

# Lifestyle Medicine

## CCONS Oncology Nursing Symposium OPTIMIZING YOUR HEALTH SERIES



Eric R. Secor Jr., Ph.D., N.D., M.P.H., M.S., L.Ac. Dip.Ac., N.C.C.A.O.M.

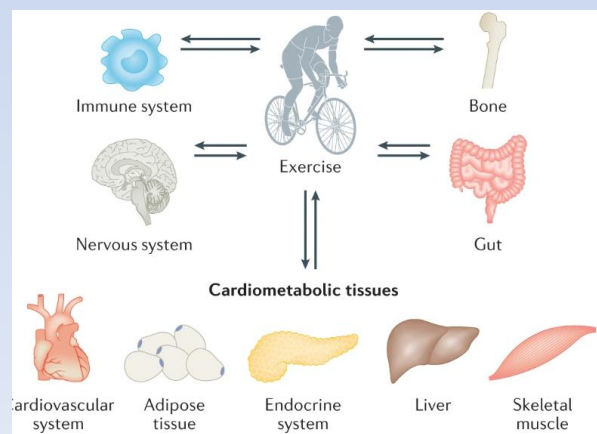
Associate Medical Director, Integrative Medicine

Hartford HealthCare Cancer Institute

Assistant Professor Medicine, UConn Health

[Therapies.Integrative@hhchealth.org](mailto:Therapies.Integrative@hhchealth.org)

860-972-4444



# Overview & Goals

I. What is Lifestyle Medicine ?

II. How can adopting Lifestyle Medicine Principles support you ? (Discuss 6 Pillars)



III. What role can and should Lifestyle Medicine play our Health Care structure, Employee health and wellness, and clinical practice ?

# Lifestyle Medicine

**Medical specialty-** using “therapeutic lifestyle interventions” as the primary modality to treat chronic conditions.

**Evidence based-** whole-person, prescriptive lifestyle change to treat and, when used intensively, often *reverse* such conditions

**Clinical Focus-** Treat & Prevent cardiovascular diseases, type 2 diabetes, and obesity.

**Therapeutic focus-** “6 Pillars” 1. Whole-food, plant-predominant eating pattern, 2. Physical activity, 3. Restorative sleep, 4. Stress management, 5. Avoidance of risky substances and 6. positive social connections.

A society of medical professionals  
united to reverse chronic disease

**The American College of Lifestyle Medicine (ACLM)** is the medical professional society for physicians and other professionals dedicated to clinical and worksite practice of lifestyle medicine as the foundation of a transformed and sustainable health care system. (Board Cert)

# The Value of Lifestyle Medicine

- Lifestyle medicine can address up to 80% of chronic diseases.
- A lifestyle medicine approach to care, carries the potential to arrest the decades-long rise in the prevalence of chronic conditions and their burdensome costs.
- Greater provider & patient satisfaction often results from a lifestyle medicine approach.
- Supports “Quintuple Aim” 1. Better health outcomes, 2. Lower cost, 3. Improved patient satisfaction, 4. Improved provider well-being, 5. Advancement of health equity, in addition to its alignment with planetary health.

**Lifestyle medicine is the foundation for a redesigned, value-based and equitable healthcare delivery system, leading ultimately to greater “whole person health”.**

I. What is Lifestyle Medicine ?

II. How can adopting Lifestyle Medicine Principles support you ?  
(Highlight Pillars 1 & 6)

III. What role can and should Lifestyle Medicine play our Health Care structure, Employee health and wellness, and clinical practice ?



Alternative → Complementary → Integrative

Public Health → Prevention → Executive Wellness → Longevity

Work life balance → Chronic Stress → Support Systems → COVID



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



# LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

## 6 WAYS TO TAKE CONTROL OF YOUR HEALTH



**NUTRITION** Food is Medicine. Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds.



**EXERCISE** Regular and consistent physical activity that can be maintained on a daily basis throughout life — walking, gardening, push ups and lunges — is an essential piece of the optimal health equation.



**SUBSTANCE ABUSE** The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease. Positive behaviors that improve health include cessation of tobacco use and limiting the intake of alcohol.



**STRESS** Stress can lead to improved health and productivity — or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.



**SLEEP** Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental and coping behaviors to improve sleep health.



**RELATIONSHIPS** Social connectedness is essential to emotional resiliency. Studies show that isolation is associated with increased mortality. Considering a patient's home and community environment improves overall health.

### LIFESTYLE MEDICINE'S UNIQUE VALUE PROPOSITION

- Allows the body to protect and heal itself by promoting healthful lifestyle choices
- Educates, guides and supports positive behavior changes
- Places a focus on evidence-based optimal nutrition, stress management, sleep and physical activity
- Encourages active patient participation
- Treats the underlying, lifestyle-related causes of disease
- Uses medications as a supplement to therapeutic lifestyle changes
- Considers the patient's home and community environment

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine.

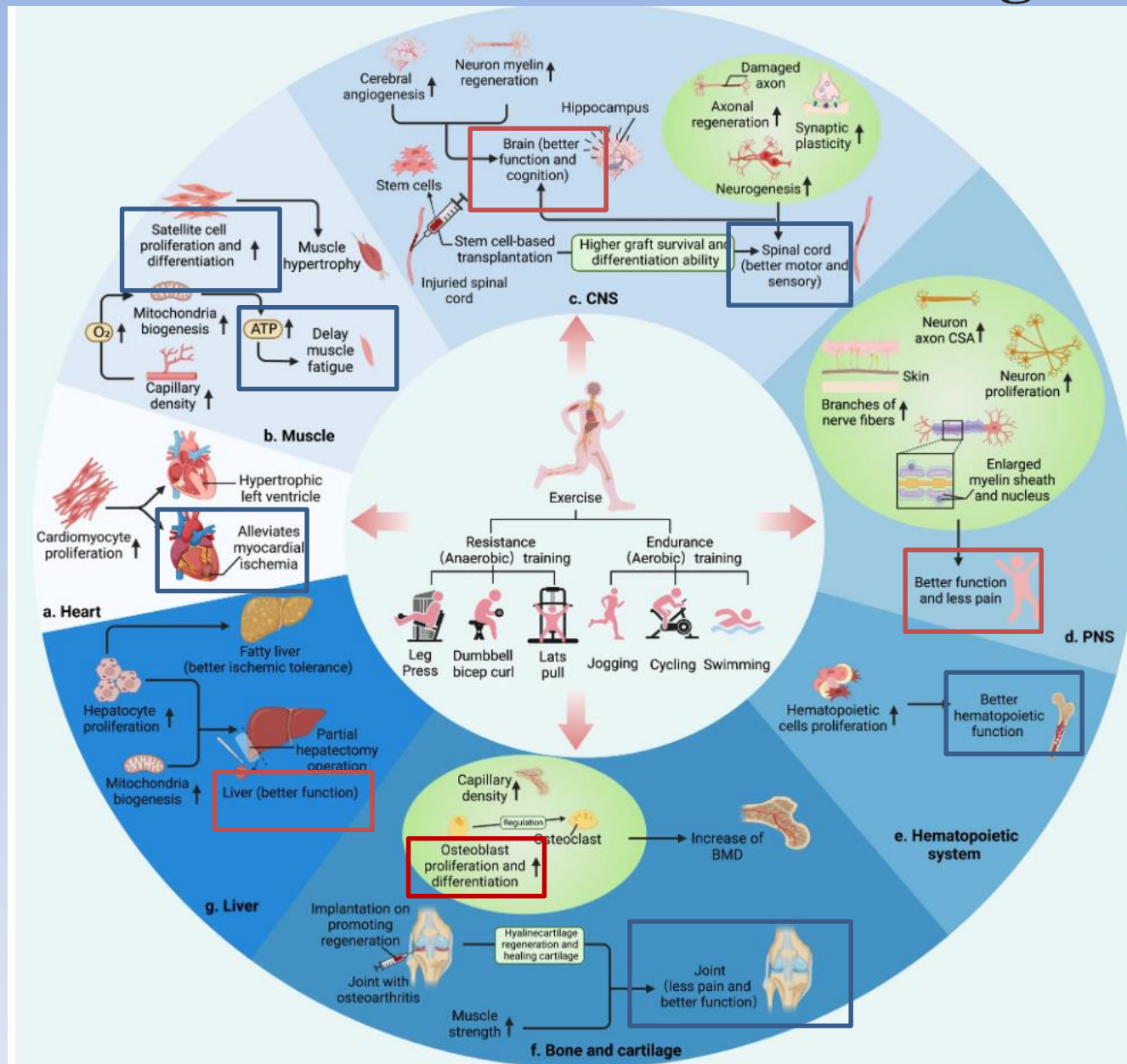
[lifestylemedicine.org](http://lifestylemedicine.org)



