



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Andrew Weil Center
for Integrative Medicine

2021 ANNUAL REPORT



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THE CENTER

THRIVING THROUGH CHALLENGING TIMES

The Center has a new home on the horizon. We have completed a \$23 million campaign to build the Andrew Weil Center for Integrative Medicine. Thanks to your commitment to our Center, it is 100% donor funded. Groundbreaking will begin in May 2022 for the three-building complex that is a long-held dream come true. We are excited for the enhanced synergy between faculty and staff together in one location, as well as a place to welcome our community and demonstrate the principles of a health-promoting building!

While working at a distance was necessitated by the second year of the pandemic, we increased our public involvement. We expanded our online public programming with IMmersive, a monthly healing series, and we continued the podcast, Body of Wonder, designed to acquaint listeners with new ways to think about health. Additionally, we facilitated the launch of a telemedicine platform for New York patients to connect with independent integrative medicine (IM) practitioners [awihealth.com]. The portal also works to enable formation of a collaborative care community of integrative healthcare providers.

At the same time, we enhanced and expanded our curricular content and saw record numbers of enrollees. Close to 5,000 attendees utilized the Center's online individual courses. And, generous donors and foundations provided 50 scholarships to Fellowship participants and Integrative Health & Lifestyle Program (IHeLP) students, greatly helping those in need and expanding our commitment to diversity, equity, and inclusion.

Program expansion also included new educational partnerships at home and abroad. Our Center coaching program can now be applied to a Master of Science and Integrative Health & Wellness Coaching certification at Drexel University [Pennsylvania]. A new partnership with Maharishi International University [Iowa] will be built upon our Foundational Fellowship Curriculum. Abroad, practitioners at Ireland's largest health insurance company are training in our IM programs.

The Center's research program also made great strides this year. A new project, funded by the National Institutes of Health, is using non-invasive technology to investigate healthy aging. Simultaneously, ongoing projects from the Center's Institute on Place, Wellbeing & Performance (IPWP) are examining the effects of built environments on health and wellbeing.

These challenging times have fully revealed the importance of IM education to the professionals delivering care, and the significance of our work as educators and clinicians. Coming out of the pandemic, everyone recognizes the need for healthy lifestyle – the cornerstone of Integrative Medicine!

We are ever grateful to you for the support that helped make all this possible.

Best in health,

Andy + Victoria



THE FUTURE HOME FOR ANDREW WEIL CENTER FOR INTEGRATIVE MEDICINE

The UArizona and UArizona Health Sciences announced the completion of a \$23 million, 100% donor-funded effort to build a new home for the Andrew Weil Center for Integrative Medicine.

The 30,000-square-foot facility on the UArizona Health Sciences campus will embody principles of integrative health to benefit the wellbeing of staff, learners, and visitors.

Surrounded by desert gardens and linked by a series of pathways, each of its three buildings will represent an aspect of the whole person:

MIND – The Center’s administrative functions

BODY – Education and wellness activities for healthcare professionals and the public

SPIRIT – A tranquil environment for spiritual engagement and meditation



"I have long dreamed of having a physical home for our Center... The building design draws on the principles of integrative medicine and will represent that field to the university, the community and the world."

Dr. Andrew Weil
FOUNDER AND DIRECTOR

"These buildings will manifest integrative medicine principles as health-promoting workspaces. They will serve the Center as teaching and research sites and offer innovative programming to the community."

Dr. Victoria Maizes
EXECUTIVE DIRECTOR

MAJOR CONTRIBUTORS INCLUDE

- Iris Cantor and the Iris & B. Gerald Cantor Foundation
- Jolita Leonas-Arzbaeher
- Diamond Family Foundation
- Humberto and Czarina Lopez
- Norma Lollar Family
- Karen and Stephen Malkin and Family



LEADERSHIP

WE WELCOME TWO NEW DIRECTORS WHO EACH BRING TALENT, EXPERIENCE, ENERGY, AND NEW IDEAS FOR THE CENTER'S FUTURE.



