# CONTENTS

LEADERSHIP ........................................................................................................................................................................... 03

EDUCATION ........................................................................................................................................................................... 04

RESEARCH ........................................................................................................................................................................ 20

DEVELOPMENT .................................................................................................................................................................... 26
The Center Innovates
First to Discover, First to Educate, First to Address

This has been another milestone year for the University of Arizona Center for Integrative Medicine (Center). Always at the forefront of integrative medicine (IM) educational programming, we are now developing specialized courses for our next generation of medical professionals – millennials – who are digital natives. This is a natural next step in the evolution of our Center’s programming. We will merge the newest technology with the latest medical information to effectively address the healthcare needs of the nation.

This type of innovation is at the core of the Center; it is our history. Our cornerstone Fellowship in Integrative Medicine program that began in 1997 was the first to formally establish the discipline of IM. It now totals 1,855 alumni and current fellows combined. These alumni have gone on to create multiple IM programs worldwide.

The Integrative Medicine in Residency (IMR) program, another first, is designed to provide IM training and experience to physicians at the beginning of their careers. We are delighted to be celebrating the 10th anniversary of IMR, currently in 70 residency programs nationwide and 1,083 graduates.

At the same time that we were expanding physician training, we began to develop interprofessional opportunities. We created the first IM team curriculum, a Lifestyle Transformation (LT) initiative composed of two programs: Integrative Health & Lifestyle (IHeLp) and Integrative Health Coaching. These programs focus on the whole person and emphasize the importance of lifestyle on health and wellbeing. And significantly, IHeLp and Coaching core concepts and principles became the foundation of our first IM tool for the general public—My Wellness Coach—currently in development.

Our interprofessional (IP) training grew to a three-year collaborative project to create the National Center for Integrative Primary Healthcare (NCIPH) offering a Foundations in Integrative Health (FIH) course that has been used by 79 healthcare sites around the nation, as well as by the Allina healthcare system, which offered FIH to its 25,000 employees.

Looking to the future, we plan to reach more health professionals in training as well as patients. We are developing specialty-specific programming and innovative micro-learning sessions for residents. Additionally, we are creating an online tool for patients newly diagnosed with cancer that will teach them integrative approaches as well as ways to engage with healthcare professionals during their treatment.

These are a few of the ways the Center has addressed the healthcare needs of the nation. Other innovations in pain management, and integrative therapies for mental health position the Center at the forefront of medical education. In turn, as these health professionals practice IM, they are transforming healthcare.

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

Best in health,

Andy & Victoria
MISSION STATEMENT
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.

ABOUT THE CENTER
The Center is leading the transformation of healthcare by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine. The Center is internationally recognized for its innovative educational programs, evidence-based clinical practice, and research that substantiate the field of IM and influence public policy. Since its creation in 1994, the Center’s vision of making integrative care available to all is being realized worldwide: Center graduates are now guiding more than 8 million patients to take a greater role in their health and healing. You can learn more about the Center by visiting www.azcim.org.

2018 FACULTY HONORS & AWARDS
Center directors DRS. VICTORIA MAIZES, RANDY HORWITZ, PATRICIA LEBENSOHN, and MARI RICKER were ranked among the 2017-18 Best Doctors in America. This prestigious national list, compiled for 30 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 – Elected Fellow of the American Academy of Physicians.

PATRICIA LEBENSOHN, MD – Selected by the UA medical student body to receive the College of Medicine award for Outstanding Teacher in a Block for the Longitudinal Curriculum, Year 2.
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 and Community Medicine and Public Health

ESTHER M. STERNBERG, MD
Director of Research, Director, Institute on Place, Wellbeing and Performance, Professor of Medicine

RANDY HORWITZ, MD, PhD
Medical Director, Director of Integrative Medicine Distinction Track, Professor of Clinical Medicine

PATRICIA LEBENSOHN, MD
Director of Integrative Medicine in Residency, Professor of Clinical Medicine, Family and Community Medicine

