The lifestyle medicine curriculum will focus on
• Management of public health, health strategies and policies
• Healthy and therapeutic diets (including the designing of diets for individuals and groups)
• Physical activity (including the designing of physical activity programs for individuals and groups)
• Prevention and management of injurious health habits, among them unhealthy nutrition, smoking, alcohol and drug abuse
• Mental health promotion (especially stress
• Biostatistics and epidemiology of chronic disease
• Research methodology

Innovative study structure
• Scope of Program - 90 credits (according to the European Credits Transfer System); Nominal duration - 1.5 years
• Blended learning approach, merging onsite and online learning; providing optimal convenience, especially for non-residents and for those who need to combine studies with current employment; integrating studies with research and practice
• Cooperation with US Universities through a distance learning format
• Option to choose Lithuanian or English language tracks

More information is available at
http://www.lsmuni.lt/en/
Department of Health Psychology
Email: gyvensenos.medicina@lsmuni.lt
Facebook: LSMU Sveikatos psychologija
LIFESTYLE MEDICINE

A new, innovative Master’s degree in Public Health with an emphasis on Lifestyle Medicine will bring together the best of medicine and public health in combating the chronic diseases, which are largely lifestyle-related. This program has been developed in consultation with American academic and clinical centers, namely Loma Linda University, Harvard University, Cornell University and the Lifestyle Medicine Institute.

With its emphasis on preventing, arresting and reversing many of our Non-Communicable Diseases (NCDs), from obesity to diabetes to coronary heart disease and hypertension, this program will go beyond the high tech medical „management” approach that often cannot do more than provide symptomatic relief without providing effective cure. And yet, many studies have shown that an arrest and reversal of these chronic conditions can be greatly facilitated by treating the causes of this epidemic now devouring the majority of many national health care budgets. This new and innovative approach involves public and clinical education, motivation and inspiration with public policy supports to help people to implement the needed lifestyle changes in diet, exercise, smoking and stress management.

Lifestyle Medicine specialists graduating from this program will become mediators who bring together the best in traditional community-focused public health with the best in person-oriented health care. These specialists will be able to prevent and lower risk factors, improve individual behaviors related to NCDs, and accomplish this by working in primary health care settings, public health bureaus or in private practice.

Entry requirements
Program is available for graduates with a Bachelor degree in the Biomedical Sciences: Public Health (except Epidemiology and Veterinary food safety), Rehabilitation, Nutrition and Dietetics, Nursing, Sport Physiology (except Sport Psychology), and for graduates with advanced degrees in Medicine, Dentistry, Pharmacy.

Admission process will involve evaluation of scholastic achievements and personal interview focusing particularly at application essay, practical experience and professional goals. Applicants from other countries are encouraged to provide English language proficiency. Accepted proof of proficiency: FCE or CAE, IELTS 5.5+ or TOEFL 69+; B2 level in English or equivalent is required. If you have taken an internationally recognized exam, please attach it to the application. Applications from other countries will be processed through the foreign students’ application system: https://apply.lsmuni.lt/.

Qualifications received
Master of Public Health

Who should apply?
Health professionals, such as Physicians, Dentists, Nurses, Dietitians, Exercise physiologists, Public Health specialists interested in applying Lifestyle Medicine concepts to clinical practice or individualized public health counseling practice. Lifestyle Medicine will provide some of the desperately needed answers for throttling the burgeoning rise in chronic disease where the promotion and implementation of a healthier lifestyle becomes part of the new medicine. The time has come to embed the practice of Lifestyle Medicine into the current health care system.

Applications:
https://apply.lsmuni.lt/
International Relations and Study Centre
Lithuanian University of Health Sciences
A. Mickevičiaus 9, Kaunas
Phone: 00370-37-327259
Email: fstudent@lsmuni.lt

Tuition fee for entire programme
14895 € (9930 € per year)