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Commentary

July 14, 2010

Physician Competencies for Prescribing Lifestyle Medicine

Liana Lianov, MD, MPH; Mark Johnson, MD, MPH

[» Author Affiliations](#)

JAMA. 2010;304(2):202-203. doi:10.1001/jama.2010.903

Competencies

1. **Leadership**
 - **Promote healthy lifestyle behavior**
 - **Practice healthy lifestyle behavior**

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Competencies

1. Management

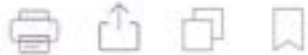
- Establish effective relationships
- Develop action plan
- Help sustain lifestyle practices

Primary care visits run a half hour. Time on the EHR? 36 minutes

JAN 23, 2024 • 4 MIN READ By Sara Berg, MS, News Editor

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FIGHTING FOR PHYSICIANS



AMA NEWS WIRE

Quality and Risk

How Many Patients Can a Primary Care Physician Treat?

David Ollier Weber
February 11, 2019



 Tweet
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Competencies

3. Office and Community support

- **Systems and technologies to support lifestyle medicine**
- **Measure and process outcomes**
- **Use community resources**

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A Plan to Refocus Primary Care

KUMA FOLMSBEE

FEB 04, 2025



202



85



11

Share

I've written my share about the plight of the primary care doctor in general and the primary care general internist in particular. I've sang the praises of the job, bemoaned the disrespect, predicted a frightening future, and shamelessly recruited trainees to my field. In this post a fellow Chicago Internist, Caspian Kuma Folmsbee, makes what I think is a terrific argument that part of our specialty's problem is that we have drifted away from our true mission, healing the sick. In the process of this evolution, we have made the job less enjoyable and less attractive to trainees.

I, for one, am ready to sign this manifesto.

Adam Cifu

“Do we really think it is the job of a primary care doctor, with 7 years of medical training, to educate people on the basics of a healthy lifestyle?”

“Let doctors be doctors. We treat sick people.”

“We should be allowed to focus our time on optimizing medication regimens tailored to the reality of the patient’s life.”

Select year:

2025

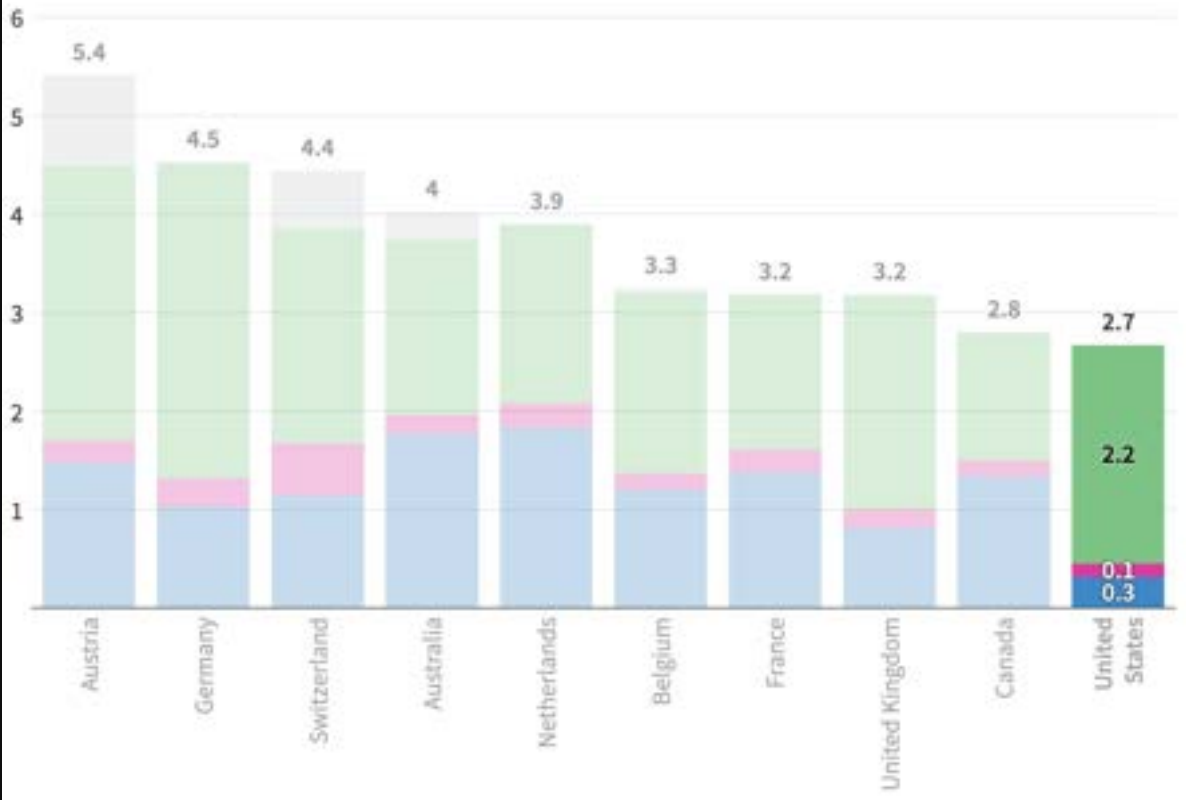
Top Spenders

[Export to CSV](#)

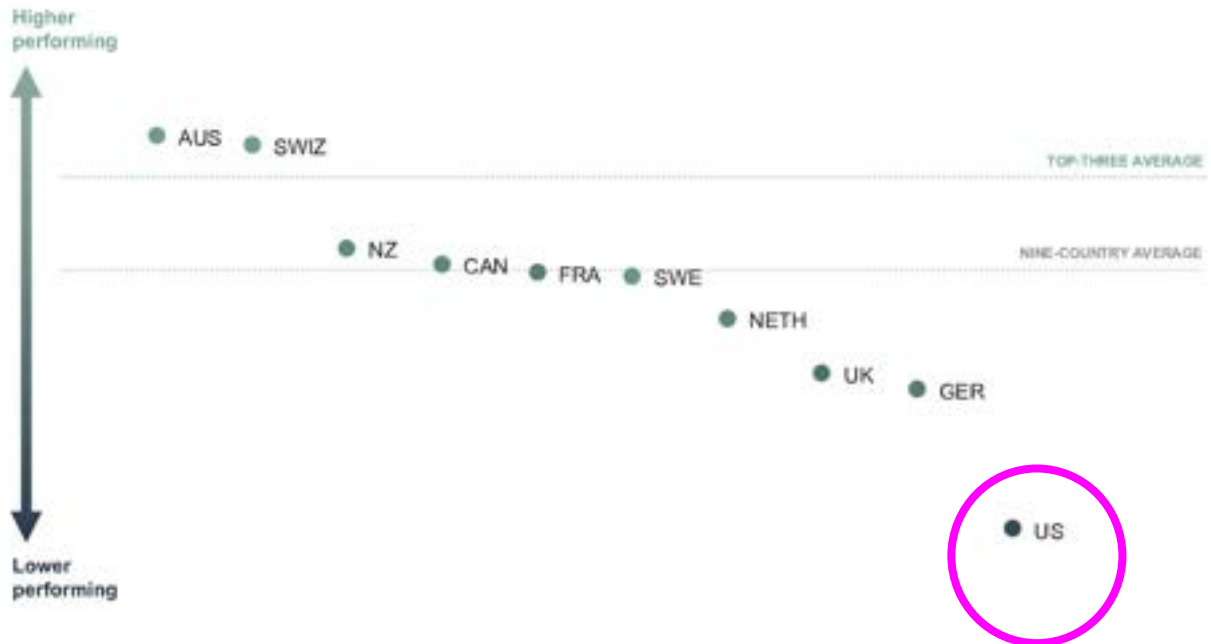
Lobbying Client	Total Spent
US Chamber of Commerce	\$19,780,000
Pharmaceutical Research & Manufacturers of America	\$12,995,000
National Assn of Realtors	\$11,282,603
Blue Cross/Blue Shield	\$9,129,170
American Hospital Assn	\$8,490,890