MARI RICKER, MD, FAAFP
Director, GME Resident Wellbeing Program, Associate Director of Integrative Medicine in Residency, Associate Professor of Family and Community Medicine

ANN MARIE CHIASSON, MD, MPH
Interim Director of the Fellowship in Integrative Medicine, Assistant Professor of Clinical Medicine

KIERAN RICHARDSON, MS
Director of Operations

MOLLY K. BURKE, MFA
Director of Online Education

ROBERT L. CROCKER, MD
Director of Strategic Clinical Planning and Implementation, Clinical Assistant Professor of Medicine
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.
Establishment of the National Center for Integrative Primary Healthcare (NCIPH) was a three-year project in collaboration with the Academic Consortium for Integrative Medicine and Health and the U.S. Health Resources & Services Administration that has had an ongoing impact on IM training of interprofessional healthcare teams.

Through NCIPH the Center developed: 1) integrative health (IH) core competencies for interprofessional primary care teams, 2) a 33-hour Foundations in Integrative Health (FIH) online IH course, the first of its kind, 3) infrastructure to house curricula and educational resources for healthcare professionals and patients, and 4) culturally and linguistically appropriate patient education materials about IM approaches to common medical conditions.

FIH is in use at 79 sites around the nation, as well as by the Allina healthcare system, which offered FIH to its 25,000 employees.

In 2018, we completed an FIH study at community health centers in Minnesota and California, generously funded by the George Family Foundation and the Samueli Institute, that included a rigorous evaluation of the curriculum, medical knowledge, interprofessional (IP) attitudes, integrative health (IH) attitudes, resiliency, and wellness behaviors.

https://nciph.org/

**FIH Survey Results**

*Interprofessional IH knowledge ratings improved significantly from before to after the course [see Figure 1], as did the change in medical knowledge [see Figure 2].*
FIGURE 1
CHANGE IN SELF-RATED INTERPROFESSIONAL INTEGRATIVE HEALTH KNOWLEDGE

1. Intro Interprofessional IH in Primary Care
2. Prevention & Lifestyle Behavior Change
3. Interprofessional Healthcare Wellbeing
4. Addressing Primary Care Patients
5. Collaborative Interprofessional Integrative Interventions
6. Interprofessional Practice in Community Settings

FIGURE 2
CHANGE IN MEDICAL KNOWLEDGE TEST SCORES

1. Intro Interprofessional IH in Primary Care
2. Prevention & Lifestyle Behavior Change
3. Interprofessional Healthcare Wellbeing
4. Addressing Primary Care Patients
5. Collaborative Interprofessional Integrative Interventions
6. Interprofessional Practice in Community Settings
FELLOWSHIP IN INTEGRATIVE MEDICINE

The Fellowship in Integrative Medicine is the cornerstone of the Center’s educational programming. This two-year premier IM program currently has 385 Fellows in training and counts 1,470 alumni from around the world. For 21 years we have been the first in the nation to teach 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 program accepts practitioners of every specialty and is open to MDs, DOs, Nurse Practitioners, Physician Assistants, PharmDs, and Certified Nurse Midwives.

FELLOWSHIP ALUMNI ACTIVITIES

The Fellowship Alumni Association continues to grow to eight chapters in 2018: Phoenix, AZ, Los Angeles, CA, San Diego, CA, Ontario, Canada, Kansas City, MO, Austin, TX, Nashville, TN, and Milwaukee & Madison, WI. Each month the Alumni Newsletter features an Alumni Spotlight on our public webpage integrativemedicine.arizona.edu/alumni_and_associates.html

“I just graduated from the Integrative Medicine Fellowship. I was looking for spirituality in medicine along [with] a more holistic way to practice Pediatrics. It has been life transforming. One of the best experiences I have had in my medical training. Drs. Weil, Chiasson, Maizes and all of the staff are just wonderful doctors/healers/human beings. I feel like I finally found my ‘tribe’ – doctors of all specialties with similar views of how healthcare should be practiced, from the heart as well as from scientific evidence.”

