The University of Arizona 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.
Expanding the Scope of Integrative Medicine Programs

As 2015 comes to a close, we are so grateful for the opportunities that enabled us to grow our programs and expand into new areas. This year has been exceptional, with multiple projects that will truly transform the delivery of healthcare.

The National Center for Integrative Primary Healthcare made great strides in its first full year. This collaborative project with the Academic Consortium for Integrative Medicine and Health, supported by a grant from the Health Resources & Services Administration, is addressing strategies to expand integrative medicine to underserved populations. At the same time, we began developing our first course for the public. The Integrative Health Self-Care program is an evidence-based approach to teach patients self-care and promote personal healing. We expect that it will lead to better disease prevention, improved management of chronic conditions, and enhanced wellbeing.

As we have expanded our educational programs to include the public, our integrative medicine in residency (IMR) training has also grown in numbers, locations, and specialties. Today 1,311 residents are enrolled and 488 have graduated from 67 primary care residency sites in the U.S., Canada, and Taiwan. Specialties licensing our IMR curriculum now include family medicine, internal medicine, pediatrics, preventive medicine, physical medicine and rehabilitation medicine, with a pilot project in psychiatry that began this year. Every day, these residents deliver IM care to patients at their clinical training sites.

Also this year, our research efforts have taken off. Preliminary data from our Integrative Primary Care Trial reveal a 12% increase in perceived patient overall wellbeing after one year of care and extremely high levels of satisfaction with the multiple aspects of the care they are receiving. In addition, our Lab-in-a-Bandage technology project is now a core research component of the FlexTech Alliance, working to secure U.S. leadership in the next generation of advanced manufacturing.

This expansion of Center programs across education, research, and clinical care spreads the philosophy and practice of IM within the medical establishment. We are ever grateful for the support you contribute to this ongoing transformation of medicine and healthcare.

Best in health,

Andy & Victoria
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 and Community Medicine and Public Health

Hilary McClafferty, MD, FAAP
Director of Pediatric Integrative Medicine in Residency, Interim Director of the Fellowship, Associate Professor of Clinical Medicine and Pediatrics

Esther M. Sternberg, MD
Director of Research, Director, Institute on Place and Wellbeing, Professor of Medicine

Randy Horwitz, MD, PhD
Medical Director, Director of Integrative Medicine Distinction Track, Associate Professor of Clinical Medicine

Patricia Lebensohn, MD
Director of Integrative Medicine in Residency, Professor of Clinical Family and Community Medicine

Ann Marie Chiasson, MD, MPH, CCFP
Assistant Director of the Fellowship, Clinical Assistant Professor of Medicine

Kieran Richardson, MS
Director of Operations

Kenneth R. Pelletier, PhD, MD (hc)
Director of Corporate Health Improvement Program, Clinical Professor of Medicine, Family Medicine and Public Health

Molly K. Burke, MFA
Director of Online Education

Robert L. Crocker, MD
Director of Strategic Clinical Planning and Implementation, Clinical Assistant Professor of Medicine
Facility Honors & Awards

Center directors, Drs. Victoria Maizes, Randy Horwitz, and Patricia Lebensohn were ranked among the 2014-15 Best Doctors in America. This prestigious national list, compiled for more than 20 years by Best Doctors, Inc., is based on a biennial survey of tens of thousands of leading physicians who were asked whom they would go to for treatment in their own specialty.

Randy Horwitz, MD, PhD – Founding Member, Chair, American Board of Integrative Medicine, and Scientific Advisory Panel, International Foundation for Autoimmune Arthritis.

Patricia Lebensohn, MD – Elected as member of Academy of Medical Education Scholars, College of Medicine, University of Arizona.

Victoria Maizes, MD – 2014–2015 Fellow in the Tucson Public Voices Fellowship. A partnership between the UA College of Social and Behavioral Sciences, the Women’s Foundation of Southern Arizona and local philanthropic foundations, the Public Voices program is run by the OpEd Project and held at institutions across the country.

Hilary McClafferty, MD, FAAP – Chair, Special Interest Group on Physician Health and Wellness, American Academy of Pediatrics, and National Steering Committee, Pediatric Resident Burnout-Resilience Study Consortium.

Esther M. Sternberg, MD – 2015 Edward J Keenan Integrative Medicine Distinguished Lecturer, Oregon Collaborative for Integrative Medicine, Portland, OR.

Andrew Weil, MD – StarShine Sowie Laureate, Sharing the Pioneering Spirit of the Southwest to Change the World, 2015.
Education

Our educational programs have grown to offer IM curricula that span the continuum of professional medical education. Center-trained IM practitioners are serving in hospitals and clinics nationwide and internationally, as well as becoming IM leaders in their communities.
In 2015, first-year objectives were accomplished as follows:

- A national interprofessional leadership team was established to create competencies and curricula and link to national and regional partner organizations;
- Core integrative health competencies for interprofessional primary teams were developed and disseminated [See citation];
- An innovative 45-hour interprofessional Integrative Health online curriculum for primary care educational programs—Foundations in Integrative Health [See citation]—is being developed based on the core competencies. It will be used by health professions training programs and key stakeholders;
- The NCIPH website went live, housing goals, core Integrative Health competencies, and web links; and
- Patient educational materials available through the Center were reviewed for use in building culturally and linguistically appropriate content in year 2 of the project.

