COMING SOON 2016

First European Union University Master’s degree of Public Health in *Lifestyle Medicine* to Reverse the Chronic Disease Epidemic
ENLARGED TOOLBOX WITH NEW TOOLS

While the concepts of lifestyle medicine will still require further definition, the evidence is sufficient that any delay in addressing our lifestyle-related epidemic of chronic diseases via the advocacy of healthier behaviors will only increase our current healthcare costs.

The scientific evidence is strong that health promotion and disease prevention can reduce this chronic disease epidemic. More research, however, is needed of how best to motivate and facilitate successful lifestyle interventions in clinical practice to prevent, arrest and even reverse some of these modern killer diseases.

It's time to tackle the obvious: we have now an unprecedented opportunity for applying the emerging epidemiologically-based knowledge and the new educational tools to empower our health work force to more effectively and efficiently implement its mission. And that's what this new degree is all about.

--Professor Vilius Grabauskas
PROPOSAL

Reversing the Chronic Disease Epidemic:
Establishing Lifestyle Medicine degrees on the Master’s and Doctoral level.

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The Lithuanian University of Health Sciences includes the Medical Academy and Veterinary Academy and the following schools (faculties):

- Medicine
- Public Health
- Dentistry
- Pharmacy
- Nursing
- Veterinary Medicine
- Agriculture

The Lithuanian University of Health Sciences (LSMU) has 69 educational units: 5 institutes, 24 departments and 40 clinics.

The Lithuanian University of Health Science in numbers (2014):
- Total number of students — 6,726
- Total number of foreign students — 621 (9.2%)
- Total number of staff 11,983 (including staff of the university hospital)
**THE NEED**

The majority of our health care money is now being spent on high-tech medical “management” to provide *symptomatic relief* for chronic diseases. Study after study, however, shows that most of these diseases (from obesity to diabetes to coronary heart disease) are largely lifestyle-related. Similarly, many studies have proven that an education-oriented lifestyle medicine approach is more effective in preventing, arresting, and reversing these diseases than the traditional management approach.

While some academic centers have developed courses in alternative and interactive medicine, a new teaching curriculum for advanced degrees in lifestyle medicine is urgently needed to provide leadership that is focused on the treatment of the *causes* rather than on the *symptoms* of these chronic diseases.

**TREATING CHRONIC DISEASES**

*Some differences between conventional and lifestyle medicine approaches*

<table>
<thead>
<tr>
<th>CONVENTIONAL MEDICINE</th>
<th>LIFESTYLE MEDICINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Treats individual risk factors</td>
<td>• Treats lifestyle causes</td>
</tr>
<tr>
<td>• Goal: disease “management” and symptom relief</td>
<td>• Goal: disease prevention, arrest &amp; reversal</td>
</tr>
<tr>
<td>• Treatment: mostly focused on physical</td>
<td>• Treatment: wholistic, multi-dimensional</td>
</tr>
<tr>
<td>• Patient: passive recipient of care</td>
<td>• Patient: an active partner in care</td>
</tr>
<tr>
<td>• Patient: not required to make big changes</td>
<td>• Patient: required to make big changes</td>
</tr>
<tr>
<td>• Treatment: often short term</td>
<td>• Treatment: always long term</td>
</tr>
<tr>
<td>• Responsibility: largely on the clinician</td>
<td>• Responsibility: largely on the participant</td>
</tr>
<tr>
<td>• Emphasis: diagnosis, prescription, referral</td>
<td>• Emphasis: education, motivation, and follow-through</td>
</tr>
<tr>
<td>• Medication: often the only treatment used</td>
<td>• Medication: can be avoided, used only when needed</td>
</tr>
<tr>
<td>• Medically costly and frequently with side-effects</td>
<td>• less costly and with fewer, if any, side-effects</td>
</tr>
<tr>
<td>• Involves other medical specialties</td>
<td>• Involves allied health professionals</td>
</tr>
<tr>
<td>• MDs generally operate independently on a one-to-one basis with very limited time per patient</td>
<td>• MD-supervised education offered in groups. May be done via videos and facilitators with more time per patient.</td>
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</tbody>
</table>
BACKGROUND

Need for a new approach to the chronic diseases

The treatment of chronic diseases, which are largely lifestyle-related, are now devouring 84% of the US health care budget. These expenses, largely used for the medical management and symptomatic relief and delivered usually without effecting a cure or reversal of these chronic diseases, place an increasingly unsustainable burden on society, and especially on smaller countries.

And yet, the scientific literature is growing rapidly providing evidence that many of these chronic diseases are subject to prevention, arrest and reversal through a lifestyle medicine approach. Such an approach combines the best in medicine, public health, therapeutic nutrition and complementary medicine. It is most effectively facilitated through education, motivation and effective public policy.

More specifically, such an approach would center on the availability of whole foods. Relying more on whole foods would include the progressive lowering of the intake of sugar, fats and salt and at the same time increase the nutritional density of the diet. It represents a lifestyle of choice for better health and a sustainable future. It will be ecologically protective, and it will become the ethical choice of responsible consumers. An emphasis on more plant-based foods would significantly and progressively lower the intake of meat, poultry, shrimp, lobsters, eggs, and dairy products and thus lower the intake of cholesterol and saturated fat.

Such an approach would also aim at the abstinence from tobacco, and a lowering of the use of alcohol and caffeine, an enlargement of consistent exercise and good mental health practices.

(continued on next page)
Chronic diseases—now devouring 84% of the US healthcare budget— that are therapeutically treated by Lifestyle Medicine may include:

**Circulatory Diseases**
Among them: coronary heart disease with myocardial infarction and angina pectoris, cerebrovascular accidents, hypertension, hearing and vision loss (macular degeneration), cognitive diminishment, degenerative disk disease, certain renal diseases, erectile dysfunction, and certain neuropathies.

**Endocrine Diseases**
Prominently among them: obesity and T2 diabetes.

**Gastrointestinal Diseases**
Among them ulcerative colitis, Crohn's disease, diverticular disease, gastroesophageal reflux disease, constipation, non-alcoholic fatty liver disease, cholelithiasis, gastritis.

**Other Diseases,**
such as osteoporosis and multiple sclerosis and probably also certain adult cancers.

The evidence-based literature has been growing exponentially in the last 25 years beginning with the work of Dean Ornish, MD in 1990. His team demonstrated successfully the regression of atherosclerotic plaques in the coronary arteries and more recently the regression of indolent prostate tumors with a lifestyle-mediated therapy. While many of our common chronic diseases are indeed subject to prevention, arrest and regression through lifestyle interventions, where a simple whole food/plant-based diet plays a major role, the curriculum adjustment and its implementation has not been made in medical schools. As a matter of fact, nutrition teaching largely exhausts itself in the majority of American medical schools with a couple of lectures largely on the biochemistry of certain nutritional constituents. Clinical, therapeutic and public health nutrition courses to prevent, effect and treat the common chronic diseases are missing in almost all medical schools.