Physicians per 1,000 residents, by specialty, 2021

■ General practitioners ■ Psychiatrists ■ Other Specialists ■ Other



Americans live the shortest lives and have the most avoidable deaths.



Note: To normalize performance scores across countries, each score is the calculated standard deviation from a nine-country average that excludes the US. See "How We Conducted This Study" for more detail.

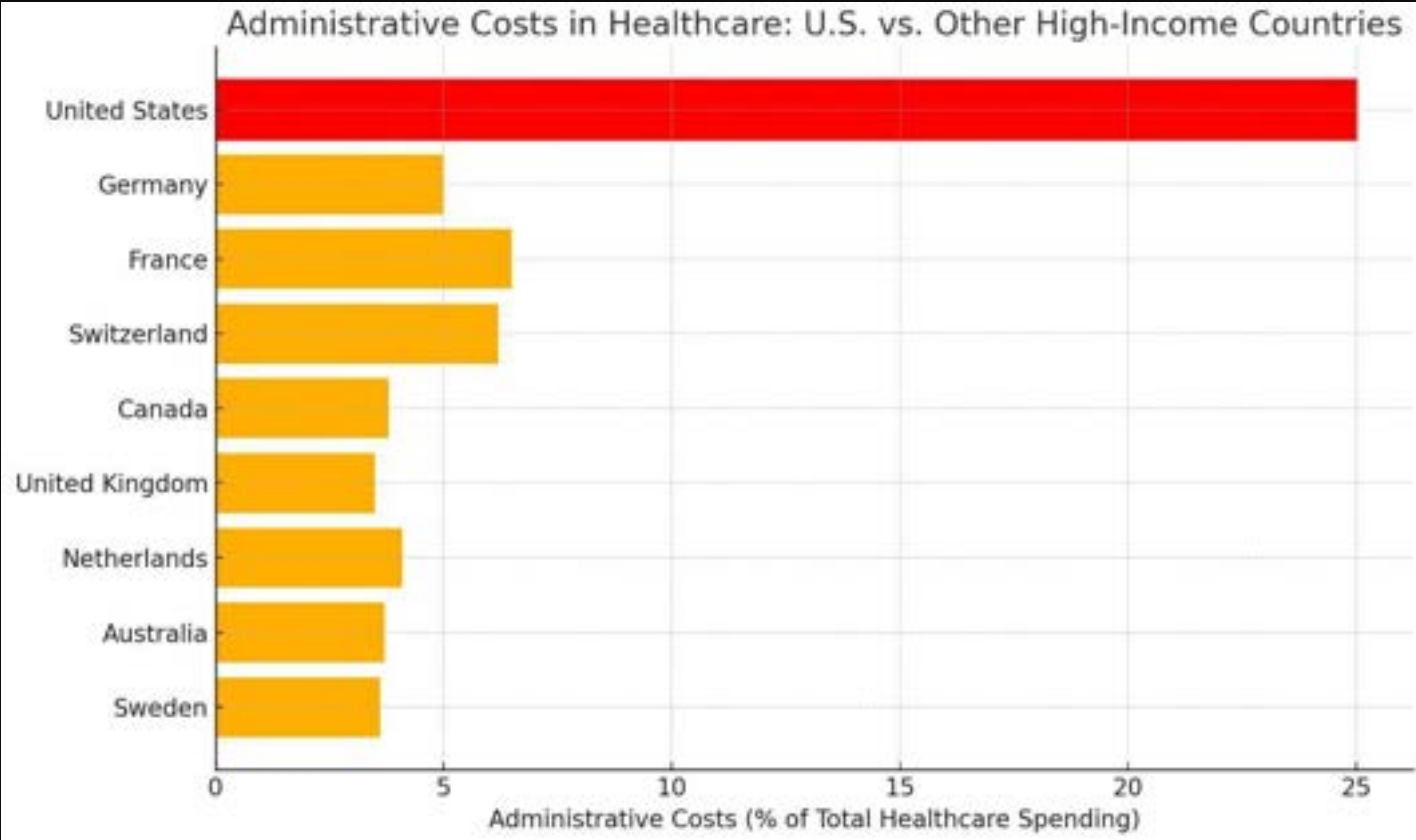
Date: Commonwealth Fund analysis.

Source: David Blumenthal et al., *Minor, Minor 2024: A Portrait of the Falling U.S. Health System – Comparing Performance in 10 Nations* (Commonwealth Fund, Sept. 2024). <https://doi.org/10.26099/ta0g-3p66>

