

LIFESTYLE MEDICINE AT KING'S

ISSUE NO. | APRIL 2024

Lifestyle Medicine (LM)

LM is an evidence-based medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. It has become the fastest growing branch of medicine. With 80% of chronic conditions related to lifestyle behaviours, the practice of LM has the potential to revolutionise healthcare.

At King's we have a small but passionate group of LM practitioners and advocates from a range of specialities who have come together to support staff and patients adopt healthy habits with the aim of improving physical and mental health and well-being. This aligns with the trust priorities of the Vital 5 initiative. If this has sparked an interest, please join us by contacting shireen.kassam@nhs.net



6 pillars of lifestyle medicine



Veguary 2024

Free plant-based lunch for staff

INITIATIVES

Healthy, sustainable diets

Unhealthy diets are not only the leading risk factor for chronic ill health, our food system is the major driver of climate change and nature loss. For the last 3 years, we have been supporting staff to adopt healthier plant-based diets by joining international campaigns such as Veganuary and No Meat May. We have an active WhatsApp group a fantastic Plant Powered King's cookbook and hold regular events

Walk with a Doc

Regular physical activity has the ability to transform both physical and mental health and is essential for improving healthy life expectancy. We have joined the international campaign Walk with a Doc to become the first London Hospital to start walking groups. Please share this news with patients and colleagues. Join our first walk on May 2nd.

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Recent activities

LIVFIT, is a support group for people with liver conditions. It was started 4 years ago by hepatology doctor Saima Ajaz and is now internationally recognised for its pioneering work. The aim of the group is to support people to adopt healthy habits to improve cardiometabolic health and benefit from peer support. At its regular meeting on 14th March, the topic for discussion was plant-based diets with a talk given by Dr Shireen Kassam and food provided by our local plant-based restaurant, Platform Cafe.

Recipe of the month

Try this super nourishing, delicious and simple lentil shepherds pie



LIVFIT support group event, March 14th 2024

THE PLANT-POWERED COOKBOOK



From the kitchens of the staff of King's College Hospital



Curated by Dr LJ Smith & Dr Shireen Kassam



WHAT'S IN STORE

Film screening May 2nd

We have the unique opportunity to showcase the benefits of a plant-based diet at this exclusive film screening of the new documentary, I Could Never Go Vegan. The event includes refreshments, networking and panel discussion with cast members

No Meat May, free staff lunch

For the 4th year in a row we will be supporting staff to adopt a plant-based diet as part of the international campaign, No Meat May. We are holding a free lunch for staff on May 23rd in the board room. In collaboration with King's Food head chef, Graeme Collie, you will be able to sample some of the newest meat alternatives to come to market. There will also be prizes up for grabs, plus lots of helpful information.