– A FELLOWSHIP GRADUATE
IN RECOGNITION

ANA MARÍA LÓPEZ, MD

We are pleased to give special recognition to Ana María López, MD, MPH, FACP, 2015 Fellowship alumna, who has been elected President of the American College of Physicians. Dr. López is Vice Chair of Medical Oncology and Chief of Cancer Services at the Sidney Kimmel Cancer Center, Washington Township [Philadelphia], PA. As an expert consultant, she participated on the interprofessional leadership team representing Internal Medicine for the Center’s three-year project to develop the National Center for Integrative Primary Healthcare.

“The Fellowship is transformative. It is an opportunity to connect, learn, and move towards a clinical practice more in sync with who we are and to integrate our practice recommendations with our lives. This active process of alignment in a supportive environment, with like-minded people gives us greater awareness and directs us more clearly with where we can be of greatest benefit!”

– ANA MARÍA LÓPEZ, MD

NEW FACULTY

LISE ALSCHULER, ND

Lise Alschuler, ND, board certified in naturopathic oncology, has joined the Center and has been appointed Professor of Clinical Medicine. Dr. Alschuler is a graduate of Bastyr University and a past-president and board member of the American Association of Naturopathic Physicians. She also is a board member and immediate past president of the Oncology Association of Naturopathic Physicians. She teaches botanical medicine, dietary supplements, integrative oncology and naturopathic medicine in the Fellowship, as well as trains medical students and residents in the Integrative Medicine Elective Rotation.
INTEGRATIVE MEDICINE IN RESIDENCY

TEN YEARS AT THE FOREFRONT OF RESIDENCY TRAINING

2018 IS THE 10TH ANNIVERSARY OF THE INTEGRATIVE MEDICINE IN RESIDENCY PROGRAM!

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.

Launched in 2008 with eight pilot sites, IMR has expanded to 70 sites across the United States, into Canada, and other international programs, and counts 1,083 graduates. In 2011, IMR received the Innovative Program Award from the Society of Teachers IMR received the Innovative Program Award from the Society of Teachers.

IMR GRADUATES

IMR program development has been funded in part, by the generous support of
JOAN BROWN DIAMOND FOUNDATION, LOVELL FOUNDATION, JOHN F. LONG FOUNDATION, WEIL FOUNDATION, ONOTA FOUNDATION, Sampson Foundation, greer FOUNDATION, Resnick family FOUNDATION, The Malkin family, and the Gerald J. and Rosalie E. Kahn family FOUNDATION

IMR’S INNOVATIVE FEATURES INCLUDE:

- 24-hour access for residents and faculty;
- Easily incorporated into existing curricula;
- Aligns with learning objectives within the Accreditation Council for Graduate Medical Education core competencies domains;
- Scalable depending on unique program needs;
- Faculty learning with CME available;
- Annual Faculty Development Meetings;
- Monthly site leadership calls; and
- Resource Library for faculty including adjunct teaching materials, presentations, and handouts.

ANDREW WEIL, MD
DIRECTOR AND FOUNDER

Integrative Medicine education should begin in medical school, but I believe including it in residency training is a higher priority. It is during residencies that attitudes and behaviors are formed. This is when exposure to an IM curriculum can be most effective.
2018 PUBLICATION


2018 PRESENTATIONS


INTEGRATIVE MEDICINE ELECTIVE ROTATION

Our month-long Integrative Medicine Elective Rotation (IMER) in Tucson is an experiential introduction to IM for 4th-year medical students and residents. Students gain an appreciation of the tenets of the field, as well as learn practical applications that directly impact patient care.

The course is offered free twice a year to students globally. Enrollment during 2018 totaled 42. A generous gift from the Louis & Rachel Rudin Foundation made the rotation possible.