As NCIPH moves into its second year, the Foundations in Integrative Health pilot study will commence, a faculty development workshop is scheduled, and a mini-course on Primary Care Management of Chronic Illness will be designed. The ultimate goal of NCIPH is to create effective interprofessional teams that will use IM to help eliminate health disparities in primary care and promote healthy communities.

In October 2014, the National Center for Integrative Primary Healthcare (NCIPH) was launched as a collaboration between the University of Arizona Center for Integrative Medicine, the Academic Consortium for Integrative Medicine & Health, and the U.S. Health Resources & Services Administration.

2015 Publication:

2015 Presentations:


Innovations & New Technologies

The Center is now producing animated videos to depict dynamic learning in our online educational programs. Animation can help explain concepts clearly and improve understanding. We are developing animated case-based videos for our new 45-hour interprofessional Integrative Health Foundations course. This technology is an especially effective way to illustrate patient interactions with healthcare professionals—highlighting both the questions and the active listening that occur in integrative health intakes. We will be developing and incorporating more animations in future curriculum projects.

Much of our focus has been on delivering asynchronous content online, making access to curriculum flexible for our students. With the debut of our Integrative Health Coaching program we needed a way to help our students practice and receive expert feedback in real-time. We designed both group and individual mentor-supervised practices—synchronous/real-time, but at a distance! Students can join from their office or home, with others in their small group and their mentor/ supervisor via a video call system—Google Hangouts. This tool has allowed our coaching students to receive the high level of practice and the feedback essential to hone their coaching skills, while decreasing the travel requirements for face-to-face trainings.

Molly Burke, director of online education, demonstrates using Google Hangouts to facilitate distance learning.
Integrative Health Self-Care

In response to a healthcare practitioner needs assessment survey, as well as a request from the 100 Million Healthier Lives (100MHL) initiative, the Center is creating its first interactive integrative health online course designed specifically for the public.

The Integrative Health Self-Care (IHSC) program is an evidence-based, coordinated approach to teach patient self care and promote personal healing that can lead to increased disease prevention, improved control of chronic conditions, and enhanced wellness, especially for the underserved.

Developed within a motivational interviewing framework, it will prompt individuals to uncover their motivation for lifestyle change as well as the barriers. This unique approach will help guide users in the practice of self care. Rather than prescriptive therapies, this method works with intrinsic motivations that are more likely to produce positive and long-lasting results.

Currently in design, key curriculum topics in integrative health and lifestyle approaches to wellness emphasize the core areas of health [i.e., movement, nutrition, sleep, relationships, resiliency, spirituality, and environment].

Self-care training of healthcare practitioners affiliated through 100MHL has begun, patient focus groups have been carried out, and several healthcare centers have expressed interest in pilot program participation.

Concurrently, a research study is being developed that will measure utilization, behavior change and health outcomes before, during, and after IHSC program participation.

IHSC will be a valuable tool for healthcare practitioners in the care of their patients, and will help the public become better able to manage their own health.

100 Million Healthier Lives

is a collaborative initiative of the Institute for Healthcare Improvement, a unifying coalition that brings together those who are working to spread IM care nationwide and to accelerate change that will improve health.
What the Fellows are saying about the Residential Weeks:

“So much valuable information gained. . . All of the presenters provided inspiring and interesting talks and discussion. I especially enjoyed the deepening of the class camaraderie, the shared experiences, struggles and contagious enthusiasm for this new path we are all transitioning along!”
Fellowship Alumni

Having started with four Residential Fellows in 1997, in 2015 there were 274 current Fellows across four Fellowship classes. Current Fellows and Alumni are represented nationally as well as internationally.

### 1-5 Fellows
- Alaska
- Arkansas
- Delaware
- District of Colombia
- Hawaii
- Indiana
- Kansas
- Mississippi
- Nebraska
- Nevada
- New Hampshire
- North Dakota
- Oklahoma
- Rhode Island
- South Dakota
- Vermont
- Wyoming

### 6-10 Fellows
- Alabama
- Idaho
- Iowa
- Kentucky
- Louisiana
- Montana
- Utah

### 11-20 Fellows
- Maine
- Massachusetts
- Michigan
- Minnesota
- Missouri
- New Mexico
- South Carolina
- Tennessee

### 21-30 Fellows
- Connecticut
- Georgia
- Maryland
- New Jersey
- Ohio
- Virginia
- Washington

### 31+ Fellows
- Arizona
- California
- Colorado
- Florida
- Illinois
- New York
- North Carolina
- Oregon
- Pennsylvania
- Texas
- Wisconsin

Australia, Bermuda, Brazil, Cambodia, Canada, Germany, Greenland, India, Israel, Italy, Japan, Korea, Martinique, Mexico, Netherlands, Nigeria, Norway, Philippines, Poland, Puerto Rico, Qatar, Saudi Arabia, Scotland, South Korea, Switzerland, Taiwan, Thailand, Turkey, United Arab Emirates, United Kingdom, Virgin Islands

1060 Total Alumni

INTERNATIONAL FELLOWSHIP ALUMNI
This year marked an important milestone for Integrative Medicine as 155 physicians attained board certification in the field. Center faculty Drs. Maizes, Horwitz, and McClafferty are among those having successfully completed the initial American Board of Integrative Medicine® examinations.

