



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

Andrew Weil Center  
for Integrative Medicine

2020  
**Annual  
Report**

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Growth During Historic Adversity

As the world continues the long process of recovering from the COVID-19 pandemic, the Center can look back at 2020 with a sense of pride in the resilience of our faculty and staff, a large number of accomplishments, gratitude to our donors for their support, and hope for the future.

No corner of our society has been left untouched by the effects of the pandemic. We, too were thrust into its unfamiliar territory. The medical education programs that we had worked on so diligently for decades were suddenly presented with new challenges that required urgent action. The Center’s role was quickly defined: to train healthcare professionals and inform the public how to reduce COVID-19 risks. We immediately assessed all programs to determine necessary modifications that would produce the greatest impact, ensure continued program delivery, and offer opportunities for growth and success.

Because our curricula are primarily online, we could easily make training adjustments. The Fellowship program residential weeks, as well as graduations, were reformatted to Zoom convenings with added experiential content. The Integrative Medicine in Residency’s (IMR) annual faculty development meeting, normally held in Tucson, was delivered online to 93 attendees from 25 states and Canada.

Training expansion and curricular growth, critical in time of crisis, ensued when the Fellowship launched an 11-month Clinical Mentorship pairing Fellows with mentors in order to present patients and receive in-depth feedback. Additionally, IMR began Integrative Medicine Skills in Residency, a self-paced short course for residents and medical students. While planned as a pilot program to begin in February 2020, this ultimately served medical students and residents who had their rotations disrupted, were quarantined, or were in need of an elective to replace on site training.

It soon became evident that numerous healthcare professionals enrolled in Center programs were hampered by financial constraints as organizations nationwide reduced staff or closed altogether. The Center granted tuition relief when possible and, along with individual donors and foundations, provided scholarship assistance enabling these trainees, many who care for the underserved, to complete their courses.

Within days of the designation of COVID-19 as a pandemic, we began Public Programming on our website and social media platform. Our COVID-19 Resources page provides evidence-based integrative strategies and resources to augment public health measures and reduce risks. The Body of Wonder podcast launched in April 2020 delivers insightful conversations with thought-provoking doctors, authors, and researchers. We also released the My Wellness Coach app, a tool for motivating personal growth and wellness.

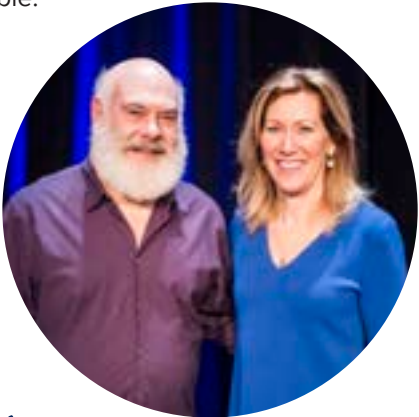
The Center’s research efforts were also galvanized for the crisis. To assist the University of Arizona (UArizona) as it reopened for the fall semester, research director Dr. Esther Sternberg and her team designed and implemented DASH-SAFE, an online dashboard to help users visualize in real time the safety of areas on campus. DASH-SAFE provides individuals with navigation routes based on people’s movement throughout the day and building managers with real time information about risky areas to help them quickly address problems that might increase viral spread. Its goal is to help keep campus occupants safe from viral spread as well as reduce their stress.

In the midst of this terrible crisis, the Center has been fortunate to receive major backing for the future: UArizona and donor support to design and build our new home, the Andrew Weil Center for Integrative Medicine, as part of the UArizona Health Sciences Campus.

These successes, and many more detailed in this report, are why we have hope. The pandemic is far from over, but we will stay true to our mission—responding to the needs of the nation by educating and transforming healthcare.

We are so grateful for your support that makes it all possible.

Best in health,



Andy + Victoria

# Mission Statement

The Andrew Weil Center for Integrative Medicine is leading the transformation of healthcare by training a new generation of health professionals and by empowering individuals and communities to optimize health and wellbeing through evidence-based, sustainable, integrative approaches.

# About the Center

Inspiring the Pursuit Of Health and the Transformation of Healthcare.

The Andrew Weil Center for Integrative Medicine is internationally recognized for its innovative educational programs, evidence-based clinical practice, and research that substantiates the field of integrative medicine and influences public policy.

Since its creation in 1994, the Center’s vision of making integrative care available to all is being realized worldwide. Graduates of our programs are now guiding more than 10 million patients to take a greater role in their health and healing.

# Diversity, Equality, Inclusiveness – Our Commitment

At the Center, we are committed to the values and practice of diversity and inclusiveness. Systemic racism, exclusion, and a failure to recognize and honor our differences diminish our core values as a human community and negatively impact the health and wellbeing of all people. We believe that differences in race, ethnicity, gender identity, sexuality, cultural heritage and background, religion and spirituality, physical and intellectual abilities, and life experiences among our students, staff and faculty contribute positively to all dimensions of the Center. Diversity and inclusiveness are core values for the University of Arizona and for the Andrew Weil Center for Integrative Medicine.

## What we believe is demonstrated in our actions. We provide:

- Course tuition and conference attendance scholarships to healthcare professionals who are themselves minorities or currently work with the underserved
- Program content designed to fit race, regional and cultural populations used by physicians in IMR programs with underserved populations, and by healthcare teams at Federally Qualified Health Centers
- The My Wellness Coach app, an interactive self-care online tool for the public, written at the 5th grade level and available in Spanish
- Coordination of the UArizona College of Medicine’s Commitment to Underserved People Program (CUP), a new IM clinic that offers medical students the hands-on opportunity to learn the effect of culture on health and the impact of socioeconomic status on access to healthcare
- Specialized opportunity to study traditional methods of healing, ties between biomedicine and local and indigenous communities

Typically, each healthcare professional serves 1,500 patients per year. These voices are critical to the growth of Integrative Medicine (IM), expanding on concepts and delivery that enhance accessibility.

# Support of Foundations & Multiple Individuals

- 1440 Foundation
- Grace US Foundation
- Greer Foundation
- Karen Lytle
- Paul Stamets

# Center Leadership

## Andrew Weil, MD

Founder and Director, Clinical Professor of Medicine and Public Health, Jones-Lovell Endowed Chair in Integrative Rheumatology



## Victoria Maizes, MD

Executive Director, Professor of Clinical Medicine, Family Medicine and Public Health, Inaugural Andrew Weil Endowed Chair in Integrative Medicine

## Esther M. Sternberg, MD

Director of Research, Director, UArizona Institute on Place, Wellbeing & Performance, Professor of Medicine, Inaugural Andrew Weil Chair for Research in Integrative Medicine



## Randy Horwitz, MD, PhD

Medical Director, Director, Integrative Medicine Distinction Track, Professor of Clinical Medicine

## Patricia Lebensohn, MD

Director, Commitment to Underserved People Program, Professor of Clinical Family and Community Medicine



## Mari Ricker, MD, FAAFP

Director, Integrative Medicine in Residency, Associate Professor of Family and Community Medicine

## Ann Marie Chiasson, MD, MPH

Director, Fellowship in Integrative Medicine, Associate Professor of Clinical Medicine



## Molly K. Burke, MFA

Director of Online Education

## Robert L. Crocker, MD

Director, Strategic Clinical Planning and Implementation, Clinical Assistant Professor of Medicine



## Devorah Morris Coryell

Director, Integrative Medicine Elective Rotation

## Lise Alschuler, ND

Associate Director, Fellowship in Integrative Medicine, Professor of Clinical Medicine







# EDUCATION

Our educational programs are the first to meet the critical needs of the nation by offering IM curricula that span the continuum of professional medical education. Center graduates are serving in hospitals and clinics nationwide and internationally, as well as becoming IM leaders in their communities.



