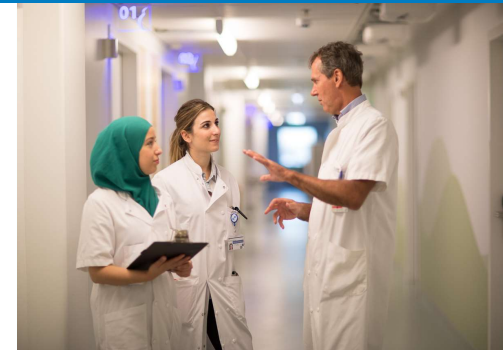


Lifestyle as Medicine: Developing role for Academia and Academic Health Centers

Opening conference on TNO/LUMC Lifestyle as Medicine

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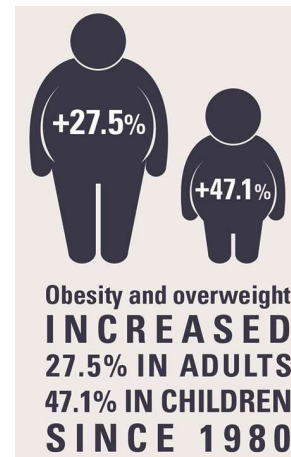
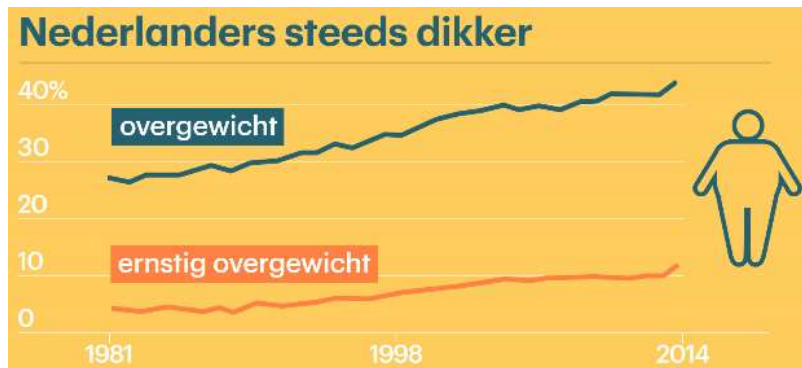


Structure

1. Framework: societal context of 'Lifestyle as Medicine'
2. Lifestyle as 'driver' of common diseases
3. Attention for lifestyle in diagnostics and therapy
4. Healthy University, Healthy Hospital
5. Today's meeting: lifestyle intervention as medicine for DM2



1. Framework: societal context of 'Lifestyle as Medicine' (1/4)



THE UN DECADE OF ACTION ON NUTRITION 2016-2025



United Nations System Standing Committee on Nutrition

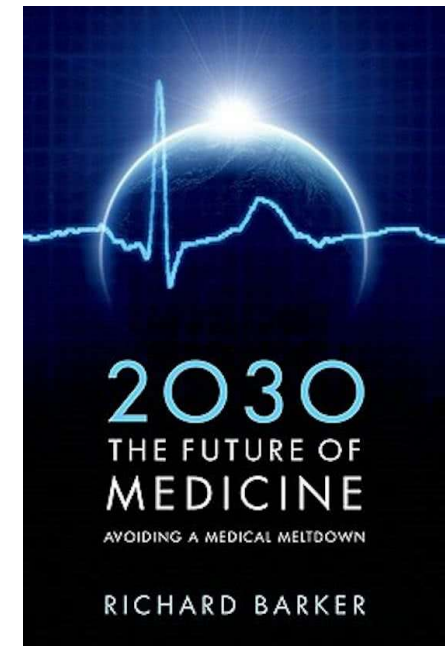


1. Framework: societal context of 'Lifestyle as Medicine' (2/4)

Prof.dr. Richard Barker: '2030 The Future of Medicine – avoiding a medical meltdown'

"Of all health issues that cast a shadow over the future of the 21st century health system, the dual threats of obesity and diabetes loom largest. Ample food, habitual meat- and sugar-rich diets, less exercise: all drive unhealthy weight gain.

And then, as a result for, for many comes Type II diabetes – some years behind obesity, but with steady step"



1. Framework: societal context of 'Lifestyle as Medicine' (3/4)

- Dutch National Research agenda
- Research agenda 'Sustainable Health' (NFU)



How do a healthy lifestyle and wholesome habits promote good health and prevent illness?



What is the best way for us to analyse and prevent the problem of overweight and obesity?