With board certification, this emerging specialty has established a standard of knowledge, skills, and mastery of the specialty for all who present themselves as IM practitioners. This will enable patients to more easily discern who truly has training and expertise in IM.

**The Center’s goal is to have all physician graduates of our Fellowship become board certified.**

For more details about eligibility and exam description, visit [http://www.aboim.org](http://www.aboim.org)
Under the directorship of Patricia Lebensohn, MD, the 200-hour online IM curriculum designed initially for family medicine residencies has expanded to include internal medicine, preventive medicine, physical medicine and rehabilitation residencies, as well as a separate corresponding pediatrics program. The content emphasizes integrative approaches to prevention and chronic illness management and physician self care.

The IMR is a crucial component along the continuum of IM education that the Center is developing. We are bringing IM into all phases of mainstream medical education and physician training, from medical school to residency, to fellowship, to clinical practice. Its continued growth and expansion to additional specialties is a driving force for the implementation of IM practice.

Our annual faculty development meeting took place in February and was attended by site leaders from across the nation and Canada. Experiential workshops formed the basis for this year’s meeting—from making herbal preparations—to a cooking demo featuring anti-inflammatory foods—medical improvisation workshop to improve communication and teamwork in medicine—and a tour of a local ethnobotanical garden.

By training the trainers—the faculty who oversee the IMR at each of our 67 sites—we continue to expand the reach of IM at all stages of medical education.

Today 1,311 residents are enrolled in, and 488 have graduated from 67 primary care residency sites [IMR/PIMR combined] in the U.S., Canada, and Taiwan.
This year IMR has expanded to psychiatry. The University of Arizona Department of Psychiatry, in cooperation with the Center, has undertaken a pilot program combining units from both the IMR and PIMR.

A needs assessment survey was created and disseminated to Fellowship alumni as well as to faculty at psychiatry residency programs across the nation to determine core curriculum content requirements and training practices.

The goals of the Psychiatry IMR are to:

- Introduce the residents to the field of evidence-based IM as it relates to mental health;
- Introduce evidence-based mind-body medicine with a strong foundation in mindfulness in medicine; and
- Raise awareness about the importance of resident health and wellness.

**2015 Presentations:**


Pediatric Integrative Medicine in Residency

In the third year of its pilot phase, the Pediatric Integrative Medicine in Residency (PIMR) program was established to address the need for IM education in pediatrics.

This 100-hour curriculum embeds IM into pediatric resident education, and incorporates evaluation and faculty development tools. National core competencies for PIMR are currently in development through the NCIPH [See page 6].

Under the leadership of Director Hilary McClafferty, MD, FAAP, the online, interactive curriculum includes: nutrition, mind-body medicine, integrative approaches to mental health, sleep, whole medical systems such as traditional Chinese medicine and naturopathy, physical activity, effective behavior, and lifestyle transformation. A strong emphasis is also placed on physician health and wellness.

The national pilot proceeds at: 1) Lucile Packard Children’s Hospital at Stanford University, 2) Comer Children’s Hospital at the University of Chicago, 3) University of Kansas, and 4) Eastern Virginia Medical School/Children’s Hospital of the King’s Daughters, joining 5) Diamond Children’s at the UA.

Early adopter, non-pilot sites include: 1) Cardinal Glennon Pediatrics – DePaul Health Center, 2) Vanderbilt University Medical Center, 3) University of New Mexico Health Sciences Center, 4) University of Southern California, and 5) Children’s Hospital of Philadelphia.
Faculty leaders at each site receive mentorship development training and resources to evaluate resident progress. Instructional materials include: interactive case studies, internet links, streaming videos, and embedded resident evaluation measures.

In 2015, PIMR had more than 530 pediatric residents enrolled who will become IM practitioners from the beginning of their careers. The first cohort is scheduled to graduate in 2016. Upon completion of training, each pediatrician serves approximately 2000 children per year. Therefore, once established in practice, these physicians will deliver IM care to one million children.


2015 Publication:
Special International Edition – Pediatric Integrative Medicine: An Emerging Field in Pediatrics; *Children, Multidisciplinary Digital Publishing Institute*; January 2015; Basel, Switzerland, featured Dr. Hilary McClafferty as guest editor, and included articles contributed by many of our PIMR faculty. To view the journal in its entirety, please go to: http://www.mdpi.com/journal/children/special_issues/pediatric_integrative_medicine

IMR/PIMR faculty site leaders are actively engaged in bringing IM education to their residents. In addition to the online curriculum, residents participate in experiential activities at their sites to complement the content they are learning—these may include acupuncture demonstrations, healthy cooking potluck, mind-body techniques such as the 4-7-8 breath, physical activity, and self-care sessions.