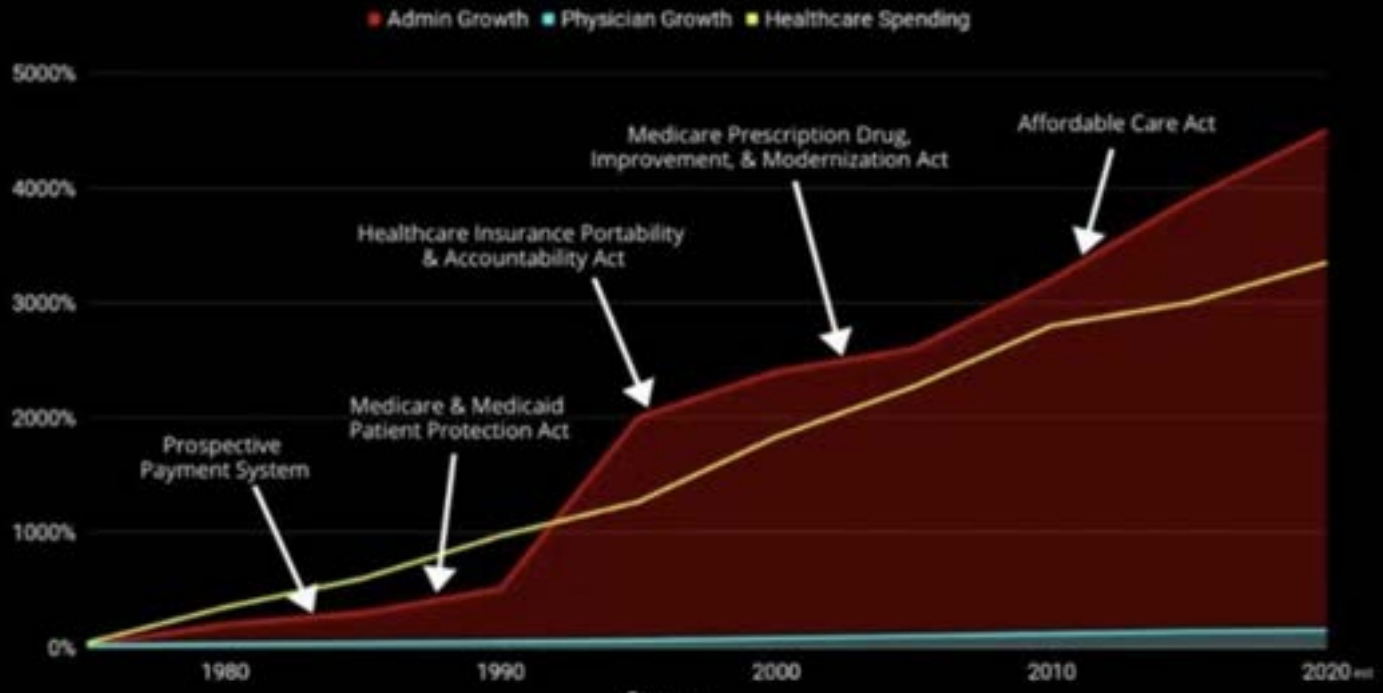
Health expenditures per capita, U.S. dollars, 2022 (current prices and PPP adjusted)



Notes: Data from Australia, Belgium, France, Japan, Switzerland, and the U.S. are estimated. Data from Austria, Canada, Germany, the Netherlands, Sweden and the United Kingdom are provisional.



Healthcare administrators growing faster than physicians



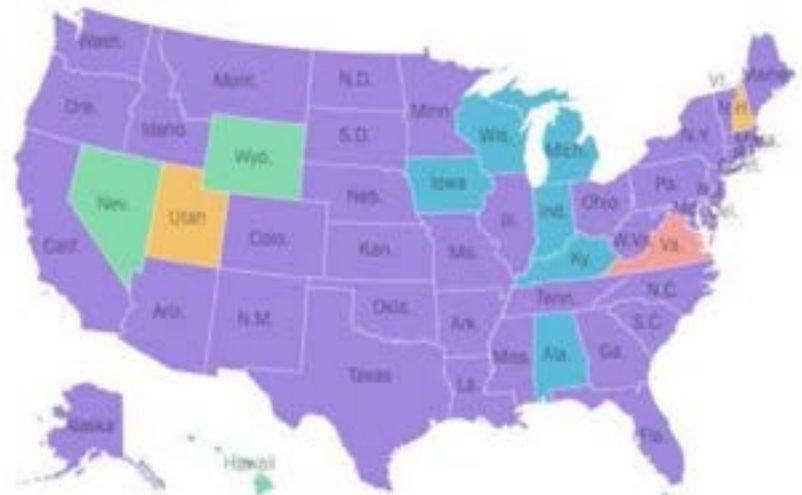
Top employer in each state in 1990

- Manufacturing
- Retail
- Hospitality
- Public administration



Top employer in each state in 2024

- Manufacturing
- Retail
- Hospitality
- Health care
- Professional services



Source: New York Times analysis of Quarterly Census of Employment and Wages · Note: Each industry category includes private sector and government jobs when applicable. · By The New York Times

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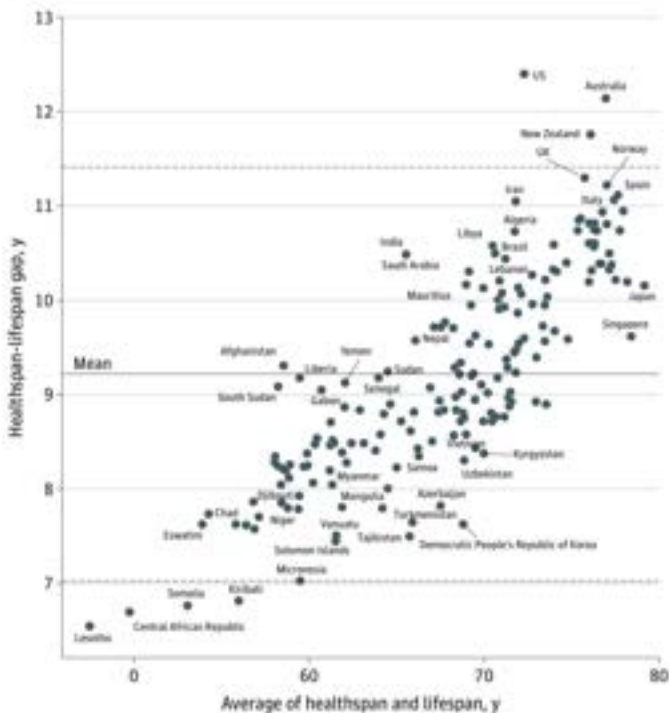
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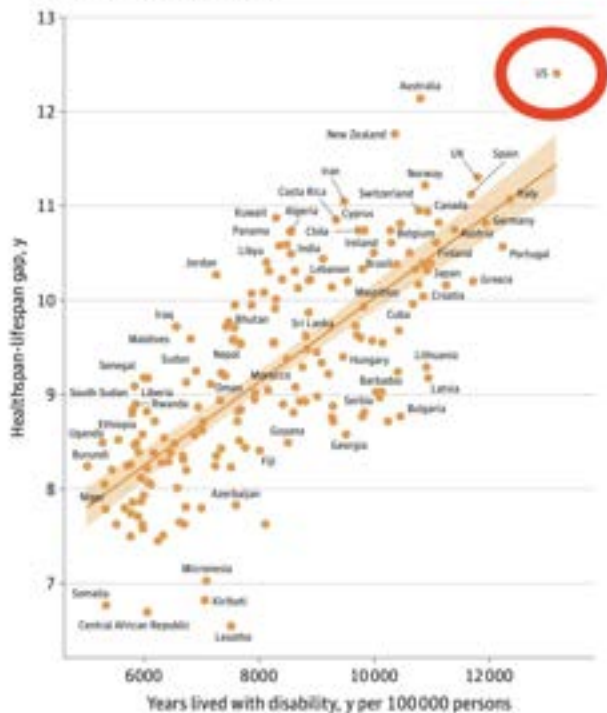
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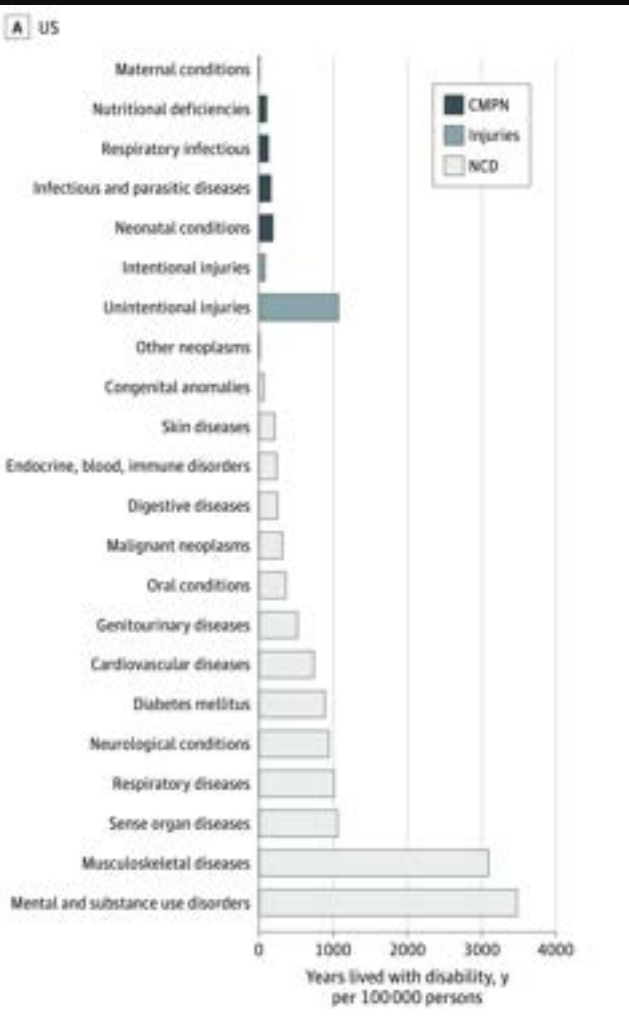
Figure 3. Healthspan-Lifespan Gap Associations With Life Expectancy and Disease Burden