FELLOWS’ COMMENTS  
ON THE CENTER’S  
TRAINING DURING  
THE PANDEMIC

“I was so impressed  
with the quality of this  
first ever Zoom  
Residential Week.  
So well organized.  
Everything ran on time,  
which almost never  
happens in conferences.  
I also appreciated the  
breaks and the  
movement breaks.”

“Due to the present  
circumstances of  
distancing, I believe  
the work done by  
the Integrative  
Medicine Fellowship  
has been great.  
You did a great job.  
I really do not know  
how better [you]  
could have done this.  
Thanks.”

Fellowship in  
Integrative Medicine

The Fellowship in Integrative Medicine is the cornerstone of the Center’s educational programing. This two-year premier IM course currently has 295 Fellows in training and counts more than 1,800 alumni from all over the world—throughout the U.S. and 26 different countries and territories. For more than 20 years we have been teaching healthcare professionals a transformative method of caring for patients, with emphases on the individual, prevention, and wellness in addition to response to disease and treatment.

The Fellowship curriculum normally includes three separate Residential Weeks to develop a sense of community among the Fellows, provide experience with IM modalities, and offer new perspectives on practitioner self-care. In 2020, due to the pandemic, the Residential experience was reformatted to Zoom convenings with great success.

New Fellowship Programming


Clinical Mentorship Program

The Fellowship launched its Clinical Mentorship program in 2020. The 11-month mentorship program matches each Fellow to an experienced clinical IM practitioner. Fellows make case presentations and receive in-depth feedback from their mentor and other Fellows. The process is designed to help Fellows apply their curricular learning to their clinical practice, increase community, and provide more specific specialty learning.

Development of the mentorship program involved several significant additions to the Center’s technological platform. The results included:

- Integration of Zoom into the platform for mentorship meetings
- Added calendaring functionality and assignment scheduling
- Development of a notification framework including texts

Mentorship Project Innovations



Assignment  
Improvements



Zoom  
Integration




Calendar



Algorithm



Dashboards



Notification



Mobile  
Improvements



User  
Profiles

Alumni &  
Associates Reunion

The Alumni & Associates Reunion Conference was held January 23-26, 2020 in Tucson, Arizona. Nearly every Fellowship program year and region of the country was represented by the 160 attendees, including 10 international participants from Canada, Ireland, and the United Kingdom. The conference was a great opportunity to learn, reconnect with classmates, and network with other practitioners in our growing IM community.

Foundation and Individual  
Support

- Greer Foundation
- Karen Lytle

MORE FELLOWS’  
COMMENTS

“I’m enjoying the clinical  
mentorship. Presenting  
my patient offered me  
an opportunity to get  
some new ideas and  
perspectives about how  
to best help the patient  
and also gave me  
some more energy and  
enthusiasm for helping  
her, where I was starting  
to feel like I was running  
out of ideas. Overall, I’m  
enjoying the mentorship  
a lot and it’s helpful to get  
new perspectives and  
case studies!”

“[The Fellowship]  
allowed me to begin the  
process of developing  
a preventive wellness  
approach where we  
can collaborate with  
patients to optimize their  
outcomes. I am again  
excited for the future  
of my practice and my  
ability to truly help my  
patients as individuals.”



Fellows at January 2020 Alumni Meeting



# National Center for Integrative Primary Healthcare

Establishment of the National Center for Integrative Primary Healthcare was a three-year project in collaboration with the Academic Consortium for Integrative Medicine and Health and the U.S. Health Resources & Services Administration. Since its creation, 8,415 have enrolled in the Foundations in Integrative Health (FIH) course, and in 2020 the Veterans Administration licensed the course for use by 2,000 interprofessional primary caregivers, a major IM educational step at the federal level.

In 2018, we completed an FIH study at community health centers in Minnesota and California that included: a rigorous evaluation of the curriculum, medical knowledge, interprofessional attitudes, integrative health attitudes, resiliency, and wellness behaviors. These research results were published in 2020.

## THE VALUE OF IM TRAINING IS REFLECTED BY ONE STUDENT

*“This course had a lot of valuable and important information...For one of the modules we had to choose an activity to do for 2 weeks, and I chose 10 minutes [of] morning meditation. Doing daily meditation was both challenging and helpful at the same time especially during these few months with pandemic and quarantine. Meditation helped me stay more positive, calm and focused during the day. I am still using meditation to stay more positive during challenging times.”*

## 2020 Publications

Brooks AJ, Maizes V, Billimek J, Blair J, Chen MK, Goldblatt E, Kilgore D, Klatt M, Kligler B, Koithan MS, Kreitzer MJ, Lee JK, Lopez A, Taren D, and Lebensohn P. Professional Development in Integrative Health Through an Interprofessional Online Course in Clinical Settings. Explore 2020.

Brooks AJ, Chen MK, Goldblatt E, Klatt M, Kligler B, Koithan MS, Kreitzer MJ, Lee JK, Lopez A, Maizes V, Sandvold I, Taren D. and Lebensohn P. Introducing Integrative Primary Health Care to an Interprofessional Audience: Feasibility and Impact of an Asynchronous Online Course. Explore, 16(6):392-400, 2020.

# Integrative Medicine In Residency

Integrative Medicine in Residency (IMR) is a 200-hour competency-based, interactive online curriculum designed for incorporation into residency education. It is the first and most extensive national curricular project to introduce IM to residents.

## Some of IMR’s innovative features include:

- 24-hour access for residents and faculty;
- Scalable depending on unique program needs
- Annual Faculty Development Meetings.

In its 12th year, IMR has grown to 100 sites and five specialties. It counts almost 955 medical residents currently enrolled and 1400 graduates.

## To address some of the challenges brought about by the pandemic, IMR:

- Converted the Annual Faculty Development Meeting to virtual format;
- Launched a short-course, Integrative Medicine Skills in Residency (IMSR), to 34 additional sites with 275 trainees enrolled. This 12-hour, self-paced course includes evidence-based curriculum covering non-pharmacologic approaches to pain, physician wellbeing, and nutrition essentials for physicians. IMSR is available to residents and medical students who had their rotations and curriculum disrupted, or who are quarantined or in need of an elective to replace onsite training; and
- Opened enrollment in our Prevention and Wellness elective course to fourth-year medical students who had been removed from in-person clinics for their safety, in order to complete their clerkships on time for graduation.