IMR faculty Joy Weydert, MD, leads an herbal preparations workshop.
Integrative Medicine Elective Rotation

Our month-long Integrative Medicine Elective Rotation (IMER) in Tucson is an experiential introduction to IM for residents and 4th-year medical students. This course is offered free twice a year to students from around the world. A generous gift from the Louis & Rachel Rudin Foundation allowed 47 students to participate in 2015 rotations.

A resident who recently completed the rotation wrote: “My mindset has shifted tremendously. I aim to ‘serve,’ rather than simply ‘help’ my patients.”

A medical student added these comments to an evaluation: “Thank you so much for an amazing experience and rotation. It was a wonderful way to end medical school. I have a deeper respect for integrative medicine. Meeting wonderful people from all over the country was so much fun. This month was an unforgettable immersion experience.”

Rotation students learning manual medicine techniques

Alex Holland, MAc, LAc, teaches principles of Traditional Chinese Medicine.
Integrative Medicine Distinction Track

The Integrative Medicine Distinction Track (IMDT) continues to attract students who are seeking to broaden their definition and practice of medicine.

Students use interactive online modules and lectures to explore IM philosophy and clinical applications. The Center regularly receives correspondence from prospective medical students who are considering attending the University of Arizona College of Medicine based upon the prominence of the IM training here.

This past year, the IMDT partnered with the University of Arizona Integrative Medicine Club to sponsor guest lectures and extracurricular activities. Having graduated two IMDT classes, we can now follow their career progress. IMDT graduates are pursuing residencies in diverse specialties, including Family Medicine, Internal Medicine, Emergency Medicine, and Pediatrics.

RECOGNIZING OUR EDUCATORS AND EXPERTS

In 2015, we would like to express our gratitude to the following faculty for their exceptional contributions to our educational programs.

Frederick Craigie, PhD – Spirituality in Medicine curriculum and superb teaching at residential weeks

Vivian Kominos, MD, FACC – Nutrition and Cardiovascular Disease curriculum and superb teaching at residential weeks

Denise Millstine, MD, BBE – Integrative Approaches to Nutrition and Dietary Supplements curriculum

Belleruth Naparstek, LISW, BCD – Superb teaching of Guided Imagery at residential weeks
Now in its second year, our *Lifestyle Transformation* (LT) initiative has provided groundbreaking IM curriculum to an expanded group of healthcare professionals.

**LT offers two programs:**

The *Integrative Health & Lifestyle program (IHeLp)* is a six-month, interprofessional program that consists of 250 hours of engaging online curriculum and a four-day educational retreat in Tucson. Open to licensed, registered, or certified health professionals, IHeLp provides a foundational knowledge of integrative healthcare that addresses the whole person and emphasizes the importance of lifestyle on health and wellbeing. Students apply their learning in nutrition, sleep, mindfulness, physical activity, and more, using self-care activities and team sharing.

By the end of 2015, 94 health professionals had graduated from IHeLp and 48 new students were enrolled in classes scheduled to graduate in 2016. Significantly, IHeLp core curriculum is the foundation of our first IM program for the general public currently in development, Integrative Health Self-Care [See page 8].

Continuing development of IHeLp was made possible, in part, thanks to generous contributions from the *Blythe Brenden-Mann Foundation.*

**2015 Presentation:**

Our second LT program, **Integrative Health (IH) Coaching**, trains health professionals in techniques to motivate patients to make sustainable lifestyle changes. This advanced certification program is open to IHeLp and Fellowship graduates. Two 6-month long classes began in 2015.

IH Coaching recently became one of the first coaching programs to be accredited by the National Consortium for Credentialing Health & Wellness Coaches, indicating the strength of our curriculum to meet the highest standards and competencies.

“*I have found the IHeLp program to be exhilarating! I have learned so much in such a short amount of time and it’s all applicable. I am keeping lists of ideas on how to apply my new knowledge and skills upon completion of the program and as I review this list I am so inspired. This program is going to provide me with the tools I have wanted and the credibility of an excellent institution to create the path of my dreams. I don’t want it to end!*”

—Steven Woolpert, LMHC, LPC, IHeLp 2015 Summer Alumnus

“*As an MD and surgeon I have been trained to primarily use a ‘directing’ approach in counselling patients. Coaching has allowed me to use a different approach that gives the patient or ‘coaching partner’ the directing role. It has been transformational and really satisfying to see patients become energized by their own revelations and discovery. It has enhanced my ability to become a part of the patient experience in a nonjudgmental and guiding manner.*”

—Stephanie Marioneaux, MD, IH Coaching 2015 Summer and Fellowship 2013 Winter Alumna

Participants learn principles, strategies, processes, and key communication skills inherent to coaching via online coursework. They actively build their IH Coaching skills in small online groups and 1:1 mentor-supervised training sessions, as well as at two live training events in Tucson.