Lithuania is not heavily burdened by traditional concepts of pharmacological and mechanistic medicine in approaching the treatment of most of these largely lifestyle-related chronic diseases. It is uniquely open to exploring new and modern concepts and may be more able and willing to adopt change more quickly. It is therefore in an excellent position to become a leader in lifestyle medicine. Once shown to be effective, such an approach then could easily become a template for schools of public health and medicine even beyond its borders.
Dedicated and Innovative People -- from Idea to Development

"The cure for these lifestyle-related modern killer diseases is not easily found in high tech medicine but in providing education, motivation and social policies that will create transformative social changes in the behavior of our citizens."

David Katz, MD, MPH

Keynote speakers of the first Lifestyle Medicine conference: Prof. Vilius Grabauskas, MD, PhD, chancellor of LLUHS and Caldwell Esselstyn, MD, Director of the Cleveland Clinic Wellness institute.

Meeting in Loma Linda, California: Lithuanian working group – Aurelijus Veryga, PhD, Darius Kubilius, MD, Ramunė Kaledienė, MD, PhD, and the engine of lifestyle medicine, Hans Diehl, DrHSc.
Meeting at Loma Linda University: Ramunė Kalėdienė, Dean of the School of Public Health (LUHS); Helen Hopp Marshak, Dean of the School of Public Health (LLU); Ron Carter, Provost of LLU; Darius Kubilius (LUHS); Aurelijus Veryga (LUHS); and Petras Vainius (ESLM ambassador).

Meeting in Harvard University: T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University; Ramunė Kalėdienė, Professor and Dean of the School of Public Health at LUHS; Walter Willett, Professor of Epidemiology and Nutrition at Harvard University; and Edward Phillips, Director of the Institute of Lifestyle Medicine, Harvard University.

At left: the development team of Masters Lifestyle Medicine Curriculum of Lithuanian University of Health Sciences during the teambuilding weekend.
The Lifestyle Medicine Master’s of Public Health at Lithuanian University of Health Sciences

<table>
<thead>
<tr>
<th>Module</th>
<th>ECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition</td>
<td>13</td>
</tr>
<tr>
<td>Management of addictions and psychosocial support</td>
<td>6</td>
</tr>
<tr>
<td>Physical activity and health</td>
<td>9</td>
</tr>
<tr>
<td>Mental health and lifestyle</td>
<td>6</td>
</tr>
<tr>
<td>Public health</td>
<td>10</td>
</tr>
<tr>
<td>Practice</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total credits: 90</strong></td>
<td><strong>52</strong></td>
</tr>
</tbody>
</table>

Research methodology + thesis writing

Elective courses

ECTC - European Credit Transfer System
Curriculum of the Lifestyle Medicine Master’s of Public Health degree

1.5 year master studies:
• Only bachelors with biomedical university degree can apply
• Blended learning approach (onsite and online)
• Two language tracks (Lithuanian/English)
• Integration of studies, research and practice

The endpoints:
• Master’s Thesis
• One or more case reports of disease reversal
• Mastering the prescription of lifestyle medicine (lifestyle prescription)
• Final Exams (written and oral)

Options:
• International study experience -- intelligent educational travel experience across Europe and other continents
• Special students and professors will spend days at ACLM and other international lifestyle medicine-related conferences
EXECUTIVE STATEMENT
February 9, 2015

We commit ourselves, as the EU Commissioner of Health and Food Safety and as the president of the American College of Lifestyle Medicine (ACLM), to lend our support for an innovative new lifestyle medicine curriculum in the health sciences at the Lithuanian University of Health Sciences under the direction of Professor V. Grabauskas to be developed, launched and established as a model for combating the epidemic of chronic diseases in Lithuania and for countries of the European Union.

We are looking forward to partnering with the best centers in the world that offer evidence-based approaches to the prevention, treatment and reversal of these chronic diseases. It has become clear to us that the new model has to go beyond the mere relief of symptoms from these diseases provided by pharmacologic and surgical approaches. We have to address the underlying causes of these diseases; and they are usually found in our lifestyle and culture. To address these lifestyle issues, we recognize that this will require education, motivation and also public policy changes. For our countries, anything less will no longer be fiscally sustainable.

We are reaching out to all those who want to collaborate with us and help us in establishing the first comprehensive curriculum on the Master's and Doctoral level for the health sciences (and that includes the schools of Medicine and Public Health) to effectively and efficiently combat the causes of our chronic disease epidemic. And that not only for Lithuania, but also as a model for other nations. Our confidence knows no bounds that together we can influence the future direction of healthcare in Europe and worldwide.

Vytenis Andriukaitis, MD
EU Comm. of Health & Food Safety

David Katz, MD, MPH
President, American College of Lifestyle Medicine
EXECUTIVE SUMMARY

GOAL
To offer a lifestyle medicine curriculum at the Master's and Doctoral level at the Lithuanian University of Health Sciences in Kaunas, Lithuania.

This lifestyle medicine curriculum will stress the pivotal importance of treating the causes of today's chronic disease epidemic in a country that ranks second highest among the 28 countries in the European Union. Settling for symptomatic relief of these common chronic diseases with pills and procedures without an effort to prevent, arrest and reverse these largely lifestyle-related diseases is no longer an option: for a country with 3 million people, this financial burden becomes difficult to sustain. A lifestyle medicine approach is needed.

OBJECTIVES
To secure sufficient funding to launch a lifestyle medicine curriculum that would address in a clinically and financially effective way the epidemic of chronic disease in Lithuania at its roots. Such a curriculum would focus on the preventability of most of these lifestyle-related diseases and their arrest and reversal by tackling their causes. Prominent among the causes are how people eat, drink, smoke, exercise, sleep and handle stress, as well as public policies designed and enacted by the government. The answers to the epidemic of chronic diseases (NCD: Non-Communicable Diseases) will have to be found in a lifestyle medicine approach that will focus both on public policy changes and on education, motivation and inspiration both for the public and especially for the professionals in the areas of public health and medicine.
LEADERSHIP PROFILES

Professor Vilius Grabauskas, MD, MPH, PhD
Chancellor of the Medical Academy of the Lithuanian University of Health Sciences
Honorary President and Founder of the Lithuanian Public Health Association

Born and educated in Kaunas, Lithuania, Vilius Grabauskas received his medical degree from Kaunas University. He practiced internal medicine and cardiology at the University Hospital and then--through his involvement with the WHO-coordinated Kaunas-Rotterdam Intervention Study on multi-factorial aspects of coronary heart disease--turned his interest to preventive cardiology.

As Director of the Division of Non-Communicable Diseases (NCD) at the World Health Organization (WHO) in Geneva, Switzerland, his interest in research, policy and implementation found its focus in public health in the development of integrated approaches to the prevention and control of NCDs. After eight years at the WHO, he took on national leadership roles in Lithuania, among them serving as Chair of the newly established National Board of Health. At the same time, he continued his active collaboration with the WHO in prominent roles (Chair of the Standing Committee of the Regional Committee for Europe, Member of the Global WHO Executive Board, Chair of the WHO/EURO CINDI Programme Management Committee).

