



### COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
<b>LIFESTYLE MEDICINE: EVIDENCE-BASED NON-SPECIFIC INTERVENTIONS FOR TREATING AND REVERSING CHRONIC DISEASES</b>	

Academic staff	Core academic unit(s)
<b>Coordinating:</b> Tomas Vaičiūnas, PhD, MPH	Vilnius University, Faculty of Medicine

Study cycle	Type of the course unit
Integrated studies	Optional course

Mode of delivery	Semester or period when it is delivered	Language of instruction
Lectures and Seminars	Autumn semester	English

Requisites	
<b>Prerequisites:</b> Students have studied basics of human physiology, anatomy, and have a basic of understanding the main risk factors for chronic non-infectious diseases. Knowledge of English should be at least B1 level according to the Common European Framework of Reference for Languages.	<b>Co-requisites (if relevant):</b> none.

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
5 ECTS	135 hours	50 hours	85 hours

Purpose of the course unit		
Lifestyle medicine aims to provide a holistic approach to the principles of chronic disease development, the ability to identify the main lifestyle-related risk factors and possible non-pharmaceutical measures and methods for the treatment and reversion of disorders		
Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
The student will be able to plan his/her own workload time, study independently and meet deadlines	Find information, read literature, classic lecture	Formative evaluation
The student will be able to identify priorities of lifestyle medicine, methods used in personal medicine and public health areas		

Be able to develop a holistic approach to risk factors for the development of chronic diseases	Classic lecture, discussion	Active participation in analyzing and evaluating situations
Be able to select and critically evaluate evidence-based measures and interventions to address chronic disease risk factors	Find information, read literature, discussion	Active participation in analyzing and evaluating situations
Will be able to recognize the non-pharmacological measures and methods used in clinical and public health practice to prevent, reverse and treat chronic diseases	Find information, read literature, classic lecture, discussion	Preparation and presentation of group work, test

Content	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Laboratory work	Internship	Contact hours, total	Individual work	Tasks for individual work
1. The definition and concept of lifestyle medicine worldwide. Measures and methods in the personal and public health sectors	4		2				6	12	Reading of literature
2. Lifestyle medicine - evidence-based non-pharmaceutical interventions to prevent, reverse and treat chronic diseases	4		4				8	10	Preparation for the seminar
3. Measures and approaches to evidence-based lifestyle medicine	2		2				4	9	Preparation for the seminar. Reading of literature
4. Lifestyle Medicine nutrition. Principles applied in the context of chronic diseases	4		4				8	12	Reading of literature
5. Personalised physical activity in lifestyle medicine. Principles applied in the context of chronic diseases	2		2				4	10	Preparation for the seminar. Reading of literature
6. Risky behaviour: legal psychoactive substances and internet addiction	4		2				6	10	Reading of literature
7. Lifestyle medicine – examples from clinical interventions and public health approach	4		2				6	10	Preparation for the seminar. Reading of literature
8. Research in Lifestyle Medicine. Presentation of group work	4		4				8	12	Preparation and oral presentation of the topic
<b>Total:</b>	<b>28</b>		<b>22</b>				<b>50</b>	<b>85</b>	

Assessment strategy	Weight %	Deadline	Assessment criteria
Presentation of the group work	30 %	During the course unit	Presentation of group work. Score: 1-10 out of 10.

			<p>Evaluation criteria: 1. All structural parts (introduction, body, conclusion, questions, reference list) are fulfilled, 2. the content of the presentation is relevant to the topic, 3. the length of the presentation is appropriate to the time allowed, 4. the presentation is smoothly delivered.</p> <p>The presentation should last 15 minutes and be followed by 5-10 minutes of discussion.</p>
Activity during seminars	20 %	During the course unit	<p>During the module student participates in seminars, pro-actively participate in discussion, analysing situations.</p> <p>Assessment strategy:</p> <p>2 points: actively participates in discussions, answers question, formulates problems and issues, makes critical comments;</p> <p>1 point: participates in discussions, answers questions;</p> <p>0 points: hardly participates in the discussion or misses more than 1/3 of the seminars</p>
Exam	50 %	In the end of the course unit	Test. 20 open-ended questions, each scored 0.5 points.

Author (-s)	Publishing year	Title	Issue of a periodical or volume of a publication	Publishing house or web link
<b>Required reading</b>				
Beth Frates et. al	2020	Lifestyle Medicine Handbook	Textbook	Available: <a href="https://healthylearning.com/lifestyle-medicine-handbook-2nd-ed/">https://healthylearning.com/lifestyle-medicine-handbook-2nd-ed/</a>
Wing RR, Bolin P, et al.	2012	The Look AHEAD Study: A Description of the Lifestyle Intervention and the Evidence Supporting It	Publication	Available: <a href="https://onlinelibrary.wiley.com/doi/10.1038/oby.2006.84">https://onlinelibrary.wiley.com/doi/10.1038/oby.2006.84</a>
Morton D, Rankin P, Kent L, Dysinger W	2014	The Complete Health Improvement Program (CHIP): History, Evaluation, and Outcomes	Publication	Available: <a href="https://pubmed.ncbi.nlm.nih.gov/30202259/">https://pubmed.ncbi.nlm.nih.gov/30202259/</a>
Wright, N., Wilson, L., Smith, M. et al.	2016	The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes	Publication	Available: <a href="https://www.nature.com/articles/nutd20173#citea">https://www.nature.com/articles/nutd20173#citea</a>
<b>Recommended reading</b>				
Fallows E., Harvey C., Pinder R.	2025	Essentials of Lifestyle Medicine	Knyga	<a href="https://www.cambridge.org/core/books/essential-lifestyle-medicine/5A87075B15A54ACF6827783EE06BEAA6">https://www.cambridge.org/core/books/essential-lifestyle-medicine/5A87075B15A54ACF6827783EE06BEAA6</a>
Mechanick I., Kushner R.	2016	Lifestyle Medicine. A Manual for Clinical Practice	Knyga	<a href="https://link.springer.com/book/10.1007/978-3-319-24687-1">https://link.springer.com/book/10.1007/978-3-319-24687-1</a>