## Integrative Medicine in Residency Annual Faculty Development Meeting

The Center’s annual faculty development meeting convened April 1-3 from Tucson with the theme Integrative Approaches to Mental Health. Due to the restrictions imposed by the pandemic, we rapidly modified the meeting format to be delivered completely online to maintain health and safety. Joining the meeting on Zoom were 93 attendees from 25 states and Canada; 73 were faculty and 20 were residents.

## Integrative Medicine in Residency Innovation Awards

2020 awardees were nominated faculty leaders from the residencies that incorporate IMR curriculum. They were:

Andrea Gordon, MD, Department of Family Medicine, Tufts University School of Medicine. Dr. Gordon was recognized for her efforts that grew a two-week IM residency rotation into a curriculum woven throughout the 3-year residency.

Noshene Ranjbar, MD, Department of Psychiatry, UArizona. In 2015 Dr. Ranjbar led development of the IMR Psychiatry Elective at the UArizona. It has grown steadily in each consecutive year.

IMR program development is funded, in part, by the generous support of the Greer Foundation and the Weil Foundation.



*“It is so refreshing to see psychiatry evolve to a holistic, person-centered field. To play a small part in bringing this holistic view and practice of mental health to psychiatry residency training is a gift not only to me but, much more importantly, to the patients these residents serve now and those they will continue to care for in the decades to come.”*

Noshene Ranjbar, MD,  
Department of Psychiatry, UArizona



*“After years of innovation and multiple iterations, Tufts has an integrative medicine curriculum that is remarkable in how unremarkable it is to our residents; IM is just another part of core family medicine education—part of the water in which our learners swim.”*

Andrea Gordon, MD,  
Department of Family Medicine,  
Tufts University School of Medicine





## 2020 Chapter in Scholarly Book

Ricker M, and Lebensohn P. (2020) Stress, Burnout and Depression Among Physician Residents. In M. Shabahang, M. Hunsinger, & B. Lang (Eds.) Creating a Culture of Resiliency and Wellness among Physician Residents (pp. 27-41) San Diego, CA: Cognella Publishing.

Ricker M, Maizes V, Brooks AJ, Lindberg C, Cook P, and Lebensohn P; A Longitudinal Study of Burnout and Wellbeing in Family Medicine Resident Physicians; Family Medicine; 2020;52(10):716-723.

Ricker M, Brooks AJ, Bodine S, Lebensohn P, and Maizes V; Wellbeing in Residency: Impact of an Online Physician Wellbeing Course on Resiliency and Burnout in Incoming Residents; Family Medicine; in press.

Chiasson AM, Brooks AJ, Ricker M, Lebensohn P, Chen MK, and Maizes V. Educating Physicians in Family Medicine Residencies about Nonpharmacologic Approaches to Pain: Results of an Online Integrative Course. Family Medicine. 2020 Feb 6;52(3):189-197.

Kennard A, Brooks AJ, Lebensohn P, Maizes V, and Ricker M. Integrative Medicine in Residency: A Surgical Specialty Pilot. Presented at 2020 AMA Virtual GME Innovations Summit, Online; October 5-7, 2020.

## 2020 Publications

## 2020 Presentation

## Integrative Medicine Elective Rotation

Our month-long Integrative Medicine Elective Rotation (IMER) is an experiential introduction to IM for fourth-year medical students and residents. Participants gain an appreciation of the tenets of the field and learn practical applications that directly impact patient care. The course is offered free twice a year to students globally. In 2020, a total of 75 students from 34 states and 7 countries completed the course.

As with all Center courses during the pandemic, IMER was modified and delivered via virtual format. Specific changes designed to create a robust, engaging, and effective online experience included:

- Fireside Chats were added—pre-rotation small group meetings to focus and clarify expectations and intentions
- Reflection—Weekly sessions with the director and coordinator were included to give students an opportunity to share their experience and/or challenge of rotation

IMER is funded, in part, by generous support from the Louis & Rachel Rudin Foundation and the Weil Foundation

### POSITIVE STATEMENTS FROM TWO STUDENTS

*“I really enjoyed these past 4 weeks. Being in Medicine, can be a really harsh field. But this course is the first time I’ve felt so much welcome, comfort and peace. I really appreciated sharing this space with everyone. Thank you for putting such a wonderful course together. I am leaving with a happy heart.”*

*“This is by far the BEST class I have taken in medical school. It has really lit my ember to a flame again, and it was great experiencing this with other open-minded ‘skeptics.’ As a healer, I feel healed, and I am more motivated to heal my patients. THANK YOU Devorah and Lorna for this wonderful opportunity. I am forever grateful!”*



IMER students in training

## Integrative Medicine Distinction Track

Our Integrative Medicine Distinction Track (IMDT) gives students the opportunity to study the philosophy and practice of IM throughout their four years of medical school. They learn integrative approaches to common conditions, develop self-care plans, and participate in patient conferences. In 2020 there were 10 IMDT graduates and 14 are enrolled for 2021.



Wendy Reeve, MD, a 2017 graduate demonstrates IMDT’s longitudinal impact:

*“The Integrative Medicine Distinction Track at UArizona Tucson was one of the main reasons I wanted to attend school here. I already knew I had a strong interest in integrative medicine, and having the opportunity to pursue that interest during medical school was invaluable to me. It gave me the opportunity to broaden my perspective on medicine as a whole and to offer additional solutions to the patients during my rotations.”*

Dr. Reeve completed her 3-year Internal Medicine residency in 2020, and began her position as an IM physician at Sutter Health’s Institute for Health and Healing in San Francisco.



Randy Horwitz, MD, PhD, Director, Integrative Medicine Distinction Track, believes that medical students trained during the pandemic will have a unique perspective:

*“The University of Arizona medical students are quite resilient and flexible, and our Integrative Medicine Distinction Track students reflect that. This pandemic is horrific, but I think that from a learning standpoint, it may strengthen the students’ knowledge base, in much the same way that the AIDS epidemic did for my generation of medical students 35 years ago.”*



# Integrative Health & Wellness Education

The Center’s Integrative Health & Wellness Education initiative is a critical component of our IM educational programming during the COVID–19 pandemic.

## Integrative Health & Lifestyle Program

Multiple health professionals play a role in supporting patient health and wellness. We recognize the value that an interprofessional team-based approach to healthcare delivery brings to patient care. To facilitate this approach, the Center launched the Integrative Health & Lifestyle Program (IHeLp) in 2014 as an integrative health curriculum for training licensed, registered, certified healthcare professionals [e.g., physicians, nurses, physician assistants, pharmacists, social workers, dietitians, and case managers] to wellness and health.

