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Lifestyle Medicine: Chronic Condition Prevention

The [Federal Register on August 22, 2025](#), released a Request for Nominations of Members to Serve on the Healthcare Advisory Committee by the Office of the Secretary, Department of Health and Human Services (HHS). The Committee will serve as an advisory body to the Secretary of HHS and the Administrator of the Centers for Medicare & Medicaid Services (CMS) on programs and policies that can help improve the U.S. healthcare system. HHS will prioritize appointing Committee members who possess practical and tactical experience or expertise necessary to address the [Make America Healthy Again](#) objectives and advocate for key stakeholder interests. Committee members will be announced in late October.

The [Centers for Medicare and Medicaid Innovation](#) (CMMI) has played a critical role in advancing a policy agenda that helps Americans live healthier lives. The focus is part of a broader shift in healthcare priorities that move away from the reactive management of disease and symptoms toward one that restores health by treating the root causes of disease.

[American College of Lifestyle Medicine](#) (ACLM) has developed standardized lifestyle assessment tools to help clinicians screen for at-risk behaviors that can lead to chronic conditions. EPIC, an electronic health record has integrated these assessment tools to focus on lifestyle changes.

Examples include:

- [Diet Screener](#)
- [27-item questionnaire to assess eating patterns and water intake](#)
- [Physical Activity Vital Sign](#)

The Multiple Chronic Conditions Resource Center offers FREE access to current clinical guidelines and resources to support the comprehensive care for the nation's largest patient population – those living with two or more chronic conditions.

Resource Center

PODCASTS



PODCAST: *Person Centered Care Planning for Persons with Multiple Chronic Conditions*

Arlene Bierman MD, MS, Agency for Healthcare Research and Quality, **Brittany Watson MD, MPH**, Wake Forest University School of Medicine, **Jane Pederson MD, MS**, Stratis Health – discuss the recent JAMA Online publication *Person-Centered Care Planning for People Living with or at Risk for Multiple Chronic Conditions*. Discussion includes federal initiatives focused on person-centered care planning and how clinicians, organizations and policy can empower the largest US patient population



PODCAST: *Using the 4 M's in Person-Centered Care Planning for Persons with Multiple Chronic Conditions Patient*

Dr. Cheryl Phillips MD, AGSF, Senior Program Consultant The John A Hartford Foundation

To learn more about the CMS age-friendly care measure:
<https://241684.fs1.hubspotusercontent-na1.net/hubsfs/241684/Age-Friendly/Resources/CMS%20measure%20overview%202024%2010%2004.pdf>



PODCAST: *A Paradigm Shift: Integrating Palliative Symptom Management in Multiple Chronic Conditions*

Eduardo Bruera MD, University of Texas MD Anderson Cancer Center describes the integration of palliative care into the primary care setting. Palliative care used in the management of multiple chronic conditions, improves physical functioning, quality of life and reduces acute exacerbations and hospitalization.



PODCAST: *Integrating Behavioral Health in the Primary Care Setting*



Paul Ciechanowski MD, University of Washington discusses how to integrate behavioral health in the primary care setting for persons living with multiple chronic conditions. He discusses clinical inertia and how this can influence health outcomes



PODCAST: *Patient Perspective on Living with Chronic Kidney Disease and Multiple Chronic Conditions.*

Richard Knight, Bowie State University describes his patient journey and kidney transplant. He describes the need for patient education and self-advocacy.



PODCAST: *Chronic Care Management: Do's, Don't's and Everything in Between*

Irina Koytman DNP discusses the Chronic Care Management, Medicare incentive for primary care providers. She promotes the use of this billing incentive through specialist providers.



PODCAST: *The Effects of the Immune System in Multiple Chronic Conditions*

Matthew Sorenson PhD, Texas A&M School of Nursing discusses how the immune system is affected by multiple chronic conditions.



PODCAST: *Helping Overloaded People Remaining in the Workforce*

Glenna Crooks PhD describes her research on helping overly committed people to remain in the workforce. She highlights her recent book *The NetworkSage: Realize Your Network Superpower.*



PODCAST: *Understanding the Link Between Diabetes and Low Testosterone in Men*

Julian Gallegos PhD, Purdue University School of Nursing describes the importance of men's health and the link between obesity, diabetes and low testosterone.

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WEBINARS

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Person Centered Care Planning for the Oncology Patient



Course Objectives/Takeaways

- Review pathophysiology, diagnosis, management and incidence of prevalent malignancy.
- Describe how the nurse, pharmacist collaboration can ensure patient-centered care planning within the oncology setting.
- Examine the patient's oncology experience and how the nurse-pharmacist team can help to navigate the patient and family journey.

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- [Travel Nursing – How to ensure a good experience](#)
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