David Rychenner, PhD, faculty and students Maureen Gill, RN, Stephanie Marioneaux, MD, and Sangeeta Kirtikar, OTR/L, in the first Integrative Health Coaching class.
Educators & Subject Matter Experts

Priscilla Abercrombie, RN, NP, PhD, AHN-BC
Donald Abrams, MD
Lise Alschuler, ND
Nancy Aton, ND
Debra Bass, JD, LLM
Adi Benito, MD
Apple Bodemer, MD
Bridgette Bongaard, MD, FACP
Rev. Chodo Campbell, HCC
David Cannon, MD
Richard Carmona, MD
Siri Chand Khalsa, MD
Steven Chen, MD
Ann Marie Chiasson, MD, MPH, CCFP
Diane Clawson, DO
Carole Cook, MD
Frederick Craigie, PhD
Barbara Crisp, MArch
Robert Crocker, MD
Nathan Daley, MD, MPH
William Devine DO
Koshin Ellison, MFA, LMSW, DMIN
Hana Feeney MS, RD
Joseph Feuerstein, MD
Leila Finn, MA
Jeffrey Gladd, MD
Mindy Green, RA, RH(AHG), MS
Candace Gregory, BSN, RN-BC, NC-BC
Karen Gregory-Mercado, PhD, MPH, MCHES, CWWS
Steven Gurgevich, PhD
Kathryn Hamilton RD, PhD
Bettina Herbert, MD
Alex Holland, MAc, LAc
Randy Horwitz, MD, PhD
Marsha J. Handel, MLS
Meg Jordan, PhD, RN, CWP
Jon Kabat-Zinn, PhD
Susan Kagel, RN, BSN, HNB-BC, CHTP/I
David Kiefer, MD
Evan Kligman, MD
Vivian Kominos, MD, FACC
Vasant Lad, MASC
Saquib Lakhani, MD
Naomi Lam, MD
Patricia Lebensohn, MD
Roberta Lee, MD
Dawn Lemanne, MD, MPH
Adrienne Lindsey, DBH
Tieraona Low Dog, MD
Victoria Maizes, MD
Russell Malcolm, BA, MBChB, FFHom
Nisha Manek, MD, FACP, FRCP (UK)
Mary Marian, MS, RD, CSO
John McBurney, MD
Hilary McClafferty, MD
Leslie McGee, RN, LAc
Rick McKinney, MD
Ashwin Mehta, MD
Michael Menke, DC, PhD
Lauve Metcalfe, MS, FAWHP, CWC
Daphne Miller, MD
Denise Millstine, MD, BBE
Gerard Mullen, MD, MS
Harmon Myers, DO
Rubin Naiman, PhD
Belleruth Naparstek, LISW, BCD
Sanford Newmark, MD
Mary Ann Osborne, DNP, FNP-C
Pam Pappas, MD, MD(H)
Premal Patel, MD
David Perlmutter, MD, FACN, ABIHM
Joanne Perron, MD, FACOG
Mark Pirtle, DPT, CSCS, COMT
Valencia Porter, MD, MPH
Arti Prasad, MD, FACP
Bruce Price, MD
Santosh Rao, MD
Sara Regester, RN, BSN, Certified Health Coach
Robert Rhode, PhD
Mari Ricker, MD
David Riley, MD
David Rychener, PhD
Rebecca Schultz, MSN, FNP-CS, APNP
David Shahan, LMT
Scott Shannon, MD
Shauna Shapiro, PhD
Maya Shetreat-Klein, MD
Paul Snyder, MD
Myles Spar, MD
Esther Sternberg, MD
Elizabeth Strawbridge, MD
Ralph Thieme, DO, LAc
Patricia Thompson, RD, PhD
Cyndi Thomson, PhD, RD
Lisa Walters, OTR/L, CMT OTA
Andrew Weil, MD
Jingduan Yang, MD, LicAc
Michelle Zimmer, MD
The 12th annual Nutrition & Health Conference convened in Phoenix, Arizona, at the historic Arizona Biltmore Hotel. The conference featured leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

This year emphasis was placed on the impact of human gut health on medical conditions spanning the vast range from cancer risk to mental health, with attendees debating the current research on the benefits and drawbacks of protein in the diet.

A faculty of 44 distinguished presenters represented leading institutions around the country, including the Harvard School of Public Health, University of Chicago Medicine, Stanford University School of Medicine, and Public Broadcasting System’s America's Test Kitchen, as well as our own University of Arizona Center for Integrative Medicine.

For more information about the conference, visit the website at www.nhconference.org or connect with us at www.facebook.com/nutritionandhealth or @NHConference.

Plenary session at the 2015 Nutrition & Health Conference at the Arizona Biltmore Resort and Spa in Phoenix.