“Integrative medicine is what I consider just to be good medicine! Getting to spend a month with the Arizona Center was so incredible, and Tucson is a bit of a mecca for health and wellness. There are so many resources there and it was such an honor to learn from the leaders in the field”.

–IMER STUDENT

2018 PRESENTATION


“Receiving this additional training early in their career will give UA College of Medicine students an advantage in their residency and practice, and a more comprehensive set of skills for treating and communicating with their patients.”

–ANDREW WEIL, MD
DIRECTOR AND FOUNDER
INTEGRATIVE APPROACHES & EMPOWERMENT FOR CANCER PATIENTS

To further address important public need, we are developing an online tool for cancer patients. As patients face cancer diagnoses, they are looking for guidance on what to do beyond their conventional treatment. They seek reliable therapies to increase their wellbeing and engage them in their treatment, enhancing their overall sense of empowerment and self-efficacy. The Center’s newest project is Integrative Approaches & Empowerment for Cancer Patients (IAECP), which will guide patients about integrative care and lifestyle approaches relevant to their cancer diagnosis. This will include lifestyle approaches, complementary modalities, issues around supplements, and how to engage with various healthcare providers to advocate for yourself during treatment.

WE DEEPLY APPRECIATE SUPPORT FROM THE SCHEIDEL FOUNDATION FOR IAECP DEVELOPMENT.

NEW PROGRAMMING COMING IN 2019

CONTINUING AT THE FOREFRONT OF INNOVATIVE MEDICAL EDUCATION AND TO ADVANCE IM, THE CENTER WILL OFFER THE FOLLOWING NEW PROGRAMS IN 2019

Specialist-specific IMR programming will be implemented in multiple different residency programs [e.g., emergency medicine, surgical specialties, and OBGYN]. The first course will focus on IM pain management, IM approaches to depression and anxiety, and physician wellbeing. The first course will serve as a roadmap for designing future ones. We expect that this curriculum could also have an immediate impact as both federal and state guidelines place emphasis on reducing physicians’ use of opioids to treat chronic pain.

We are developing innovative micro-learning strategies for millennial learners. Micro-learning as a method for delivering IM training is well suited to impact the medical educational needs of millennial learners, our next generation of physicians.

These digital natives show preference for online learning. The format of short, single-concept sessions, with learner interaction will deliver opportunities for training and feedback. The 4-hour pilot module will cover nutrition topics with an added component of environmental issues related to nutritional health. Most medical students and residents have received little to no training in nutrition or environmental health. This is another unique strategy in which the Center will provide critical educational content so that physicians can help their patients make healthier choices.

THESE TWO PROGRAMS WERE GENEROUSLY SUPPORTED BY THE SAMPSON FOUNDATION.
Students anonymously complete a program evaluation survey at the end of their studies. IHeLp has consistently received high ratings in being a personally and professionally enriching experience, as well as being transformative.

Evaluation data regarding student ability to achieve the educational goals of the program and apply IHeLp found that:

- 97% agreed or strongly agreed that they were able to apply key learning to real-world situations;
- 96% agreed or strongly agreed that they gained awareness of barriers and benefits to adopting key lifestyle changes;
- 95% agreed or strongly agreed that they were able to improve their own health;
- 95% agreed or strongly agreed that they felt prepared to help others assess their own self-care needs; and
- 93% agreed or strongly agreed that they felt prepared to guide others to assess their own self-care needs in lifestyle approaches to improved health through self-care techniques.
WE LEARNED THAT STUDENTS HAD:

**Significant improvements in burnout and overall wellbeing.** This was characterized by decreases in emotional exhaustion, depersonalization and in the number of participants in the high-risk burnout group. Students also demonstrated an increase in personal accomplishment and in social, physical, emotional, overall wellbeing in the moment, and overall wellbeing in the past month;

**Significant improvements to healthy lifestyle behaviors.** Diet: decrease in animal-based protein, increase in 5 servings of fruits and vegetables a day, staying hydrated, having breakfast, limiting red meat; Spiritual: increase in breathing practices and activities to relax; Sleep: increase in sleeping 7 to 9 hours, increase in wake feeling rested, decrease in trouble falling asleep, decrease in trouble staying asleep;