A Bland-Altman plot of health-adjusted life expectancy



B Healthspan-lifespan gap in years lived with disability per 100,000 persons (by noncommunicable diseases)





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EDITED BY

Julia Dickson-Gomez,
Medical College of Wisconsin, United States

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Mauro Ceccanti,
Sapienza University of Rome, Italy
Martin Hochheimer,
Johns Hopkins University, United States

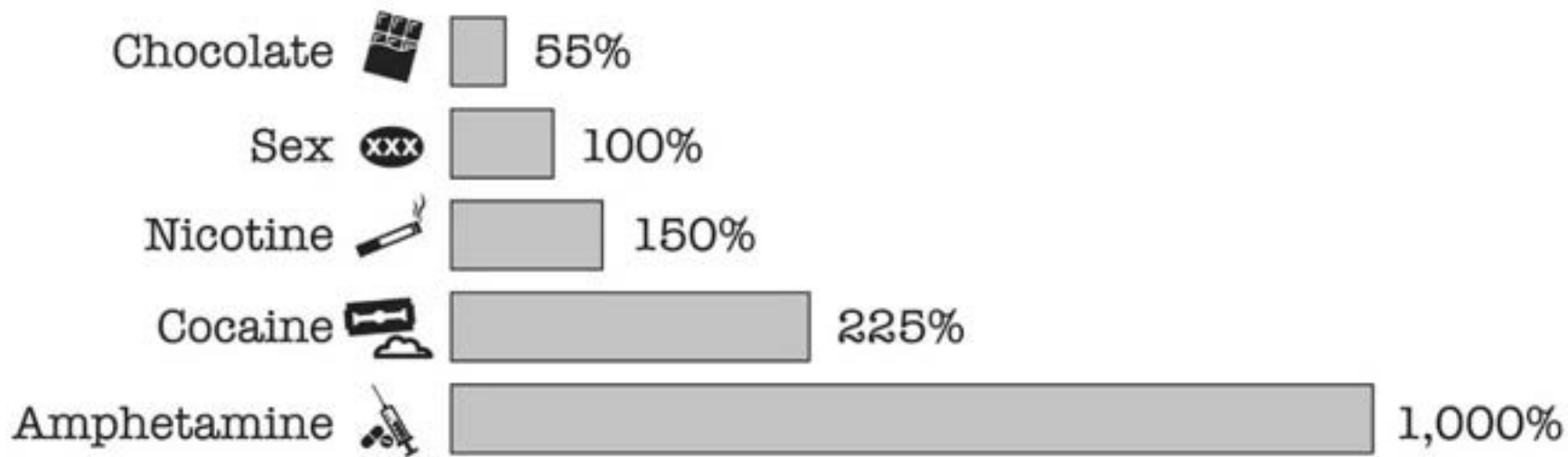
Global burden of drug use disorders by region and country, 1990–2021

Shuyan Zhang*, Xiaoying Qi, Yingying Wang and Keyuan Fang

Department of Clinical Pharmacy, Beilun People's Hospital, Ningbo, China



REWARDS AND DOPAMINE RELEASE



Effect of Exercise Training on Striatal Dopamine D2/D3 Receptors in Methamphetamine Users during Behavioral Treatment

Chelsea L Robertson^{1,2}, Kenji Ishibashi^{2,3,5}, Joy Chudzynski³, Larissa J Mooney³, Richard A Rawson², Brett A Dolezal⁴, Christopher B Cooper⁴, Amira K Brown^{1,2,6}, Mark A Mandelkern² and Edythe D London^{*,1,2,3}

¹Department of Molecular and Medical Pharmacology, David Geffen School of Medicine, University of California, Los Angeles, Los Angeles, CA, USA; ²Greater Los Angeles Veterans Affairs Hospital and Health Care System, Los Angeles, CA, USA; ³Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine, University of California, Los Angeles, Los Angeles, CA, USA; ⁴Department of Medicine and Physiology, David Geffen School of Medicine, University of California, Los Angeles, Los Angeles, CA, USA



A Systematic Review of Exercise Intervention Program for People With Substance Use Disorder

Zhilei Zhang¹ and Xiujuan Liu^{2*}

¹ Department of Physical Education and Health, Heze University, Heze, China, ² Department of Politics and Law, Heze University, Heze, China

Addiction has been attributed to development of habit-based neural circuits that promote continued substance use despite a conscious wish to abstain. The goal of this study was to determine if physical exercise could serve as an alternative habit to replace habitual substance use, and whether this exercise intervention methods differed for opioid vs. amphetamine Dependents. A total of 14 randomized controlled experimental literatures on exercise intervention in people with opioid and amphetamine use disorder were screened, the 14 literature included 4 opioids and 10 amphetamines. From the 14 literature, the information of intervention program elements were counted,



NIH Public Access

Author Manuscript

Pharmacol Biochem Behav. Author manuscript; available in PMC 2015 April 01.

Published in final edited form as:

Pharmacol Biochem Behav. 2014 April ; 0: 49–60. doi:10.1016/j.pbb.2013.06.011.