JOIN US AT UPCOMING CONFERENCES

2016 Nutrition & Health Conference
March 21-23, 2016
Hyatt Regency Denver at Colorado Convention Center
Denver, Colorado

2017 Nutrition & Health Conference
May 1-3, 2017
Arizona Biltmore Hotel
Phoenix, Arizona

James Beard Hall of Fame cookbook author and healthy cooking expert Mollie Katzen signing books during one of the tasting opportunities.
Educational Outreach

SELECTED CITATIONS AND PRESENTATIONS

The following citations represent a portion of the educational publications and presentations by Center faculty in 2015:

Publications:


Presentations:


Global Outreach

These presentations represent some of many given in 2015 by Center faculty to a global community:


Maizes V. *The Evolution of Integrative Medical Education*, Presentation to the Association of Integrative Medicine for Women, Tokyo, Japan, December 9, 2015.
The Center’s research program, led by Esther M. Sternberg, MD, continues at the forefront of IM scientific inquiry. In 2015 we broadened our partnerships with other university departments, as well as national and corporate research programs, to further develop and extend our scope of clinical outcomes research. Our goals are to convert basic science findings to IM practice and to continually validate the effectiveness of our educational programs.
Leading-edge Medical Research Projects

University of Arizona Institute on Place and Wellbeing

The University of Arizona Institute on Place and Wellbeing (UAIPW) is a partnership of the Arizona Center for Integrative Medicine, the College of Medicine, and the College of Architecture, Planning, and Landscape Architecture. This collaboration, unique in the nation, is studying the impact of the built environment on health and wellness.

Mobile and non-invasive health devices currently in development at the Institute [See Nano-Biology, page 25] and other UA laboratories will be used to determine people’s health and wellbeing responses linked to environmental features to which they are exposed.

The impact of complex IM interventions on health, wellbeing, and disease prevention will also be measured by these methods.

This research is changing standards for green and sustainable design, leading to the creation of healthy environments of all types and scales—hospitals, office buildings, schools, and homes, as well as urban design.

On this new frontier of integrative health, attention to the environment plays an important role in prevention and facilitating behaviors that enhance health (e.g., exercise and meditation).

From the Director of Research

“The methods we are developing through our research program are at the leading edge of personalized/precision medicine and the impact of place on wellbeing. This research is capturing the imagination of leaders in many fields, from those interested in optimizing human health, wellbeing and performance, to design professionals and the military. Ultimately the methods we are developing to track human responses to complex experiences in real-time will change the way integrative medicine interventions are measured and evaluated. We are breaking new ground and re-defining integrative medicine at an individualized level, in ways that will allow people to effectively use tailored approaches to manage their health and prevent disease.”

—Esther Sternberg, MD

UAIPW has been selected as a Founding Member of the American Institute of Architects Design and Health Research Consortium.
Medical Research Projects in Progress

IMPACT (Integrative Medicine Primary Care Trial)

Comparative Effectiveness Study of an Integrative Primary Care Clinic Model on Clinical and Cost Outcomes in an Employee Health Benefit Program

A generous grant from the Adolph Coors Foundation is funding a study at University of Arizona Integrative Health Center (UAIHC)–Phoenix examining the health- and cost-effectiveness of integrative primary care versus conventional medical care. The Integrative Medicine Primary Care Trial (IMPACT) is under the leadership of principal investigator Victoria Maizes, MD, in collaboration with senior health services researchers, economists, and health claims analysts from the Health Outcomes and Pharmacoeconomics Center at the UA College of Pharmacy.

More than 590 patients and staff members combined have enrolled to date, with new study participants being added weekly. Improvements in lifestyle behaviors are being tracked and identified, and data including lab results and BMI are being gathered and will be available in 2016.

Economic data reflecting care costs and employer health insurance claims (for patients whose employers have an agreement with UAIHC to participate in the study) are also being assessed.

This groundbreaking study is poised to make significant contributions to national healthcare policy debates. Findings will further establish the Center as an innovator of effective models of integrative primary care.

Using the World Health Organization Well-Being Index, IMPACT patients perceived their overall well-being to increase 12% in one year!

Nano-Biology: From Basic Research to Technology

As a member of the FlexTech Alliance, a historic public-private partnership of federal, private sector, and academic institutions, the Center continues the development of wearable monitoring sensors that will measure human stress and immune response. Using multiple analytical platforms, we have detected several key biomarkers in sweat, are identifying specific hormone chemical structures, and developing associated prototype devices.

Once fully developed, this Lab-in-a-Bandage technology will be applied to noninvasively detect the effects of integrative interventions on immune and stress response in sweat. This project was the lead Demonstration Project in the Flexible Hybrid Electronics Manufacturing Innovation Institute Award founded by President Obama and managed by the Secretary of Defense.
Medical Education Research

INTEGRATIVE MEDICINE IN RESIDENCY (IMR) CURRICULUM EVALUATION

Seven years ago, the IMR program was launched at 8 family medicine pilot sites. Today, our 200-hour IMR curriculum is licensed to 67 residency programs [including 10 Pediatric IMR sites described below] in the U.S. and around the globe [See map, page 14].

A multi-year evaluation has demonstrated the program’s effectiveness in improving resident knowledge and clinical practices, and helped lead to this expansion. Behavioral measures such as resident empathy, mindfulness, anxiety, depression, and burnout are also being evaluated.

Results have been published in peer-reviewed journals and multiple presentations and posters have been made at national conferences and meetings.