**Made moderate or major changes through self-care practices in the following areas:**
- Diet (70%);
- Stress Management (69%);
- Exercise (67%);
- Sleep (54%);
- Spirituality (50%);
- Healthy Relationships (49%);
- and Environmental Factors (47%); and

**Significant increase in discussion with patients or clients** around the topics of Vitamins and Supplements, Complementary and Alternative Medicine Methods, Manual Therapies, and Stress Reduction.

**INTEGRATIVE HEALTH COACHING**

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

IH Coaching students are a diverse group of health professionals: nurses, physicians, therapists and counselors, registered dietitians, physician assistants, speech pathologists, dentists, chiropractors, health educators, and occupational therapists.

IH Coaching is one of the first coaching programs to be accredited by the International Consortium for Credentialing Health & Wellness Coaches, indicating the strength of our curriculum to meet the highest standards and competencies.
INTEGRATIVE HEALTH SELF-CARE

MY WELLNESS COACH FOR INTEGRATIVE HEALTH PATIENT SELF-CARE

In 2015, the Center began the Integrative Health Self-Care (IHSC) program, and multi-year development of My Wellness Coach (MWC), our first interactive integrative health learning tool designed specifically for the public. MWC is a mobile integrative health self-care app that applies motivational interviewing principles to support individuals on their personal journey towards optimal health. This evidence-based approach teaches self-care, and promotes health behavior changes that can help prevent disease, improve control of chronic conditions, and enhance wellness.

Unlike other currently available apps that primarily provide individuals with information, MWC uses engagement techniques to enhance motivation to support lifestyle change. Participants explore and set goals in any of the seven Core Areas of Health: movement, nutrition, sleep, relationships, environment, spirituality, and resiliency. MWC provides custom feedback when participants answer questions and delivers reminders and encouragement to make healthy changes.

Building on the 2017 Movement-only pilot, enhancements and design changes were implemented. The improved MWC was released - with all core areas - in August 2018. Partners at community health centers were recruited as research participants to begin beta-testing and evaluation. Participants could use the app on their own or join a weekly group facilitated by a Center-trained integrative health Coach.

The evaluation project concluded in December 2018 and the following are just some of our initial findings.

AFTER USING MY WELLNESS COACH (BETA) APP, PARTICIPANTS FELT:

• 74% Proud of myself;
• 82% More informed about my health;
• 76% Excited about my future;
• 83% Motivated to make healthy changes; and
• 83% More confident in making healthy changes.

NEXT STEPS – WHAT TO LOOK FOR IN 2019

MY WELLNESS COACH

• Android version
• Complete Spanish translation
• Scaling nationwide
EDUCATIONAL OUTREACH

SELECTED CITATIONS & PRESENTATIONS

The following citations represent a portion of the national and international educational publications and presentations on additional topics by Center faculty in 2018:

2018 PUBLICATIONS


2018 PRESENTATIONS

MAIZES V. Defy the Odds: Strategies to Conceive Healthy Children in a Toxic World. Annual Integrative Medicine Conference for the Osher Center for Integrative Medicine, Miami, FL; April 27-29, 2018.

MAIZES V. Nourishing Your Health by Living Green; Vitality; and Vibrantly Healthy Women. Multiple presentations at Rancho La Puerta Workshop, Rancho La Puerta, Tecate, Baja California, Mexico; May 26-June 2, 2018.

HORWITZ, R. Integrating Complementary Therapies into Your Practice. Workshop presented at the American College of Rheumatology 2018 Annual Meeting, Chicago, IL; October 19, 2018.

MAIZES V. Do Ask, Do Tell: Integrative Approaches for Women With Sexual Dysfunction After a Cancer Diagnosis. Society for Integrative Oncology 15th International Conference, Phoenix, AZ; October 27-29, 2018.