Oxytocin, Motivation and the Role of Dopamine

Tiffany M. Love, PhD

Molecular and Behavioral Neuroscience Institute and the Department of Psychiatry, University of Michigan, Ann Arbor

THE IMPACT ON RECOVERY CAPITAL FOLLOWING HIGH-INTENSITY EXERCISE ADJUVANT THERAPY IN OPIOID ADDICTION TREATMENT

[Aaron M. MacDonald](#), *University of Kentucky*

Follow

Year of Publication

2022

College

Public Health

Date Available

8-30-2022





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Post-traumatic stress disorder among military personnel admitted at the Northwest Command Level Three Military Hospital, Bahir Dar, Ethiopia, 2022: an institution-based cross-sectional study

Assasahegn Tedla^{1*}, Sintayehu Asnakew¹,
Getasew Legas¹, Birhanu Mengist Munie¹,
Minale Tareke² and Micheal Beka²

¹Department of Psychiatry, School of Medicine, College of Health Science, Debre Tabor University, Debre Tabor, Ethiopia, ²Department of Psychiatry, School of Medicine, College of Health Science, Bahir Dar University, Bahir Dar, Ethiopia

PLOS ONE

RESEARCH ARTICLE

Prevalence of depression, anxiety and post-traumatic stress disorder in health care workers during the COVID-19 pandemic: A systematic review and meta-analysis

Yufei Li[‡], Nathaniel Scherer^{‡*}, Lambert Felix[‡], Hannah Kuper

International Centre for Evidence in Disability, London School of Hygiene & Tropical Medicine, London, United Kingdom

[‡] These authors are joint first authors on this work.

ARTICLE

 Check for updates

Neurogenesis-dependent remodeling of hippocampal circuits reduces PTSD-like behaviors in adult mice


Risako Fujikawa ^{1,2}, Adam I. Ramsaran ^{1,3}, Axel Guskjolen^{1,4}, Juan de la Parra¹, Yi Zou¹, Andrew J. Mocle^{1,4}, Sheena A. Josselyn ^{1,3,4,5} and Paul W. Frankland ^{1,3,4,5,6} 

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Pilot randomized controlled trial of exercise training for older veterans with PTSD

Published: 01 July 2019

Volume 43, pages 648–659, (2020) [Cite this article](#)

[Katherine S. Hall](#) , [Miriam C. Morey](#), [Hayden B. Bosworth](#), [Jean C. Beckham](#), [Michelle M. Pebole](#),
[Richard Sloane](#) & [Carl F. Pieper](#)



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RESEARCH ARTICLE

Open Access

Mortality and cause of death in hip fracture patients aged 65 or older - a population-based study

Jorma Panula^{1*}, Harri Pihlajamäki², Ville M Mattila³, Pekka Jaatinen⁴, Tero Vahlberg⁵, Pertti Aarnio^{6,7} and Sirkka-Liisa Kivela^{8,9,10}

High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial

Steven L Watson,^{1,2} Benjamin K Weeks,^{1,2} Lisa J Weis,³ Amy T Harding,^{1,2} Sean A Horan,^{1,2} and Belinda R Beck^{1,2,3}

¹School of Allied Health Sciences, Griffith University, Gold Coast, Queensland, Australia

²Menzies Health Institute Queensland, Gold Coast, Queensland, Australia

³The Bone Clinic, Brisbane, Queensland, Australia

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HEALTH AND MEDICINE

Only 12 percent of American adults are metabolically healthy, Carolina study finds

Only 1 in 8 Americans are achieving optimal metabolic health, which carries serious implications for public health.

By the UNC Gillings School of Global Public Health, Wednesday, November 28th, 2018

Americans' Self-Reported Physical Health

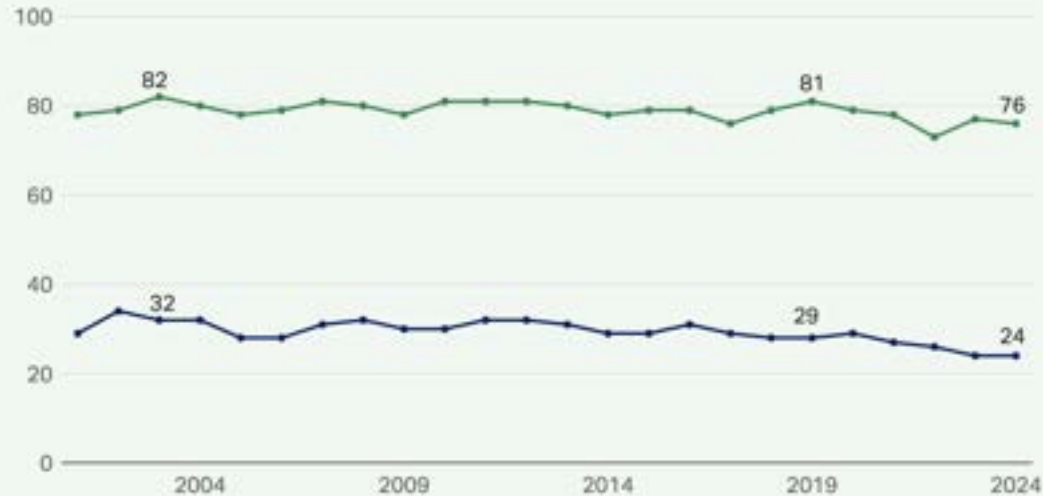
How would you describe your own physical health at this time? Would you say your physical health is -- excellent, good, only fair or poor?

Use the buttons to compare trends:

Mental Health

Physical Health

— % Excellent/Good — % Excellent



Results based on surveys conducted in November of each year

[Get the data](#) • [Download image](#)

GALLUP

Published in final edited form as:

Nutr Res. 2015 December ; 35(12): 1031–1039. doi:10.1016/j.nutres.2015.09.003.

Sarcopenia, Sarcopenic Obesity and Functional Impairments in Older Adults: NHANES 1999–2004

John A. Batsis^{a,b,c,d,e}, Todd A. Mackenzie^b, Francisco Lopez-Jimenez^f, and Stephen J. Bartels^{b,c,d}

^aSection of General Internal Medicine, Dartmouth-Hitchcock Medical Center, 1 Medical Center Drive, Lebanon, NH, 03756

^bGeisel School of Medicine at Dartmouth and The Dartmouth Institute for Health Policy & Clinical Practice, 1 Medical Center Drive, Lebanon, NH, 03756

^cDartmouth Centers for Health and Aging, 46 Centerra Drive, Dartmouth College, Lebanon, NH, 03756

^dHealth Promotion Research Center at Dartmouth, 46 Centerra Drive, Lebanon, NH, 03756

^eDartmouth Weight & Wellness Center, 1 Medical Center Drive, Lebanon, NH, 03756

^fDivision of Cardiovascular Disease, Department of Medicine, Mayo Clinic, 200 First Street SW, Rochester, MN, 55905

