

## Lifestyle Medicine MIG

[AAFP Food Is Health Pilot Improves Patients' Diabetes Markers](#)

[AAFP Lifestyle Medicine Resources](#) - Tools for incorporating lifestyle strategies in treating chronic conditions

[Community Engaged Lifestyle Medicine](#) approaches features the Illinois' Diabetes Undone program lead by our MIG chair Dr. Christina Wells. All of IAFP's resources, including CME webinars are on the [Diabetes Undone](#) center and the [Lifestyle](#)

[Medicine](#)  
Webinar Series

### MIG Events

**Sound Bites** - Feb. 16 Webinar hosted by Student Leader Jill Thiede, RD, LDN and MIG chair Dr. Wells - [Link to the recording](#)  
Link to the slides and some additional resources in this [Google Folder](#) ,

**From and Illinois Residency Program:** [Cooking Up Health: Academic-Community Collaboration to Teach Nutrition Education](#) Journal of Graduate Medical Education.

### Resources recommended by MIG Members

[The Lifestyle Medicine Residency Curriculum \(LMRC\)](#)  
From the American College of Lifestyle Medicine

[National Strategy for on Hunger, Nutrition and Health](#)

[Meals everyone can enjoy](#)

[Teaching Kitchen Collaborative, Inc](#) .

[Heart Disease - Boost Heart Health with a Plant-Based Diet](#) from Physicians Committee for Responsible Health

[Plant Based Nutrition Movement](#)

[UI-Pilsen Food Pantry](#) (Chicago)

[Northwestern University - Feinberg Culinary Medicine Elective Course](#) Partnership with Osher Center for Integrative Health (includes a Train the Trainer program)

[Ardmore Institute of Health](#) for Grants and Resources

[4Leaf Program](#) - moving towards more plant based foods in calorie consumption (includes a 4Leaf 12-question survey tool)

[Full Plate Living](#) - join for free and access nutrition programs and recipes

[Gaples Institute](#) with programs for nutrition and lifestyle changes