.org\)](#)
30. [NYC Mayor Eric Adams on Reversing Diabetes with a Plant-Based, Vegan Diet | Forks Over Knives – YouTube](#)
52. [Lose Weight — Rochester Lifestyle Medicine Institute \(jumpstart program\)](#)

Thank you for attending!

We have updated our process. You can complete the course evaluation right away using this link: <https://membership.sigmanursing.org/rd/sl/3993434>

Zoom will also send you an email to the email address you registered for the webinar with in ***approximately 1 week*** that will include a link to the webinar recording and the process for completing the evaluation to obtain your NCPD certificate.

Questions? Email us at: education@sigmanursing.org



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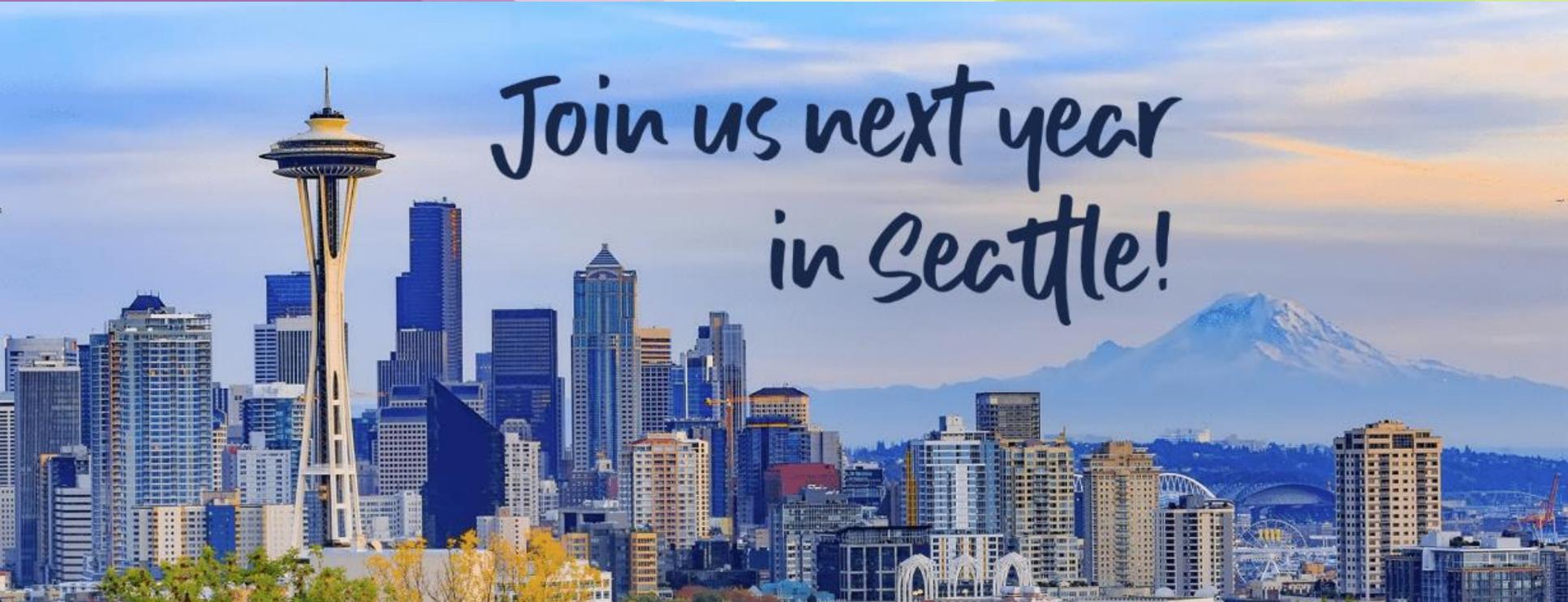


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A panoramic view of the Seattle skyline at dusk or dawn. The Space Needle is prominent on the left. In the background, the snow-capped Mount Rainier is visible under a blue and orange sky. The city's skyscrapers are illuminated, and the overall atmosphere is serene and inviting.

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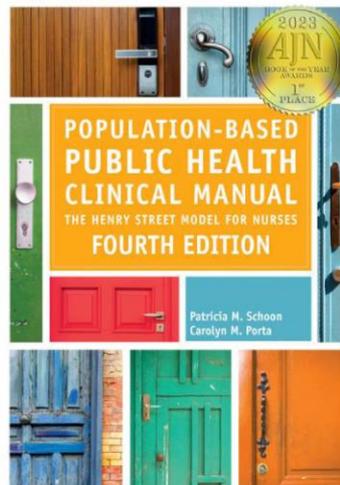
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