Dr. Grabauskas served as Rector and later as Chancellor of Kaunas University, where he also assumed responsibilities as Chair of the Department of Preventive Medicine in the School of Public Health. Currently, he is the Chancellor of the Medical Academy of the newly developed Lithuanian University of Health Sciences where he serves as Chair of the Senate. At the same time, he has continued his active collaboration with the WHO representing Europe as a member of Global WHO Executive Board. Professor Grabauskas is an honorary member of the Polish Academy of Medicine, a full-member of the Sweitzer World Academy of Humanistic Medicine, and a member of the Scan-Balt Medical Academy. He is Editor-in-chief of the scientific periodical “Medicina” and serves on the International Board for several medical journals. Altogether, he has more than 300 research publications. His research interest is in NCD prevention, health policy and in health system management.

He served more than 11 years as Rector, Kaunas University of Medicine, later on continuing as Chancellor of the same University as well as Chair of the Department of Preventive Medicine, School of Public Health.
As president of the Lithuanian Public Health Association, she is a national leader in the areas of Public Health and Public Health administration. She is the author and co-author of several textbooks on public health.

**Professor Ramunė Kalėdienė, MD, MPH, PhD**

*Dean of the School of Public Health at the Lithuanian University of Health Sciences*

For almost 15 years, Professor Ramune Kaladiene has provided leadership as Dean of the School of Public Health at the Lithuanian Health Sciences University as well as chair of the department of Health Administration. With her active involvement and supervision, the undergraduate and Master of Public Health programs as well as the Doctoral program in Public Health have been successfully developed and implemented at the Lithuanian University of the Health Sciences. She has been most active in giving leadership to the current developments designed to create the first graduate program in the area of Lifestyle Medicine in Europe to combat more effectively the burgeoning chronic disease epidemic in Lithuania and beyond.

Dr. Kalediene has made significant contributions not only to the public health efforts in her own country (Member of the National Board of Health at the Lithuanian Parliament from 2004 to 2008) but also in the European Region. Since 2004, she has served there as an expert for developing schools of Public Health. In addition, she chaired the Peer Review Committee of the Association of Schools of Public Health in the European Region (ASPHER) for several years. She took part in the assessment and development of public health training programs in many countries, such as Bulgaria, Georgia, Moldova, Spain and the United Kingdom. Concerned about social and demographic inequalities in health and health care, she has authored and co-authored several textbooks and more than 300 scientific publications.
OVERVIEW:
Consulting and Contributing Experts

David Katz, MD, MPH
Honorary Chair of the Advisory Committee. Founding director of Yale University's Yale-Giffin Prevention Research Center. President of the American College of Lifestyle Medicine and the driving force behind the establishment of a True Health Initiative for America. Respected Researcher, Administrator, Author, and Convention Speaker.

Krista Butvydas Bard
Honorable Consul of the Republic of Lithuania. A powerhouse in promoting business, trade and culture and the lifestyle medicine concepts.

Neal Barnard, MD
President of the Physicians Committee for Responsible Medicine, Washington, DC. Has demonstrated the reversibility of Type 2 Diabetes through a whole food, plant based diet. Author of 17 best-selling books. Prominent researcher, administrator, and a lifestyle medicine communicator par excellence.

Susan Benigas
Executive Director of the American College of Lifestyle Medicine. Co-founder of the International Plant-based Nutrition Healthcare Conference. The steam in the pipes! Bringing visions to life!

Dan Buettner
Fellow of the National Geographic magazine. Best-selling author, researcher in populations and their longevity. Discoverer of the Blue Zones where people live the longest. Voted a top "50 Influencer in Aging." (PBS)

T. Colin Campbell PhD
Schuman Professor emeritus of Nutritional Biochemistry at Cornell University. A recognized leader in the field of nutritional medicine. His 18-hour whole food, plant based curriculum is electronically accessible.

Brian Clement PhD
President and co-director of the Hippocrates Health Institute, a state-the-art residential facility in Florida for patients suffering from chronic disease. Author of multiple books advocating a simpler diet, daily exercise and complementary medicine.

Hans Diehl, DrHSc, MPH
Founder of the Lifestyle Medicine Institute in Loma Linda, CA and of the Complete Health Improvement Program (CHIP), a 35-hour intensive lifestyle intervention program universally accessible via video presentations
Wayne Dysinger MD, MPH  
Former Chair of the department of Preventive Medicine at the School of Medicine at Loma Linda University. Past President of the American College of Lifestyle Medicine. Currently, the Medical Director of the Lifestyle Medicine Institute.

Caldwell Esselstyn, Jr., MD  
Affiliated with the Cleveland Clinic Wellness Institute. A distinguished surgeon and author who left his mark as a lifestyle interventionist in demonstrating regression of advanced coronary artery disease with 20+ years of follow-up.

Roger Greenlaw, MD  
A highly respected gastroenterologist with many publications, he utilizes the knowledge and practices of Western and Eastern medicine. Committed to Lifestyle Medicine, which he teaches medical students.

Michael Greger, MD  
Internationally recognized nutrition and Lifestyle Medicine communicator. Expert witness before Congress and also in the infamous "meat defamation" trial of Oprah Winfrey. Director of Public Health and Animal Agriculture at the U. S. Humane Society.

George Guthrie, MD, MPH  
President-elect of the American College of Lifestyle Medicine. He guides medical residents specializing in Family Practice to develop a deeper understanding of the challenges and opportunities in community and lifestyle medicine.

Helen Hopp-Marshak, PhD  
Dean of the School of Public Health at Loma Linda University, Loma Linda, CA. Committed to addressing evidence-based public health issues and practices to improve the health of at-risk populations locally and around the world.

John Kelly MD, MPH  
Medical Director, Black Hills Health & Education Center, and Director & Founding President of the American College of Lifestyle Medicine. Adjunct Faculty, Preventive Medicine, Loma Linda University School of Medicine.

Algimantas Kirkutis, MD, PhD  
Director of Dept. of Medical Education, Klaipeda University. Laid the foundation for the development of a relevant, innovative curriculum in the health sciences.

---Continued on page 18
OVERVIEW:
Consulting and Contributing Experts (continued from page 17)

Darius Kubilius, MD, PhD
Surgeon specializing in burn victims. Lecturer, School of Medicine at Vilnius University. Health activist. An “energizer” of the lifestyle medicine concepts.

Claus Leitzmann, PhD
Retired professor of nutritional science and international nutrition who still lectures at the University of Giessen in Germany. Author and co-author of 30 books, mainly dealing with plant-centered and whole food diets.

Darren Morton, PhD
Principal developer of the academic Lifestyle Medicine curriculum on the Master's level at Avondale College in Australia. Gifted speaker, productive researcher and pedagogue, and author.

Dean Ornish, MD
Founder and President of the Preventive Medicine Research Institute. Applying the principles of lifestyle medicine, he demonstrated the reversibility of Coronary Artery Disease and early stage Prostate Cancer. Chosen as "one of the world's seven most powerful teachers." (FORBES)

Petras R. Vainius

Aurelijus Veryga, MD, PhD
Professor of Medicine at the Lithuanian University of Health Sciences at Kaunas, Lithuania. Psychiatrist with long-standing record as leader in the area of national tobacco and alcohol control.

David R. Williams, PhD
Florence Spragne & Laura Smart Norman Professor of Public Health; Professor of African and African-American Studies and of Sociology at Harvard University, School of Public Health.