# Pillar 1. Physical Activity

- **Physical Exercise as an Immunomodulator of Chronic Diseases in Aging**  
“regular practice of physical activity appears to improve most of the inflammatory/immunological processes involved in the age-related immune system alterations & pathophysiology of atherosclerosis, hypertension, chronic heart failure, type 2 diabetes, obesity, arthritis, and chronic obstructive pulmonary disease”.
- **Next steps to advance general physical activity recommendations towards physical exercise prescription**  
“Physical inactivity, a major health concern, associated with the development of several non-communicable diseases with an increased mortality rate. Therefore, promoting active lifestyles has become a crucial public health necessity for enhancing overall health and quality of life”.
- **Feasibility and Impact of Physical Activity on Compassion Fatigue and Burnout Among Ambulatory Care Oncology Nurses**  
“Weekly leisurely walking, average daily step increased 29%. Stress scores decreased  
Burnout scores demonstrated levels of low emotional exhaustion ”.

# Benefits of exercise-induced tissue regeneration.

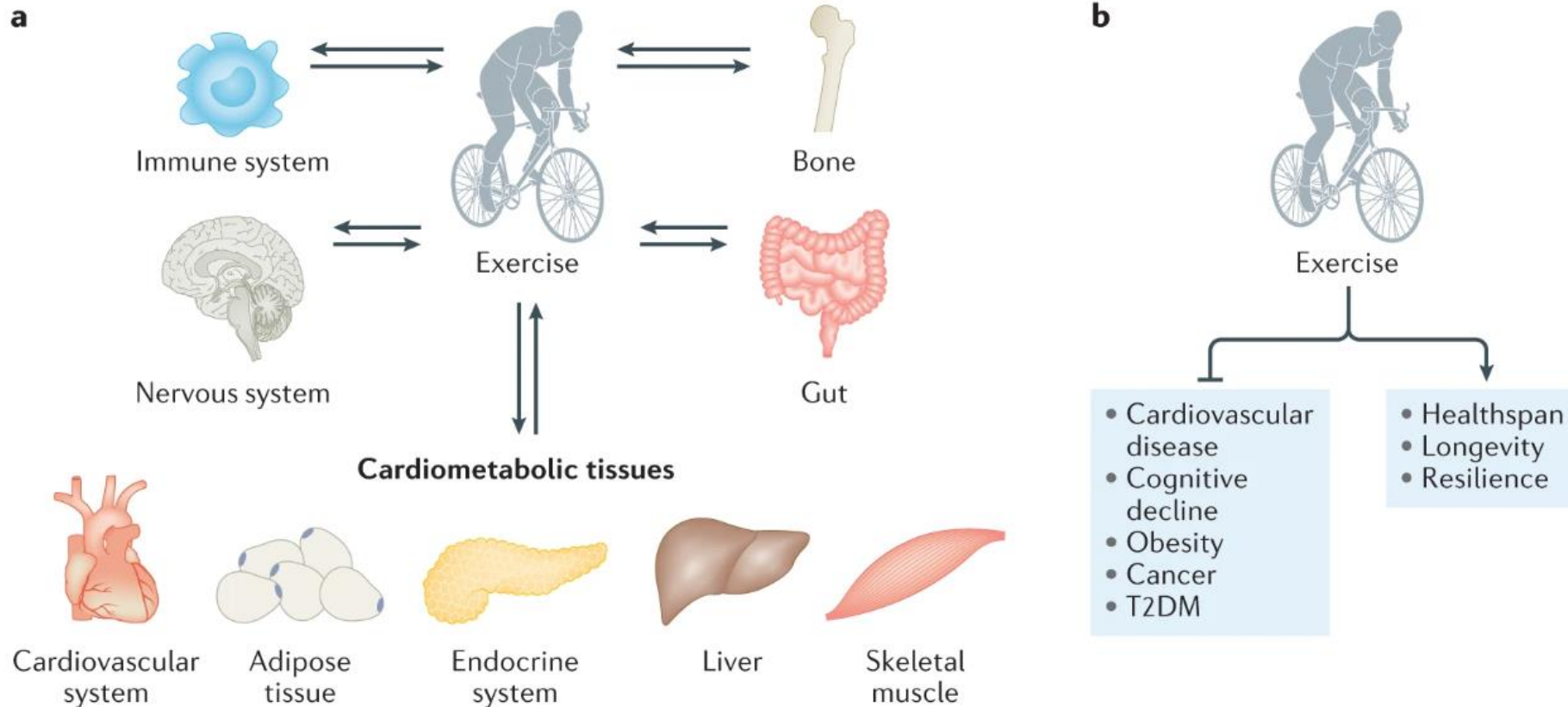




# “Exerkines” in Health, Resilience and Disease

**Fig. 1: The systemic effects of exercise.**

From: [Exerkines in health, resilience and disease](#)



**a** | Organs and tissues that can serve as source of exerkines and that are directly affected by exercise. **b** | Exercise results in profound health benefits, including reductions in the presence or severity of certain diseases, as well as increases in healthspan, longevity and resilience. T2DM, type 2 diabetes mellitus.

# Lifestyle Activity

## Moderate Activity

- Brisk walking
- Heavy cleaning (washing windows, vacuuming, mopping)
- Mowing lawn (power mower)
- Light bicycling
- Recreational badminton
- Tennis doubles

## Vigorous Activity

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Basketball game
- Soccer game
- Tennis singles

*\*A limitation of labeling activities this way is that it does not consider the fact that some people have a higher level of fitness than others. It is important to tailor your activity to your own fitness level.*

## Guidelines

The recommendation for adults 18-64 years old is to do at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity weekly along with two or more days weekly of strength training. The more physical activity, the more benefit, but any amount of exercise is better than none. Working with a certified exercise specialist such as a kinesiologist, exercise physiologist, physical therapist, or certified personal trainer is the safest and most reliable way to begin an exercise program.

