

CMM03254 - Introduction to Lifestyle Medicine

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39 items

Topic 1 (3 items)

Primary Care - Will It Survive? - in The New England Journal of Medicine, by Bodenheimer, Thomas, MD, Aug 31, 2006

[Article](#) | [Prescribed](#) | Reading 1.1

Lifestyle screening: development of an acceptable multi-item general practice tool - in New Zealand medical journal., by Felicity Goodyear-Smith; et al, 2004

[Article](#) | [Prescribed](#) | Reading 1.2

CHAT Lifestyle Test, by University of Auckland

[Journal](#) | [Prescribed](#) | 1.3

Topic 2 (7 items)

A Marker of the Atherogenic Metabolic Triad (Hyperinsulinemia; Hyperapolipoprotein B, Small, Dense LDL) in Men? - in Circulation, by Isabelle Lemieux; et al, 2000

[Article](#) | [Prescribed](#) | Reading 2.1

Personal carbon trading: a potential "stealth intervention" for obesity reduction?/IN REPLY - in Medical Journal of Australia, by Walters, Barry N J, Dec 3-Dec 17, 2007

[Article](#) | [Prescribed](#) | Reading 2.2

Climate change: From 'know how' to 'do now - in Grist, by Herman Daly, 2007

[Article](#) | [Prescribed](#) | Reading 2.3

Progression From Newly Acquired Impaired Fasting Glucose to Type 2 Diabetes - in Diabetes Care, by Nichols, Gregory A, Feb 2007

[Article](#) | [Prescribed](#) | Reading 2.4

Counterpoint: Evidence-Based Prevention of Type 2 Diabetes: The Power of Lifestyle Management - in Diabetes Care, by Tuomilehto, Jaakko, Feb 2007

[Article](#) | [Prescribed](#) | Reading 2.5

The metabolic syndrome: is this diagnosis necessary - in The American journal of clinical nutrition, by Gerald M Reaven, 2006

[Article](#) | [Prescribed](#) | Reading 2.6

2005 Presidential Address: Diabetes: Past, Present, and Future - in Diabetes Care, by Cherrington, Alan D, Sep 2006

[Article](#) | [Prescribed](#) | Reading 2.7

Topic 3 (8 items)

Obesity and Overweight: facts. WHO Global Strategy on Diet, Physical Activity and Overweight., by WHO, 2003

[Document](#) | [Prescribed](#) | Reading 3.1

Health, wellbeing and body weight: characteristics of overweight and obesity in Australia, 2001 (AIHW), by K O'Brien; K Webbie

[Webpage](#) | [Prescribed](#) | Reading 3.2

Development of Health-Related Waist Circumference Thresholds Within BMI Categories - in Obesity**, by Chris I. Ardern; Ian Janssen; Robert Ross; Peter T. Katzmarzyk, 2004-7

[Article](#) | [Prescribed](#) | Reading 3.3

Inflammation and Activated Innate Immunity in the Pathogenesis of Type 2 Diabetes - in Diabetes Care, by Pickup, John C, Mar 2004

[Article](#) | [Prescribed](#) | Reading 3.4

Inflammation and metabolic disorders - in Nature, by Hotamisligil, Gökhan S, 2006

[Article](#) | [Prescribed](#) | Reading 3.5

The runaway weight gain: Too many accelerators, not enough brakes - in Archives of Family Medicine, by D. A. Anderson, 1999

[Article](#) | [Prescribed](#) | Reading 3.6

Helping patients lose weight: What works? - in Australian Family Physician, by Egger, Garry, MPH, PhD, Jan/Feb 2008

[Article](#) | [Prescribed](#) | Reading 3.7

Are meal replacements an effective clinical tool for weight loss? - in Medical Journal of Australia, by Egger, Garry, Jan 16, 2006

[Article](#) | [Prescribed](#) | Readings 3.8

Topic 4 (9 items)

Reductions in portion size and energy density of foods are additive and lead to sustained decreases in energy intake - in The American journal of clinical nutrition., by B Rolls, 2006

[Article](#) | [Prescribed](#) | Reading 4.1

Dietary Energy Density Is Associated With Obesity and the Metabolic Syndrome in U.S. Adults - in Diabetes Care, by Mendoza, Jason A, Apr 2007

[Article](#) | [Prescribed](#) | Reading 4.2

Portion Sizes and the Obesity Epidemic^{1,2} - in The Journal of Nutrition, by Ledikwe, Jenny H, Apr 2005