Walter Willett, MD, PhD
Professor of Epidemiology and Nutrition, Chair of the Dept. of Nutrition, Harvard School of Public Health. Professor of Medicine, Harvard Medical School. The most cited nutritionist internationally with 1,500 publications.
David Katz, MD, MPH
Director of the Yale-Griffin Prevention Research Center at Yale University. President of the American College of Lifestyle Medicine

Dr. Katz is the founding director of Yale University's Yale-Griffin Prevention Research Center, and current President of the American College of Lifestyle Medicine. He has been board-certified in Internal Medicine and in Preventive Medicine after receiving his MD from the Albert Einstein College of Medicine and his MPH from the Yale University School of Public Health. He has received two Honorary Doctorates.

Widely published (over 200 peer-reviewed scientific articles and textbook chapters, plus 15 books, including textbooks in Preventive Medicine and Nutrition), Dr. Katz has made important contributions in the areas of lifestyle interventions for health promotion; nutrient profiling; behavior modification; holistic care; and evidence-based medicine. He has been recognized as one of the 100 most influential people in health and fitness in the world for the past 3 years (by Greatist.com). He is recognized globally for expertise in nutrition, weight management and the prevention of chronic disease. His social media following numbers well over half a million and his colleagues have acclaimed him as the “poet laureate” of health promotion.

In 2015, Dr. Katz established the True Health Initiative to help convert what we know about lifestyle as medicine into what we do about it, in the service of adding years to lives and life to years around the globe.
Krista Butvydas Bard
Honorary Consul of the Republic of Lithuania

Krista Butvydas Bard is the Honorary Consul of the Republic of Lithuania. Since 2010, she has been officially facilitating economic, cultural, educational, and scientific exchanges on an international level on behalf of Lithuania.

Born in the United States of Lithuanian emigres, she started traveling to Lithuania during perestroika showcasing Lithuania to journalists and arranging and mentoring partnerships for the development of trade and private business. She introduced many thought leaders and business executives to the opportunities in Lithuania and influenced the developments in technology, film, finance, fashion, hospitality, energy, and shipping.

For her efforts in orchestrating a celebration of Lithuania's presidency of the European Union in 2013 (which Ambassador Pavilionis termed "the largest Lithuanian festival since the 1939 World's Fair"), she was awarded the "Nesk Savo Sviesa ir Tikiek", the highest Medal of Honor presented by the Ministry of Culture.

Bard serves as President of the Consular Corps Association of Philadelphia, is a board member of Entrepreneurs Works Micro-Finance Fund, and serves as an advisor to the Hope for Depression Research Foundation. As a personal advocate of the concepts of lifestyle medicine, she is gratefully utilizing the dietary guidelines of Dr. Esselstyn to manage her cholesterol levels without having to resort to medication.
One of the chief architects documenting through randomized controlled trials the reversal of type 2 diabetes through the application of a lifestyle medicine approach highlighted by the therapeutic use of plant-based whole foods. In addition, he is a lifestyle medicine communicator par excellence.”

-Hans Diehl, DrHSc, MPH

Neal Barnard, MD
President Physicians Committee for Responsible Medicine

Neal Barnard, MD, is an Adjunct Associate Professor of Medicine at the George Washington University, School of Medicine, in Washington, DC and President of the Barnard Medical Center where in a primary care setting chronic diseases are prominently treated with a lifestyle medicine approach focusing on nutrition and activity enhancement. In this treatment plan, wherever possible, pharmaceutical approaches usually become the second line of defense.

As founder and President of the Physicians Committee for Responsible Medicine, he has been a strong and consistent advocate for a more wholistic and plant-based nutritional approach to prevent, treat and reverse many of today's common chronic diseases which are largely lifestyle related. He has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions with type 2 diabetic patients funded by the National Institutes of Health. He has authored more than 70 scientific publications as well as 17 books, has hosted three PBS television programs on nutrition and health and is frequently called on by news programs to discuss issues related to nutrition and research. Many consider him among the leaders in the area of lifestyle medicine.

Originally from Fargo, North Dakota, Dr. Barnard received his MD degree at the George Washington University, where he also completed his residency. He practiced at St. Vincent’s Hospital in New York before returning to Washington to devote his life to the Physicians Committee of Responsible Medicine and the Barnard Medical Center.
Susan Benigas

Executive Director of the American College of Lifestyle Medicine (ACLM)

Susan serves as the executive director of the American College of Lifestyle Medicine (ACLM). This is the physician-led medical specialty society in the United States. It is dedicated to the advancement and clinical practice of Lifestyle Medicine as the foundation of a transformed and sustainable healthcare system. Here, lifestyle is used as a therapeutic intervention to prevent, treat, and even reverse the majority of chronic, lifestyle-related diseases by addressing their underlying causes. ACLM produces the annual Lifestyle Medicine conference, showcasing the foremost leaders in this emerging specialty field.

Prior to joining ACLM, Susan was president of a worksite wellness company that led to her founding of The Plantrician Project and co-founding the International Plant-based Nutrition Healthcare Conference, showcasing the efficacy of whole food, plant-based nutrition as prevention and treatment of the lifestyle-related diseases that are epidemic in our global patient populations.

Susan’s experience and successful track-record in the areas of strategic marketing, public relations, project management, fund-raising, corporate sponsorship development, event production, and Internet-based solutions design and development have helped to fuel the success of many organizations and endeavors. Bringing vision to life is what she does best.

“We must educate, motivate and empower people to protect their health and prevent disease by the choices they make. Lifestyle Medicine must become the first treatment option; it’s the affordable prescription with only positive side effects.”

ADVISORY COMMITTEE MEMBER
Dan Buettner

National Geographic Fellow
Bestselling author, Researcher in Populations and their Longevity

As a National Geographic Fellow and multiple New York Times bestselling author Dan Buettner discovered, through multiple expeditions with teams of research scientists specializing in population studies, the five places in the world - dubbed Blue Zones - where people live the longest, and are healthiest and happiest. His New York Times Sunday Magazine article about these places, “The Island Where People Forget to Die,” was one of the Times' most popular, as was his National Geographic cover story on longevity, “The Secrets of Living Longer”.

Blue Zones, LLC, puts the world’s best practices of longevity and well-being to work in people’s lives at the community level. Working in partnership with Healthways Corp., municipal governments, and various insurance companies to implement the program in more than 20 cities, has dramatically improved the health of more than 5 million Americans to date. Their strategy focuses on optimizing the local environment – walkability for citizens and kids, availability of healthy food options, social connectivity, pursuit of life purpose, and ongoing coaching.

Turning the city of Albert Lea, MN into a Blue Zone project, health care cost were lowered by 40%. Prof. Walter Willett of Harvard writing in Newsweek called the results “stunning.” Buettner's bestselling books are (1) The Blue Zones: Lessons for Living Longer from the People Who Have Lived the Longest and Thrive; (2) The Blue Zones Solution: Eating and Living like the World's Healthiest People.
ADVISORY COMMITTEE MEMBER

T. Colin Campbell, PhD
Cornell University, Ithaca, NY

For over 50 years, T. Colin Campbell, PhD, has been at the forefront of nutrition research. With more than 70 grant-years of peer-reviewed research funding, he has authored more than 300 professional research papers, especially in the area of nutrition, diet and cancer. He holds the position of Jacob Gould Schurman Professor emeritus of Nutritional Biochemistry at Cornell University. He has co-authored several national expert food- and health-policy reports and has lectured extensively worldwide on resolving the health-care crisis through the remarkable effects of a more whole food, plant based diet.