“The Center is committed to creating conferences on significant topics that influence the public’s health. After 15 years affecting the national dialogue on nutrition, we are convening a critically important meeting to broaden the paradigm of mental health.”

–VICTORIA MAIZES, MD
EXECUTIVE DIRECTOR

NUTRITION & HEALTH CONFERENCE

This year, the Center’s annual conference, Nutrition & Health: State of the Science and Clinical Applications, was held in early May in Boston, MA and was attended by more than 600 physicians, nurses, dietitians, researchers, chefs, and other health professionals.

Nutrition is one of the major influences on health and longevity, but many physicians and other health professionals are unaware of the latest scientific findings on diet and health. This conference prepared them to advise their patients about designing a diet for optimal wellbeing or using dietary change for disease management.

The conference detailed emerging research in the field, and sessions addressed topics including: 1) the impact of the microbiome on health and disease; 2) current controversies and state of the science regarding carbohydrates, proteins and fats; 3) the relationship of foods and nutrients to mental health; and 4) the benefits and risks of nutritional recommendations for specific health conditions through an analysis of existing scientific and clinical evidence.

After 15 wonderful years focused on Nutrition & Health, the Center will shift emphasis and utilize this format in 2019 to address another critical healthcare issue: Mental Health.
INTEGRATIVE MENTAL HEALTH CONFERENCE

UPCOMING CONFERENCE

Mental health is a critical part of overall wellness and the Center is excited to focus on this important topic by convening the

INTEGRATIVE MENTAL HEALTH CONFERENCE
April 15-17, 2019
Hilton SF Union Square
San Francisco, CA.

The purpose of the Integrative Mental Health Conference (IMHC) is to educate health professionals to treat their patients within a new paradigm of integrative mental healthcare to address patients’ physical, psychological, and spiritual needs. The conference will address the state of the science, mental health principles and practices, and create a community of like-minded physicians, psychologists, nurses, and social workers.

IMHC will provide practitioners with essential information on:

• Emerging research about brain biology, microbiome, psychedelics, positive psychology, addiction, and trauma;
• The use of diet and nutritional supplements to foster mental wellbeing;
• The ways in which mind-body connections, mindfulness, and spirituality are essential components of mental health;
• The integrative treatment of common mental health conditions; and
• A variety of successful models to incorporate integrative mental health into clinical practice.

SOME OF THE CONFERENCE TOPICS INCLUDE

Integrative Mental Health
Trauma and Addiction
Integrative Approaches to Anxiety
Integrative Approaches to ADHD in Children
Microbiome and Mental Health
Movement and Trauma
Wellbeing as a Skill
Guided Imagery
Integrative Approaches to Traumatic Stress
Integrative Approaches to Sleep Disorders
Integrative Approaches to Psychosis
Cannabis in Mental Health
Integrative Approaches to Autism
Reducing the Global Burden of Dementia

An evening program, Psychedelic Stories, will be presented by
MICHAEL POLLAN, author of How to Change Your Mind, ANDREW WEIL, MD. and CHARLES RAISON, MD.

IMHC IS SUPPORTED BY GENEROUS INDIVIDUAL DONORS AND THE GRACE US FOUNDATION.

FOR CONFERENCE INFORMATION AND REGISTRATION, PLEASE GO TO:
inTEGRATIVEMEDICINE.ARIZONA.EDU/MENTALHEALTH.HTML
Led by **ESTHER M. STERNBERG, MD**, 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 MESSAGE FROM RESEARCH DIRECTOR
DR. ESTHER M. STERNBERG

2018 HAS BEEN AN EXCITING YEAR FOR THE CENTER’S RESEARCH PROGRAMS.

Our primary goal is to develop methods to measure the impacts of complex interventions and experiences on all aspects of health and wellbeing resulting in a foundation for rigorous integrative medicine research. We do this in collaboration with the Air Force Research Laboratory, the U.S. General Services Administration (GSA), other federal agencies, and academic and industry partners. Some of these research projects include:

WEARABLE DEVICES PROJECTS

In multiple studies, we are utilizing existing wearable devices, as well as new devices of our own design, to measure everything from molecules in sweat to a person’s activity, posture, sleep quality, stress and relaxation responses, even social interactions and mood. These data enable us to better understand the effects of human actions and reactions, and the environment, both natural and human-made, on health. We are now positioned to apply these highly accurate, sensitive and non-invasive methods to measure the impact of different kinds of integrative interventions on many aspects of health and wellbeing.