[Article](#) | [Prescribed](#) | Reading 4.3

Calorie Restriction Extends Life Span— But Which Calories? - in PLoS Medicine, by Leonie K. Heilbronn; Eric Ravussin, 2005

[Article](#) | [Prescribed](#) | Reading 4.4

Consumption of fat-free fluid milk after resistance exercise promotes greater lean mass accretion than does consumption of soy or carbohydrate in young, novice, male weightlifters - in *The American journal of clinical nutrition.*, by JW Hartman; et al, 2007

[Article](#) | Reading 4.5

Effect of short-term high dietary calcium intake on 24-h energy expenditure, fat oxidation, and fecal fat excretion - in *International Journal of Obesity*, by R Jacobsen; J K Lorenzen; et al, 2005-3

[Article](#) | Prescribed | Reading 4.6

Low-carbohydrate nutrition and metabolism - in *The American journal of clinical nutrition*, by EC Westman, 2007

[Article](#) | Prescribed | Reading 4.4

Effects of a Low-Glycemic Load Diet on Resting Energy Expenditure and Heart Disease Risk Factors During Weight Loss - in *JAMA : The journal of the American Medical Association*, by MA Periera; et al, 2004

[Article](#) | Prescribed | Reading 4.9

Effects of moderate-fat (from monounsaturated fat) and low-fat weight-loss diets on the serum lipid profile in overweight and obese men and women - in *The American journal of clinical nutrition*, by CL Pelkman; et al, 2004

[Article](#) | Prescribed | Reading 4.10

Topic 5 (9 items)

Estimating historical changes in physical activity levels - in *Medical Journal of Australia*, by Garry J Egger; Neeltje Vogels; Klaas R Westerterp, 2001

[Article](#) | Prescribed | 5.1

Estimating changes in daily physical activity levels over time: Implications for health interventions from a novel approach - in *SCU Library OneSearch*, by N Vogels; G Egger; et al, 2004

[Article](#) | Prescribed | Reading 5.2

DECLINING RATES OF PHYSICAL ACTIVITY IN THE UNITED STATES: What Are the Contributors? - in *Annual Review of Public Health*, by Brownson, Ross C, 2005

[Article](#) | Prescribed | Reading 5.3

The Fitness, Obesity, and Health Equation Is Physical Activity the Common Denominator? - in *JAMA*, by Steven Blair; Tim Church, 2004

[Article](#) | Prescribed | Reading 5.4

The anti-inflammatory effect of exercise - in *Journal of Applied Physiology*, by Anne Marie W. Petersen; Bente Klarlund Pedersen, 2005

[Article](#) | Prescribed | Reading 5.5

Resistance exercise in individuals with and without cardiovascular disease: 2007 update: a statement from the American Heart Association Council on Clinical Cardiology and Council on Nutrition, Physical Activity and Metabolism - in *Circulation: Journal of the American Heart Association*, by MA Williams; et al, 2007

[Article](#) | [Prescribed](#) | Reading 5.6

Physical Activity and Public Health Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association - in *Circulation*, by William L. Haskell; et al, 2007

[Article](#) | [Prescribed](#) | Reading 5.7

Prescription of Physical Activity: A Paradigm Shift. - in *Quest* (00336297) Aug2001, Vol, by Morgan, William P., 2001

[Article](#) | [Prescribed](#) | Reading 5.8

Physical Activity/Exercise and Type 2 Diabetes: A consensus statement from the American Diabetes Association - in *Diabetes Care*, by Sigal, Ronald J, Jun 2006

[Article](#) | [Prescribed](#) | Reading 5.9

Topic 6 (3 items)

Development of Health-Related Waist Circumference Thresholds Within BMI Categories** - in *Obesity*, by Chris I. Ardern; Ian Janssen; Robert Ross; Peter T. Katzmarzyk, 2004-7

[Article](#) | [Prescribed](#) | Reading 6.1

Metabolic risks identified by the combination of enlarged waist and elevated triacylglycerol concentration - in *The American journal of clinical nutrition*, by Henry S Kahn; Rodolfo Valdez, 2003

[Article](#) | [Prescribed](#) | Reading 6.2

Dissecting obesogenic behaviours: the development and application of a test battery for targeting prescription for weight loss - in *Obesity Reviews*, by G. Egger; S. Pearson; S. Pal; B. Swinburn, 2007-11

[Article](#) | [Prescribed](#) | Reading 6.3