His book, The China Study, co-authored with his son, Thomas M. Campbell II, MD, has been a continuous international bestseller since its publication in 2005. In his latest New York Times best-selling book Whole: Rethinking the Science of Nutrition, with Howard Jacobson, PhD, he addresses some of the reasons for the confusion about food and health. The explanations are elegant, sincere, provocative, and far-reaching.

Dr. Campbell's work was featured in the documentary film, Forks Over Knives, shown in theaters in 2011 and ranked #1 among documentary movies thereafter. Since the publication of The China Study, he has delivered more than 600 presentations mostly in medical schools and at medical conferences. With his emphasis on whole food and plant based nutrition, his 18-hour education program is electronically available.

“A man with impeccable credentials, vast experience and one of the giants in the field.”
-Dean Ornish, MD

“The China Study: written with candor, courage and clarity, and with intellectual honesty and profound insight, this compelling book could become the national tipping point towards contagious health!”
-Hans Diehl, DrHSc, MPH
International health lecturer, but at home at his residential health institute in Florida.

“A recent National Cancer Institute study on more than 650,000 people found that those who walked briskly for just 150 minutes a week gained an average of 3.4 years of life expectancy. There is no drug that can give you those kinds of benefits.”

-B. Clement quoted in Reader’s Digest, May 2014

ADVISORY COMMITTEE MEMBER

Brian Clement, PhD
Hippocrates Health Institute, West Palm Beach, FL

For more than 30 years, Brian Clement PhD, has spearheaded an international movement towards health employing complementary healthcare and health education. He has given lectures and health seminars in more than 25 countries motivating the public to take action to improve their lives by making simple yet important lifestyle changes, such as eating simple “foods-as-grown,” partaking in daily exercise, stress management, and no smoking.

Having worked with tens of thousands of guests who have come from many states and countries to attend the 3-week health maintenance and recovery program regularly conducted at the residential Hippocrates Health Institute, he has observed the clinical improvements that accompany a simple more natural food diet combined with a daily exercise program and the amenities of a modern spa. And it has given him the inspiration and clinical and therapeutic insights into the lifestyle required to prevent and reverse many common diseases, enhance longevity and maintain vitality and stamina. These privileged insights Dr. Clement has expressed in more than 25 books. His more recent book, Lifeforce has been described as "one of the most important books ever written on nutrition." (T. Colin Campbell).

Having found the answer to his early life obesity in moving towards a whole food plant based food program, he became acquainted with Ann Wigmore at her Hippocrates Health Institute in Boston, which he took over in 1980 as director and then moved it 7 years later to a 50 acre lot in West Palm Beach in Florida.
HANS DIEHL, DRHSC, MPH
Lifestyle Medicine Institute
Loma Linda University, Loma Linda, CA

While working at the residential Pritikin Longevity Center as director of research and education, he saw and documented first hand the power of an intensive therapeutic lifestyle change approach highlighting the use of a simple diet of "foods-as-grown" accompanied by regular exercise and health education. In an effort to broaden this approach and making it more universally available, Dr. Diehl established the Lifestyle Medicine Institute more than 25 years ago offering his Complete Health Improvement Program (CHIP) as a cost-effective, community-based, educationally intensive 35-hour lifestyle intervention program to attack the root causes of the chronic disease epidemic.

Since then, more than 70,000 graduates in different countries have demonstrated that lifestyle changes can indeed facilitate the arrest and reversal of many of these diseases. The clinical results of his pioneering efforts as an epidemiologically trained lifestyle interventionist with the CHIP program have been published in more than 35 papers, mostly in peer-reviewed medical journals. The program is scalable in that the curriculum of 18 lectures is presented via state-of-the-art videos and books and augmented by certified CHIP facilitators who lead out in discussions and hands-on food demonstrations and exercise routines. The program is used in corporations, community centers, churches, clinics and hospitals.

His books Health Power (Dynamic Living, and You-Turn) co-authored with Aileen Ludington, MD, have been translated into 26 languages with more than 2 million copies in circulation. He is a Clinical Professor of Preventive Medicine in the School of Medicine at Loma Linda University in Loma Linda, CA.

Inducted into the Hall of Fame of the North American Vegetarian Society (2015)

Am. Jnl Lifestyle Medicine
May 2014, pp 1-10
He has a unique gift for bringing people and organizations together for the greater good.

“He has a unique gift for bringing people and organizations together for the greater good.”

Prof. Werner Kollath (1892-1970)

Wayne Dysinger, MD, MPH
Loma Linda University
Lifestyle Medicine Institute, Loma Linda, CA

Innovative, strategic and collaborative in his work as a capable administrator, medical academician and as a caring physician (board certified in both preventive medicine and family medicine), Wayne Dysinger, MD has elegantly and effectively moved the cause of lifestyle medicine forward on a national and international level.

As a founding member and the past president of the American College of Lifestyle Medicine, he established collaborative ties with the lifestyle medicine organizations in Australia and Europe and also with the American College of Preventive Medicine and laid the foundation for developing "Physician Competencies for Prescribing Lifestyle Medicine" as published in JAMA in 2010. He has also been active as a member of the Lifestyle Medicine Taskforce of the American College of Preventive Medicine, and he served as a member on the Healthier Life Steps Advisory Panel of the AMA.

As former chair of the enlarging department of Preventive Medicine at Loma Linda University, Dr. Dysinger has championed the cause of lifestyle medicine and population health within the School of Medicine and among his preventive medicine residents. In his role as medical director for the Lifestyle Medicine Institute headquartered in Loma Linda, CA, he oversees the medical aspects of the Complete Health Improvement Program (CHIP), an intensive educational lifestyle intervention program for the prevention, arrest and reversal of common chronic diseases.
It is rare to find a successful surgeon—ranked among the best surgeons in America and highly esteemed as a leader at the Cleveland Clinic—who turns around and becomes a nutrition researcher, author, and health educator. And then, he single-handedly, documents the reversal of coronary heart disease among the "walking dead" through a lifestyle medicine approach advocating only plant-based whole foods, "foods-as-grown" that are very low in fats and oils but high in nutritional density.

In 1991, Dr. Esselstyn served as president of the American Assn. of Endocrine Surgeons. That same year, he organized the first "National Conference on the Elimination of Coronary Artery Disease". Six years later, chairing the follow-up conference "Summit on Cholesterol and Coronary Disease", he brought together more than 500 physicians and health care workers. In 2005, he became the first recipient of the Benjamin Spock Award for Compassion in Medicine, and last year, he received the Yale University George H. W. Bush Lifetime Leadership Award.