IHeLp is a 6-month, 250-hour, mostly online, interprofessional certificate program. The curriculum is compassion-centered and builds a strong foundation in integrative health, emphasizing lifestyle changes and highlighting the 7 Core Areas of Health [i.e., nutrition, movement, sleep, spirituality, environment, relationships, and resiliency]. It is the perfect tool to expand integrative concepts and healthcare delivery during the COVID-19 pandemic.

Due to the pandemic, we made adjustments to support IHeLp students:

1. The program completion timeline was extended
2. The 4-day experiential retreat normally held in Tucson was shifted to a virtual event
3. Additional scholarship funding was secured to expand our commitment to diversity and inclusion, especially for trainees caring for the underserved

Spanning almost 30 different professions [e.g., nursing, behavioral health, dietitians and nutritionists, physical and speech therapists, physician assistants, licensed acupuncturists, dentists, chiropractors, public health, and registered pharmacists], there are now almost 300 graduates from across the globe.

## Foundation & Collaboration Support

- 1440 Foundation
- John F. Long Foundation
- Integrative Medicine for the Underserved (IM4US) Collaboration
- Sampson Foundation
- Blythe Brenden-Mann Foundation
- Weil Foundation

*“Studies have shown that 60% of the U.S. adult population has been diagnosed with one or more chronic health condition and are related to lifestyle and behavioral factors. I am the daughter of immigrant parents from Ecuador. I want to help the Latino/Hispanic community better manage their chronic conditions by providing guidance and support in the path of wellness.”*

Rita Dominguez, MPH, Atrium Health, Charlotte, NC

*“As a black woman I am a member of the most underserved group in a community that lacks access to medical care based on wellness and stress reduction. I plan to use my training in my psychotherapy and coaching practice serving women in Washington DC and beyond via virtual service and telemedicine. COVID-19 has created a significant increase in the need to access mental health services and this impact is disproportionately shared amongst black women.”*

Melissa Brisbane, LICSW, Eight House Wisdom, Washington, DC



Dr. Chiasson leading heart centered meditation at a retreat

## 2020 Presentation

Brooks AJ, Burke MK, Crocker R, and Maizes V. Battling Burnout and Building Bridges: Evaluation of an Interprofessional Integrative Health Education. Poster presentation. Osher Center’s Virtual Integrative Medicine Network Forum: Resiliency, Education, Diversity, in collaboration with Brigham and Women’s Hospital and Harvard Medical School; November 6, 2020. Awarded: 1st Place in the Forum Education Category.

## Wellness & Lifestyle Series

We have just completed our second year offering the Wellness & Lifestyle Series! This integrative health and wellness course allows participants to progress in a flexible self-paced, format. Some students are very interested in specific topics, like nutrition – so only take the Unit focused on that curriculum. Others work through each unit with the goal of earning the series certificate of completion and moving on to our Coaching program.

The series serves a very wide audience from health-conscious individuals and educators to health practitioners and clinicians. Since launch more than 300 students have enrolled. Also more than half of our 2020 Coaching graduates first enrolled and completed the Wellness & Lifestyle Series.



# Integrative Health & Wellness Coaching

Integrative Health & Wellness Coaching trains health professionals to motivate patients to make sustainable lifestyle changes.

This advanced certification program has two pathways – one for health professionals and one for those passionate about wellness. Participants learn and build skills through rigorous training and thoughtful mentor-supervised practice. Our students are a diverse group, including health professionals: nurses, physicians, therapists and counselors, registered dietitians, physician assistants, speech pathologists, dentists, chiropractors, health educators, and occupational therapists, as well as those changing their careers towards a wellness path.

## 2020 Milestones

- Our first cohort that included both integrative health and wellness coaches graduated
- We were designated as an NBHWC approved training program.

In response to the pandemic, we evolved our Coaching certification to weave synchronous training sessions via Zoom, alongside online coursework and small team mentor-supervised practice. Students connected with each other and faculty on a weekly basis. To accommodate increased demand, we will offer two coaching classes a year.



## MORE FELLOWS' COMMENTS

*“I have been able to connect with my patients (physical therapy) in a way that is more meaningful to myself and to them. I have been able to address barriers that come up for them when they tell me they haven’t been following through on their program. Also, I have to say that I have been more attentive in asking them what they think they can manage for their home program, and have been able to offer choices and have them choose what they think may be the best option for them.”*

*“Coaching feels like an intuitive way to approach care. I love to spend time going deeper with partners, and having an impact at the level of what is most meaningful to them. This work feeds my soul in ways I didn’t think possible.”*

*“I feel this program has enriched my practice of coaching. By using the Vision-Map and Core areas as a starting point with my coaching partners it helps to maintain focus and clarity when setting lifelong, sustainable goals.”*



Cora Spaulding, MD, MPH, 2014 Summer Fellowship graduate, AWCIM Coaching Scholarship recipient and 2017 IHW Coaching graduate

## New Programming

### Integrative Health Team Training

An exciting new initiative that launched in summer 2020 provides the curriculum and educational approach of our IHeLp program to institutions wanting to train their healthcare staff in Integrative Health (IH) team approaches. IH Team Training (IHTT) began with students from across the Atlantic, in Ireland, with a progressive health insurance company that is passionate about integrative health and medicine. In 2021, two cohorts of IHTT-trained alums will have progressed to and graduated from Coaching.

### Undergraduate Mind-Body-Spirit: Addressing Stress & Mental Health

In 2020, we ran our first cross-discipline undergraduate and graduate course through the UArizona course catalogue. UArizona students could enroll in Integrative Health & Medicine Foundation. 401/501 for an in-depth introduction to the integrative health and medicine foundations of mind-body medicine and spirituality in healthcare. Dr. Robert Crocker was lead faculty along with Dr. Fred Craigie for the 25 students enrolled in the online offering. Many students were impacted by the pandemic and found great solace and support from Drs. Crocker and Craigie. The curriculum topics on mindfulness, gratitude, meaning and purpose, and integrative approaches to mental health were lessons the students truly needed during this time of crisis.



Online Courses

We continue to expand our impact via our short online courses with continuing medical and nursing education credit.

Last fiscal year we had more than 2500 course enrollments and 5900 credit hours awarded. In 2020, our most popular enrollments were the course Introduction to Integrative Mental Health: Anxiety & Depression and the course series bundle Integrative Pain Management.

Large organizations that see the Center as an important educational provider for IM training are purchasing course enrollments for their healthcare staff. They include:

- The Veterans Health Administration
- SUNY Downstate Medical Center
- Banner Healthcare
- Carroll University
- International Pelvic Pain Society
- Toronto Poly Clinic (Canada)

2020 Publications

Chiasson AM, Brooks AJ, Ricker M, Lebensohn P, Chen, MK, and Maizes V. (2020). Educating Physicians in Family Medicine Residencies About Nonpharmacologic Approaches to Pain: Results of an Online Integrative Course. Family Medicine. PMID: 32027377

Penwell-Waines L, Cronholm P, Brennan J, Romain A, Runyan C, Buck K, Grace A, Fazio L, Ricker M, Ross V, Schneiderhan J, and Talen M. (2020). Getting It Off the Ground—Key Factors Associated With Implementation of Wellness Programs: a CERA Study. Family Medicine. PMID: 32159829

Public Programs

In addition to making changes necessary to continue training health professionals during the pandemic, we focused on creating free educational public resources.

