

אורחות חיים סמינריון

Lifestyle Medicine: Theory and Practice

Course Coordinators: Dr. Lilach Malatskey and Dr. Jumanah Essa-

Hadad

81995

Course Type: Seminar (English)

Academic Year: 2020-2021

Semester: 1st

Credit: 0.5

A. Course Objectives:

This introductory seminar course for advanced degree students in Lifestyle Medicine provides a foundation of theoretical and practical knowledge and skills, as well as an opportunity to plan and practice strategies and techniques for assisting with positive health behavior changes.

The course aims to provide an introduction to the principles of lifestyle medicine. Students will learn about the theories of behavioral change and have the opportunity to utilize tools learned to promote and implement individual projects that promote health among themselves and their fellow peers. The course will focus on the following components of lifestyle medicine: physical activity, nutrition, sleep, stress, and smoking on health. They will also gain skills and tools develop and implement action projects for lifestyle medicine in both organizational and personal settings. The individual learning objectives for the topics are detailed in Annex I.

ב. תוכן הקורס: (רציונל, נושאים)

Course Content

The course consists of frontal lectures, small group work, hands-on workshops, and implementation and presentation of projects.

תכנית הוראה מפורטת לכל השיעורים: (רשימה או טבלה כדוגמת המצ"ב)

| Lesson | Topic |
|--------|---|
| 1 | Introduction to lifestyle medicine |
| 2 | Theories of behavioral change and introduction to individual projects |
| 3 | Physical activity and the impact on health |
| 4 | Nutrition basics |
| 5 | Healthy cooking workshop |
| 6 | Smoking |
| 7 | Emotional and mental wellbeing |

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|----|-----------------------|
| 8 | Mindfulness |
| 9 | Sleep Health |
| 10 | Student presentations |
| 11 | Student presentations |
| 12 | Course conclusion |

שמות מרצים

Names of lecturers

- Dr Lilach Maletsky- Course co-coordinator
- Dr Jumanah Essa-Hadad – Course co-coordinator
- Dr. Evie Kemp- lecturer
- Other external lecturers

ג. חובות הקורס:

Course Requirements

1. Plan and Implementation of Individual projects
2. Presentation
3. Attendance of at least 80% of classes

As part of the course, students will be expected to use the behavior change theories learned to develop and implement small scale interventions/projects on lifestyle that aim to improve health and lifestyle behaviors among their fellow peers. They will be expected to present their interventions to the class in the form of powerpoint presentations.

דרישות קדם: None

Previous requirements: None

An overall mark of 60% is required to pass the course

ד. ביבליוגרפיה: (חובה/רשות)

ספרי הלימוד (textbooks) וספרי עזר נוספים:

Required Reading

Rippe JM. Lifestyle Medicine: The health promoting power of daily habits and practices. [Am J Lifestyle Med](#). 2018 Nov-Dec; 12(6): 499–512.

Malatskey, L., Essa-Hadad, J., Willis, T. A., & Rudolf, M. C. J. (2019). Leading Healthy Lives: Lifestyle Medicine for Medical Students. *American Journal of Lifestyle Medicine*, 13(2), 213–219. <https://doi.org/10.1177/1559827616689041>

Malatskey, L., Hekselman, I., & Afek, S. (2020). Lifestyle Medicine Around the World: Lifestyle Medicine in Israel. *American Journal of Lifestyle Medicine*, 14(4), 377–381. <https://doi.org/10.1177/1559827619880533>

תאריך הגשה: יוני 2022

הפקולטה לרפואה
ע"ש עזריאלי
אוניברסיטת בר-אילן





Appendix I: Specific Learning objectives for each Topic

| Topic | Learning Objectives |
|---|---|
| Introduction to Lifestyle Medicine | <ul style="list-style-type: none"> • Define lifestyle medicine (LM) and describe the unique role of LM • Be familiar with the scientific evidence that demonstrates the association of risk conditions (from unhealthy behaviors) as key to health outcomes • Understand the importance of LM in treating the world's lifestyle disease burden • Understand environmental lifestyle-related factors and their impact on non-communicable diseases |
| Fundamentals of Health Behavior Change | <ul style="list-style-type: none"> • Understand the role of behavioral determinants on positive and negative health outcomes • Understand how to apply different models of health behavior change • Understand motivational interviewing, cognitive behavioral, and positive psychology techniques • Describe strategies for maintaining healthy behaviors |
| Physical Activity | <ul style="list-style-type: none"> • Describe the relationship between physical activity and health • Describe the global physical activity guidelines recommended by the WHO • Develop an exercise prescription • Motivate individuals to increase their physical activity |
| Nutrition | <ul style="list-style-type: none"> • Describe the basics of nutrition, as well as the metabolic effects of different foods • Summarize the major nutrition studies and evidence base • Understand the role of nutrition in preventing and treating chronic diseases such as cardiovascular disease, diabetes, etc. • Describe and practice the basic principles of healthy cooking • Properly interpret nutrition labels |
| Sleep Health | <ul style="list-style-type: none"> • Understand sleep's role in health and chronic disease • Identify lifestyle-based activity, dietary, environmental and coping behaviors that can improve sleep health |



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|---------------------------------|---|
| | <ul style="list-style-type: none"> Identify at least two lifestyle adjustments related to light exposure and meal composition and timing that support improved sleep |
| Smoking | <ul style="list-style-type: none"> Understand the role of tobacco cessation in preventing and treating chronic disease Summarize the evidence-based literature on tobacco cessation interventions |
| Emotional and Mental Well-being | <ul style="list-style-type: none"> Understand the basic elements of stress response and the relationship between emotional distress and poor health Describe the components of emotional wellness self-management Understand how skills of mindfulness-based stress reduction (MBSR) and other approaches can help patients intervene in stress reactions and better care for themselves |