## Activity Types

**Aerobic or endurance activities** include running, swimming, biking, hiking, playing sports, dancing and brisk walking.

**Strength or resistance activities** include weight lifting, pushing a wheelchair/stroller, kettlebells and body weight exercises such as squats, lunges, pushups, sit-ups etc.

**Flexibility activities** include stretching and some forms of yoga.

**Balance activities** include tai chi, qi gong and some forms of yoga.

*Warning/Disclaimer: always talk to your doctor before starting a new activity*

## Activity Goals

Setting a goal is a great way to get started with physical activity. It's easier to achieve positive goals. An example of a positive activity goal is, "I will walk with a friend or family member for at least 20 minutes after dinner, every weekday for the next two months."

**Specific** - What specific activity would you like to add/change?

**Measurable** - How much activity, how many sessions?

**Attainable** - Do you have what it takes to follow through?

**Realistic** - What can you actually do? (know your limits, start small, build)

**Time-Connected** - How frequent or how long will you do the activity?



## Helpful resources:

[exerciseismedicine.org](http://exerciseismedicine.org)

Walk With a Doc:  
[walkwithadoc.org](http://walkwithadoc.org)

CDC:  
[cdc.gov/physicalactivity](http://cdc.gov/physicalactivity)

Find a Trainer Near You:  
[usreps.org](http://usreps.org)

2019 Physical Activity Guidelines:  
[health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](http://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)

ACE Exercise Library:  
[acefitness.org](http://acefitness.org)



[lifestylemedicine.org](http://lifestylemedicine.org)

Sedentary



7-10K Steps



Zone Mins ?

“Smart” →

# Need to track high quality outcomes before and after intervention

## All LM Pillars use standardized outcomes that can be adopted for clinical use



LOMA LINDA UNIVERSITY  
HEALTH

Produced in collaboration with Loma Linda University

### Physical Activity Assessment

#### GETTING STARTED

a. Please circle your current overall LEVEL OF HEALTH.

b. Please rank the top 3 areas you would like to improve with 1 being the most important and 3 the least important.

Sleep \_\_\_\_\_ Weight Management \_\_\_\_\_ Nutrition \_\_\_\_\_

Exercise \_\_\_\_\_ Purpose & Connection \_\_\_\_\_ Mental Health \_\_\_\_\_

Substance Use \_\_\_\_\_

c. How IMPORTANT is it for you to make the change you ranked as the #1 most motivated topic area to address?

d. How CONFIDENT are you regarding your ability to make the change you ranked as the #1 most motivated topic area to address?

e. How IMPORTANT is it for you to make the change you ranked as the #2 most motivated topic area to address?

f. How CONFIDENT are you regarding your ability to make the change you ranked as the #2 most motivated topic area to address?

g. How IMPORTANT is it for you to make the change you ranked as the #3 most motivated topic area to address?

h. How CONFIDENT are you regarding your ability to make the change you ranked as the #3 most motivated topic area to address?

i. What would you like to gain from this lifestyle visit? Check all that apply

☐ More medical/scientific knowledge ☐ Practical health tips ☐ Other: \_\_\_\_\_

☐ Accountability ☐ Personalized plan

#### EXERCISE

##### EXERCISE HABITS: AEROBIC/CARDIO TRAINING

- a. During the average week, how many days do you exercise at a moderate to strenuous intensity (i.e. brisk walking or enough to break a light sweat)? \_\_\_\_\_ days
- b. During an average session, how many minutes do you exercise at a moderate to strenuous intensity (i.e. brisk walking or enough movement to break a light sweat)? \_\_\_\_\_ min
- c. List types of aerobic activities you do (i.e. walking, jogging, swimming, bicycling, dancing, etc.): \_\_\_\_\_

##### EXERCISE HABITS: STRENGTH/RESISTANCE TRAINING

- a. During the average week, how many days do you do strength/resistance training? \_\_\_\_\_ days
- b. How many minutes do you exercise with strength/resistance training? \_\_\_\_\_ min
- c. List types of activities you do (i.e. weightlifting, Pilates, kettle ball, resistance machines, exercise bands, etc.): \_\_\_\_\_

##### What MOTIVATES you or would motivate you to exercise? Check top three

- ☐ Nothing would motivate me ☐ Family or partner ☐ Improve mood ☐ Weight reduction
- ☐ Control Blood glucose ☐ Body Image ☐ Increase Energy ☐ Reduce blood pressure
- ☐ Decrease stress ☐ Prevent heart disease ☐ Prevent Bone loss ☐ Improve sleep
- ☐ Increase self-esteem ☐ Other: \_\_\_\_\_

##### Are there any BARRIERS or PROBLEMS that limit exercise? Check all that apply

- ☐ No barriers ☐ Depression ☐ Work Responsibility ☐ Cost
- ☐ Life Transition Period ☐ Time ☐ Fear ☐ Other
- ☐ Family Responsibility ☐ Apparel ☐ Energy

##### EXERCISE SAFETY

- a. Do you have any injuries that would make it difficult to exercise? No Yes
- b. Do you have any joint, muscle, or bone problems that might get worse with exercise? No Yes
- c. Do you have any breathing problems while exercising? No Yes
- d. Do you have any balance problems or have had a fall in the last 6 months? No Yes
- e. Do you have any difficulty completing your activities of daily living (i.e. showering, dressing, toileting)? No Yes

##### Do you have any of the following health problems? Check all that apply

- ☐ Arrhythmia or irregular heartbeat ☐ Uncontrolled diabetes ☐ Recent heart attack
- ☐ Arthritis or significant joint pain ☐ Severe or uncontrolled heart failure ☐ Chronic or unusual fatigue/tiredness
- ☐ Chest pain/angina ☐ Uncontrolled asthma ☐ Difficulty breathing with activity
- ☐ Other

# Pillar 2. Stress Reduction

- **Individual-level interventions for reducing occupational stress in healthcare workers.** “Healthcare workers can suffer from work-related stress as a result of an imbalance of demands, skills and social support at work. This may lead to stress, burnout and psychosomatic problems, and deterioration of service provision.

Review shows that there may be an effect on stress reduction in healthcare workers from individual-level stress interventions, whether they focus one's attention on or away from the experience of stress. This effect may last up to a year after the end of the intervention.

- **Psychosomatic Disorder: The Current Implications and Challenges**

“increasing global concern about the rising prevalence and rapid progression of psychosomatic disorders (PD)” attributed to increasingly stressful lifestyles. Prolonged stress and psychological distress impacts hypothalamic-pituitary-adrenal (HPA) axis, the central nervous, endocrine, and immune systems- elevated cortisol, inflammation persistent pain, gastrointestinal disturbances, or respiratory complications, worsening cardiovascular disorders, hypertension and heart disease....

“therapeutic strategies have been proposed so far, but the precise etiology of PD remains elusive”

# Lifestyle Stress Reduction

Stress is unavoidable. How we think about it and how we react to it makes the difference in how it impacts our self-care and our health. While some medicine may help to manage stress, there are many things that you can do to help you manage stress and improve overall health. Partnering with your health care team can help you determine a plan of action for stress reduction.