1. Framework: societal context of 'Lifestyle as Medicine' (4/4)

Confidence in the Future

2017–2021 Coalition Agreement

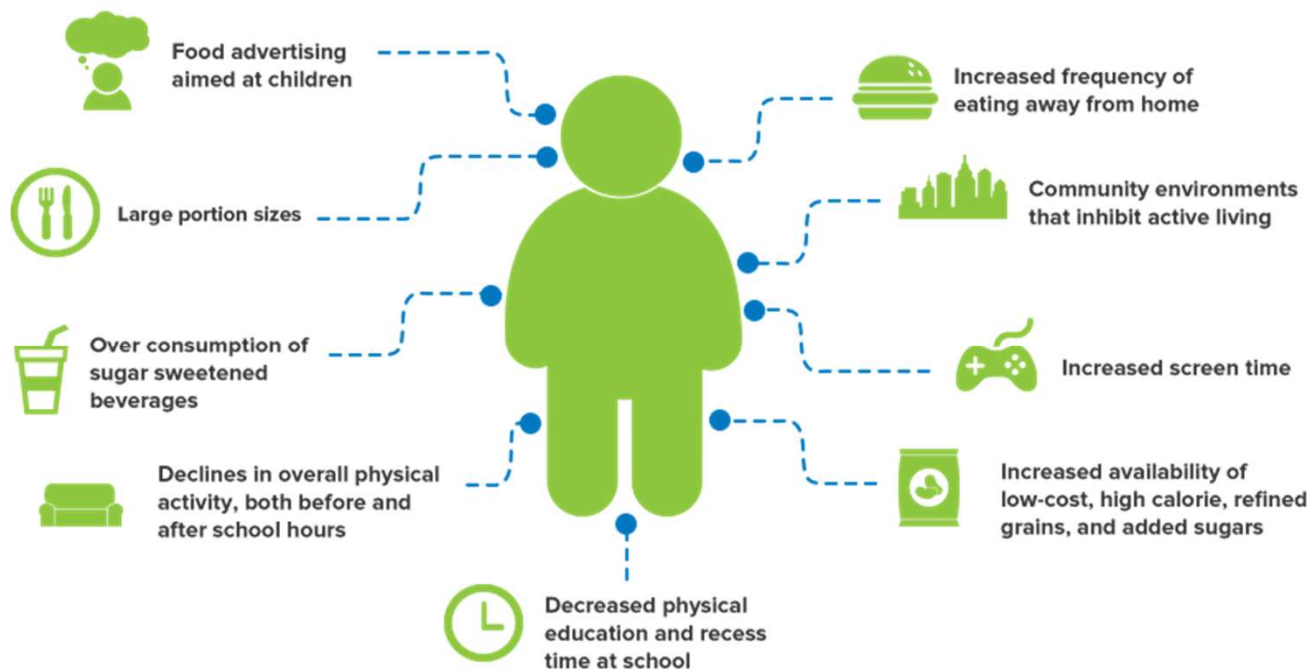
People's Party for Freedom and Democracy (VVD), Christian Democratic Alliance (CDA), Democrats '66 (D66) and Christian Union (CU)

Preventive healthcare and health promotion

- During this government's term of office €170 million will be available for preventive healthcare and health promotion, and €20 million a year thereafter.
- A national preventive healthcare agreement will be concluded with patient organisations, care providers, health insurers, municipalities, sports clubs and associations, businesses and civil society organisations. The focus of the agreement will be on tackling smoking and obesity.
- The preventive healthcare measures we take must have been proven effective. We will promote the inclusion of such measures, including specific vaccines, nutrition and lifestyle interventions, in medical training and guidelines. Where a measure's effectiveness has not yet been scientifically established, we will commission additional research that also uses information from biobanks where appropriate.

2. Lifestyle as 'driver' of common diseases

- Clear relationship between common diseases and our lifestyle
- Examples: diabetes, Arteriosclerosis, heart- and vascular diseases; stroke , cancer, asthma and some auto-immunity diseases)



3. Attention for lifestyle in diagnostics and therapy

Skipr

*Skipr November 29
cover story December
magazine*

'Voeding verdient prominenterere plaats in behandeling'

Ana Karadarevic

28 november 2017

909 keer gelezen

2 reacties



Voeding kan een bijdrage leveren aan herstel van ziekenhuispatiënten en kan zelfs medicatie vervangen bij bepaalde chronische ziekten. Zorginstellingen die de voeding aanpassen op de behoefte van de patiënt gooien minder eten weg. Reden genoeg om meer aandacht te besteden aan voeding in de zorg, maar vooralsnog blijft het steken bij een aantal voorlopers.