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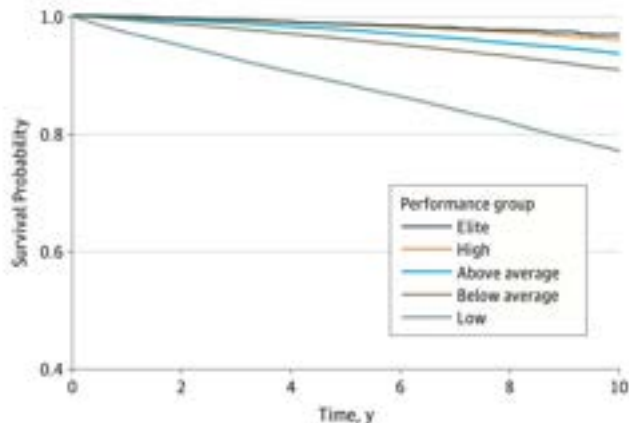
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Original Investigation | Cardiology

Association of Cardiorespiratory Fitness With Long-term Mortality Among Adults Undergoing Exercise Treadmill Testing



Kyle Mandsager, MD; Serge Harb, **Figure 1. Patient Survival by Performance Group**





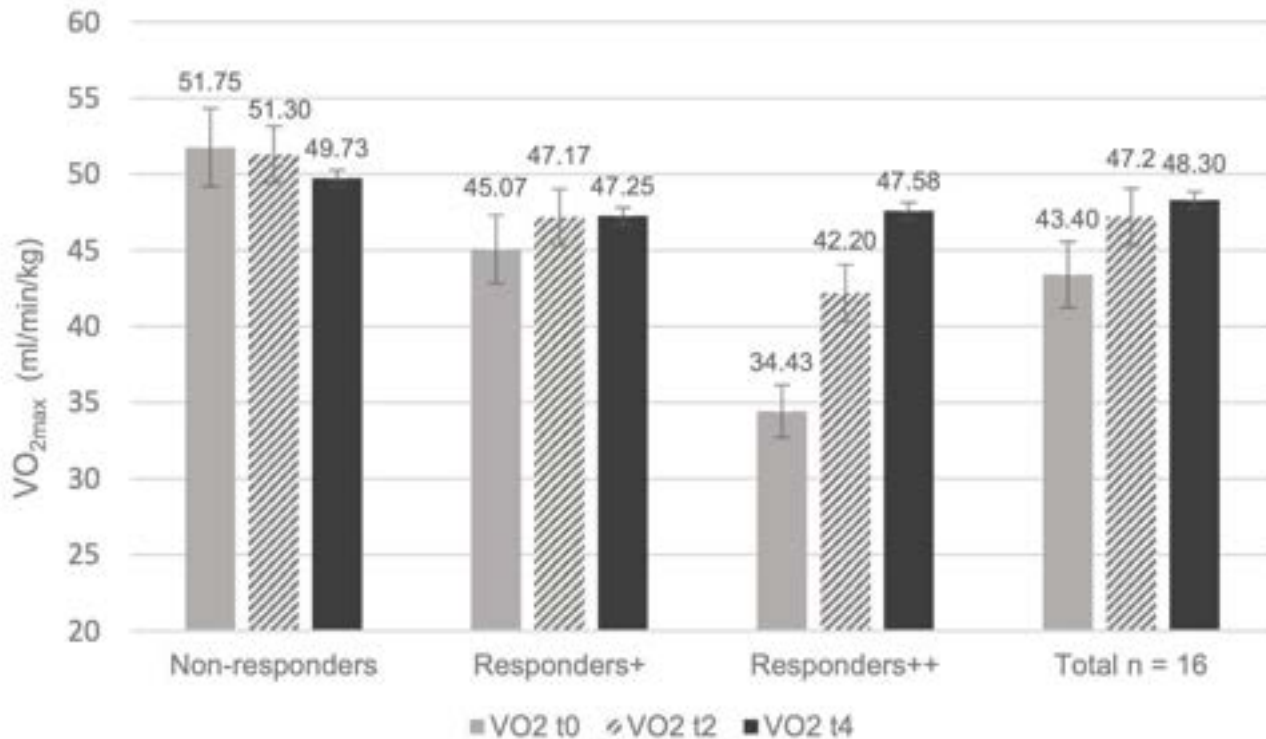
Article

StartXFit—Nine Months of CrossFit[®] Intervention Enhance Cardiorespiratory Fitness and Well-Being in CrossFit Beginners

Jennifer Schlie ^{*} , Tom Brandt  and Annette Schmidt

Institute of Sports Science, University of the Bundeswehr Munich, 85579 Munich, Germany;
tom.brandt@unibw.de (T.B.); annette.schmidt@unibw.de (A.S.)

* Correspondence: jennifer.schlie@unibw.de; Tel.: +49-89-6004-4774






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Global trends in incidence, death, burden and risk factors of early-onset cancer from 1990 to 2019

Jianhui Zhao,¹ Liying Xu,¹ Jing Sun,¹ Mingyang Song,^{2,3} Lijuan Wang,⁴ Shuai Yuan,⁵ Yingshuang Zhu,⁶ Zhengwei Wan,⁷ Susanna Larsson,^{5,8} Konstantinos Tsilidis,^{9,10} Malcolm Dunlop,^{11,12} Harry Campbell,⁵ Igor Rudan,⁵ Peige Song ¹³, Evropi Theodoratou,^{4,11} Kefeng Ding ⁶, Xue Li ^{1,4}

To cite: Zhao J, Xu L, Sun J, et al. Global trends in incidence, death, burden and risk factors of early-onset cancer from 1990 to 2019. *BMJ Oncology* 2023;2:e000049. doi:10.1136/bmjonc-2023-000049

Received 14 February 2023
Accepted 18 May 2023

ABSTRACT

Objective This study aimed to explore the global burden of early-onset cancer based on the Global Burden of Disease (GBD) 2019 study for 29 cancers worldwide.

Methods and analysis Incidence, deaths, disability-adjusted life years (DALYs) and risk factors for 29 early-onset cancer groups were obtained from GBD.

Results Global incidence of early-onset cancer increased by 79.1% and the number of early-onset cancer deaths increased by 27.7% between 1990 and 2019. Early-onset breast, tracheal, bronchus and lung, stomach and colorectal cancers showed the highest mortality and DALYs in 2019. Globally, the incidence rates of early-onset