## Self-Management Tips

- Connect with others
- Get involved in activities
- Try different healthy ways to relax (music, exercise, dance, meditation or yoga)
- Take time for fun creative activities or hobbies
- Keep a gratitude journal or write about stressful events
- Take care of spiritual needs
- Make time to laugh (comedy, joke books etc)
- Avoid caffeine and alcohol
- Try deep breathing techniques
- Get a massage

## Good Stress/Bad Stress

Not all stress is bad for us; in fact some stress can be helpful for completing important projects, studying for an exam, speaking in public, or accomplishing challenging goals. On the other hand, distress or negative stress is the type of stress that can cause short- or long-term anxiety, decreased performance and lead to poor mental and physical health. Distress can be caused by many factors that differ for everyone. It is important to recognize the things in your life that cause distress, so you can come up with a plan to manage or cope with or view situations differently.

## See Stress Differently

*Look at events or triggers from a different angle. Consider "Is there another way to look at this situation?" and remember it's not helpful to focus on what cannot be changed. Try to improve your mood by looking at what is going well in life. Focus on your accomplishments or what you have overcome.*

## Stress Reduction Goals

Setting goals around stress management is a great way to decrease any negative impact stress may have on your health. It's often easier to achieve positive goals. An example of a positive stress management goal is, "I will write about what I am thankful for at least 10 minutes three times per week."

**Specific** - What are you going to do to manage your stress?

**Measurable** - How much time, how many sessions?

**Attainable** - Do you have what it takes to follow through?

**Realistic** - What can you actually do? (improvement over perfection)

**Time-Connected** - How frequent? How long will you commit?



## Helpful resources:

The American Institute of Stress  
[www.stress.org](http://www.stress.org)

National Institute of Mental Health:  
[nimh.nih.gov/health/publications/stress](http://nimh.nih.gov/health/publications/stress)

American Psychological Association:  
[apa.org/topics/stress](http://apa.org/topics/stress)

[Mentalhealth.gov](http://Mentalhealth.gov)

Headspace (App Store)



[lifestylemedicine.org](http://lifestylemedicine.org)



# The 5 min Relaxation Response

Integrative Medicine  
860-972-4444

**Hartford  
HealthCare**  
Cancer Institute

1. Sit quietly in a comfortable position & close your eyes
2. Become aware of your breathing. As you breathe in and out count 1, 2, 3, slowly and silently to yourself.
3. As you inhale imagine the air is your favorite color moving effortlessly down & filling up your feet. As you exhale feel them relax, loosen & heavy. Repeat 20 breaths & progress up to your knees repeat, then legs, belly, chest, hands, arms, neck, head, and entire body.
4. Continue to breathe into any areas of discomfort for 3-5mins.



5. Maintain a positive attitude. When distracting thoughts occur, return to breathing counting in "1, 2, 3 out 1, 2, and 3."
6. Practice 5min 1-2x per day- a good time is right before bed.

You may open your eyes to check the time, but do not use an alarm.

Please modify as you desire!!!

# Pillar 3

## Lifestyle Social Connections

Social connections and relationships affect our physical, mental and emotional health. Research shows that the single most important predictor of human happiness and long life is having strong social connections. Health-related measures like blood pressure and heart rate improve even with short positive social interactions. Below are some tips that may help you create and keep important connections in your life.

### Forming New Social Connections

- Volunteer; helping others improves health, increases happiness and allows you to meet new people
- Connect with a community resource center to find local options
- Find online or community groups of those who share the same interests—meetup.com or Facebook groups are a great place to look
- Join a religious or spiritual group
- Help at a local animal shelter or adopt a pet to connect with other animal lovers
- Go to a local sports event, music performance, lecture or art display
- Help organize community events by joining a steering committee or board
- Attend community celebrations like parades or walks
- Take a course at your local library or community college
- Ask your employer for ways to increase social connections at work

*TIP: Look for social opportunities that improve other areas of health such as activity groups or healthy cooking classes.*

### Strengthen Social Connections

- Take more care to quickly connect with people you see a lot during the week
- When possible, stay positive while connecting with others
- Share new experiences
- Make and spend time with others
- Be there for those who need you
- Be flexible, supportive and excited about what others are doing in their lives

### Social Connection Goals

Setting goals is a great way to increase your sense of connection. It's often easier to achieve positive goals. An example of a positive social connection goal is, "I will increase my feeling of social connectedness by joining a group fitness class that meets for an hour, three nights of the week."

**Specific** - What are you going to do to improve feelings of connectedness?

**Measurable** - How much time, how many sessions?

**Attainable** - Do you have what it takes to follow through?

**Realistic** - What can you actually do? (improvement over perfection)

**Time-Connected** - How frequent? How long will you commit?



### Helpful resources:

[meetup.com](https://www.meetup.com)

[purposebuiltfamilies.com](https://purposebuiltfamilies.com)

### Social Media and Depression

While technology can improve social connectedness in some cases, research finds that those who use social media the most are at a higher risk for depression. Be mindful of how you use technology to support social connections in your life.

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[lifestylemedicine.org](https://lifestylemedicine.org)

# Pillar 4

## Lifestyle Sleep Health

Sleep is an extremely important part of human health. Negative effects of sleep delays or interruptions include sluggishness, low attention span, decreased sociability, depressed mood, decreased deep sleep, decreased caloric burn during the day, increased hunger and decreased feeling of fullness, insulin resistance and decreased performance.

### Sleep Disrupters

- Too much food or drink close to sleep time
- Blue light from phone/computer/television screen
- Caffeine and alcohol use
- Stress/anxiety/worry
- Certain noises/sounds
- Temperature (too hot or too cold)
- Lack of daytime sunlight exposure
- Medications and medical conditions
- Bed partner and/or pets

### Tips for Better Sleep

- Use bed for sleep only
- Establish regular sleep schedule (same sleep and wake times)
- Minimize/eliminate bedroom noise and lights
- Increase daytime exposure to sunlight
- Move at least every hour during the day
- Eliminate nighttime caffeine and limit daytime caffeine
- Avoid alcohol within 3 hours of bedtime
- Avoid high-sodium foods close to bedtime
- Eliminate/limit after-dinner and late-night snacking
- Maintain a healthy BMI
- Stay hydrated during the day
- Cognitive Behavioral Therapy for Insomnia
- Exercise
- Food choices
- Meditation

### Sleep Management Goals

Setting goals around sleep health is a great way to increase your sleep quality. It's often easier to achieve positive goals. An example of a positive sleep goal is, "I will begin a new bedtime routine of shutting off the television and instead, read a book for at least 30 minutes before bed, four nights this week."

**Specific** - What are you going to do to improve your sleep quality/quantity?

**Measurable** - How much time, how many sessions?

**Attainable** - Do you have what it takes to follow through?

**Realistic** - What can you actually do? (improvement over perfection)

**Time-Connected** - How frequent? How long will you commit?



### Helpful resources:

American Sleep Association:  
[sleepassociation.org](http://sleepassociation.org)

[Sleepeducation.org](http://Sleepeducation.org)

### Recommendations for Optimal Health

Infants\* 4 months to 12 months:  
12 to 16 hours per 24 hours

Children 1 to 2 years of age:  
11 to 14 hours per 24 hours  
(including naps)

Children 3 to 5 years of age:  
10 to 13 hours per 24 hours  
(including naps)

Children 6 to 12 years of age:  
9 to 12 hours per 24 hours

Teenagers 13 to 18 years of age:  
8 to 10 hours per 24 hours

Adults:  
7-9 hours of sleep per 24 hours

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[lifestylemedicine.org](http://lifestylemedicine.org)



# Pillar 5

## Avoidance of Risky Substances

It is well known that tobacco use and drinking too much alcohol increases the risk of many chronic diseases and death. People who are ready can and do quit smoking; there are more former smokers in the world now than there are current smokers. Some treatments work for alcohol abuse. Treatments often take time, different approaches and many attempts. Giving yourself patience as well as getting support from others is an important part of reaching your goals.