COVID–19 Resources

Since March 2020, the Center has worked diligently to provide public education to reduce risk and increase prevention of coronavirus infection. Our COVID-19 Resources webpage contains evidence-based integrative strategies and resources to augment public health measures including: links to video series podcasts, webinars, online wellbeing courses, and publications. Just a few of the important topics covered include:

- A coronavirus overview and the immunology behind it
- Best practices associated with an integrative approach to COVID-19
- Tips on how to turn your home into a “Healing Place”
- My Wellness Coach app supporting the 7 Core Areas of Health.
- Recommended techniques and tools such as:
  - 1. Activities to relieve stress
  - 2. Guided imagery, meditation and mindfulness practices for mental health
  - 3. Developing rituals for wellness
- Frequently Asked Questions regarding the coronavirus

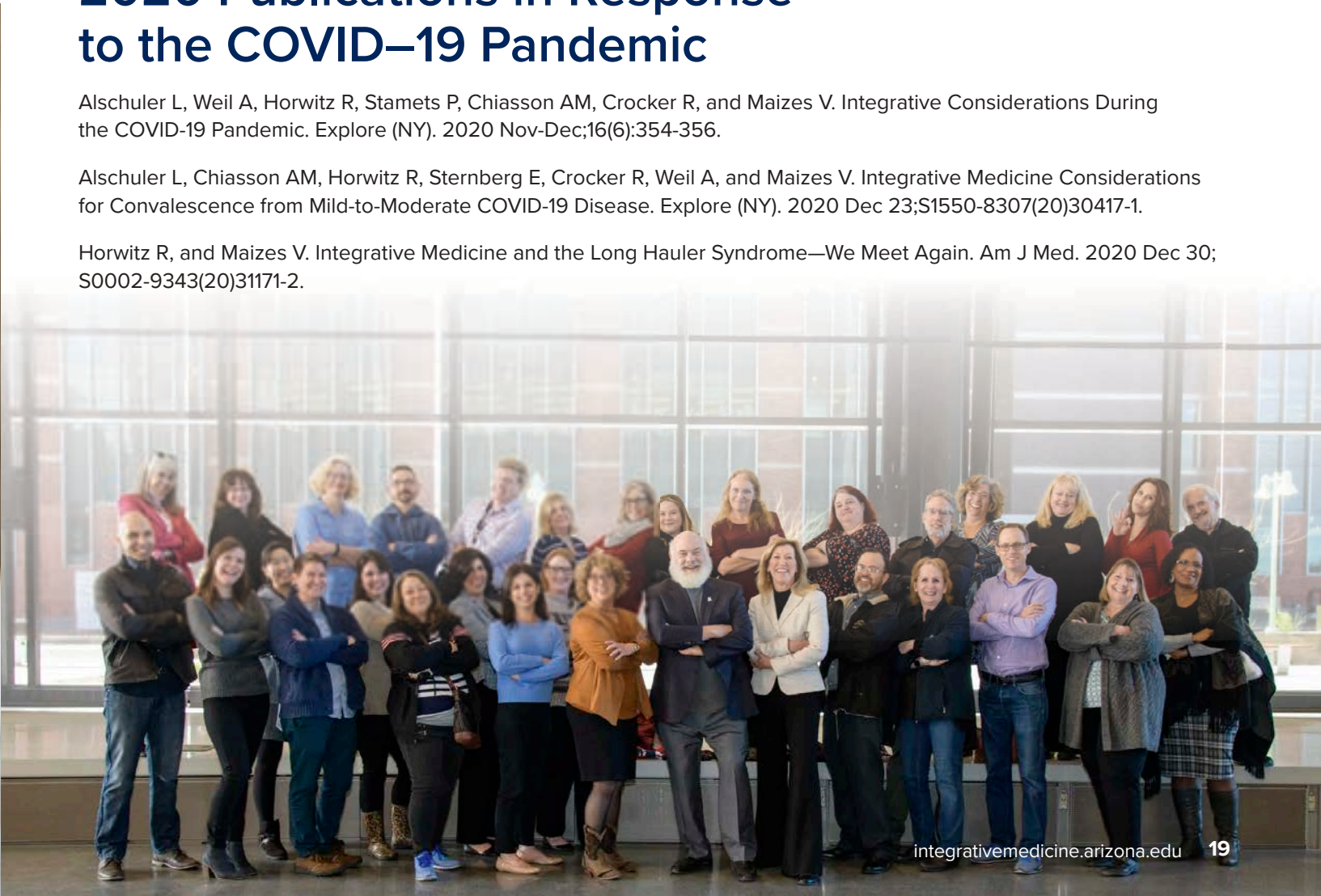
Almost 300,000 visits have been made to our COVID-19 webpage since March. As more is learned about the virus, we continue to add information about integrative perspectives as well as the latest public health recommendations.

2020 Publications in Response to the COVID–19 Pandemic

Alschuler L, Weil A, Horwitz R, Stamets P, Chiasson AM, Crocker R, and Maizes V. Integrative Considerations During the COVID-19 Pandemic. Explore (NY). 2020 Nov-Dec;16(6):354-356.

Alschuler L, Chiasson AM, Horwitz R, Sternberg E, Crocker R, Weil A, and Maizes V. Integrative Medicine Considerations for Convalescence from Mild-to-Moderate COVID-19 Disease. Explore (NY). 2020 Dec 23;S1550-8307(20)30417-1.

Horwitz R, and Maizes V. Integrative Medicine and the Long Hauler Syndrome—We Meet Again. Am J Med. 2020 Dec 30; S0002-9343(20)31171-2.