SCOTT GIMPLE, MBA
Director of Operation



STEPHANIE FEDER
Director of Business Development

ANDREW WEIL, MD

Founder and Director,
Professor of Medicine
and Public Health,
Lovell–Jones Endowed Chair
in Integrative Medicine

VICTORIA MAIZES, MD

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

ESTHER M. STERNBERG, MD

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

RANDY HORWITZ, MD, PHD, FACP

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

PATRICIA LEBENSOHN, MD

Director of Academic Collaborations,
Professor of Clinical Family and
Community Medicine

MARI RICKER, MD, FAAFP

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

ANN MARIE CHIASSON, MD, MPH

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

LISE ALSCHULER, ND

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

ROBERT L. CROCKER, MD

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

DEVORAH MORRIS CORYELL

Director, Integrative Medicine
Elective Rotation

MOLLY K. BURKE, MFA

Director of Online Education

WAYS WE CONNECT

EXPANDING OUR ONLINE PUBLIC PROGRAMMING AND PATIENT CARE

IMMERSIVE

More than 4,200 viewers have benefited from our new healing series, IMmersive, presented live on Zoom. Each 30-minute session is led by a different IM healer followed by a Question & Answer period with the presenter. IMmersive is free-of-charge to all participants. Sessions are recorded and made available for later viewing on our YouTube channel. Most popular 2021 topics included: Heart-Centered Meditation by Ann Marie Chiasson, MD, MPH [1,370 views], Cooking Demonstration by Rebecca Schultz, MS [664 views], and Shamanic Journey by Jana Din [643 views].

TELEMEDICINE

The Andrew Weil M.D. Integrative Health Telemedicine Platform for New York patients is now available and powered by the Oxygen Healthcare electronic portal at: awihealth.com. Patients use the portal to register and schedule appointments, complete pre-visit forms, have a virtual visit, and connect wearable technology devices directly to their medical record.

Oxygen's telemedicine platform has been IM customized and offers patients interaction with skilled independent IM practitioners in New York, each a Center graduate. Areas of integrative expertise include: cardiology, rheumatology, health and wellness coaching, exercise fitness, internal medicine, speech-language pathology, women's health, men's health, and swallowing disorders.

"This telemedicine initiative provides a critically important service to patients who need or want care beyond what conventional medicine offers and provides an exciting platform for integrative medicine professionals to form a collaborative care community."

Victoria Maizes, MD
EXECUTIVE DIRECTOR

BODY OF WONDER

In this podcast, Drs. Andrew Weil and Victoria Maizes host insightful conversations with thought-provoking doctors, specialists, authors, and researchers. They dive into ideas that are changing medicine and discuss the latest research. Most popular topics in 2021 included



Mind-Body Approaches to Understanding & Healing Chronic Pain with Howard Schubiner, MD
1,971 YouTube views



Medical Cannabis with Ethan Russo, MD
1,282 YouTube views



Exploring Trauma, Addiction, and Emotional Pain with Dr. Gabor Maté, MD
1,177 YouTube views

EPISODES ARE AVAILABLE ON:



EDUCATIONAL PROGRAM HIGHLIGHTS

WE ARE HONORED THAT EVEN DURING THESE CHALLENGING TIMES, OUR PROGRAMS HAVE GROWN, TRAINING RECORD NUMBERS OF HEALTHCARE PROFESSIONALS.

FELLOWSHIP IN INTEGRATIVE MEDICINE

Teaches a transformative method of patient care with emphasis on the individual, prevention, and treatment. Its alumni [1,879] and current enrollees [280] hail from all over the world—throughout the U.S. and 26 different countries and territories.

INTEGRATIVE MEDICINE IN RESIDENCY

A competency-based curriculum that introduces IM to residents, is now in use at 110 institutional programs [107 nationwide and 3 international] and counts 2,748 residents [994 current and 1,754 alumni]

INTEGRATIVE HEALTH & WELLNESS COACHING PROGRAM

With 90 alumni and 42 current enrollees, is certified by the National Board for Health & Wellness Coaching as an “approved training program.”



INTEGRATIVE MEDICINE ELECTIVE ROTATION

For fourth-year medical students and residents, has doubled enrollment in the past year [Spring 2021: 54 students / Fall 2021: 37 students] and counts 567 alumni.