INSTITUTE ON PLACE, WELLBEING AND PERFORMANCE (IPWP) OPEN SPACE PROJECT

In August we published the results of our three-and-a-half-year study with the GSA, measuring the impact of the built environment on occupants’ health and wellbeing in four federal buildings.

WE SHOWED THAT OFFICE WORKERS IN OPEN BENCH SEATING WERE:

- 32% more active than those in private offices;
- 20% more active than those in cubicles; and
- The more active workers were also significantly less stressed during after work hours.

The levels of increased activity and stress reduction in the medically relevant range show that the place where one works can be an important element contributing to a healthy lifestyle—the essence of integrative health.

As a result of this research, more than 40 companies, many of them in the Fortune 500, have reached out to us to implement our methods to make their buildings healthier. We are creating a new market for companies who want to position themselves as optimizing the health and wellbeing of their employees.

The Center applied research is having a direct effect on health and wellbeing while extending the boundaries of integrative health!
PILOT PROJECTS

PILOT PROJECTS THAT BEGAN IN 2018 HAVE GREAT POTENTIAL AND, IN SOME CASES, IMMEDIATE EFFECT

• We are measuring the impact of walking a labyrinth on the stress response—a comparison of the stress reduction benefits of actually walking a labyrinth outdoors as opposed to walking it in 3D Virtual Reality;

• IPWP architects advised the Center on the design of our new administrative office space influenced by the results of the GSA Open Space project; and

We are gratified by our research results from 2018 and look forward to an exciting and productive 2019. We will continue to develop and apply our research methods to even more aspects of integrative health.
PUBLICATIONS AND PRESENTATIONS THAT ARE A DIRECT RESULT OF THE CENTER’S RESEARCH EFFORTS THIS YEAR INCLUDE:

2018 PUBLICATIONS


2018 PRESENTATIONS


**STERNBERG EM.** From Data to Design: Creating an Evidence-based Framework for Health in Buildings. Presentation, American Institute of Architects Collaborative Research Summit, Minneapolis, MN; July 24, 2018.

The support of our donors, sponsors, and partners continues to be the lifeblood as we have grown and expanded for more than 24 years. We are grateful for your generosity and partnership that enables the Center to respond to critical healthcare needs and work to weave IM into the fabric of medical practice worldwide.
CHARITABLE CONTRIBUTIONS AND GRANTS (CY 2018)

FOUNDATIONS
George Family Foundation
Grace US Foundation
Greer Foundation
George Holloway, Jr. Memorial Charitable Gift Fund
Colburn and Alana Jones Foundation
The Kelcie Fund
Barry and Janet Lang Charitable Fund
Toby D. Lewis Philanthropic Fund
David and Lura Lovell Foundation
Malkin Family Philanthropic Fund
Mark S Nemschoff Family Foundation
Onota Foundation
Resnick Foundation
Louis and Rachel Rudin Foundation
Myles D. and J. Faye Sampson Family Foundation
Penny and Robert Sarver Charitable Foundation
Scheidel Foundation
Dr. Andrew T. Weil Fund
Weil Foundation

ENDOWMENTS
Iris Cantor Research and Innovation Fund - Iris Cantor
The JKL Fund for the Arizona Center for Integrative Medicine - Jolita Leonas-Arzbacher