### Effective Treatment Models

- Counseling
  - Individual, group, telephone
  - Many quick visits
  - Longer more intense visits
- Medications (anti-relapse)
- Counseling plus medication is more effective

*Slips and relapses are normal and considered part of the change process. Goal setting, support and persistence is key!*

### Goals for Avoiding Risky Substances

Setting goals around substance use ( tobacco, alcohol, or other drugs) is a great way to start making changes. An example of a goal is, "I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use the free texting service for more support."

**Specific** - What are you going to do to decrease your substance use?

**Measurable** - How much will you reduce it by?

**Attainable** - Do you have what it takes to follow through?

**Realistic** - What can you actually do? (improvement over perfection)

**Time-Connected** - How frequent? How long will you commit?

### Helpful Resources:

National Quit Link: 1-800-Quit-Now

SmokeFree.gov <https://smokefree.gov/>

[nami.org](http://nami.org)

NIAAA Alcohol Treatment Navigator  
[alcoholtreatment.niaaa.nih.gov](http://alcoholtreatment.niaaa.nih.gov)

American Academy of Addiction Psychiatry  
[www.aaap.org](http://www.aaap.org)

American Psychological Association  
[www.apa.org](http://www.apa.org)

American Society of Addiction Medicine  
[www.asam.org](http://www.asam.org)

NAADAC Substance Abuse Professionals  
[www.naadac.org](http://www.naadac.org)

National Association of Social Workers  
[www.helpstartshere.org](http://www.helpstartshere.org)

Substance Abuse Treatment Locator  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

Alcoholics Anonymous (AA)  
[www.aa.org](http://www.aa.org)

Moderation Management  
[www.moderation.org](http://www.moderation.org)

Secular Organizations for Sobriety  
[www.sossobriety.org](http://www.sossobriety.org)

SMART Recovery  
[www.smartrecovery.org](http://www.smartrecovery.org)

Women for Sobriety  
[www.womenforsobriety.org](http://www.womenforsobriety.org)

Al-Anon Family Groups  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Adult Children of Alcoholics  
[www.adultchildren.org](http://www.adultchildren.org)  
[www.psychologytoday.com/us](http://www.psychologytoday.com/us)



### Guidelines:

Standard alcoholic drink in US:  
12 oz beer  
5 oz table wine  
1.5 oz of 80-proof spirits

Typical Containers  
750 mL wine = 5 drinks  
750 mL spirits = 18 drinks  
1 L spirits = 24 drinks

### Low Risk Drinking Guides by National Institutes of Health

#### Men

No more than 4 drinks on any day  
No more than 14 drinks in 7 days

#### Women

No more than 3 drinks in any day  
No more than 7 drinks in 7 days

"Binge" Drinking is defined as:  
5 drinks in 2 hours for men,  
4 drinks in 2 hours for women.



[lifestylemedicine.org](http://lifestylemedicine.org)

# Pillar 6

## Lifestyle Nutrition

The American College of Lifestyle Medicine recommends an eating plan based largely on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds. Eating whole plant foods is a great way to get in more nutrition with less harm and is one of the best ways to prevent, treat and even reverse many chronic diseases.

### Eat Plenty

- Vegetables
- Mushrooms
- Fruits
- Legumes
- Whole Grains
- Nuts
- Seeds

### Limit/Avoid

- Sugary drinks like soda, juice cocktails, 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

### Food for Thought

#### Eating Inspiration:

**Vegetables:** Leafy vegetables (kale, spinach, romaine, swiss chard, collard greens, cabbage), garlic, onions, peppers (all kinds), leeks, parsnips, potatoes (all kinds), radishes, turnips, squash, green beans, tomatoes, carrots, corn, peas, cauliflower, broccoli, cucumbers, eggplant, mushrooms

**Fruits:** Bananas, apples, kiwi, oranges, blackberries, strawberries, raspberries, blueberries, mango, cantaloupe, watermelon, honeydew, plums, pineapple

**Legumes:** Black beans, kidney beans, pinto beans, garbanzo beans, cannellini beans, lentils, lima beans, broad beans, soybeans

**Whole Grains:** Quinoa, brown rice, oats, barley, wild rice, black rice, whole grain tortillas/pasta/breads, couscous, teff, wheat germ

**Nuts:** Almonds, peanuts, pistachios, cashews, brazil nuts, soy nuts, hazelnuts, walnuts

**Seeds:** Chia seed, flax seed, hemp seed, pumpkin seed, sunflower seed

### Nutrition Goals

Setting goals to improve your eating habits is a great way to eat healthier. An example of a positive nutrition goal is, "I will add 1 cup of berries to breakfast and a small apple or orange as an afternoon snack at least five days this week."

**Specific** - What specific food would you like to add/change?

**Measurable** - How much or how many will you add or change?

**Attainable** - Do you have what it takes to follow through?

**Realistic** - What can you do? (improvement over perfection)

**Time-Connected** - How often or for how long will you make this change?



### Helpful resources:

Academy of Nutrition and Dietetics:  
[www.eatright.org](http://www.eatright.org)

[vegetariannutrition.net](http://vegetariannutrition.net)

American Heart Association:  
[www.heart.org](http://www.heart.org)

American Diabetes Association:  
[www.diabetes.org](http://www.diabetes.org)

American Institute for Cancer Research  
[www.aicr.org/reduce-your-cancer-risk/diet/](http://www.aicr.org/reduce-your-cancer-risk/diet/)

Nutrition Facts  
[www.nutritionfacts.org](http://www.nutritionfacts.org)



[lifestylemedicine.org](http://lifestylemedicine.org)

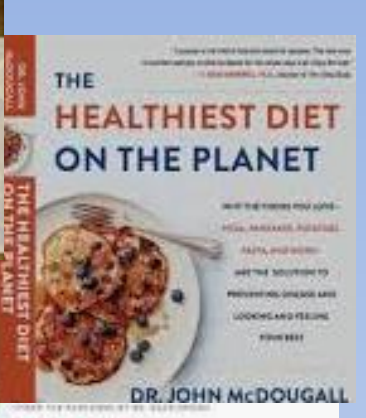
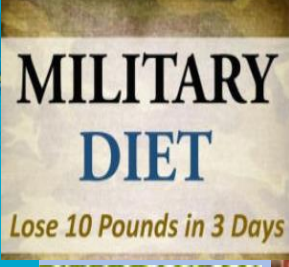
“Smart” →



