



## Healthy Campus Case Study



**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS

# Certificate in Lifestyle Medicine

### Name of institution and initiative lead

RCSI. Department of Health Psychology

### Date and timeframe

Academic year 2020, 2021, 2022 and ongoing and annually

### What was the reach?

Initially the programme was offered to first year students in medicine, physiotherapy, and pharmacy. Now offered to students in all years of undergraduate medicine, physiotherapy and pharmacy, and the graduate entry medicine class.

### Aims and Objectives

The aim of the RCSI Certificate in Lifestyle Medicine is to give students evidence-based knowledge and practical strategies

(1) to instill healthy lifestyle behaviors in themselves; and

(2) to support implementation of healthy lifestyle behaviors in their future patients.

### Aligned frameworks, policies, or strategies

American College of Lifestyle Medicine (ACLM)

### Project Collaborators

Collaboration with RCSI colleagues from different departments/schools in the areas of nutrition, smoking, sleep and physical activity. International collaboration with current President of the ACLM (Dr. Beth Frates).

### Key Learning Points

There is a considerable demand for input on Lifestyle Medicine in undergraduate and graduate students in healthcare professions. A number of students in our medical school aspire to specialize in this area post-graduation.

| Healthy Campus Process | Topic                 | Population Group                     |
|------------------------|-----------------------|--------------------------------------|
| Commit                 | Alcohol               | Mental Health & Wellbeing            |
|                        | Substance Misuse      | Physical Activity / Active Transport |
|                        | Healthy Eating / Food | Wellbeing on the Curriculum          |