INTEGRATIVE MEDICINE DISTINCTION TRACK

Gives students the opportunity to study the philosophy and practice of IM throughout their four years of medical school—48 graduates and 53 current students.

WELLNESS & LIFESTYLE SERIES

Offers five units in a flexible self-paced format, covering a variety of topics on integrative approaches to health—59 enrollees have completed the Series.

NATIONAL CENTER FOR INTEGRATIVE PRIMARY HEALTHCARE FOUNDATIONS

In Integrative Health—6,621 lifetime enrolled / 2,083 completed certification.

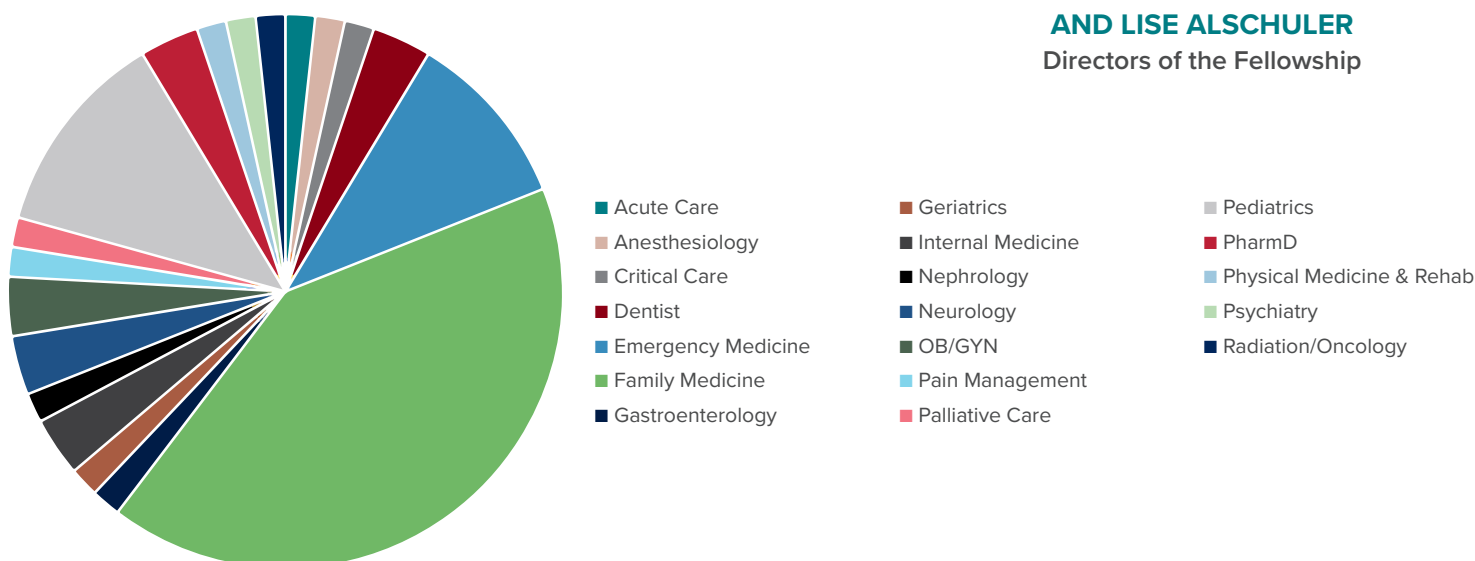
PREVENTION AND WELLNESS

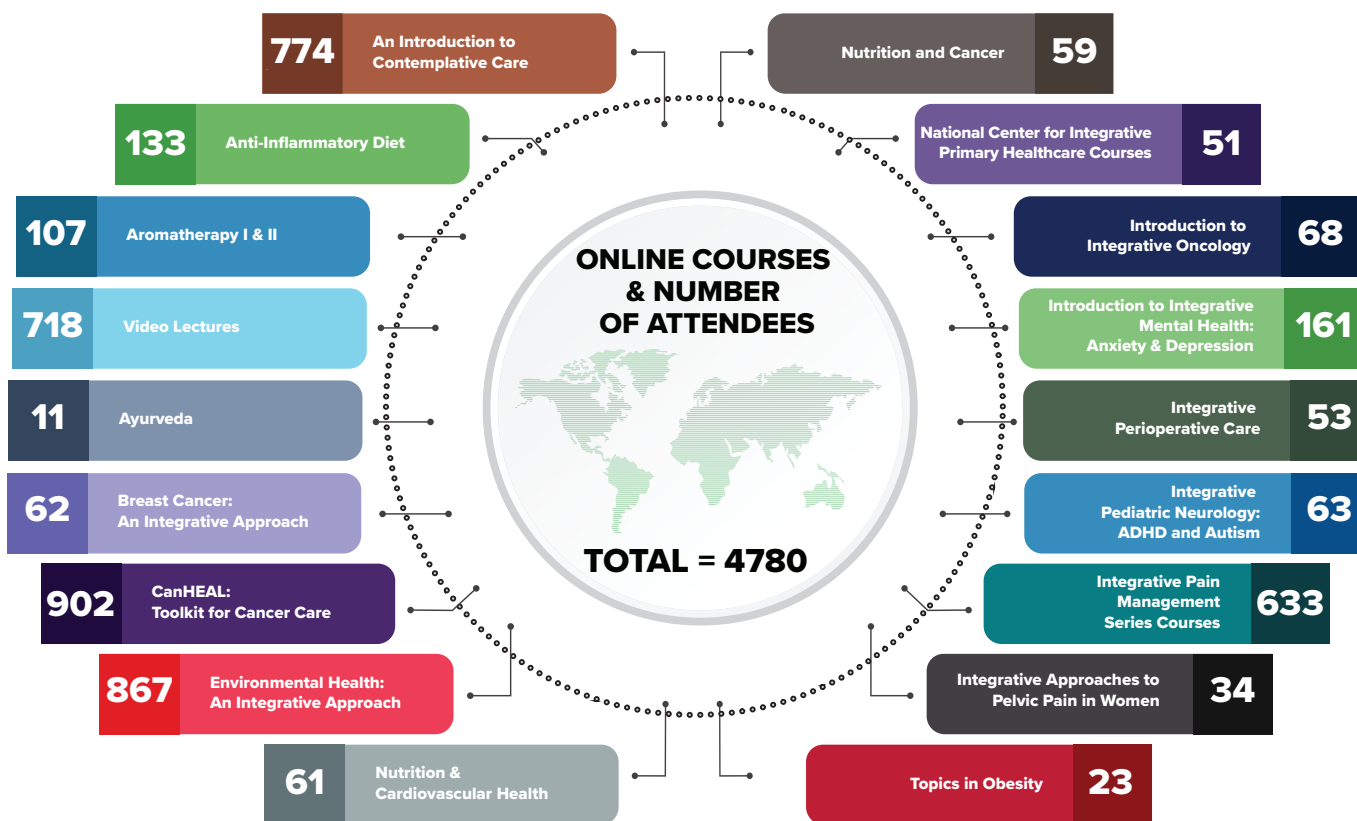
With 644 graduates and 36 currently enrolled, is a course for 4th year medical students and residents.



DRS. ANN MARIE CHIASSON AND LISE ALSCHULER
Directors of the Fellowship

RECENT FELLOWSHIP CLASS BY SPECIALTY





GENEROUS DONORS AND FOUNDATIONS HAVE PROVIDED SCHOLARSHIPS

\$140,000

Awarded in Fellowship
Scholarship for 2021

37

for learners who work with the underserved

\$30,000

Awarded in IHeLp
Scholarship for 2021

13

for learners who work with the underserved

Research on Health & Wellbeing

The Healthcare Professional Wellbeing (HPW) course launched as part of IMR in October 2021. It explores foundational knowledge about wellbeing, as well as systemic and organizational issues unique to the healthcare system [e.g., strategies to build healthy resilience, manage chronic stress, prevent burnout, and practice mindfulness]. An assessment was designed to investigate the impact of the course on learners, measuring long term resiliency and wellbeing vs a control cohort. Approximately 2,400 residents have enrolled in this HPW study which will be completed in June 2022.