GRANTS
U.S. Air Force Research Labs (subcontract with UES)
Human Performance Sensing - Biomarker Metric Identification and Sensor Development – Momentary Stress Patch
U.S. Air Force Research Labs (subcontract with UES)
Human Performance Sensing - Biomarker-Metric Identification and Sensor Development
U.S. General Services Administration – Indoor Environmental Quality and Stress: Study at GSA Headquarters
Lockheed Martin subcontract
Intelligence Advanced Research Projects Activity (IARPA)Multimodal Objective Sensing to Assess Individuals with Context (MOSAIC)

NUTRITION & HEALTH CONFERENCE UNDERWRITERS
A2 Milk Company
American Board of Integrative Medicine
Boiron
CV Sciences
Enzyme Science
Haelan 951
Hardy Nutritionals
Host Defense Organic Mushrooms
Integrative Therapeutics
Johnson Compounding & Wellness
Natural Awakenings - Boston
Nature’s Crops International
Nordic Naturals
Nutrition Institute at University of Bridgeport
OMAX Health
Orgain
SpectraCell Laboratories
Truehope
Vital Choice Wild Seafood and Organics

INTEGRATIVE MENTAL HEALTH CONFERENCE UNDERWRITERS
American Board of Integrative Medicine
Boiron
California Institute of Integral Studies
CV Sciences
Five Flavors Herbs
Greater Good Science Center
Hardy Nutritionals
Health Journeys
Host Defense Organic Mushrooms
IM4US
Integrative Psychiatry Institute
Natural Partners
San Francisco Psychological Society
Usona Institute
FISCAL YEAR 2017-2018

1. FELLOWSHIP $5,159,971.68
2. PHILANTHROPIC SUPPORT $847,283.58
3. NUTRITION & HEALTH CONFERENCE $473,259.47
4. INTEGRATIVE MEDICINE IN RESIDENCY $359,858.70
5. IH COACHING AND IHeLp $286,786.00
6. ALUMNI $249,388.00
7. ONLINE COURSES $168,720.00
8. STATE SUPPORT $147,989.00

PHILANTHROPY AND PARTNERSHIP

Throughout our history, multiple individuals, foundations, and organizations have supported the Center and our work to establish integrative health practices. These partnerships are integral to all of our activities: establishing integrative primary care models, conducting leading-edge outcomes research, and continuing our educational leadership for healthcare professionals and the public. This tradition continued in 2018 enabling the Center to address critical healthcare needs and to enhance and expand our programs nationally and globally.

WE APPRECIATE THE TRUST OF OUR LONGTIME ASSOCIATES AND LOOK FORWARD TO NEW PARTNERSHIPS AS WE WORK TO TRANSFORM HEALTHCARE.
CONTACT US

GENERAL INFORMATION:
655 N. Alvernon Way, Suite 120
Tucson, AZ 85711
(520) 626-6417
iminfo@email.arizona.edu
www.facebook.com/azcim
www.twitter.com/azcim
integrativemedicine.arizona.edu

EDUCATION:
Fellowship in Integrative Medicine
Integrative Health & Lifestyle or
Integrative Health Coaching
(520) 626-2865
azcim-admissions@list.arizona.edu
integrativemedicine.arizona.edu

INTEGRATIVE MEDICINE IN RESIDENCY OR
PEDIATRIC INTEGRATIVE MEDICINE IN RESIDENCY
(520) 626-7449
azcim-imr@list.arizona.edu

INTEGRATIVE MEDICINE ELECTIVE ROTATION
azcim-imer@list.arizona.edu
Integrative Medicine Distinction Track
(520) 626-5916
jcgomez@email.arizona.edu

HEALTH CARE:
Tucson Consultative Clinic
University Health Connection
(520) 694-8888 x 500 or (800) 524-5928 x 500
www.azcim.org/clinic

SUPPORT THE UNIVERSITY OF ARIZONA
CENTER FOR INTEGRATIVE MEDICINE:
(520) 626-6916
haroians@email.arizona.edu
uafoundation.org/give/azcim