Dr. Esselstyn has over 160 scientific publications, among them his ground-breaking 2007 book Prevent and Reverse Heart Disease, in which he documents the results of his 20-year benchmark study in arresting and reversing coronary artery disease in severely ill patients. It was this work and the advocacy of a simple diet that was prominently featured—together with the work of Dr. Campbell—in the eminently successful Hollywood film Forks over Knives.
He put CHIP on the map: he brought it to Rockford -- and he found the grants to secure the research.

As a gifted clinical teacher and a medical researcher with a deep commitment to solving seemingly impossible cases, Dr. Greenlaw received numerous awards from medical students and faculty alike.

Roger Greenlaw, MD
University of Illinois College of Medicine
Lifestyle Medicine Solutions, Rockford, IL

With board certifications in Internal Medicine, Gastroenterology and Holistic Integrative Medicine, Dr. Greenlaw's long-standing interest in teaching, preventive medicine and health promotion culminated in the launching of the CHIP program in the city of Rockford in 1999. As its medical director over the next 10 years, he saw more than 6,000 participants graduating from this intensive educational lifestyle intervention program with clinical results from multiple Randomized Clinical Trials published in many peer-reviewed medical journals.

These results validated his own clinical observations as a highly respected and successful holistically oriented gastroenterologist: as he took care of patients coming to his Rockford Gastroenterology clinic, he not only helped them to improve their digestive disease, but he also improved their overall health by introducing them to a simple diet, daily exercise and stress management.

Now retired, he still serves as Clinical Professor of Medicine emeritus on the faculty of the University of Illinois at the College of Medicine at Rockford, where he developed and taught the Nutrition as Medicine curriculum. He offers consulting services through Lifestyle Medicine Solutions on the personal, community and corporate level. He is highly respected as a clinician, speaker and mentor committed to the idea that intelligent self-care is the new primary care and work site wellness is a win-win for all stakeholders.
ADVISORY COMMITTEE MEMBER

Michael Greger, MD
Director of Public Health and Animal Agriculture at The Humane Society of the United States

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified multiple times before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial.

Dr. Greger is a graduate of Cornell University, School of Agriculture and of Tufts University School of Medicine. Currently Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States.

His latest book is How Not to Die. More than a thousand of his nutrition videos are freely available at NutritionFacts.org, with new videos and articles uploaded every day.

“One of the authoritative voices in the area of nutrition, health and disease that is heard around the world.”

“Innovative, communicative and full of purposeful humor, Dr. Greger is the Bob Hope of the nutritional sciences.”

-Hans Diehl, DrHSc, MPH
His clinical and educational experiences have recommended him highly to be recently chosen as the President-elect of the American College of Lifestyle Medicine.

He has a rich and broad experience in leading out in lifestyle medicine programs both on the residential and community level.

**George Guthrie, MD**  
*President-elect American College of Lifestyle Medicine*

Dr. George Guthrie is that rare kind of a physician whose academic background (MD, MPH) and clinical (board certified in family practice) and educational experience (on the teaching faculty of the Schools of Medicine and Public Health at Loma Linda University) highly recommended him to be recently chosen as the President-elect of the American College of Lifestyle Medicine.

With degrees from Loma Linda University in Medicine (MD) and Public Health (MPH Nutrition) and with clinical experience abroad (Guam and Micronesia) and at home (California, Oklahoma and Florida), he has a broad and rich background to draw from as an advisor to lifestyle medicine undertakings.

Dr Guthrie has sought to maintain excellence in nutritional knowledge and its application to the prevention, arrest and reversal, especially of chronic diseases. This led him to obtain and maintain certification from the Board of Nutrition Specialists (CBNS) and to become recognized as a Certified Diabetic Educator (CDE).

He has led out in residential (*Lifestyle Center of America*) as well as in community lifestyle medicine programs, such as the *Complete Health Improvement Program* (CHIP), the Wellspring Diabetes program and the CREATION Health Program. In 2007, he joined the Florida Hospital system, where he guides medical residents specializing in Family Practice to develop a deeper understanding of the challenges and opportunities in community and lifestyle medicine.
Helen Hopp Marshak, PhD  
**Dean of the School of Public Health at Loma Linda University, Loma Linda, CA**

After serving the Loma Linda University's School of Public Health for more than 20 years as a faculty member and Associate Dean for Academic Affairs, Dr. Helen Hopp Marshak recently was chosen to assume the responsibilities as Dean of the school.

The School had just finished a major transformation by changing from an established departmental structure into an interdisciplinary format highlighted by three academic/public health centers fostering close collaboration. "Working closely together across traditional disciplines reflects the changes happening in the field of public health," says Dr. Hopp Marshak. "We will now be even better poised to prepare our students to work in a collaborative environment, solving real-world problems." And then she adds, "We will now be able to better harness the almost endless opportunities by engaging more fully in evidence-based public health issues and practices to improve the health and well-being of at-risk populations, locally and around the world. Working together with the School of Public Health at the Lithuanian University of Health Sciences in Kaunas would fit into our commitments as an internationally oriented university."

To meet the growing needs of students, she is committed to boosting online education. "We must grow our digital presence, including the enhancement of our current online educational programs. This a most effective and efficient way to transform the public health workforce by training individuals in places where they work and live."
John Kelly, MD, MPH
Medical Director, Black Hills Health & Education Center
Director & Founding President, American College of Lifestyle Medicine
Adjunct Faculty, Preventive Medicine, LLU School of Medicine

After pursuing a successful career in Information Technology, Dr. Kelly completed his pre-med studies graduating summa cum laude as a McMurran Scholar in Biochemistry and Molecular Biology at Shepherdstown University.

He received his MD degree and his Masters in Public Health in epidemiology from Loma Linda University (LLU) in Loma Linda CA. After completing his residency in Preventive Medicine at the LLU School of Medicine, he launched the American College of Lifestyle Medicine for which he received an Excellence in Medicine Award from the Foundation of the American Medical Association. He serves on the board of the American College of Lifestyle Medicine, which recently presented him with the prestigious Trailblazer Award for his role as its Founding President.

Dr. Kelly served as Research Assistant Professor in the Nutrition Department at LLU's School of Public Health where he conducted research investigating the use of lifestyle interventions in the treatment of chronic disease, serving as Co-Principal Investigator for a $2-million, 3-year study of intensive lifestyle interventions in the treatment of diabetes in the Marshall Islands.

With a passion for teaching, he led out as a preceptor for a Lifestyle Medicine rotation for medical students at LLU and established and directed a successful outpatient Lifestyle Medicine Clinic where he used the Complete Health Improvement Program (CHIP) video-series in 20 community programs as a basic teaching model designed to motivate personal habit transformation and facilitate the arrest and reversal of chronic diseases such as obesity, hypertension, diabetes and heart disease.

Dr. Kelly has given invited lectures about issues in Lifestyle Medicine and Epigenetics in many countries. Currently, he serves as medical director at the Black Hills Health and Education Center in South Dakota, a residential lifestyle medicine facility for patients with chronic disease.
Algisantas Kirkutis, MD

*Founder of the School of Health Sciences at Klaipeda University*

*Director of Medical Education at Klaipeda University*

Not only a clinical physician, researcher and scientist, but also a visionary, educator, administrator and activist, Professor Kirkutis was entrusted by the Chancellor of his university to lay the foundation for the development of a relevant, innovative and comprehensive curriculum in the area of the health sciences with particular emphasis on combating the chronic disease epidemic in his country.