2021 INTEGRATIVE MEDICINE IN RESIDENCY INNOVATION AWARDEE



ANNE KENNARD, DO
*Department of Obstetrics
and Gynecology*
*Associate Program Director,
Marian Regional Medical Center*
Santa Maria, California

Dr. Kennard was selected by the Center's National Advisory Board members for her pilot of the Integrative Medicine Skills for Residents, and expansion of its content to create a longitudinal wellness curriculum for both the Family Medicine and OBGYN residencies. Dr. Kennard is also the site leader for the IMR program and has designed and implemented an IM specialty clinic, providing IM consults alongside the IMR track residents.

FACULTY HONORED WITH INDIVIDUAL AWARDS THIS YEAR



MARI RICKER, MD, FAAFP
Director, was awarded the 2021 Vernon and Virginia Furrow Excellence in Teaching Award for innovation in medical education for development of the Healthcare Professional Wellbeing course.



PATRICIA LEBENSOHN, MD
Director, received a 2021 College of Medicine–Tucson individual award for Faculty Excellence in Diversity, Equity, and Inclusion (DEI) in recognition of her impact to advance DEI.

CLINICAL MENTORSHIP PROGRAM

The group Clinical Mentorship Program, now in its second year, provides Fellows with guidance on the clinical application of the Fellowship curriculum. Fellows meet virtually in small groups bi-weekly for a year with their specialty-matched mentor. Clinical topics are taught through case presentations and dialogues. Fellows report that the mentorship increases their excitement, confidence, and skills in integrative care. They also experience enhanced connections with other Fellows. Program success relies on the expertise and dedication of the 20 participating clinical mentors—all Fellowship graduates. Two mentors who illustrate the program's breadth and expertise are:



JOY WEYDERT, MD

Clinical Professor
Integrative Medicine and Pediatrics
The University of Kansas Health System
Kansas City, Kansas
2002 Fellowship graduate

“One of the greatest treasures of mentoring the Fellows in this program is seeing their confidence grow as they discussed cases and developed detailed IM treatment plans for their patients. Many Fellows said they learned much from the curriculum but felt uncertain how to put that knowledge into practice. Having the support of their colleagues, hearing of the successes in the case follow-ups, and having guidance from a seasoned mentor gave them the courage and confidence to practice Integrative Medicine as intended, which also gave them great satisfaction.”



ADAM GAVSIE, MD

Clinical Assistant Professor
Faculty of Medicine
Department of Family Medicine
McGill University
Montreal, Canada
2008 Fellowship graduate

“The mentorship program is a wonderful addition to the Fellowship that catapults it off the screen and into a rich and interactive experience. It has been so fulfilling to share my experience and knowledge and engage with groups of enthusiastic, open-minded Integrative Medicine Fellows.”

DEVELOPING NEW PARTNERSHIPS

OPPORTUNITY TO EXPAND GLOBALLY

VOLUNTARY HEALTH INSURANCE OF IRELAND (Vhi)

