

# Lifestyle Medicine — M.P.H.

## Program Director

Hildemar Dos Santos

In the Lifestyle Medicine Program, health professionals with relevant clinical health professional degrees are empowered to provide lifestyle change interventions and promote healthy behaviors for patients with chronic diseases or patients at risk of chronic diseases, while understanding the population determinants of wellness, health, and disease. The curriculum emphasizes interventions based on scientific data and established behavioral and learning theories that promote individual and public health through the processes of education, health behavior change, and health promotion.

The curriculum focuses on teaching public health practice classes that are needed to possess core skills in public health, in evaluating the scientific literature, and in understanding and applying the science of disease prevention in the context of mind-body interaction. More practice-oriented classes teach the scientific basis and applications of exercise prescriptions, nutrition counseling, tobacco cessation, and health behavior-change techniques.

Graduates may use their skills acquired in the program to enhance their current clinical knowledge and skills in medicine, nursing, clinical psychology, osteopathy, pharmacy, or other health professions. They are academically prepared to apply preventive methodologies to chronic diseases and risk factors; conduct individual health assessments; provide medical lifestyle counseling; properly evaluate and apply lifestyle medicine-related research findings, and lead and evaluate health promotion projects. Health professionals who are not physicians are not able to practice medicine when awarded this degree.

## Learner outcomes

Graduates of the program in lifestyle medicine will:

- Possess a core field of knowledge of public health, with emphasis on the application of preventive methodologies to chronic diseases.
- Accurately assess lifestyle-related risk factors for chronic diseases.
- Provide appropriate interventions in regard to these risk factors, e.g., medical behavioral counseling in exercise, nutrition, and tobacco dependence.
- Evaluate and properly apply lifestyle medicine-related research findings.
- Provide leadership for and evaluate community-based health-promotion projects.

## Educational effectiveness indicators

Program learner outcomes as evidenced by:

- Signature assignments linked to course and non-course requirements
- Field practicum report
- Culminating experience (<http://llucatalog.llu.edu/public-health/masters-degrees/#mphtext>)

## Prerequisite

In addition to the entrance requirements for all MPH degrees (<http://llucatalog.llu.edu/public-health/masters-degrees/#admissionstext>), applicants to the MPH program in Lifestyle Medicine must have:

- Clinical health professional degree, including but not limited to medicine, osteopathy, dentistry, nursing, clinical psychology, pharmacy, or physical therapy; or training as a nurse practitioner, physician assistant, chiropractor, licensed exercise physiologist, or registered dietitian. Must have completed at least two years in a clinical program.
- Anatomy and physiology

## Program Requirements

### Public health core

PCOR 501	Public Health for Community Resilience	5
PCOR 502	Public Health for a Healthy Lifestyle	5
PCOR 503	Public Health and Health Systems	5

### Major

HPRO 500	Stress Management	2
HPRO 515	Mind-Body Interactions and Health Outcomes	4
HPRO 524	Adolescent Health	3
HPRO 526	Lifestyle Diseases and Risk Reduction	3
HPRO 527	Obesity and Disordered Eating	3
HPRO 553	Addiction Theory and Program Development	3
HPRO 565	Tobacco Use: Prevention and Interventions	3
HPRO 573	Exercise Physiology I	3
HPRO 606	Motivational Interviewing	2
NUTR 509	Public Health Nutrition and Biology	3
NUTR 529	Health Aspects of Vegetarian Eating	3

### Religion

RELE 534	Ethical Issues in Public Health (or REL_)	3
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### Electives <sup>1</sup>

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### Field experience

Practicum units are in addition to the minimum didactic units required for the degree.

PHCJ 798B	Public Health Practicum (4 units/200 hours)	
or PHCJ 798A	Public Health Practicum	
Total Units		56

<sup>1</sup> Chosen in consultation with advisor

## Culminating experience requirements

See standard culminating experience requirements (<http://llucatalog.llu.edu/public-health/masters-degrees/#mphtext>).

## Normal time to complete the program

2 years (7 academic quarters) based on full-time enrollment; part time permitted