Dit blijkt uit het coververhaal in het decembernummer van Skipr magazine.

**This starts with education within
Academic Health Centers!**

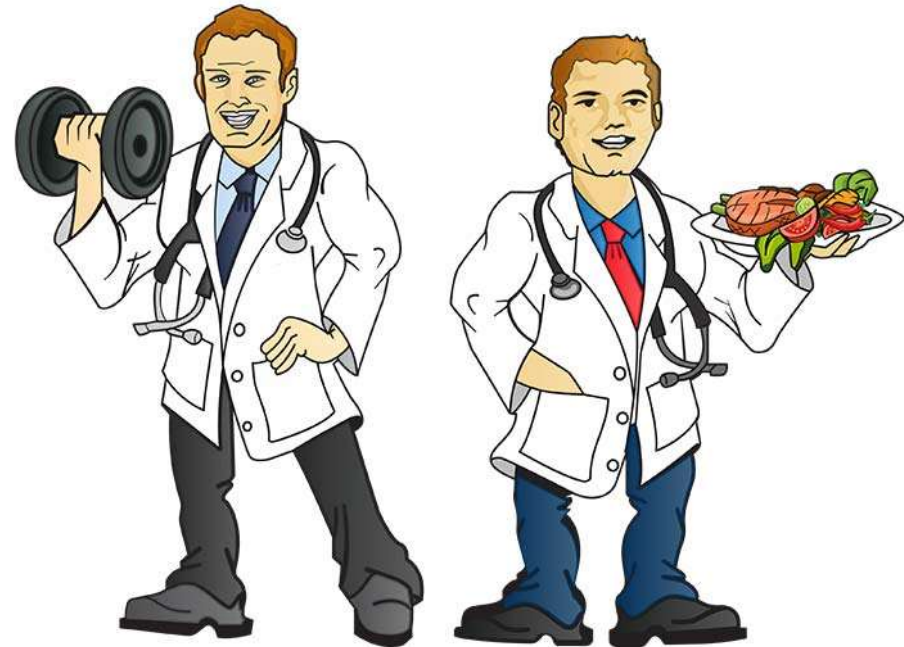
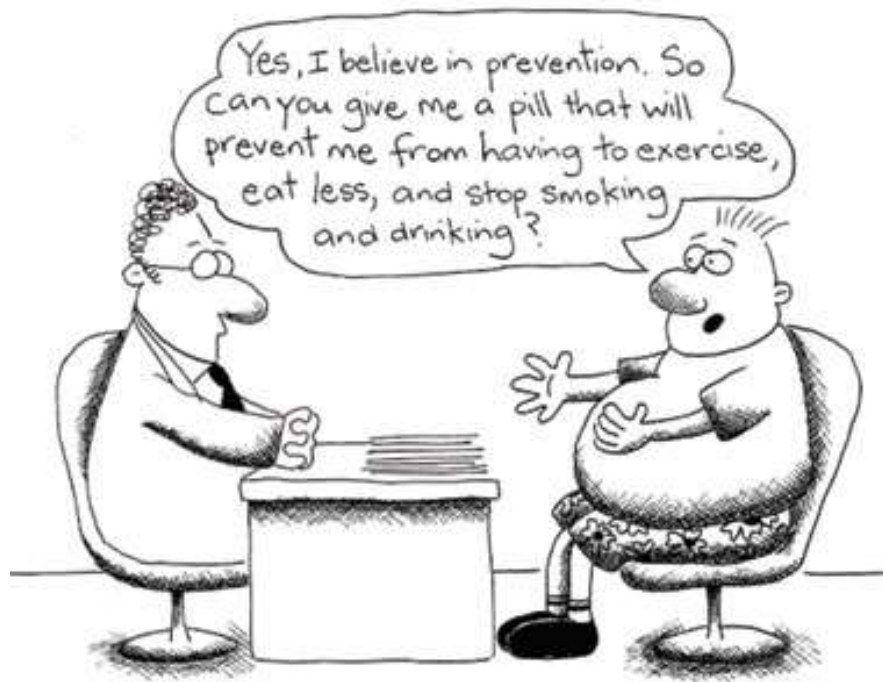
= Engineering the future

4. Healthy University, Healthy Hospital

- University of Edinburgh: 'Healthy University'-initiative
- Started as student-project, now university wide implemented



5. Today's meeting: lifestyle intervention as medicine for DM2





Leiden University
Medical Center

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