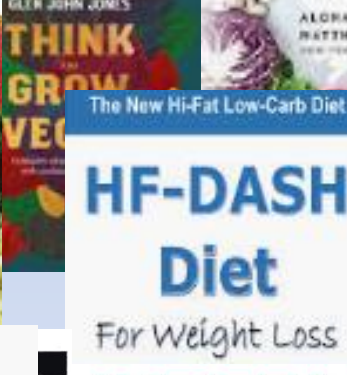
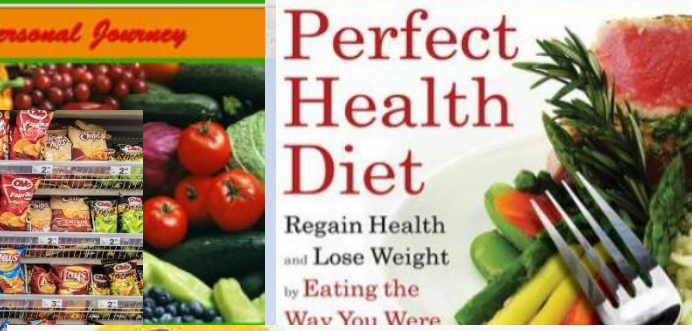
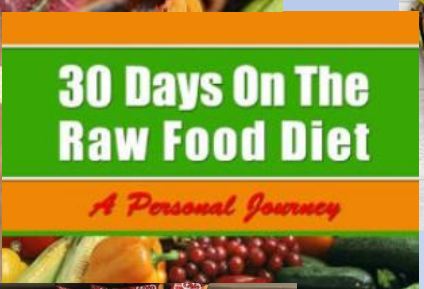


**Intermittent Fasting Key Methods**

 <b>5:2</b>	Normal eating 5 days a week. Two fasting days of 500-600 calories.
<b>24-Hour</b>	No food for 24 hours, 1-3 days per week.
<b>Time-restricted</b>	Consume day's calories during an 8-hour window, fast the other 16 hours.



**What should we be eating and why?**



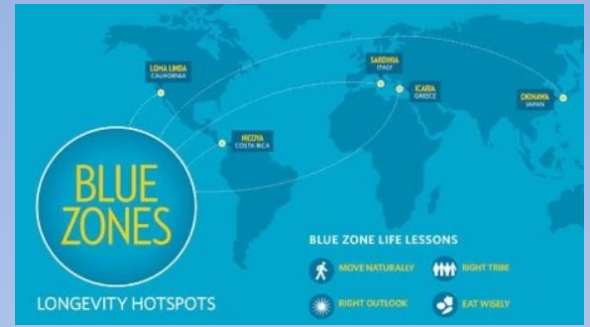
**INTERMITTENT FASTING 16/8**

**THE 16:8 METHOD STEP BY STEP TO LOSE WEIGHT, EAT HEALTHY AND FEEL BETTER FOLLOWING THIS LIFESTYLE**

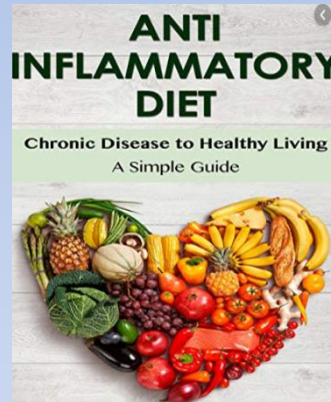




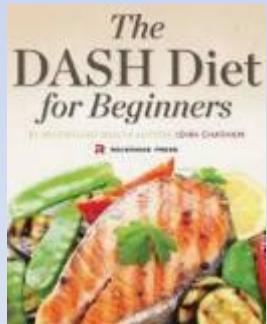
**Carbohydrate  
Sensitive**



**Longevity  
Healthy Aging**



**Common Sense  
Nutrition**  
 “Real Food”  
 “Home Made”  
 “Moderation”  
 “Hydration”  
 “Anti-inflammatory”



**Salt  
Sensitive**



Intermittent Fasting Key Methods	
<b>5:2</b>	Normal eating 5 days a week. Two fasting days of 500-600 calories.
<b>24-Hour</b>	No food for 24 hours, 1-3 days per week.
<b>Time-restricted</b>	Consume day's calories during an 8-12 hour block each day, fast the remaining 12-16 hours.

**Food overload  
Reset Digestion  
Insulin Sensitivity**

# What is real food ?





# Ultra-Processed Foods and Health Outcomes: A Narrative Review

- The nutrition literature and authoritative reports increasingly recognize the concept of ultra-processed foods (UPF), as a descriptor of unhealthy diets.
- Of 43 studies reviewed, 37 found dietary UPF exposure associated with at least one adverse health outcome
- Among adults, these included overweight, obesity and cardio-metabolic risks; cancer, type-2 diabetes and cardiovascular diseases; irritable bowel syndrome, depression and frailty conditions; and all-cause mortality.
- There is now a considerable body of evidence supporting the use of UPFs as a scientific concept to assess the 'healthiness' of foods



# SAD (Standard American Diet)

→ → → MeD (Mediterranean)

Breakfast ?

Or Breakfast ?

...Breakfast ?



We make important, incremental decisions that critically effect our health every day !



## Anti-inflammatory diet



**High** Vegetables, fruits and whole grains

**Moderate** Fish and legumes

**Low** Red meat

## Pro-inflammatory diet















**High** Sweets, refined sugars, red and processed meat, snacks and sugary drinks

**Low** Vegetables, fruits and whole grains













# Dr. Greger's Daily Dozen



	Recommendation	Serving Size
	Beans <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = ¼ cup hummus or bean dip ½ cup cooked beans, split peas, lentils, edamame, tofu, or tempeh 1 cup fresh peas or sprouted lentils
	Berries <input type="checkbox"/>	Serving = ½ cup fresh or frozen or ¼ cup dried
	Other Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 medium fruit or 1 cup cut up fruit or ¼ cup dried
	Cruciferous Vegetables <input type="checkbox"/>	Serving = 1 cup raw or ½ cup cooked broccoli, cauliflower, cabbage, brussel sprouts, kale, collards, etc. 1 tablespoon horseradish
	Greens <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw or ½ cup cooked (kale, collards, romaine, leaf lettuce, etc.)
	Other Vegetables <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw leafy veg ½ cup raw/cooked nonleafy ½ cup vegetable juice ¼ cup dried mushrooms
	Flaxseeds <input type="checkbox"/>	Serving = 1 tablespoon ground
	Nuts <input type="checkbox"/>	Serving = ¼ cup nuts/seeds 2 tablespoons nut butter (raw unsalted)
	Spices <input type="checkbox"/>	¼ teaspoon turmeric along with other salt free herbs and spices
	Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = ½ cup hot cereal, cooked grains, pasta, or corn kernels 1 cup cold cereal 3 cups popped popcorn 1 tortilla or slice of bread or ½ bagel/English muffin (100% whole wheat or 100% whole grain)
	Beverages <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 12 ounces (water, tea, coffee)
	Exercise <input type="checkbox"/>	90 minutes moderate activities or 40 minutes vigorous activities

Dr Greger's Daily Dozen is available as a free app on iphone and android.

