



**RCSI**

SCHOOL of  
POPULATION  
HEALTH



**RCSI**

UNIVERSITY  
OF MEDICINE  
AND HEALTH  
SCIENCES

# Certificate in Lifestyle Medicine

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# What is Lifestyle Medicine?

- Evidence based specialty
- Science and application of healthy lifestyles for the prevention and treatment of diseases
- Foundations embedded in key health behaviours strongly linked to chronic disease





# Why study Lifestyle Medicine?

*‘The strength of the scientific literature supporting the health impact of daily habits and actions is underscored by their incorporation into virtually every evidence-based clinical guideline . . .’ (Rippe, 2018)*

## Sampling of Guidelines That Incorporate Lifestyle Recommendations for the Threat or Prevention of Chronic Disease.

- ACC/AHA Guidelines for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults
- Institute of Medicine Guidelines for Obesity Management
- Dietary Guidelines for Americans 2015-2020
- Guidelines from the American Academy of Pediatrics for the Prevention and Treatment of Childhood Obesity
- Guidelines from the American Academy of Pediatrics for Heart Disease Risk Factor Reduction in Children
- American Heart Association Strategic Plan for 2020
- Preventing Cancer, Cardiovascular Disease and Diabetes: A Common Agenda for the American Cancer Society, the American Diabetes Association and the American Heart Association
- Defining Optimal Brain Health in Adults: A Presidential Advisory from the American Heart Association/American Stroke Association
- 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults
- 2018 Physical Activity Advisory Committee Scientific Report

Adapted from: Rippe, J.M (2018) Lifestyle Medicine: The Health Promoting Power of Daily Habits and Practices. *American Journal of Lifestyle Medicine*. 12(6). doi: 10.1177/1559827618785554

# Lifestyle Medicine

- Made available to students in 3 ways:
  1. Embedded vertically in core curriculum
    - Theoretical knowledge and applied skills
  2. Available as Student Choice element
    - Intense one-week module
  3. Optional online Certificate in Lifestyle Medicine





Positive Education at RCSI

RCSI LEADING THE WORLD TO BETTER HEALTH

# RCSI Certificate in Lifestyle Medicine (optional)



## AIM:

- To give students evidence-based knowledge and practical strategies to:
  - i. Instil healthy lifestyle behaviours in themselves; and
  - ii. Support implementation of healthy lifestyle behaviours in their future patients