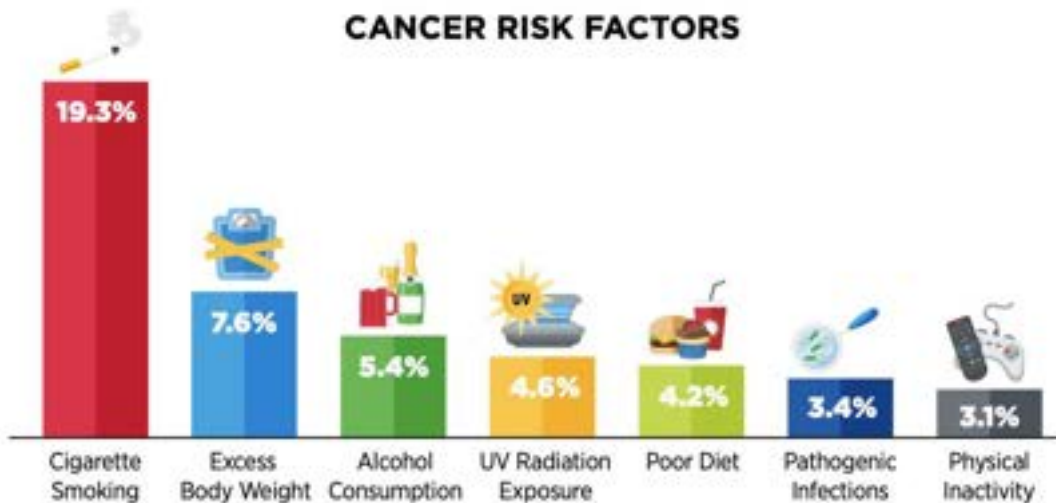
WHAT IS ALREADY KNOWN ON THIS TOPIC

⇒ Previous studies have suggested that the incidence of cancers of various organs diagnosed in adults <50 years of age has been rising in many parts of the world since the 1990s. The global disease burden and secular trend of early onset cancers, and the variations in different socioeconomic categories, have not been described. The pattern of attributable risk factors for burdensome early onset cancers has not been investigated.

WHAT THIS STUDY ADDS



CANCER RISK FACTORS



Systematic review

Association of muscle strength and cardiorespiratory fitness with all-cause and cancer-specific mortality in patients diagnosed with cancer: a systematic review with meta-analysis

Francesco Bettariga^{1, 2}, Daniel Galvao^{1, 2}, Dennis Taaffe^{1, 2}, Chris Bishop³, Pedro Lopez⁴, Luca Maestroni³, Giulia Quinto⁵, Umberto Crainich³, Enrico Verdini⁶, Enrico Bandini³, Valentina Natale⁷, Robert U Newton^{1, 2, 8}

Correspondence to Professor Robert U Newton; r.newton@ecu.edu.au; Dr Francesco Bettariga; f.bettariga@ecu.edu.au

New Study: This Exercise May Cut Cancer Death Risk By 46%



ORIGINAL ARTICLE

Structured Exercise after Adjuvant Chemotherapy for Colon Cancer

Kerry S. Courneya, Ph.D.,¹ Janette L. Vardy, M.D., Ph.D.,^{2,3}
Christopher J. O'Callaghan, D.V.M., Ph.D.,⁴ Sharlene Gill, M.D.,⁵
Christine M. Friedenreich, Ph.D.,^{6,7} Rebecca K.S. Wong, M.B., Ch.B.,⁸
Haryana M. Dhillon, Ph.D.,⁹ Victoria Coyle, M.B., B.Ch., Ph.D.,¹⁰
Neil S. Chua, M.D.,¹¹ Derek J. Jonker, M.D.,¹² Philip J. Beale, Ph.D.,¹³
Kamal Haider, M.D.,¹⁴ Patricia A. Tang, M.D.,¹⁵ Tony Bonaventura, M.D.,¹⁶
Ralph Wong, M.D.,¹⁷ Howard J. Lim, M.D., Ph.D.,^{5,18} Matthew E. Burge, M.B., B.S.,^{19,20}
Stacey Hubay, M.D.,²¹ Michael Sanatani, M.D.,²² Kristin L. Campbell, Ph.D.,^{18,23}
Fernanda Z. Arthuso, Ph.D.,¹ Jane Turner, M.Phil.,³ Ralph M. Meyer, M.D.,²⁴
Michael Brundage, M.D.,²⁵ Patti O'Brien, M.Sc.,⁴ Dongsheng Tu, Ph.D.,⁴
and Christopher M. Booth, M.D.,²⁵ for the CHALLENGE Investigators*

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The Lancet Public Health: Global dementia cases set to triple by 2050 unless countries address risk factors

Published January 6, 2022

Estimation of the global prevalence of dementia in 2019 and forecasted prevalence in 2050: an analysis for the Global Burden of Disease Study 2019



Dementia Forecasting Collaborators*



Summary
and Given the projected trends in population ageing and population growth, the number of people with dementia is expected to increase. In addition, strong evidence has emerged supporting the importance of potentially

Lancet Public Health 2022;
7: e105-25



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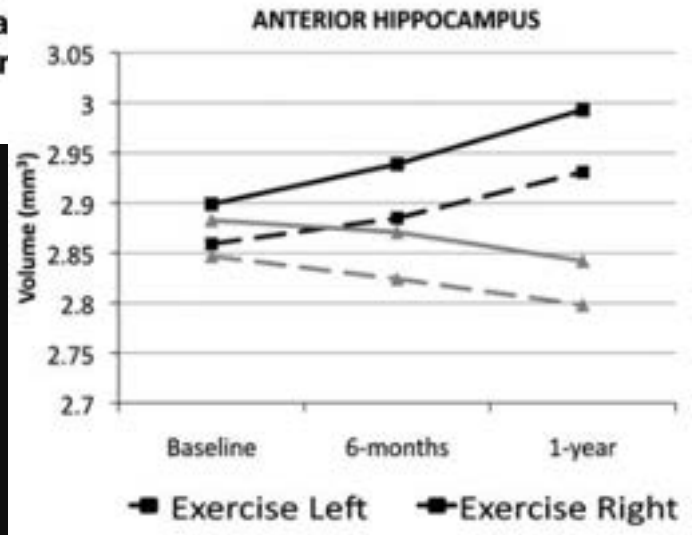
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Exercise training increases size of hippocampus and improves memory

Kirk I. Erickson^a, Michelle W. Voss^{b,c}, Ruchika Shaurya Prakash^d, Chandramallika Basak^e, Amanda Szabo^f, Laura Chaddock^{b,c}, Jennifer S. Kim^b, Susie Heo^{b,c}, Heloisa Emily Mailey^f, Victoria J. Vieira^f, Stephen A. Martin^f, Brar and Arthur F. Kramer^{b,c,1}, Micki^f, Auley^{b,f}





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JULES KING
UNSTOPPABLE WITH
PARKINSON'S & CROSSFIT

ARTICLE OPEN



Intense exercise increases dopamine transporter and neuromelanin concentrations in the substantia nigra in Parkinson's disease

Bart de Laat^{1,2} [✉], Jocelyn Hoye¹, Gelsina Stanley¹, Michelle Hespeler³, Jennifer Ligi³, Varsha Mohan⁴, Dustin W. Wooten⁴, Xiaomeng Zhang⁴, Thanh D. Nguyen⁵, Jose Key⁶, Giulia Colonna¹, Yiyun Huang¹, Nabeel Nabulsi¹ ¹, Amar Patel⁷, David Matuskey^{1,2,7} ^{1,2,7}, Evan D. Morris^{1,2,6,8} and Sule Tinaz¹ ^{7,8}