Joining the faculty in 1993 at Klaipeda University, he has been active as a cardiologist in founding the Clinics of Cardiology at Klaipeda's Seamen's Hospital. He also founded the School of Health Sciences at Klaipeda University where he served as dean for 10 years before assuming the role of director of the department of Medical Education where he focused on developing educational curricula to meet the health challenges of today. This led to the establishment of four bachelor and master programs.

In 2000, concerned about Medical Education, Dr. Kirkutis became involved in starting a special department to develop educational curricula to meet the health challenges of today. This led to the establishment of four bachelor and master programs.
Darius Kubilius, MD, PhD
Lecturer at the School of Medicine of Vilnius University
Burn Surgeon at the Republican Vilnius University Hospital

After graduating with his Medical degree, Dr. Kubilius specialized in General Surgery. As a surgeon, greatly concerned about the devastating effect of burn injuries, he became involved in the study of the epidemiology of these burn "accidents". In his research, more recently awarded with a PhD degree, he documented that most burn injuries were almost totally preventable through proactive behaviors, and they were usually related not to accidents but to "incidents".

Becoming more aware of the increasing prevalence of chronic disease among his own family, relatives, colleagues and friends and the lack of an effective treatment that would go beyond the symptomatic relief, his concern grew about the causes and potential cure of these modern killer diseases. He began to recognize that the usual "lip service" for a "balanced diet" and exercise plus stress reduction was not sufficient to stop the epidemic. He learned from well documented research, more recently published, that many of these chronic diseases were actually not only preventable, but they were also reversible through a more intensive lifestyle change centered on more "foods-as-grown plus daily exercise, abstinence from smoking and excessive alcohol and effective stress management.

Since then, he and his wife have become involved in presenting lectures, seminars, research and health education projects both for the general public as well as for the health care community.
ADVISORY COMMITTEE MEMBER

Claus Leitzmann, PhD
University of Giessen, Germany

Under his leadership, the University became well-known beyond the German borders as a center for the scientific study of nutrition.

In Europe, some call him with veneration the “pope of nutrition,” others call him an "esteemed master teacher." Some, like the International Union of Nutrition Scientists, named him last year a "living legend," while his devoted students call him their "beloved Prof."

With more than 500 published articles and as an author/co-author of 30 books on human nutrition, vegetarianism and nutritional ecology, Dr. Claus Leitzmann has been a highly respected "voice" in promoting a more sustainable diet and food system for more than 50 years, especially in Europe.

With a PhD from the University of Minnesota focusing on biochemistry and microbiology and working, among others, at the University of California in Los Angeles (with the biochemist and Nobel Laureate Paul Boyer), he assumed responsibilities for several years in working with malnourished children in Thailand.

In 1974, because of his work as an international nutrition researcher, he became Professor of International Nutrition at the University of Giessen (Germany). Although now retired, Dr. Leitzmann still lectures at "his" University, at medical/health/nutrition conventions, and he is a valued guest on radio and television programs.

Decorated with many awards and honored as a member of boards by several foundations, scientific organizations and journals, Dr. Leitzmann's abiding concern and interest is in promoting wholesome nutrition centered around a plant-based whole food diet.

Last year, he was the Keynote speaker at the 6th International Congress on Vegetarian Nutrition held at Loma Linda University in Southern California.
Darren Morton, PhD
Avondale College of Higher Education
Faculty and Developer of the Lifestyle Medicine curriculum

Immersed in the research and teaching of Lifestyle Medicine through the Lifestyle Research Center at Avondale College of Higher Education in Australia, it was almost natural for Dr. Morton to be asked to serve as the principal developer of the Postgraduate Courses in Lifestyle Medicine and also as the Course Coordinator. These courses are now offered from Graduate Certificate to the Master's and then to the Doctoral level.

Currently, several doctoral students are working under his supervision on Lifestyle Medicine topics. From a research perspective, Dr. Morton is particularly interested in the study of best practice in the delivery of intensive, community-based lifestyle education programs for the prevention, arrest and reversal of common chronic diseases. He served as a key pedagogical consultant and emerged as one of the main presenters in the educationally intensive premier Lifestyle Medicine video series known as the Complete Health Improvement Program (CHIP).

With the CHIP program operating in over 10 countries and with more than 70,000 graduates, Dr. Morton has played a key role in the evaluation of the clinical effectiveness of this intervention program. He has made multiple lifestyle medicine presentations for national conferences sponsored by the American College of Lifestyle Medicine, the National CHIP Summit, and the Australian Society of Lifestyle medicine.
Dean Ornish, MD  
*Preventive Medicine Research Institute, Founder and President  
Clin. Professor of Medicine, University of California, San Francisco*

The founder and president of the non-profit *Preventive Medicine Research Institute*, Dr. Dean Ornish, also serves as a Clinical Professor of Medicine at the University of California, San Francisco. He received his MD from the Baylor College of Medicine, was a clinical fellow in medicine at Harvard Medical School, and completed an internship and residency in internal medicine at the Massachusetts General Hospital. Pioneering the concepts of Lifestyle Medicine in the regression of chronic diseases, Dr. Ornish demonstrated that comprehensive lifestyle changes can facilitate even severe coronary heart disease without drugs or surgery. He also demonstrated in a randomized controlled trial that comprehensive lifestyle changes may slow, stop or reverse the progression of early-stage prostate cancer by “turning on” disease-preventing genes and “turning off” genes that promote cancer. He further showed that these lifestyle changes may also begin to reverse aging by lengthening telomeres, the ends of our chromosomes which control aging (in collaboration with Dr. Elizabeth Blackburn, awarded the Nobel Prize in Medicine). His research has been published in some of the most prestigious medical journals.

He is the author of six books, all national bestsellers, including: (1) *Dr. Dean Ornish's Program for Reversing Heart Disease*; (2) *Eat More, Weigh Less*; (3) *Love & Survival*; and his most recent book, (4) *The Spectrum*. He write a regular column for *TIME* magazine. His dietary concepts for heart health, known as the "Ornish Diet"*, have been rated #1 by *U.S. News & World Report* in 2011, 2012, 2013, and 2014.

He has been serving as physician consultant to President Clinton since 1993.

Chosen as “one of the world’s seven most powerful teachers.” *(FORBES)*

*LIFE* magazine chose him as “one of the 50 most influential members of his generation*
Petras Vainius
Liaison and Project Director,
Malvern, Pennsylvania

Petras Vainius, a former business development executive in the aviation field, is the designated liaison and project director for bringing together a team of consultants and experts to provide guidance to the development and launching of a lifestyle medicine curriculum at the Master's and Doctoral level to be carried out at the Kaunas University in Lithuania.

As a person born in Lithuania and fluent in his native tongue, he has served effectively as a liaison between the various constituencies in Lithuania and the United States. This has been exemplified in establishing the Ann Wigmore Nutrition Conference which is held annually in Lithuania highlighting the most current research in the enlarging field of Lifestyle and Nutritional Medicine. Among the faculty making presentations to the Medical, Health and Academic Community are Drs. T. Colin Campbell, Caldwell Esselstyn, Claus Leitzmann, Brian Clement from the US and Drs. Algimantas Kirkutis and Darius Kubilius from Lithuania.