# RCSI Certificate in Lifestyle Medicine (optional)

# Lifestyle Medicine



Nutrition

Physical activity

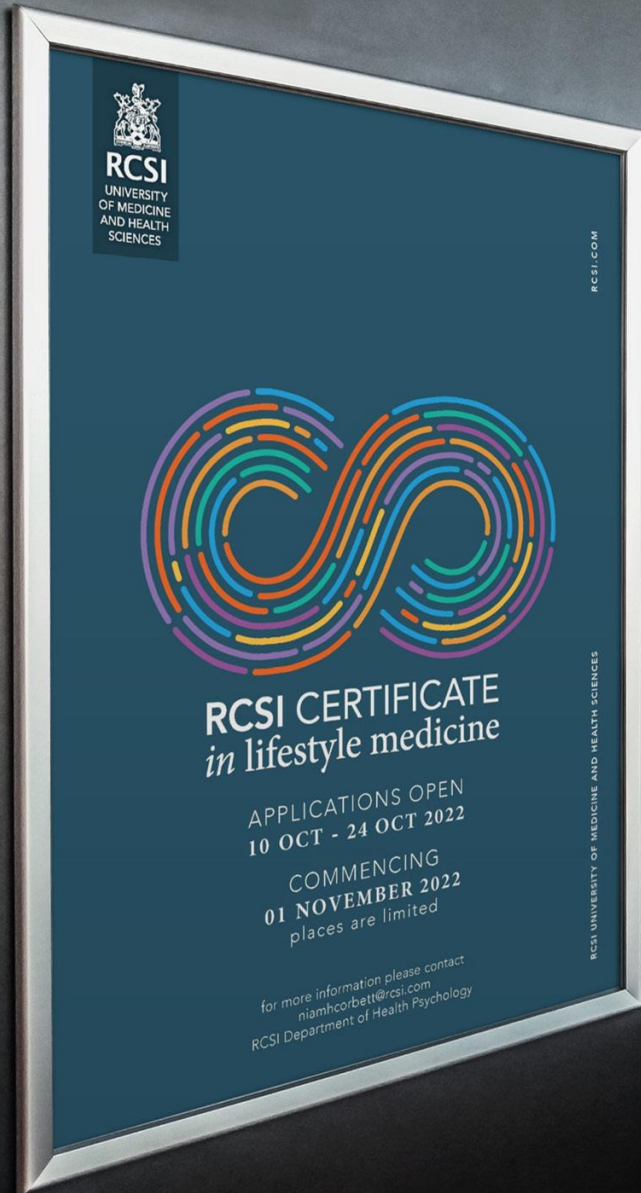
Sleep

Stress Management

Smoking

Substance use



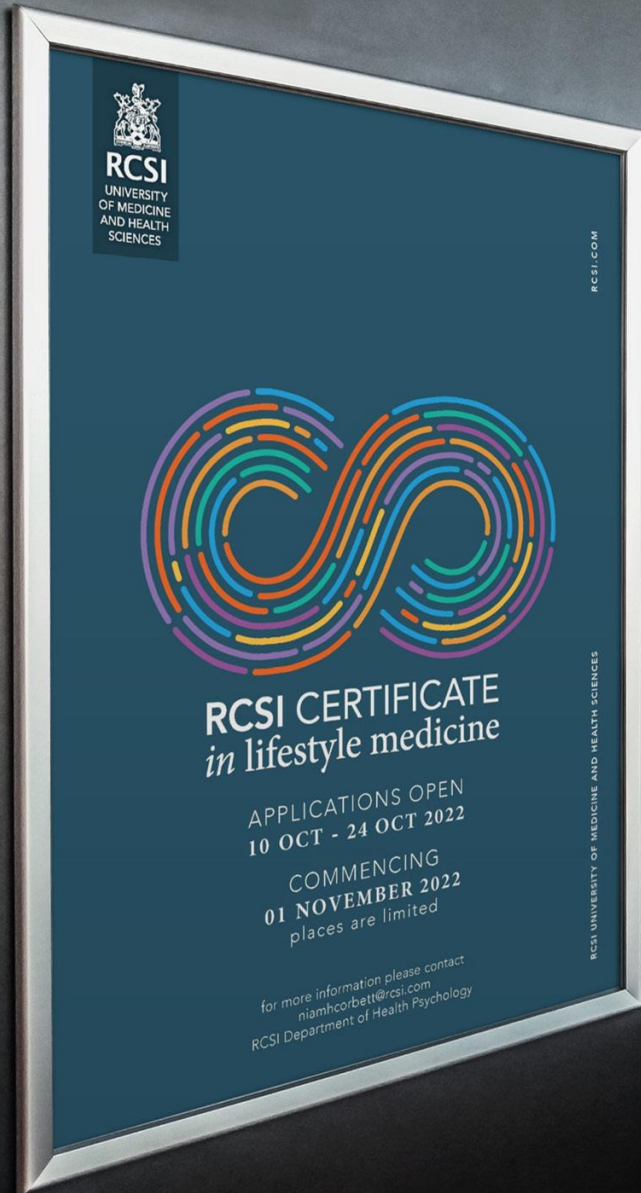


# Certificate in Lifestyle Medicine

## OBJECTIVES:

- To describe lifestyle behaviour change techniques and how they can be used to change personal health behaviours and that of patients;
- To discuss the role of physical activity in health, its health benefits and how to implement brief physical activity advice and guidelines;
- To discuss the role of nutrition in health, common myths about nutrition and how to implement healthy nutrition advice and guidelines;
- To discuss the role of stress in health and to outline strategies for the management of daily stressors;
- To describe the role of sleep and circadian rhythms in health and to outline strategies for optimum sleep;
- To discuss the impact of smoking tobacco and vaping on health and to describe strategies for smoking cessation
- To discuss the impact of alcohol intake, cannabis and drug use on health and to outline strategies for moderation of alcohol and cessation of “recreational” drug use