# Body of Wonder

Looking toward a healthy future for everyone during and beyond the pandemic, the Center launched the Body of Wonder podcast. This series, hosted by Drs. Weil and Maizes, is insightful conversations with thought-provoking doctors, authors, and researchers. Body of Wonder is designed to acquaint listeners with new ways to think about health and medicine by:



- Exploring ideas that are changing medicine
- Discussing the latest research and its powerful effect in our lives.
- Sharing compelling stories

Thirteen episodes were recorded in 2020 and the series will continue in 2021. Some episode topics and guests included:

- |   |   |
|---|---|
| 1. Exploring Guided Imagery with Belleruth Naparstek                  | 4. Psychedelic-Assisted Trauma Therapy with Rick Doblin, PhD              |
| 2. Consciousness with Deepak Chopra, MD                               |   |
| 3. Out of the Wild: What a Global Virus Teaches Us with David Quammen | 5. Adaptogens for Stress Resiliency and Immunity with Lise Alschuler, ND. |

Episodes are available on:



What some podcast listeners are saying:

*“This is an incredibly important podcast, opening conversations that are accessible and informative at all levels.”*

*“I look forward to continued learning from the inspirational Drs. Weil and Maizes and their conversations with world renowned guests... Great brain food.”*

*“I listened to all the episodes and cannot wait to hear more! Body of Wonder is a refreshing and intelligent podcast... As a physician trained both in cardiology and integrative medicine (by Drs. Weil and Maizes) I appreciate research and evidence rather than hype and myth. This podcast is not afraid to question evidence. It discusses data, theory and science in an easy to comprehend approach.”*

# CanHEAL

In 2019, the Center launched CanHEAL: Cancer Health Empowerment, Assistance, and Learning. CanHEAL is a free online toolkit developed for people with a new diagnosis of cancer. As people face this diagnosis, they are looking for guidance on where to turn for reliable, evidence-based integrative therapies. In addition to the conventional care they are receiving, they seek therapies to promote personal healing and engage in their treatment, enhancing their overall sense of empowerment and self-efficacy. CanHEAL is designed to lead them efficiently, effectively, and ethically through the myriad information that confronts them in our internet age. It guides patients and their families to:

1. Learn about relevant integrative approaches [i.e., nutrition, resilience, stress management, mind-body approaches, physical activity, and dietary supplements]
2. Recognize validated online sources of health information
3. Effectively discuss IM with healthcare professionals, including their oncologist, as well as complementary practitioners they may choose [i.e., acupuncturists, massage therapists, etc.]. To date, Can HEAL has served almost 3,000 users

In our 2019–20 pilot project, more than 2,000 people enrolled from 49 states and abroad. Preliminary survey findings [on a scale of 1 to 5\* where 5 is the most favorable] indicated:

## Patient:

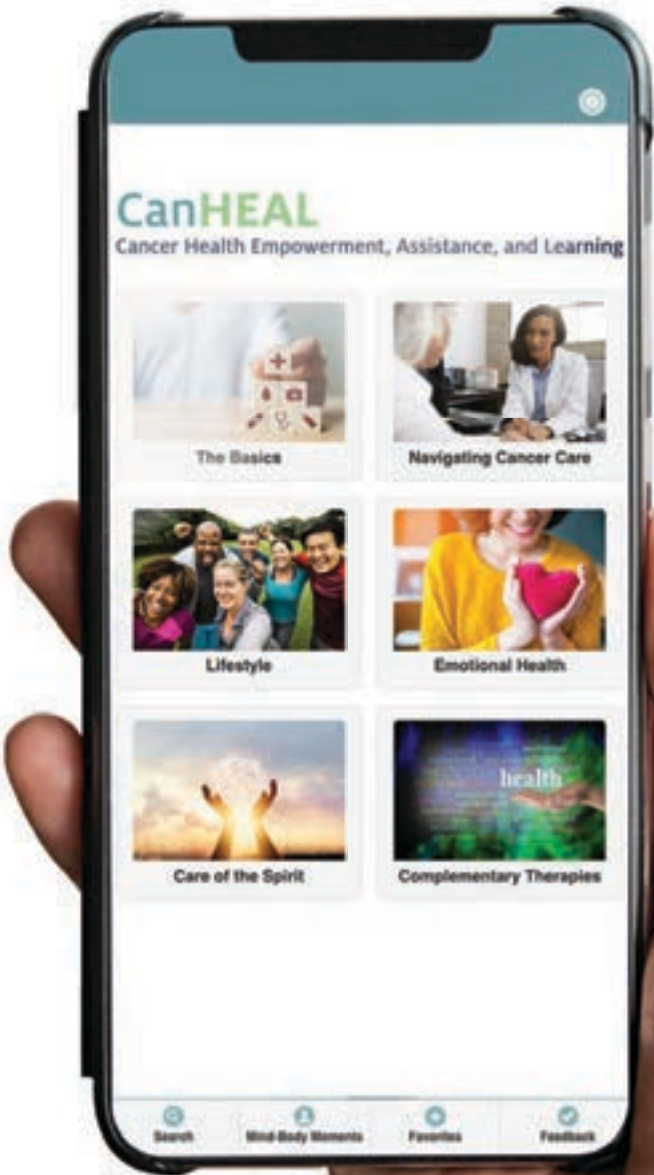
- Confidence level (4.36\*) to discuss what they learned with their healthcare provider
- Perceived knowledge (4.16\*) of IM approaches to cancer treatment

## Healthcare Provider:

- Confidence level (4.52\*) to discuss what they learned with their patients
- Likelihood (4.48\*) that they would recommend CanHEAL to their patients

