



2024

## LIFESTYLE MEDICINE SUMMER INSTITUTE

Foundations of Lifestyle Medicine: An Integrated Approach to  
Behaviour Change in Nutrition, Exercise, and Alcohol Consumption

### WORKSHOP SCHEDULE

<https://chbc.ok.ubc.ca/behaviour-change-summer-institute/>

Workshop learning objectives:

1. Attendees will be able to apply current knowledge on health behaviour change in a manner that patients are receptive to.
2. Attendees will be able to confidently engage in conversations with patients specific to diet, exercise, and alcohol consumption behaviours.

#### THURSDAY JUNE 12 2024

Time	Activity	Speaker
8:15am-8:30am	Check-in	
8:30am-9:00am	Welcoming with Okanagan Song performance and land acknowledgement	Amber Cardenas (Okanagan First Nation Band) Sarah McCorquodale, MD, CCFP, FCFP (Regional Associate Dean, Interior; Southern Medical Program, UBC) Marie Terrant, RN, PhD (Dean, Faculty of Health and Social Development, UBC)
9:00am-10:30am	<b>Inclusivity, Cultural Safety, and Therapeutic Alliance in Practice</b> Learning objectives: <ol style="list-style-type: none"><li>1. Understanding how our life journey alters our perspectives of others and affects how we treat them.</li><li>2. Becoming aware of the roots of our own feelings when we react to situations.</li><li>3. Provide examples and time to practice different approaches to collaborative communication.</li></ol>	Marjorie Docherty, MD (Rural Family Practice Site Lead, Clinical Professor, UBC Department of Family Practice)
10:30am-10:45am	Active break. Refreshments.	

Time	Activity	Speaker
10:45am-12:15pm	<b>Exercise Support Groups: How and Why They Work</b> Learning objectives: <ol style="list-style-type: none"> <li>1. Identify key components of effective exercise support groups.</li> <li>2. Identify how components support exercise behaviour change.</li> <li>3. Recognize how to apply these components in practice.</li> </ol>	Kathleen Martin Ginis (Professor, Department of Medicine and School of Health and Exercise Sciences) Jacob Wright (Co-Founder and Head Trainer, Canadian Women Physicians)
12:15pm-1:00pm	<b>Lunch</b>	
1:00pm-2:30pm	<b>Low-Risk Alcohol Consumption Guidelines</b> Learning outcomes: <ol style="list-style-type: none"> <li>1. Identify the risks associated with low-to-high alcohol consumption;</li> <li>2. Describe how the current evidence on alcohol and health, can be translated to practice-based messages.</li> <li>3. Practice conversations on alcohol consumption to be used in your practice.</li> </ol>	Nancy Poole, PhD (Director of the Centre of Excellence for Women's Health)
2:30pm-2:45pm	<b>Active break</b>	
2:45pm-3:15pm	<b>Brief Action Planning</b> Learning objectives: <ol style="list-style-type: none"> <li>1. Evaluate how to use Brief Action Planning to support patient's health behaviour goals</li> <li>2. Practice and gain confidence applying brief Action Planning in mock patient-healthcare provider scenarios.</li> </ol>	Sebastien Payan, RN, MSc (The Centre for Collaboration, Motivation & Innovation)
3:15pm-3:30pm	<b>Active break</b>	
3:30pm-4:30pm	<b>A bite-sized overview of appetite and eating behaviour in health and chronic disease</b> Learning outcomes: <ol style="list-style-type: none"> <li>1. Define methods for assessing appetite and eating behaviour traits that be used in clinical and research settings.</li> <li>2. Describe how factors such as energy metabolism, exercise, or sex hormones may impact appetite in healthy populations and those with chronic diseases.</li> <li>3. Identify specific appetite sensations and eating behaviour traits that are particularly important for predicting weight change.</li> </ol>	Sarah Purcell, PhD (Assistant Professor of Nutrition, UBC Southern Medical Program)

## FRIDAY JUNE 13 2024

Time	Activity	Speaker
8:15am-8:30am	<b>Welcome back. Tea and coffee provided.</b>	
8:30am-10:00am	<b>Sustain Talk</b> Learning objectives: <ol style="list-style-type: none"> <li>1. Recognize the difference between change talk and sustain talk.</li> <li>2. Identify strategies for responding to patient's sustain talk.</li> <li>3. Practice and gain confidence applying strategies for responding to sustain talk in mock patient-healthcare provider scenarios.</li> </ol>	Sebastien Payan, RN, MSc (The Centre for Collaboration, Motivation & Innovation)
10:00am-10:15am	<b>Active break</b>	
10:15am-11:45am	<b>Health Behaviour Change 101</b> Learning Outcomes: <ol style="list-style-type: none"> <li>1. Identify factors that drive and hinder patients' and physicians' behaviour change.</li> <li>2. Apply evidence-based behaviour change strategies to support patients to change their health behaviours.</li> </ol>	Heather Gainforth, PhD (Principal Investigator of the Applied Behaviour Change lab) & Sarah McCorquodale, MD, CCFP, FCFP (Regional Associate Dean, Interior; Southern Medical Program, UBC)
11:45am-12:00pm	<b>Wrap up and closing remarks.</b>	