Source: [www.nutritionfacts.org](http://www.nutritionfacts.org), 2016

	Recommendation	Dr. Greger's Favorites
	Beans <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Black beans, black-eyed peas, butter beans, cannellini beans, chickpeas (also known as garbanzo beans), edamame, English peas, great north beans, kidney beans, lentils (beluga, French and red varieties), miso, navy beans, pinto beans, small red beans, split peas (yellow or green), and tempeh
	Berries <input type="checkbox"/>	Acai berries, barberries, blackberries, blueberries, cherries (sweet or tart), Concord grapes, cranberries, goji berries, kumquats, mulberries, raspberries (black or red), and strawberries
	Other Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Apples, dried apricots, avocados, bananas, cantaloupe, clementines, dates, dried figs, grapefruit, honeydew, kiwifruit, lemons, limes, lychees, mangoes, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, pomegranates, plums (especially black plum), pluots, prunes, tangerines, and watermelon
	Cruciferous Vegetables <input type="checkbox"/>	Arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, horseradish, kale (black, green, and red), mustard greens, radish, turnip greens, and watercress
	Greens <input type="checkbox"/> <input type="checkbox"/>	Arugula, beet greens, collard greens, kale (black, green, and red), mesclun mix (assorted young salad greens), mustard greens, sorrel, spinach, Swiss chard, and turnip greens
	Other Vegetables <input type="checkbox"/> <input type="checkbox"/>	Artichokes, asparagus, beets, bell peppers, carrots, corn, garlic, mushrooms (button, oyster, portobello, and shiitake), okra, onions, purple potatoes, pumpkin, sea vegetables (arame, dulse, and nori), snap peas, squash (delicata, summer, and spaghetti squash varieties), sweet potatoes/yams, tomatoes, and zucchini
	Flaxseeds <input type="checkbox"/>	1 tablespoon ground
	Nuts <input type="checkbox"/>	Almonds, brazil nuts, cashews, chia seeds, hazelnuts/filberts, hemp seeds, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts
	Spices <input type="checkbox"/>	Allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, and vanilla
	Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Barley, brown rice, buckwheat, millet, oats, popcorn, quinoa, rye, teff, whole-wheat pasta and wild rice
	Beverages <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Black tea, chai tea, vanilla chamomile tea, coffee, earl grey tea, green tea, hibiscus tea, hot chocolate, jasmine tea, lemon balm tea, matcha tea, almond blossom oolong tea, peppermint tea, rooibos tea, water and white tea
	Exercise <input type="checkbox"/>	Examples of moderate-intensity activities: Bicycling, canoeing, dancing, dodgeball, downhill skiing, fencing, hiking, housework, ice skating, in-line skating, juggling, jumping on a trampoline, paddle boating, playing Frisbee, roller-skating, shooting baskets, shoveling light snow, skateboarding, snorkeling, surfing, swimming recreationally, tennis (doubles), treading water, walking briskly (4 MPH), water aerobics, water skiing, yard work, and yoga Examples of Vigorous Activities: Backpacking, basketball, bicycling uphill, circuit weight training, cross country skiing, football, hockey, jogging, jumping jacks, jumping rope, lacrosse, push-ups and pull-ups, racquetball, rock climbing, rugby, running, scuba diving, squash, step aerobics, swimming laps, walking briskly uphill, and water jogging

## Protein Sources: A Head-to-Head Comparison

A food's worth is not judged by grams of protein alone! Look at the bigger picture.  
Each serving below is 100g (about 1/2 cup or 3.5 oz).

### Chicken

Breast, meat only, baked



#### Nutrition Facts

Serving Size 100g (1/2 cup)	
Amount per serving	
Calories 164	Calories from Fat 32
% Daily Value	
Total Fat 4g	5%
Saturated fat 1g	5%
Cholesterol 85mg	28%
Sodium 74 mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 31g	

### Salmon

Atlantic, baked



#### Nutrition Facts

Serving Size 100g (1/2 cup)	
Amount per serving	
Calories 208	Calories from Fat 121
% Daily Value	
Total Fat 13g	21%
Saturated fat 3g	15%
Cholesterol 55mg	18%
Sodium 59mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 20g	

### Steak

Trimmed to 1/8" fat, baked



#### Nutrition Facts

Serving Size 100g (1/2 cup)	
Amount per serving	
Calories 189	Calories from Fat 100
% Daily Value	
Total Fat 11g	17%
Saturated fat 4g	22%
Cholesterol 41mg	14%
Sodium 53mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 21g	

Nutrition facts from [www.nutritiondata.com](http://www.nutritiondata.com)

### Beans

Black, boiled



#### Nutrition Facts

Serving Size 100g (1/2 cup)	
Amount per serving	
Calories 132	Calories from Fat 5
% Daily Value	
Total Fat 1g	1%
Saturated fat 0g	1%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 9g	35%
Protein 9g	

**Cholesterol** is only found in **animal-based foods**. These foods are also our main source of **saturated fat**, which our bodies can turn into cholesterol. **Fiber** helps to lower our cholesterol and is only found in **plant-based foods**.

How much protein does the average person need each day?

Multiply your body weight (kg) by 0.66 to calculate your Estimated Average Requirement (EAR).

	125 lb	175 lb	225 lb	275 lb
Estimated Average Requirement (EAR)	38 g	52 g	67 g	82 g
Average intake by U.S. adults	68-86 g	96-120 g	122-153 g	150-187 g

Beth Molley M.D.

Family Medicine/Lifestyle Medicine  
Greenville Health System/Univ of South Carolina

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# PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ years old\*



56 g



46 g

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

\*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

Sources: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7>  
J Acad Nutr Diet. 2013 Dec; 113(12): 1610-1619.

Plants foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

### PLANT PROTEIN

per serving

ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g

Red Lentils  
boiled, 1 cup



17g

Edamame  
boiled, 1 cup



15g

Black Beans  
cooked, 1 cup



6g

Almonds  
1 oz



5g

Peas  
cooked, 1 cup



5g

Baked Potato  
1 medium



5g

Spinach  
boiled, 1 cup



### ANIMAL PROTEIN

per serving

DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g

Egg  
cooked, 1



20g

Salmon  
cooked, 3 oz



25g

Steak  
cooked, 3 oz



25g

Chicken  
cooked, 3 oz



Eating minimally processed whole plant foods such as vegetables, fruits, whole grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine. [lifestylemedicine.org](http://lifestylemedicine.org)

Designed by Enrich Creativa.

I. What is Lifestyle Medicine ?

II. How can adopting Lifestyle Medicine Principles support you ?

III. What role can and should Lifestyle Medicine play our Health Care structure, Employee health and wellness, and clinical practice ?



# Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population.

- **Background**—Americans have a shorter life expectancy compared to almost all other high income countries.
- **Aim-** to estimate the impact of “lifestyle factors” on premature mortality and life expectancy in the US population.
- **Data / methods-** we identified 5 low-risk lifestyle factors: 1. not smoking, 2. low body mass index, 3. 30+ minutes/day moderate to vigorous physical activity, 4. moderate alcohol intake, 5. high diet quality score (MeD –like diets)
- **Results-** Over 34 years of follow-up, we estimated that individuals who adopted all 5 “low-risk factors” life expectancy at age 50 was: 14. years longer for females and 12 years longer for males VS non adopters.