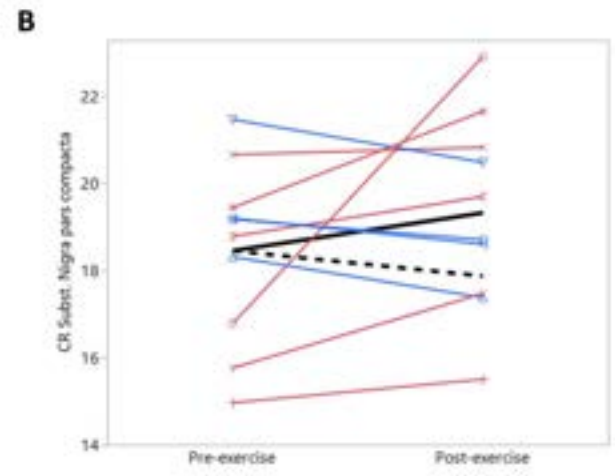
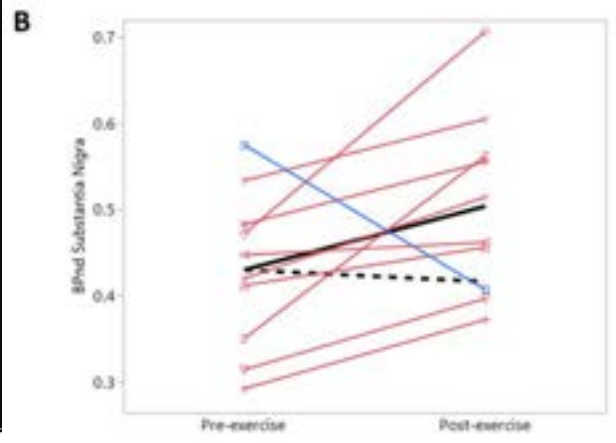
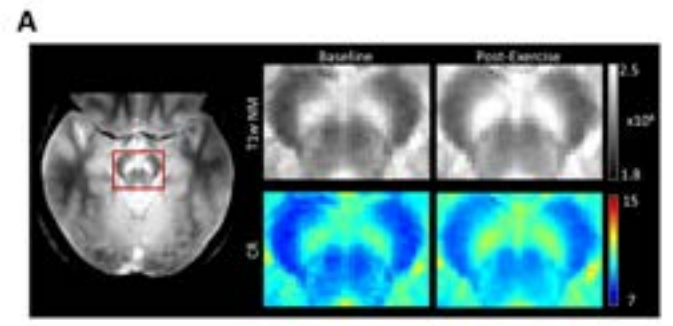
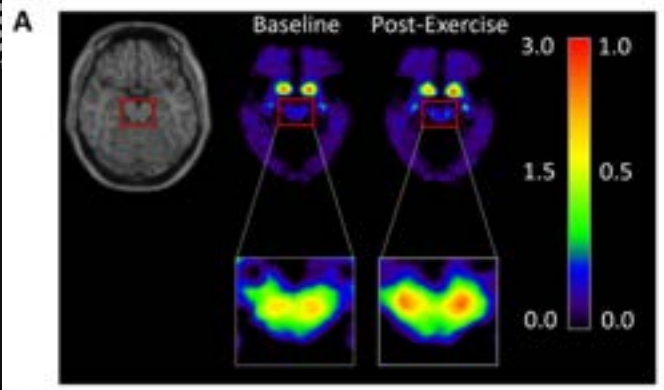
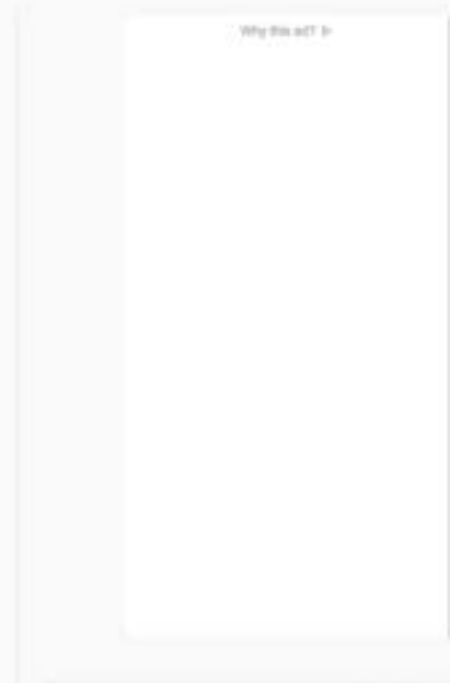


Fig. 3. Neurochemical Levels Pre and Post-Exercise at Various MRI

Equinox just launched a \$40,000 gym membership to slow down aging

The luxury gym brand has partnered with startup Function Health to offer members more than 100 lab tests

By **Bruce Gil** Updated May 6, 2024



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"One of the most effective things you can do to build better habits is to join a culture where your desired behavior is the normal behavior."

-James Clear

Social Relationships and Mortality Risk: A Meta-analytic Review

Julianne Holt-Lunstad^{1,2*}, Timothy B. Smith^{2,3}, J. Bradley Layton³

¹ Department of Psychology, Brigham Young University, Provo, Utah, United States of America, ² Department of Counseling Psychology, Brigham Young University, Provo, Utah, United States of America, ³ Department of Epidemiology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States of America

Abstract

Background: The quality and quantity of individuals' social relationships has been linked not only to mental health but also to both morbidity and mortality.

Objectives: This meta-analytic review was conducted to determine the extent to which social relationships influence risk for mortality, which aspects of social relationships are most highly predictive, and which factors may moderate the risk.

Data Extraction: Data were extracted on several participant characteristics, including cause of mortality, initial health status, and pre-existing health conditions, as well as on study characteristics, including length of follow-up and type of assessment of social relationships.

Results: Across 148 studies (308,849 participants), the random effects weighted average effect size was OR = 1.50 (95% CI 1.42 to 1.59), indicating a 50% increased likelihood of survival for participants with stronger social relationships. This finding remained consistent across age, sex, initial health status, cause of death, and follow-up period. Significant differences were found across the type of social measurement evaluated ($p < 0.001$); the association was strongest for complex measures of social integration (OR = 1.91; 95% CI 1.63 to 2.23) and lowest for binary indicators of residential status (living alone versus with others) (OR = 1.19; 95% CI 0.99 to 1.44).

Cardiac risk factors and prevention

ORIGINAL ARTICLE

Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies

Nicole K Valtorta,¹ Mona Kanaan,² Simon Gilbody,³ Sara Ronzi,⁴ Barbara Hanratty⁵

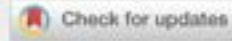
COVID-19, loneliness, social isolation and risk of dementia in older people: a systematic review and meta-analysis of the relevant literature

Carlo Lazzari  & Marco Rabottini

Pages 196-207 | Received 31 Dec 2020, Accepted 20 Jul 2021, Published online: 07 Aug 2021

 Cite this article

 <https://doi.org/10.1080/13651501.2021.1959616>





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Loneliness, depression and cognitive function in older U.S. adults

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