His commitment as a health activist is shown by running 16 marathons and by his health enterprise which he shares with his wife Loreta. Petras is a graduate of the T. Colin Campbell course in Plant-Based Nutrition offered through Cornell University, the Life Transformation Program at Hippocrates Health Institute and the Esselstyn Prevent and Reverse Heart Disease Counseling Seminar at the Cleveland Clinic Wellness Institute. He has encouraged and helped initiate a clinical trial at Kaunas University Medical School in Lithuania patterned after the Esselstyn Program. He is the founder and director of the Ann Wigmore Memorial Education Fund.
Aurelijus Veryga, MD, PhD  
Lithuanian University of Health Sciences  
Kaunas, Lithuania

Dr. Veryga has used his training as a physician, psychiatrist and public health expert to serve his country of Lithuania well. Over the last 14 years, he has led out in efforts to curb the use of tobacco and alcohol. As president of the National Tobacco and Alcohol Control Coalition, and as a member of the European Network for Smoking Prevention, and as a member of the National Health Board, he has provided input and advice to the Minister of Health as well as to the Prime Minister of Lithuania of how to best develop effective national policies for the control of tobacco and alcohol.

For the last four years, he has headed up the Health Research Institute, a WHO Collaborating Center, at the Lithuanian University of Health Sciences. As a psychiatrist he is actively involved in the treatment of patients with additions. And as a researcher in the area of tobacco and alcohol epidemiology he has authored more than 100 publications.

With a strong commitment to the concepts of preventive medicine and his branching out into the lifestyle medicine field, Professor Veryga will make a powerful contribution to the establishment and implementation of the graduate program in Lifestyle Medicine to throttle the spread of the chronic disease epidemic.

He is a national leader in addictions with a special interest in the control of tobacco and alcohol.

He served as an advisor to the Prime Minister of his country.
David R. Williams, PhD, MPH

*Harvard University, Cambridge, Massachusetts*

David R. Williams is the *Florence Sprague and Laura Smart Norman* Professor of Public Health at the Harvard School of Public Health and Professor of African and African American Studies and of Sociology at Harvard University. Previously, he served as a faculty member at Yale University and the University of Michigan.

He is an internationally recognized expert on the social determinants of health. He is the author of more than 325 scientific papers and his research has examined the ways in which social class, race, stress, health behaviors and religious involvement can affect physical and mental health. He has been invited to keynote scientific conferences in Europe, Africa, Australia, the Middle East, South America and across the United States. He has been ranked as one of the Top 10 Most Cited Researchers in the Social Sciences, worldwide, during the decade 1995 to 2005.

He is an elected member of the *Institute of Medicine* and the *American Academy of Arts and Sciences*. He has been involved in the development of health policy at the national level in the US and has served in an advisory capacity to the Bush administration, the Clinton administration and the Obama Administration. Since 2007, he has served as the staff director of the Robert Wood Johnson Foundation’s *Commission to Build a Healthier America* - a national bipartisan initiative to improve the health of all Americans. He has also served as a consultant to the World Health Organization and the Pan American Health Organization.
ADVISORY COMMITTEE MEMBER

Walter C. Willett, MD, DrPH
Chairman of the Department of Nutrition, Harvard School of Public Health

As the most cited nutritionist internationally, and as one considered to be among the five most cited persons in all fields of clinical science, Walter Willett has emerged as the leader in the field of nutritional epidemiology. Aside from having authored over 1,500 articles, primarily on lifestyle risk factors for heart disease and cancer, he has also written the textbook, *Nutritional Epidemiology*, published by Oxford University Press. He is a member of the Institute of Medicine of the National Academy of Sciences and the recipient of many national and international awards for his research.

Dr. Willett is Professor of Epidemiology and Nutrition and Chairman of the Department of Nutrition at Harvard School of Public Health and Professor of Medicine at Harvard Medical School. Born in Michigan, he studied food science at Michigan State University, and graduated from the University of Michigan Medical School before obtaining a Doctorate in Public Health from Harvard School of Public Health. Much of his work over the last 35 years has focused on the development of methods, using both questionnaire and biochemical approaches, to study the effects of diet on the occurrence of major diseases. He has applied these methods starting in 1980 in the Nurses’ Health Studies and the Health Professionals Follow-up Study. Together, these cohorts totaling nearly 300,000 men and women who submitted repeated dietary assessments provide the most detailed information on the long-term health consequences of food choices.

“A man who has given his professional life for the elucidation of the power of food choices in effecting health and disease.”

--Hans Diehl DrHSc, MPH

The internationally most cited nutritionist, he is also the author of the textbook *Nutritional Epidemiology* published by Oxford University Press.
LOOKING AHEAD
To Launch the Lifestyle Medicine Program on the Master’s level.
(Doctoral program to be added later.)

PHASE 1
2014  ☑ Identify and confirm experts and consultants to provide advice
☑ Identify and confirm University partners in the US
☑ On site inspection by Dr. Kirkutis at collaborating US universities and clinics
☑ Prepare proposal (broad stroke to get started)
☐ Seek out seed money from Lithuanian government/university to hire core staff and to identify major funding sources and expertise to develop the curriculum
☐ Work with consultants and experts to develop curriculum on Master's level

☐ Begin negotiations with US health sciences universities (medical & public health schools) to share concepts and faculty and provide for exchange of students once the program runs
☐ Identify physical plant needed to conduct the program, and develop architectural plans & options
☐ Develop marketing plans to attract students and their future job descriptions

PHASE 2
2015  ☑ On site discussions by Dean Ramune Kalediene and entourage at Harvard, Loma Linda, Cornell Universities, Hippocrates Health Institute
☑ Prepare budget and business plan for years 2 and 3
☐ Finalize curriculum for Master's program in Lifestyle Medicine; identify class size and explore the extent of on-line education, and the kind and size of faculty needed and staffing needs
☐ identify potential grants, foundations and donors. Begin and pursue major fund raising.
☐ Develop and train faculty

☐ Budget and plan update
☐ Preparations going into high gear to launch the Master's program in the fall of 2016
☐ Get physical plant ready
☐ Get marketing ready (printed materials, web site, media, conferences, presentations)
☐ Get faculty identified, trained and appointed
☐ Get administrative and support staff hired
☐ Have contracts negotiated and signed with US health science universities to provide for exchange faculty and exchange students (all instruction will be in English)
☐ Have aggressive student enrollment under way
☐ Identify clinical internships varying in length from 1 to 3 months
☐ Classes start on September 1st, 2016
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“To reduce the rate of chronic
diseases will require an intensive and comprehensive
educational approach coupled with a courageous public
policy and supportive and enlightened
physicians all working towards a cultural transformation.
Anything falling short will not do in turning this
lifestyle-related epidemic around.”

-Dr. Hans Diehl

This proposal was prepared and designed by:
• Vilius Grabauskas
• Hans Diehl
• Darryl Ludington
• Darius Kubilius
• Petras Vainius
• Brian Clement