# Foundation Support

Grace US Foundation  
Scheidel Foundation



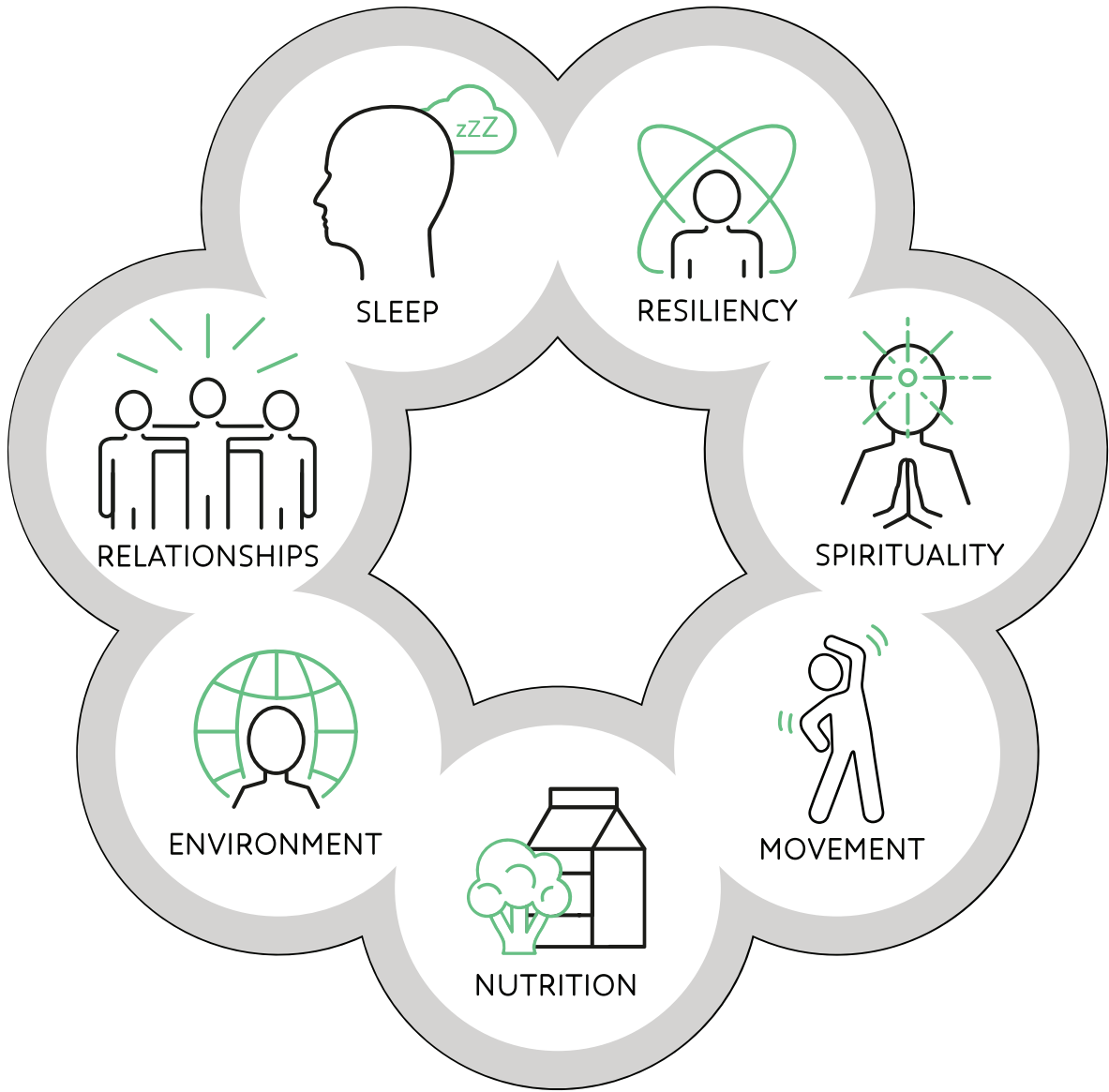


# My Wellness Coach: Integrative Health Self-Care

My Wellness Coach (MWC) is the Center’s first mobile app and was designed specifically for the public. MWC is a mobile integrative health tool that applies motivational interviewing principles to support individuals in making healthy behavioral changes to lifelong habits. This evidence-based approach teaches self-care, and promotes personal healing that can help prevent disease, improve control of chronic conditions, and enhance wellness.

Unlike other currently available apps that primarily provide information, MWC uses engagement techniques to enhance motivation to support healthy behavior changes. Individuals explore the 7 Core Areas of Health: movement, nutrition, sleep, relationships, environment, spirituality, and resiliency. The app provides customized feedback and walks you through creating a SMART goal, action steps, and delivers reminders and encouragement to make healthy changes.

My Wellness Coach launched on the App Store and Google Play in March 2020. It is available in English and Spanish, and Free! Since that launch, more than 1,000 people per month have installed the app!



## MWC is currently the research subject of an Arizona Cancer Center pilot project:

Title: MYHEALTH: Mobile Myeloproliferative Health Empowerment Tool. A Pilot Study; PI: Krisstina Gown, DO.

Summary: Myeloproliferative neoplasms (MPN) are malignancies afflicting approximately 350,000 patients in the United States. The purpose of the study is to examine the feasibility and explore effectiveness on improving symptom burden [i.e., fatigue, pain, psychosocial disorders, sleep disturbance, sexual dysfunction]. The pilot assesses a 12-week MWC app intervention in MPN patients. This study is significant in that it provides a self-management strategy that is easy to disseminate via an accessible mobile-based approach. The study is innovative in that it is the first to test a global wellness app to self-manage symptom burden and improve quality of life.



## 2020 PRESENTATION

Brooks AJ, Burke MK, Crocker R, Yuan NP, Cook P, and Maizes V. My Wellness Coach: Evaluating an Integrative Health Mobile App for Behavior Change in Underserved. Poster presentation. Osher Center’s Virtual Integrative Medicine Network Forum: Resiliency, Education, Diversity, in collaboration with Brigham and Women’s Hospital and Harvard Medical School; November 6, 2020.





# RESEARCH

The Center's research program strives to be at the forefront to convert basic science findings to IM practice, to develop corporate health improvement research, and to evaluate the effectiveness of our educational programs.





## A message from research director Dr. Esther M. Sternberg



It has been a privilege to apply my expertise to help address the pandemic and to pull together teams of experts across the University of Arizona to develop tools to help the leadership identify and mitigate risks. Knowing that the products of our research can help keep the campus safe, as well as communities beyond it, has made the pressures of the pandemic more tolerable and has given our team members meaning amidst the chaos. Knowing that we are part of a vast army of researchers around the world applying their skills to address every aspect of the pandemic has given me hope that we will come out of this stronger and safer in the long run.

In March 2020, the Center's research programs quickly pivoted to address COVID-19 issues. We contributed information through website resources, podcasts, webinars, symposia, task force advising, and public service announcements on pandemic-related stress, sheltering in place, and resilience within the built environment.

### New Research Projects

- Developing techniques to measure molecules in sweat and saliva that can help identify those at greater risk for severe, long-term consequences from the coronavirus. This will inform development of home test kits, especially important for high-risk groups
- Working with federal, national, and international building standard-setting organizations to disseminate and incorporate our pandemic-related findings into healthier building standards
- Creating new tools such as DASH-SAFE [see below] for COVID-19 detection and mitigation.



### Ongoing Research Projects at the Institute On Place, Wellbeing And Performance (Ipwp)

In 2020, IPWP's multi-disciplinary research teams continued work to quantify stress, health, and wellbeing outcomes in real time and place. These explored the built environments including office space, schools, and healthcare facilities. Employing non-invasive micro-devices and analytic algorithms developed at the UArizona, this data can be used to help occupants optimize the work environment for their health and wellbeing, creativity, and productivity. Concurrently, we are assessing economic outcomes that help organizations calculate the "Return on Investment" of these interventions.

### DASH-SAFE: A Personal Real Time Risk-Assessment, Risk-Management, Navigation and Automated Alarm Tool

To assist the UArizona as it reopened during the COVID-19 pandemic, our IPWP research team designed and implemented DASH-SAFE, a mobile dashboard to help users visualize in real time the safety of specific areas on campus. The DASH-SAFE tool provides individuals with navigation routes based on detected risks as well as people's movement throughout the day. It supplies building managers with real time information about risky spaces to help them address potential viral spread thereby keeping campus occupants safe.

The tool includes risk assessment based on subjective observation, objective building systems and operations data, and predictive modeling of occupancy and movement through campus. The master DASH-SAFE dashboard receives inputs from multiple surveillance technologies, and maps risk areas onto an interactive Geographic Information System (GIS) map of the UArizona campus to spatially and temporally overlay and visualize locations of: 1) risk areas related to observed adherence to CDC COVID-19 guidelines; 2) objective building design and building systems and operations score assessing occupancy, density, and air exchange rates; and 3) predictive modeling of movement of people through campus over time based on known class schedules, WiFi, and other occupancy data. An automated alarm system instantly alerts facilities management personnel to hot spots for mitigation when clusters of risk rise to a pre-determined threshold.