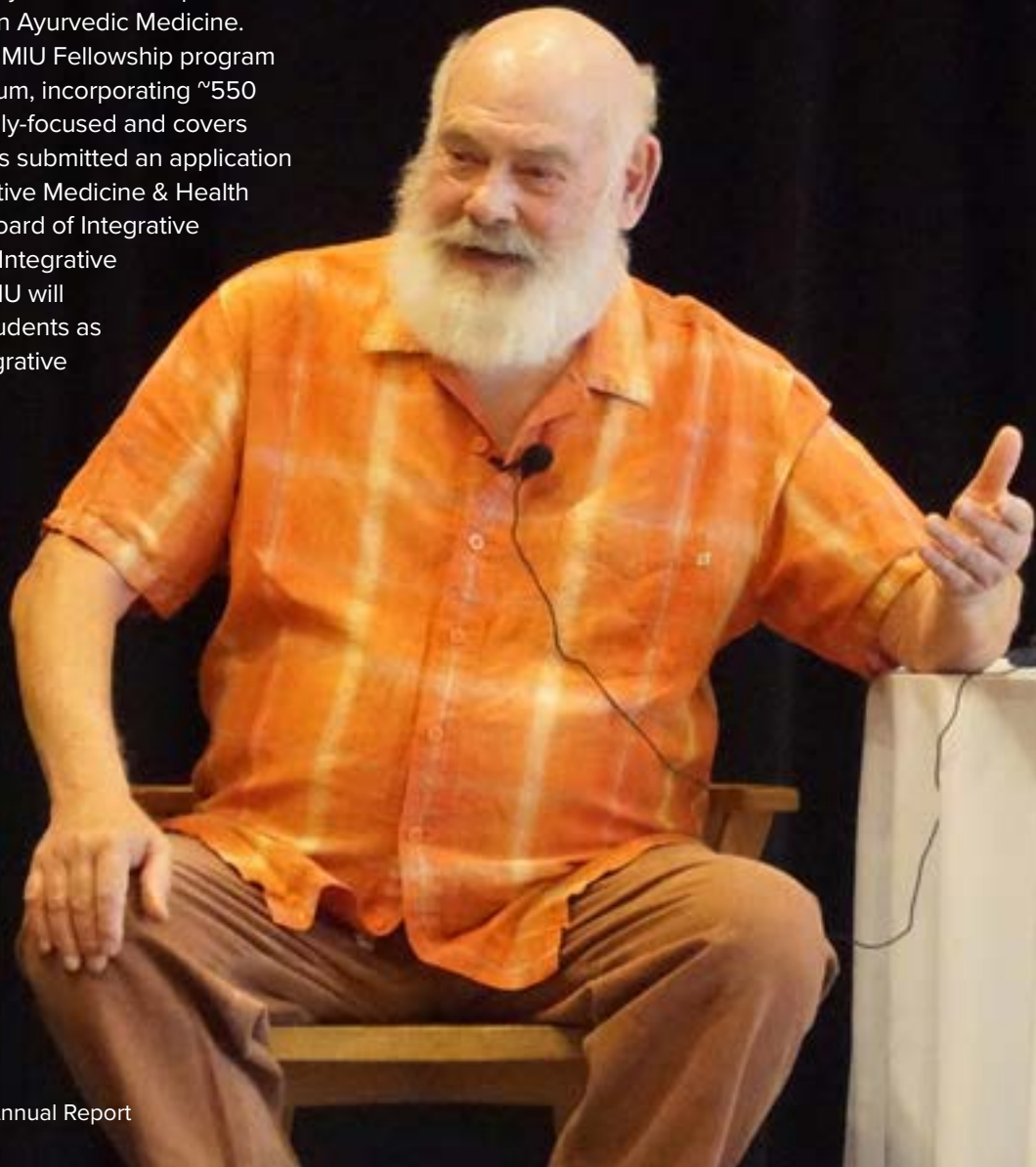
Vhi Healthcare is Ireland's largest health insurance company with a mission to help members live longer, stronger and healthier lives. Key to this mission is Vhi Health & Wellbeing which pioneers a new model of care with an emphasis on integrative health and medicine. Through a partnership with the Center, their Health & Wellbeing practitioners are training in our IM programs. Thus far in 2021 more than 120 trainees have enrolled in or completed one of the following programs: Integrative Health & Wellness Coaching, Fellowship in Integrative Medicine, Integrative Health Team Training, Foundations in Integrative Health, and Wellness & Lifestyle Series. We look forward to welcoming more of their employees to our programs over the next few years.

DREXEL UNIVERSITY

Drexel University and the Center are collaborating to offer a unique Pathway Program. Drexel College of Nursing and Health Professions students have the opportunity to earn credits towards a Master of Science (MS) in Complementary and Integrative Health (Drexel University) and a certification in Integrative Health & Wellness (IHW) Coaching from the Center. IHW Coaching certification brings with it eligibility for the national board exam for health and wellness coaches. Drexel students are scheduled to begin their training in 2022.

MAHARISHI INTERNATIONAL UNIVERSITY

Maharishi International University (MIU) and the Center are collaborating on the creation and delivery of a Fellowship in Integrative Medicine with an emphasis in Ayurvedic Medicine. The Center is providing a portion of the MIU Fellowship program with a Foundational Fellowship Curriculum, incorporating ~550 hours of online curriculum that is clinically-focused and covers many specific integrative topics. MIU has submitted an application to the Academic Consortium for Integrative Medicine & Health for approval/recognition by American Board of Integrative Medicine as an approved Fellowship in Integrative Medicine program. It is expected that MIU will begin offering this new Fellowship to students as an accredited Master of Science in Integrative Medicine & Ayurveda in Fall 2022.



