

Graduate Certificate in Lifestyle Medicine

Lifestyle Medicine is the use of evidence-based lifestyle therapeutic interventions that include: a) whole-food, plant-predominant eating patterns, b) regular physical activity, c) restorative sleep, d) stress management, e) avoidance of risky substances, and f) positive social connection.

These six pillars, when delivered by clinicians trained and certified in this specialty, act as a primary modality to prevent, treat, and often reverse chronic disease. Lifestyle medicine-certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Almost all clinical guidelines for chronic diseases first recommend lifestyle changes, but making lifestyle changes is challenging. Lifestyle Medicine training equips healthcare professionals to help their patients with chronic diseases and provide them with the best chance of optimal health.

Electives COH 5610, 5611, and 5612 could be added during the second year, as desired by the student.

Code	Title	Credits
Core (3 credits)		
COH 5501	Introduction to Lifestyle Medicine 1: Nutrition and Sleep	1
COH 5502	Intro to Lifestyle Medicine 2: Physical Activity and Healthy Social Connection	1
COH 5503	Introduction to Lifestyle Medicine 3: Stress Management and Reducing Risky Substances	1
Electives (9 credits):		9
6 credits must be from the following:		
COH 5601	Lifestyle Medicine Practitioner Role	
COH 5603	Lifestyle Medicine Physical Activity Science, Assessment, and Prescription	
COH 5604	Lifestyle Medicine Sleep Science and Interventions	
COH 5605	Lifestyle Medicine Treating Tobacco Use Disorder and Managing other Toxic Exposures	
COH 5606	Lifestyle Medicine Clinical Processes	
COH 5607	Lifestyle Medicine Fundamentals of Health Behavior Change	
COH 5608	Lifestyle Medicine Emotional and Mental Health Assessments and Interventions	
COH 5609	Lifestyle Medicine Connectedness and Positive Psychology	
COH 5610	Lifestyle Medicine Clinical Internship Elective	
COH 5611	Lifestyle Medicine Whole Health Elective	
COH 5612	Lifestyle Medicine Provider Wellness Elective	
Approved Electives:		
Approved electives from a related discipline (up to 3 credits)		
Total Credits		12