

## MEDICAL BOARD STAFF REPORT

DATE REPORT ISSUED: January 21, 2014  
ATTENTION: Education and Wellness Committee Members  
SUBJECT: SB 380 (Wright, Chapter 236, Statutes of 2011)  
STAFF CONTACT: Jennifer Simoes, Chief of Legislation

This memo provides background information regarding the requirements contained in SB 380 (Wright, Chapter 236, Statutes of 2011) and staff's action plan for implementation.

### BILL INFORMATION:

SB 380 was signed into law in 2011 and was sponsored by the California Academy of Preventive Medicine. This bill required the Medical Board of California (Board) to convene a working group of interested parties to discuss nutrition and lifestyle behavior for the prevention and treatment of chronic disease at a quarterly Board meeting within three years of the effective date of this bill. This working group meeting was held July 2013. This bill also required the Board to periodically disseminate information and educational material regarding the prevention and treatment of chronic disease by the application of changes in nutrition and lifestyle behavior to each licensed physician and surgeon and to each general acute care hospital (GACHs) in California.

In addition to the mandates in this bill, this bill also allows the Board (but does not require) to set content standards for any educational activity concerning a chronic disease that includes appropriate information on the impact, prevention, and cure of the chronic disease by the application of changes in nutrition and lifestyle behavior.

### BACKGROUND:

At the July 2013 Education and Wellness Committee Meeting, informational presentations were made by a working group of interested parties on nutrition and lifestyle behavior for the prevention and treatment of chronic disease. The meeting was broken down into three portions and the working group members included seven physicians that were recommended by the author's office and the sponsor, and Julie Hopkins from the Institute for Medical Quality. Stan DiOrio from Senator Wright's office also attended the meeting.

The first portion of the working group discussion focused on the background and science of changes in nutrition and lifestyle behavior in the prevention of chronic disease. Dr. John McDougall gave an informative presentation on the effects of diet therapy and nutrition on the prevention of chronic disease, and the six other physicians provided additional information on this subject matter. The next portion focused on continuing medical education (CME), the process for CME to be approved, and the information on existing CME courses relating to prevention of chronic disease by nutrition and lifestyle behavior changes. The third portion focused on the mandate in the bill that requires the Board to periodically disseminate information and educational material regarding the prevention and treatment of chronic disease by the application of changes in nutrition and lifestyle behavior to each licensed physician and surgeon and to each GACH in

California. It was discussed that there is already some good information available for physicians to use as a resource and for the Board to possibly disseminate to all physicians via the newsletter or an email blast. The California Health and Human Services Agency has a “Let’s Get Healthy California Report” and the California Department of Public Health (CDPH) is working on finalizing a Wellness Plan for California that builds on the Let’s Get Healthy California Report priorities. The American College of Lifestyle Medicine has published “Physician Competencies for Prescribing Lifestyle Medicine” in the Journal of the American Medical Association. It was suggested that the Board survey physicians to obtain data on what information would be most useful for their practice. It was also suggested that the Board reach out to medical schools to get more information on what is being taught to medical students regarding nutrition and lifestyle behavior changes to prevent chronic disease. Much discussion focused around the possibility of a coordinated campaign that the Board could be a part of and collaborate with other agencies such as CDPH and CMA.

Ms. Schipske made a motion that was approved for staff to identify information and resources regarding nutrition and lifestyle behavior changes that help prevent chronic disease that would be most helpful for physicians. Staff was directed to draft an action plan that would identify the best vehicle to use to get this information out to physicians, to identify available resources, and to identify an evaluation tool for physicians to use regarding this information.

#### ACTION PLAN:

Staff is recommending that a webpage be created on the Board’s website that will be a clearinghouse of information for physicians and consumers related to chronic disease prevention. The Board can work with other state agencies to promote this webpage on their websites and to get this information out to all GACHs. The Board can send an email blast out to all physicians with this link, and also include at least two articles on this subject per year in the Board’s Newsletter. Once the webpage is up and running, the Board can utilize survey monkey as an evaluation tool for physicians to evaluate the webpage, and also include contact information for Board staff so physicians can provide input and comments on the webpage. Board staff solicited the working group members for recommendation on websites that promote chronic disease prevention by the application of changes in nutrition and lifestyle behavior. Here are the websites that the Board intends to include on its new webpage (more can always be added as the Board becomes aware of other websites):

American Heart Association – [www.heart.org](http://www.heart.org)

CDPH’s Coordinated Chronic Disease Prevention and Health Promotion Program -

[http://www.cdph.ca.gov/programs/cdcb/Pages/](http://www.cdph.ca.gov/programs/cdcb/Pages/CoordinatedChronicDiseasePreventionProgram.aspx)

[CoordinatedChronicDiseasePreventionProgram.aspx](http://www.cdph.ca.gov/programs/cdcb/Pages/CoordinatedChronicDiseasePreventionProgram.aspx)

CDPH – Preventive Health Care for Adults - <http://www.cdph.ca.gov/programs/Pages/PHCAHome.aspx>

Centers for Disease Control and Prevention – [www.cdc.gov](http://www.cdc.gov)

Center for Science in the Public Interest - <http://www.cspinet.org>

Comprehensive Health Improvement Program - <http://www.chiphealth.com>

Guide to Clinical Preventive Services - <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/guide-clinical-preventive-services.pdf>

National Institutes of Health – [www.nih.gov](http://www.nih.gov)

Nutrition Action - <http://nutritionaction.com>

Nutrition CME Information - [www.nutritioncme.org](http://www.nutritioncme.org)

Nutrition Information – [www.nutrition.gov](http://www.nutrition.gov)

Physicians' Committee for Responsible Medicine – <http://www.pcrm.org>

The American College of Lifestyle Medicine - <http://www.lifestylemedicine.org>

U.S. Preventive Services Task Force - <http://www.uspreventiveservicestaskforce.org>

USDA Choose My Plate - <http://www.choosemyplate.gov>

Staff has also reached out to the University of California (UC) to get more information on what is being taught to medical students regarding nutrition and lifestyle behavior changes to prevent chronic diseases. Board staff is currently working with the UC to gather more information on this matter and will report back to the Committee at the next meeting.

Lastly, Board staff recommends that the Board begin discussing the standards for educational activity concerning chronic disease with organizations that accredit CME programs, to identify whether or not information on the impact, prevention, and cure of the chronic disease by the application of changes in nutrition and lifestyle behavior information is included in the content of these courses.