CONFERENCES

THE CENTER'S NATIONAL CONFERENCES PROVIDE A PLATFORM TO BRING THE MOST CURRENT INTEGRATIVE MEDICINE RESEARCH RESULTS AND APPLICATIONS TO LARGE AUDIENCES.



In May, 851 attendees participated in the Center's Integrative Medicine Summit 2021: Clinical Challenges and Solutions. The Summit provided three days of leading-edge research presentations about emerging, innovative, and established integrative health techniques. Live sessions by experts covered Immunology and Infectious Diseases, Neurology and Brain Science, and Hot Topics in Integrative Medicine.

JOIN US FOR OUR NEXT EVENT:

Integrative Medicine Summit 2022: Translating Science into Clinical Practice
Virtual Conference
May 6, 2022

Bringing together physicians, researchers, experts, and authors for an exciting day of exploring leading-edge integrative health topics. The 100% virtual conference will feature speakers including: Andrew Weil, MD; Suzanne Devkota, PhD; and James Fadiman, PhD. Featured topics include: psychedelic-assisted psychotherapy, immune modulation, geroscience, and the microbiome.

For more Summit information and registration, please go to:
<https://integrativemedicine.arizona.edu/events/index.html>



RESEARCH


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

A major peer-reviewed publication* from the Center's Institute on Place, Wellbeing, & Performance (IPWP) in 2021 sought to instantiate wellbeing in the built environment. This framework can guide design and health professionals to include elements of the built environment that support health including: access to natural and circadian electrical lighting, views, connections to nature, indoor air quality, control of one's environment, and spatial layout.

*Engineer, A., Gualano, R. J., Crocker, R. L., Smith, J. L., Maizes, V., Weil, A., & Sternberg, E. M. (2021). An integrative health framework for wellbeing in the built environment. *Building and Environment*, 205, [108253]. <https://doi.org/10.1016/j.buildenv.2021.108253>

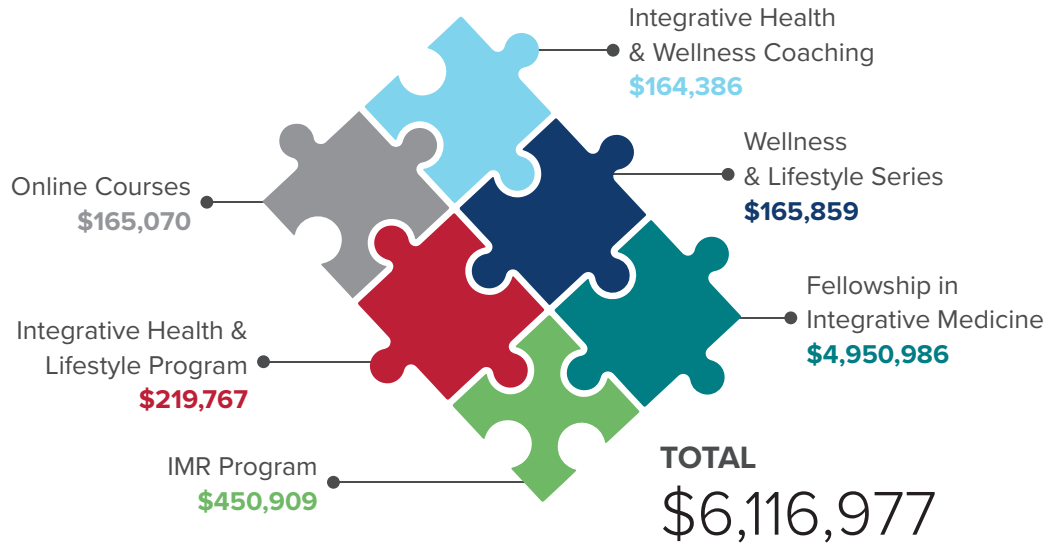
- In 2021 Dr. Sternberg's research team was awarded a \$2 million grant from the National Institutes of Health to fund the "Non-Invasive Technology Core" portion of Precision Aging Network (PAN), a multi-university nationwide research project on healthy aging. The team will measure sweat biomarkers, speech patterns, and movement characteristics to assess cognitive performance non-invasively. Well over one hundred thousand participants are being studied across the U.S. in the parent study.
- The team is also carrying out studies to measure the carbon dioxide bubble that we all exhale and determine the impact of various environmental interventions on the bubble.