2015 Publication:

2015 Presentation:

PEDIATRIC INTEGRATIVE MEDICINE IN RESIDENCY (PIMR) CURRICULUM EVALUATION

In its third year, the 100-hour PIMR curriculum is being evaluated in a study involving 330 resident participants at 5 pilot pediatric residency programs. The study is measuring the effectiveness of the PIMR in enhancing residents’ integrative pediatric medical knowledge, empathy and patient care, and successful completion of the curriculum. Residents are also being assessed on their own wellness and wellbeing. Studies indicate that physician self care is directly related to how well they can help parents and children improve their own health.

Under the direction of Hilary McClafferty, MD, FAAD, principal investigator, preliminary results have enabled us to share outcomes with pilot sites, modify curriculum as needed, and expand to early adopter sites (See map, page 14).

2015 Publication:

2015 Presentation:

Additional Selected Research Citation & Presentation

2015 Publication:

2015 Presentation:
Clinical Care

The Center has established a model for IM primary care clinics that is transforming healthcare delivery and can be replicated nationwide. The University of Arizona Integrative Health Center (UAIHC) is designed with an emphasis on self-care and wellbeing, providing a unique patient-centered environment.
University of Arizona Integrative Health Center—Phoenix

At UAIHC–Phoenix, more than 1,700 patient-members have received individualized, comprehensive primary care since the clinic opened.

Key features designed to bring about personal empowerment, prevention, self-care, and optimal health include:

• Founded on IM philosophy and principles;
• A hybrid payment model that accepts insurance reimbursement and charges small member fees;
• A Health Partnership Agreement;
• A team care model in which all practitioners work together;
• Health coaches to aid individuals in making and sustaining lifestyle transformation;
• Educational classes to increase patient satisfaction and improve outcomes; and
• IM health outcomes and cost-effectiveness research.

UAIHC–Phoenix enrollment continued to grow in 2015 with new patient appointments reaching capacity. Joining Dr. Rula this year is another Fellowship alumna, Cheri Dersam, MD. Our exceptional health professional team also includes: L. Blair Nielsen, DC [Manual Medicine]; Candice Candelaria, MS, RDN [Registered Dietitian]; Annie Meigs, RN, LAc [Acupuncturist]; Scott Phelps, LAc [Acupuncturist]; and Leah Randolph, MA [Integrative Health Coach].

Our innovative model embodies delivery of IM practices in concert with a unique business plan. Insurance reimbursement covers conventional care while monthly patient membership fees cover additional integrative services (e.g., acupuncture, chiropractic care, mind-body therapies, nutritional evaluations, health coaching, and wellness groups in Tai Chi and yoga).

Under the leadership of Heidi Rula, MD, Director and Fellowship alumna, and managed by District Medical Group, Candace Candelaria, registered dietitian at the University of Arizona Integrative Health Center—Phoenix.
**Become a Patient-Member**

**UAIHC–PHOENIX**

To schedule an appointment:
Tel: (602) 470 – 5577
Email: info@azintegrativeclinic.org
Web: www.ihc.arizona.edu

Membership is open to the public and several insurance plans are accepted. In addition, employees of Maricopa County and the Salt River Project (a primary public utility company in Arizona) may choose UAIHC for their primary care.

A three-year study funded by the Adolph Coors Foundation is tracking outcomes to assess UAIHC impact on integrative patient care and cost effectiveness. Preliminary results have recently been reported [See IMPACT, page 25, for details].

**WHAT ONE PATIENT-MEMBER IS SAYING:**

“UAIHC is all I had hoped it would be. The entire staff is first class. They take time to really listen and also quickly resolve any issues. It’s a treat to have a physician like Dr. Rula who customizes a health program for you and spends the time necessary discussing it with you. . . . My favorite discovery is the power of energy movement. I needed the simple stress reducing exercises...I plan to continue with UAIHC.”

**SIGN-UP FOR THE UAIHC NEWSLETTER**

To receive information on UAIHC and the latest topics on integrative primary care, join our newsletter list at ihc.arizona.edu/ihc_newsletters.html.

**INTEGRATIVE HEALTH CENTER DEVELOPMENT**

For information on developing an Integrative Health Center based on our model in your area, please contact our Consultative Service:

Robert L. Crocker, MD  
Director of Strategic Clinical Planning and Implementation  
crocker@email.arizona.edu

**CONSULTATIVE CLINIC IN TUCSON**

The Center continues to operate a separate consultative clinical practice in Tucson. Drs. Maizes and Horwitz see patients seeking preventive care or treatment options for serious conditions. Patients work in partnership to design a treatment plan that emphasizes self care and wellbeing.

To schedule an appointment with University Health Connection:
Tel: (520) 694 – 8888 x 500 or  
(800) 524 – 5928 x 500  
Web: www.azcim.org/clinic

Scott Phelps, LAc, is one of two acupuncturists at UAIHC–Phoenix.
Development

The support of our donors, sponsors, and partners continues to be the lifeblood of our progress and our programs as we’ve grown and expanded for more than 20 years. Integrative healthcare is being woven into the entire fabric of medical practice, and we are grateful for the generosity and partnership that is making this happen.
Throughout our history, multiple individuals, foundations, and organizations have supported the Center and our work to establish integrative health practices. This tradition continued in 2015 with national and global alliances dedicated to establishing a new standard for care. These partnerships and generous contributions are integral to all of our activities: establishing integrative primary care models and practices, conducting leading-edge outcomes research, and continuing our educational leadership and innovation in integrative curricula for healthcare professionals and the public. Our programs are often initiated through a combination of private and public funding.

