



# Lifestyle Medicine & Food as Medicine Essentials Course Bundle

Ahmed Arafa

has completed 5.5 Credits

## Accreditation Statement

In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Joint Providership Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Rush University Medical Center and American College of Lifestyle Medicine. Rush University Medical Center is accredited by the ACCME to provide continuing medical education for physicians.

## Designation Statement

**For Medicine:** Rush University Medical Center designates enduring material for a maximum of 5.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

**For Nursing:** Rush University Medical Center designates this enduring material for a maximum of 5.5 nursing contact hour(s).

**For Pharmacy:** Rush University Medical Center designates this knowledge-based enduring material for a maximum of 5.5 contact hour(s) for pharmacists.

**For Psychologists:** Rush University Medical Center designates this enduring material for 5.5 CE credits in psychology.

**For Dieticians:** This enduring material has been approved by the Commission on Dietetic Registration for 5.5 CPEUs.

**For Social Work:** As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 5.5 general continuing education credits.

**For Physical Therapy or Occupational Therapy:** Rush University Medical Center is an approved provider for physical therapy (216.000378) and occupational therapy (224.000220) by the Illinois Department of Professional Regulation. Rush University Medical Center designates this enduring material for 5.5 continuing education credits.

**ABIM MOC:** Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 5.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

**AAFP Prescribed Credits:** The AAFP has reviewed Lifestyle Medicine & Food as Medicine Essentials Course Bundle and deemed it acceptable for up to 5.50 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 09/15/2024 to 09/14/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

**ABLM MOC:** The American Board of Lifestyle Medicine has approved 5.5 maintenance of certification credits (MOC) for this learning activity.

**For NBC-HWCs:** The National Board for Health and Wellness Coaching (NBHWC) has approved 5.5 continuing education credits for this learning activity: CE-000109-1.

*Paulina Shetty*

**Paulina Shetty MS, RDN, DipACLM**  
Senior Director of Education  
American College of Lifestyle Medicine

*Susan Chubinskaya*

**Susan Chubinskaya, PhD**  
Vice Provost for Faculty Affairs  
Rush University

**Wednesday, September 3, 2025**

Date