The Center's IPWP research projects are highly interdisciplinary and involve collaborations with the College of Architecture, Planning and Landscape Architecture, College of Engineering, College of Science, College of Agriculture and Life Sciences and the Data Science Institute.



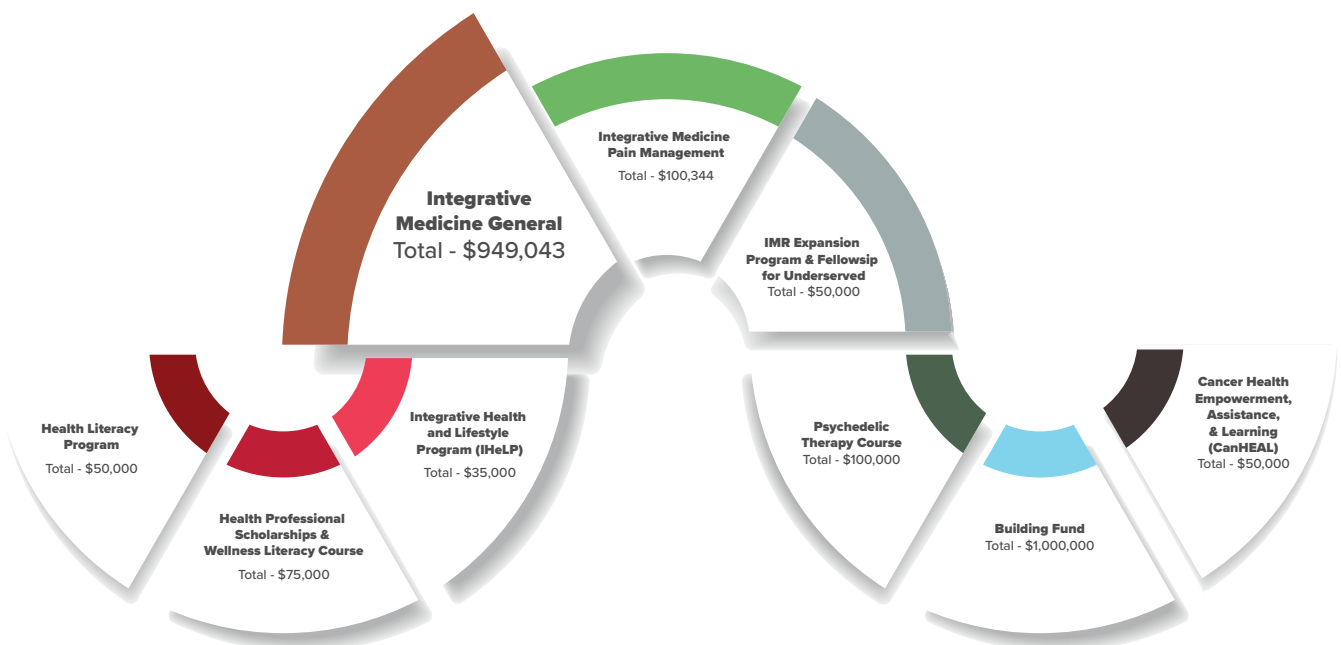
*Dr. Esther M. Sternberg, Director,
in her research lab.*

REVENUE BY PROGRAMS



PHILANTHROPY HAS ALWAYS BEEN THE CENTER'S BACKBONE OF SUSTAINABILITY. WE APPRECIATE THE TRUST OF OUR LONGTIME ASSOCIATES AND LOOK FORWARD TO NEW PARTNERSHIPS AS WE WORK TO TRANSFORM HEALTHCARE.

2021 ANNUAL REPORT FOUNDATION ACTIVITY



Deepest gratitude to the individual donors and family foundations that made this possible.

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