Center revenue comes from: 1) tuition and licensing; 2) a hybrid reimbursement/fee structure for primary care services; 3) research grants; 4) contracts, and 5) philanthropic support. These combined revenue sources provide the opportunity for Center growth and expansion.

We appreciate the trust of our longtime associates and look forward to new partnerships as we work to transform healthcare. Learn more at www.azcim.org/support.

THE FORCE OF PHILANTHROPY

We are always grateful for the generosity of our supporters. This year some very special friends chose to help us in unique ways that enhanced our education programs:

A major component of the Integrative Medicine in Residency (IMR) program involves primary clinical care. Residents in specialty programs spend significant hours each week over multiple years caring for underserved patients in clinical settings. One family has made a multi-year gift to IMR and the work it does training physicians and treating patients in clinics nationwide.

Other donors have made multi-year gifts to our Integrative Health Self-Care (IHSC) program enabling us to assess its effectiveness for the public. Evaluating this program, as it is implemented in both English and Spanish and recommended nationally by primary care health professionals, is essential to its success.

Understanding the importance of the environment in relation to health, a donor is now generously funding the IHSC program that incorporates environmental health aspects for the public.

Additionally, a foundation located in Pittsburgh, PA, wanted to contribute to the Center and chose to offer tuition scholarships to health professionals in their community to enroll in our Integrative Health & Lifestyle program. Their donation builds IM practice on their local level and expands the Center’s impact.

We hope these examples will inspire you to be creative in your giving as we work together to broaden the scope of IM education, research, and clinical care.
Fiscal Year 2014–2015

SOURCES OF REVENUE

- Fellowship $4,091,356 (46%)
- State Support $147,989 (2%)
- Mira Scholarship $188,000 (2%)
- Grants $1,570,856 (18%)
- CHIP $115,014 (1%)
- Nutrition Conference $554,131 (6%)
- Philanthropic Support $1,194,840 (13%)
- Premium Alumni $176,205 (2%)
- Online Courses $89,784 (1%)
- IMR $393,443 (4%)
- Nutrition Conference $554,131 (6%)

REVENUE GROWTH

- 2012-2013 $6,053,067 (7.4% growth)
- 2013-2014 $7,335,965 (21.2% growth)
- 2014-2015 $8,936,079 (21.8% growth)
Charitable Contributions and Grants

FOUNDATIONS
Blythe Brenden-Mann Foundation
Fidelity Charitable Gift Fund
Firefly Trust
Grace US Foundation
Margaret Mellon Hitchcock Foundation
Jewish Community Foundation of Southern Arizona
Gerald J. and Rosalie E. Kahn Family Foundation, Inc.
John F. Long Foundation
David and Lura Lovell Foundation
Mark S. Nemschoff Family Foundation
Norwottock Charitable Trust
Onota Foundation
Resnick Foundation
Louis & Rachel Rudin Foundation
Sampson Foundation
Schwab Charitable Fund
Weil Foundation

CORPORATIONS
BNY Mellon Wealth Management
IBM International Foundation - Matching Gifts
Jewish Federation of Cleveland
Morgan Stanley Global Impact Funding Trust, Inc.

OTHER
Karen and Stephen Malkin through Hackberry
Endowment Partners
Ernesta Mira

GRANTS
US Health Resources and Services Administration Bureau of Health Professions, Division of Public Health and Interdisciplinary Education – To Establish a National Center for Integrative Primary Healthcare


US Air Force Research Labs – Processing Methodologies for Biomarkers in Human Sweat

US General Services Administration – Indoor Environmental Quality and Stress: Study at GSA Headquarters

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CONTACT US

General information:
PO Box 245153
Tucson, AZ 85724
(520) 626-6417
iminfo@email.arizona.edu
www.facebook.com/azcim
www.twitter.com/azcim

Education:
Fellowship in Integrative Medicine
(520) 626-2865
azcim-admissions@list.arizona.edu

Integrative Health & Lifestyle or Integrative Health Coaching:
(520) 621-0179
azcim-admissions@list.arizona.edu

Integrative Medicine in Residency or Pediatric Integrative Medicine in Residency:
(520) 626-1539
uaimres@email.arizona.edu

Integrative Medicine Elective Rotation
aprilg@email.arizona.edu

Integrative Medicine Distinction Track
(520) 626-5916
jcgomez@email.arizona.edu

Health Care:
University of Arizona Integrative Health Center–Phoenix
3033 N Central Avenue, 7th Floor
Phoenix, AZ 85012
(602) 470-5577
info@azintegrativeclinic.org
www.ihc.arizona.edu

Tucson Consultative Clinic
University Health Connection
(520) 694-8888 x 500 or (800) 524-5928 x 500
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(520) 626-6916
haroians@email.arizona.edu