# A Framework for Culture Change in a Metropolitan Medical Community

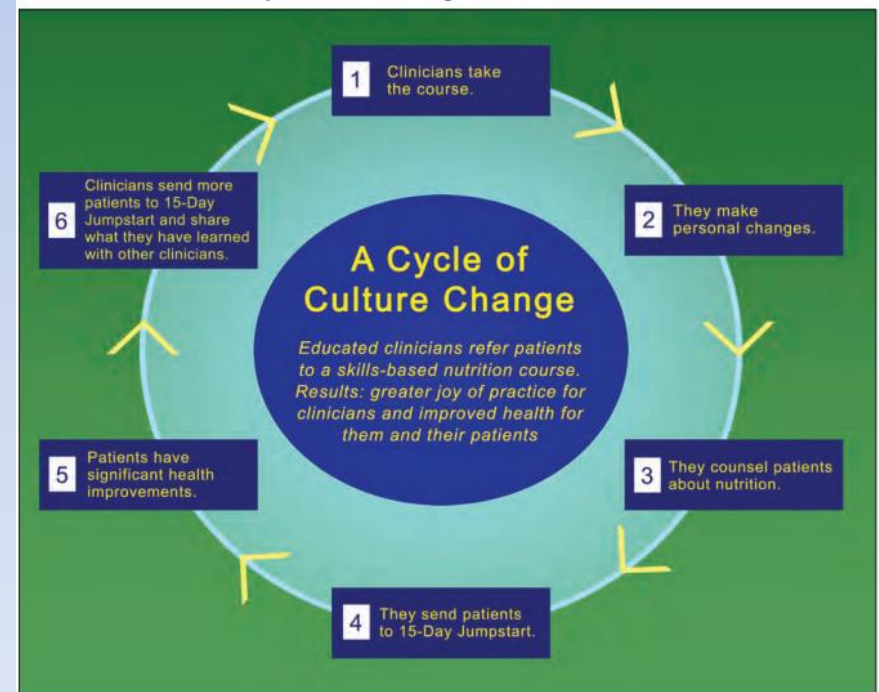
- “People do not make changes in a vacuum. Clinicians & patients are social beings. changes they make impact those around them via Christakis and Fowler’s 3 degrees of separation”
- 40 clinicians 6-wk LM Ntr course- on benefits of WFPB diet
- Each clinician enrolled 5 patients 15-Day Jumpstart program.

96% of participants changed their own diet

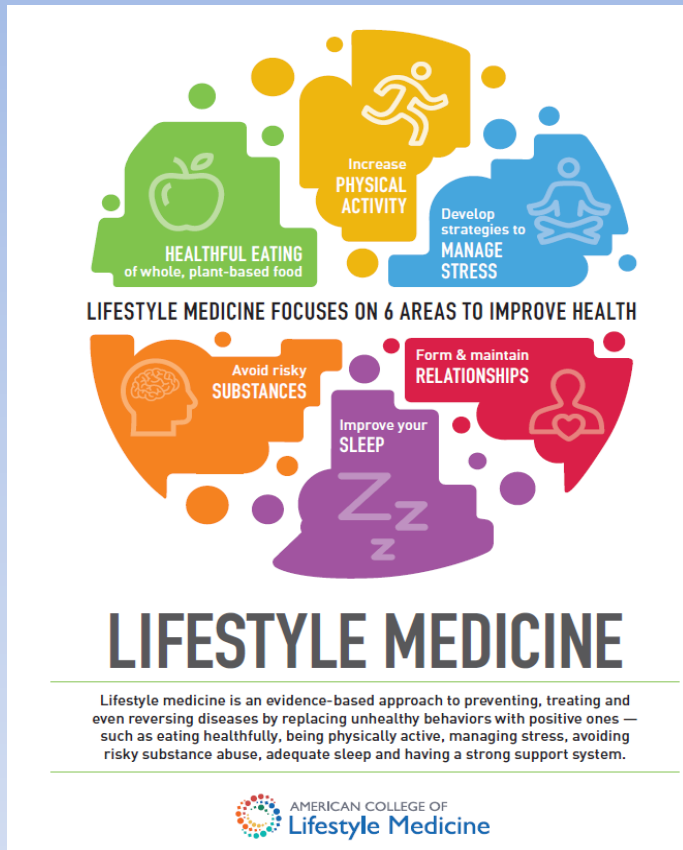
73% had patients who experienced significant improvements to health

Combining clinician education with short, clinical intervention for patients increased awareness, confidence and Joy!

FIGURE 1. Framework for a cycle of culture change



# Integrative & Lifestyle Medicine Resources for Longevity & Health



1. Reiki Volunteer Program
2. Therapeutic Art
3. Massage Therapy
4. Acupuncture
5. Personalized Nutrition
6. Yoga & Tai Qi
7. Physician Consultation
8. Mindfulness & Mind Management
9. Functional Fitness



[Therapies.Integrative@hhchealth.org](mailto:Therapies.Integrative@hhchealth.org)

860-972-4444



## Lifestyle Medicine Program

We believe the key to reversing chronic diseases and achieving better health lies in empowering individuals to make attainable and sustained lifestyle changes.

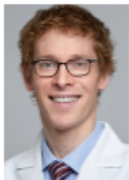
### The Program

A Lifestyle Medicine visit begins with a thorough assessment of a patient's eating and exercise habits, smoking and substance use history, sleep quality and general mental health state.

Based on that assessment, we work together with the patient to identify the changes that can get them on the road to more optimal health. We focus just as much on the how as the what, using web-based tools and patient education to help us understand our patient's behaviors and where small changes can lead to big results.

Our multidisciplinary team includes a board-certified cardiologist, PA/APRNs, registered dietitians, sleep medicine specialists, behavioral health specialists, and a tobacco/substance abuse cessation expert. We tailor referrals to our various team members based on the individual needs of our patients.

### Our Providers & Locations



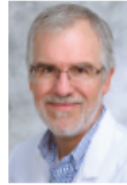
**Steven Borer, DO, FACC, DipABLM**  
Board-certified cardiologist &  
Lifestyle Medicine provider



**Joseph Taliencio, APRN, DipACLM**  
Board-certified Lifestyle Medicine  
provider

Continued on back >>>

### Our Providers & Locations (continued)



**Brad Biskup, PA-C, DipACLM**  
Board-certified Lifestyle Medicine  
provider

*From UConn*

### Locations

#### Cheshire

280 S. Main Street, Suite 205

#### Hartford

100 Retreat Avenue, Suite 811

#### Farmington

11 South Road, Suite 100

#### Manchester

376 Tolland Turnpike, Suite 101 and  
256 North Main Street

## How to make a referral:

- If you're on Epic, you can search "Lifestyle" to find the order for Ambulatory Referral to HVI "Lifestyle Medicine Program."
- Non-Epic providers should fax a referral to 860.524.4315.

→ Talks with Dr. Jeff Berman, Director Cardiology in HHC Fairfield, to develop Lifestyle Medicine focused program

→ Movement disorders deciding on "wellness" "Lifestyle Medicine" model

HHC Oncology may pilot wellness" "Lifestyle Medicine" model with Survivorship

Colleague Health -how do we engage & begin.

Struggle with disease management Vs Health Optimization especially with care givers!

# Summary

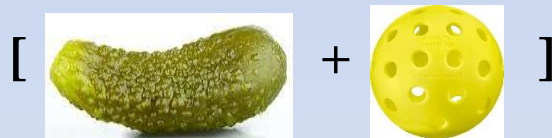
## I. What is Lifestyle Medicine ?

A society of medical professionals  
united to reverse chronic disease



## II. How can adopting Lifestyle Medicine Principles support you ?

**Greater “whole person health” what does this mean for you...** Better overall health, less comorbidities, increased resiliency, quality aging, mobility, lower costs



## III. What role can and should Lifestyle Medicine play our Health Care structure, Employee health and wellness, and clinical practice ?

Administrative engagement, clinician champions, culture change, personal resiliency (boundaries, advocacy, mentorship and modeling)