DASH-SAFE will be piloted and evaluated for effectiveness in 2021. Our goal is to serve as an integral tool to establish and maintain UArizona campus wellbeing during the pandemic.





# DEVELOPMENT

The support of our donors, sponsors, and partners continues to be the lifeblood of our progress and our programs as we have grown and expanded for more than 26 years. We are grateful for the generosity and partnership that enables the Center to respond to critical healthcare needs and, at the same time, work to weave IM into the fabric of medical practice worldwide.





# Philanthropy and Partnership

Philanthropy has always been the Center’s backbone of sustainability!

Even though the COVID-19 pandemic upended medical education and clinical routines in unprecedented ways, our donors and partners were responsive, engaged, and nimble—ensuring that the Center’s work to battle this crisis through education would continue. Financial support of programs especially effective in clinical care, scholarship aid for healthcare professionals and modified foundation submission and reporting deadlines to relieve stressful working conditions are but a few of the methods that sustained us. Additional funding was received to further our commitment to diversity and inclusion, and to initiate a capital campaign for the future construction of the new Andrew Weil Center for Integrative Medicine. We are forever grateful!

# Endowment

Comment by UArizona President Robert C. Robbins on the day of announcement:

*The UArizona Center for Integrative Medicine has a longstanding history of leadership in promoting a healthful lifestyle and taking greater responsibility for our own health, due to Dr. Andrew Weil’s vision and innovation. We owe Dr. Weil a debt of gratitude for making integrative medicine a significant component of our nation’s medical education, practice and research. It is truly fitting that the Center will now bear his name.*

Dr. Andrew Weil committed \$15 million to name the Andrew Weil Center for Integrative Medicine. In addition to naming the Center, this commitment established three endowments: the Andrew Weil Endowed Chair in Integrative Medicine, the Andrew Weil Endowed Chair for Research in Integrative Medicine, and the Andrew Weil Endowed Program Fund for Integrative Medicine.

Victoria Maizes, MD, the Center’s executive director, is the inaugural holder of the Andrew Weil Endowed Chair in Integrative Medicine. Dr. Maizes has been with the Center since 1998 and stewarded its growth from a small program educating four residential fellows a year to scaling it globally and training more than 5,000 healthcare professionals annually. The Center’s reach under her leadership includes collaborations with more than 100 residency sites, faculty mentorship, and the inspiration for numerous IM programs across the world.

Dr. Esther Sternberg, director of research for the Andrew Weil Center for Integrative Medicine since 2012, is the inaugural holder of the Andrew Weil Endowed Chair for Research in Integrative Medicine. Dr. Sternberg’s research in brain-immune interactions and the effects of the brain’s stress response on health is internationally recognized. She is founding director of the UArizona Institute on Place, Wellbeing and Performance, an interdisciplinary institute linking health professionals and design professionals to research and create spaces that support health and wellbeing.

This exceptional gift ensures the Center’s sustainability and its position as the world’s leader for innovative educational programs, evidence-based clinical practice and research that substantiates the field of IM and influences public policy.

## Dr. Weil reflected on the Center’s history:

*This gift marks the high point of my career at the University of Arizona. More than 20 years ago, with strong support from (then Vice President for Health Sciences) Jim Dalen, the College of Medicine and the Tucson community, we established the nation’s first Fellowship in Integrative Medicine with the aim of redesigning the education of physicians, physicians-in-training, and allied health professionals. We believed by doing this, we could impact our nation’s struggling health care system by providing it with doctors trained to focus on the innate healing potential of patients. In addition to the best practices of modern medicine, we emphasized nutrition, a healthful lifestyle, natural therapies, mind-body interventions, and spirituality. Perhaps those concepts were seen as radical in*



*some circles, but today they are accepted as mainstream by most practitioners and by the estimated 10 million patients our program has directly and indirectly impacted.*

# Building a Healthy Workplace & the Center’s Future

The Center’s most exciting venture in 2020 was beginning to design and build the home for the Andrew Weil Center for Integrative Medicine. As part of the University of Arizona Health Sciences Campus, this three-building complex will embody the principles of IM and the core areas of a healthy workplace. It will bring together our diverse and multi-talented faculty and staff, generating new opportunities for synergism and innovation.

In the midst of planning a design, response to the COVID–19 pandemic became imperative. We modified the building design to minimize viral spread and individual susceptibility. These adjustments have resulted in spatial layout and flexible spaces to support physical distancing while encouraging social interactions.

The work to define and create this state-of-the-art healthy building is being guided by Dr. Esther Sternberg, the Center’s research director and head of the Institute on Place,

Wellbeing and Performance, and a leadership team of Drs. Andrew Weil and Victoria Maizes, and the architectural firm Line and Space, LLC. Initial plans are exploring the use of recycled, non-toxic, sustainable materials in flooring, walls, and furniture. Spaces dedicated to education and research include a demonstration kitchen, a living lab for testing new technologies and the effects of design elements on health and wellbeing, and multi-purpose venues for learning.

The shape of the building provides open office design and various areas where staff can choose to sit and work throughout the day. Smart systems for fresh air exchange, sunlight, temperature, and humidity will be integrated for comfort needs. Multiple quiet spaces will be oases for meditation, peace, and calm. And outdoor destination areas will include patios and a roof garden.

The Center’s new home will be an architectural showcase, but so much more—a tangible statement brought to life by the scientific and integrative approach for wellbeing in our world. What better way to end a pandemic than with another step toward the transformation of healthcare by incorporating IM belief and practice into a building for the future!

# Charitable Contributions and Grants (CY 2020)

## Foundations & Individuals

Ardmore Institute of Health • Black Family Foundation • Blackstone Ranch Institute • Grace US Foundation • Greer Foundation • Karen J. Lytle • Barbara Crisp & Mark Nemschoff Foundation • Louis and Rachel Rudin Foundation • Myles D. and J. Faye Sampson Family Foundation • Silicon Valley Community Foundation • Paul Stamets • US Charitable Gift Trust • Weil Foundation

We also want to recognize the many individuals who contributed additional financial support during this challenging year. It is appreciated.

## Endowments

The JKL Fund for the Andrew Weil Center for Integrative Medicine—Jolita Leonas-Arzbaecher • Jewish Community Federation & Endowment Fund

## Grants

Lockheed Martin–Subcontract Intelligence Advanced Research • Projects Activity (IARPA) Multimodal Objective Sensing to Assess Individuals with Context (MOSAIC) • Arizona Commerce Authority • U.S. Air Force Research Labs • University of Arizona Research, Innovation & Impact • Pharmavite • Nano- Bio Manufacturing Consortium





THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

# Andrew Weil Center for Integrative Medicine

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For information in an alternate format (Braille, digital, tape or large print), please contact [awcim-development@list.arizona.edu](mailto:awcim-development@list.arizona.edu)

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