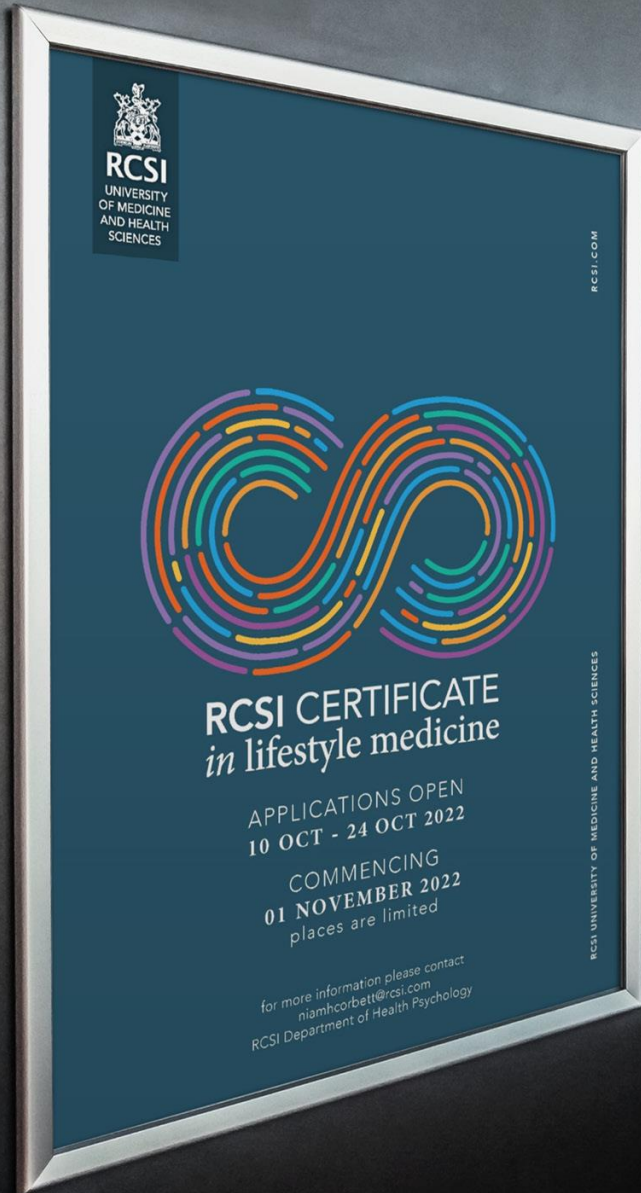




## RCSI Certificate in Lifestyle Medicine

# Certificate in Lifestyle Medicine

- > 50 - 60 hours of student effort
- > Components:
  - Behaviour change in yourself and patients
  - The 6 pillars of LM (physical activity, nutrition, sleep, stress management, smoking, alcohol & drug use)
  - Self-care
  - The future of lifestyle medicine
- > Assessment:
  - Completion of online content
  - Quizzes
  - Reflections
  - Assignment – personal behaviour change



# Certificate in Lifestyle Medicine

- > Content development and updating is a collaborative effort across RCSI Schools of
  - Population Health
  - Medicine
  - Physiotherapy
  - Pharmacy
- > International collaboration with the President of the American College of Lifestyle Medicine (Dr. Beth Frates)
- > Expert administrative support (Dept. Health Psychology, RCSI), including:
  - Notification of students when applications open
  - Course registration and enrolment
  - Course management
  - Technological support



# Student Engagement & Evaluation

- Certificate commenced in October 2020 – open to 1<sup>st</sup> year students only
- Now open to all students, annual intake (September/October)
- Retention rate is high: 77% in Year 1, 69% in year 2, 79% in year 3
- Annual evaluation post completion – currently being prepared for publication
- Consistent demand for Certificate and students seeking electives in Lifestyle Medicine with intention to specialise



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# Thank You

