

Who are we?

- NULMS: the National Undergraduate Lifestyle Medicine Society
- Set up two years ago to promote lifestyle medicine as central to health and wellbeing for patients – and for students
- **Our aims:**
 - 1) Set up lifestyle medicine societies in all universities across the UK; to build a network, and collaborate with other likeminded groups
 - 2) Work with universities to integrate LM into the undergraduate curricula
 - 3) To host an annual conference for our members to meet and learn from leaders in LM



The new committee

- President: Abe Bashir (KCL)
- Vice President: Rose Bird (Nottingham)
- Secretary: Rachel Davies (Oxford)
- Treasurer: Georgie Gilbert (Edinburgh)
- Publicity director: Ruth Yan (Nottingham)
- Social media director: Arrabi Vijayakumar (Cardiff)
- Community liaison director: Amanda Pallister (St George's)



What we've achieved this year

Our aims:

- 1) Set up lifestyle medicine societies in all universities across the UK
- 2) Work with universities to audit and adjust the way some aspects of medicine is taught – e.g. exercise and nutrition
- 3) To host an annual conference....



Conference 2019: Spice up your Lifestyle



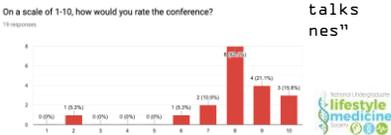
Feedback from conference

"I really enjoyed the yoga and cross fit - and the practice what you preach approach (from Zoe and Chris)"

"I enjoyed the lively energy displayed by speakers and audience"

"There was a lot of good information covering

talks
and
demos"



Lifestyle medicine at medical school...

The General Medical Council (GMC) expects UK Medical School (MS) graduates to be competent in recognising ill-health as a result of poor nutrition and to be able to apply dietary knowledge to

medical practice. Understanding 75% of pre-clinical and 45% clinical students felt unable to take a dietary history from a patient.

	Pre-Clinical	Clinical	Total
Disagree	45 (75%)	40 (45%)	85 (57%)
Neutral	9 (15%)	29 (33%)	38 (26%)
Agree	6 (10%)	19 (22%)	25 (17%)
Total	60 (100%)	88 (100%)	148 (100%)

Research from the preliminary results of UCL research project from Jessica Ying-Yi Xie, Shoba Poduval and Sophie Park: "What Are the Preferences and Expectations of UK Undergraduate Medical Students From A Culinary Medicine Course?" (2019)



LM in Medical Schools: What Can We Do?



PHASE 2B
STUDENT
DOCTOR



MENG
BIOENGINEER



PERSONAL
TRAINER



NO PHD



NO
INTERESTING
RESEARCH



WHY LISTEN?

A Brief Introduction



MEDICALSCHOOL
TEACHING



HOSPITAL
PLACEMENTS



GP PLACEMENTS



PT CLIENTS



SOCIAL MEDIA

Insight



CONFUSION

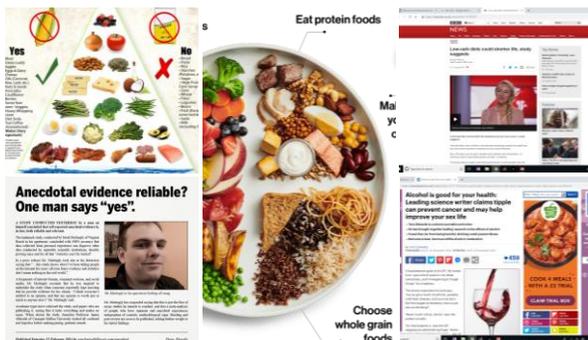


MISINFORMATION



DON'T KNOW WHO TO
ASK

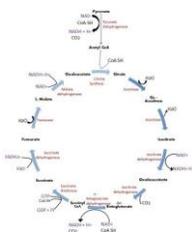
Public perception





LM in medical school

- 'Risk factors'
 - 'Smoking'
 - 'High cholesterol'
 - 'Stress'
- Limited nutritional training
- Science of how LM relates to disease rarely explained



The Result

“Have you been given any advice on how changes to your lifestyle may effect your disease”

“Nope”

“Quit smoking”

“I know I should eat healthier, but...”

Ethical Failure

- **Beneficence**
 - Preventing chronic illness, promoting wellbeing
- **Non-maleficence**
 - Prescribing drugs with side effects where a lifestyle intervention would have been effective
- **Justice**
 - Estimated cost of CHD to the economy = £19bn

What can students do?

-  Be aware: fad diets and misinformation. Learn advice and not *just* science
-  Get involved in your university – set up a lifestyle medicine society or play an active role in an already established society.
-  Get in touch with your universities and find out how lifestyle medicine is currently taught, and liaise with BSLM to help integrate LM curricula

Follow us on Instagram: @nmlmsociety
Email at nmlmsoc@gmail.com





What can health professionals do?

- Promote as well as teach
- Patient information at hospital/ in surgery
- Guest lectures/ talks
- Encourage students to start/ join NULMS
- Target other doctors!

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