

*The Campaign for the*  
**Center for Lifestyle Medicine at UCF**  
UNIVERSITY OF CENTRAL FLORIDA • ORLANDO, FLORIDA

*A Campaign About Saving Lives*



A Campaign About Saving Lives—*Center for Lifestyle Medicine at UCF*

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## UCF has positioned itself to be a leader in medical education and research.

The University of Central Florida established a College of Medicine in 2006. The four-year medical program will capitalize on UCF's existing strengths in biomedical sciences, modeling and simulation, and optics and photonics. Other programs in materials science, psychology, chemistry, and nursing will support the program. The new campus has already begun to attract more life sciences industry to the area and diversify the local economy.

The biomedical cluster will include UCF's College of Medicine and its Burnett School of Biomedical Sciences as well as other UCF health sciences programs, the Burnham Institute and a satellite University of Florida research building. A new \$560 million veterans hospital and Nemours Children's Hospital also plan to locate to Lake Nona.

In addition to curing and healing, it is also important to consider the role of prevention and wellness in preserving good health or treating disease if it is already present. To accomplish this, UCF created the Center for Lifestyle Medicine—the first of its kind in the nation—a world-class, research-based program to study how daily habits and actions impact both short- and long-term health. The Center is located in the University Tower at the Central Florida Research Park.

No other major university or medical school has taken such a major leadership position in combating lifestyle-related diseases in the U.S.

### **How Lifestyle Medicine can make an impact**

Lifestyle Medicine is the use of lifestyle interventions, such as nutrition and exercise, in the treatment and management of disease. Some of the effects of poor lifestyle choices on the health and well-being of individuals contribute to conditions resulting in approximately 80 percent of our nation's annual mortality. These choices are reflected in the following outcomes:

#### ***Coronary Heart Disease***

As the leading killer of both men and women in the United States, coronary heart disease risk factors with a lifestyle component include:

- Cigarette smoking
- Elevated cholesterol
- Hypertension
- Obesity
- Inactive lifestyle

#### ***Diabetes***

The prevalence of diabetes has increased 700 percent in the last 40 years and 80 percent in the last decade. Poor eating habits, weight gain and an inactive lifestyle all contribute to this shocking increase.

#### ***Poor Nutrition***

Seven out of the ten leading causes of death in the United States each year have a nutrition or alcohol-related component.

#### ***Sedentary Living***

Over 70 percent of adults in the United States do not get enough regular exercise.

#### ***Obesity***

In the adult population in the United States, more than 66 percent of adults are overweight or obese with increased risk for hypertension, coronary heart disease, congestive heart failure, infertility, gout, and stroke. Childhood obesity has tripled in the last 20 years.

Dr. Rippe's compassion as a skilled and caring physician helped me on my journey to better health and reaffirmed my belief that the proper approach to a life of energy and vitality is a holistic approach: mind, body, and soul.

**Lawrence J. Lynch, CAE**  
*President, Environmental Health Testing, LLC*



## A Campaign About Saving Lives—*Center Leadership*

My personal experience with Dr. Rippe has been one of the most valuable and life-changing aspects in recent years. His approach to life and medicine provided me with a roadmap to a better and a more fulfilling lifestyle. His concepts demonstrate the absolute connectivity among the physical, mental, and spiritual aspects of life.

**Anne K. Chinoda**  
*President & CEO, Florida's Blood Centers, Inc.*



**Great results require leadership.** The Center for Lifestyle Medicine at UCF has world-renowned leaders in lifestyle medicine. These individuals have published over 300 academic papers and over 40 books on the impact of lifestyle choices on health and coined the term “lifestyle medicine” for the academic study of these relationships.



**Dr. James Rippe** is a board certified cardiologist and a graduate of Harvard College and Harvard Medical School with postgraduate training at Massachusetts General Hospital.

He is currently the

Founder and Director of the Rippe Lifestyle Institute and Professor of Biomedical Sciences at the Burnett School of Biomedical Sciences, College of Medicine at UCF and Associate Professor of Medicine (Cardiology) at Tufts University School of Medicine.

Dr. Rippe is also founder and director of the Rippe Health Evaluation (RHE), which offers a series of comprehensive health evaluations for high-performance individuals conducted at the state-of-the-art medical and fitness facility in Celebration, Florida. RHE has established a clinical relationship with Orlando Regional Healthcare where Dr. Rippe serves as the Chairman of the Lifestyle Medicine Initiative.

**Dr. Theodore Angelopoulos** received his B.S degree from the University of Athens in 1982. As a former Scholar of Greece's National Secretary of Education, he pursued advanced graduate training in the United States (1983-1991).

He attended the University of Pittsburgh from 1983-1991 for postgraduate studies, receiving his M.S in Exercise Physiology in 1986, his M.P.H. in Epidemiology in 1990, and his Ph.D in Exercise Physiology in 1991. From 1991-1994, Dr. Angelopoulos was a postdoctoral fellow at Washington University School of Medicine in St. Louis, Missouri.

Presently, Dr. Angelopoulos is a Professor in the Department of Health Professions and Research Director of the Center for Lifestyle Medicine at UCF. In addition, Dr. Angelopoulos is the Director of Clinical Research of the Rippe Lifestyle Institute. His major research areas include exercise, obesity, weight management, lipoprotein metabolism, and muscle hypertrophy. He is certified by the American College of Sports Medicine as a Program Director and is a Registered Clinical Exercise Physiologist.



## The Challenge and Opportunity

The Center for Lifestyle Medicine at UCF is committed to reversing the trend of negative lifestyle decisions and their adverse health effects. The research and education programs at the center will help people understand how small changes in their daily lives can have a profound impact on their health and quality of life.

Creating healthier outcomes is a challenge, but it is not impossible. The center will use an interdisciplinary approach and draw from resources at the university including:

- Physicians
- Exercise physiologists
- Nutritionists
- Psychologists
- Geneticists
- Physical therapists
- Educators
- Computer scientists
- Nurses and Clinicians

Using the latest technologies, such as optics and simulation, these groups will work together to explore the impact of lifestyle on health.

The Center for Lifestyle Medicine has established collaborative relationships with the UCF Burnett School of Biomedical Sciences at the College of Medicine and the College of Health and Public Affairs.



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Center for Lifestyle Medicine at UCF

LIFESTYLEMEDICINE.UCF.EDU

### Progress Toward National Prominence for the Center

- Customized state-of-the-art 8,000 square foot testing center
- Recruited two renowned scholars and clinicians to lead Center's efforts
- Added two faculty positions for experts in nutrition and metabolism, and exercise physiology
- Designed the nation's first graduate program in Health Sciences with an emphasis on Clinical and Lifestyle Sciences
- Publishes the first peer-reviewed academic journal in lifestyle medicine—the American Journal of Lifestyle Medicine, as well as the Encyclopedia of Lifestyle Medicine and Health, a six-volume text to be available in every research library in the U.S. by 2010

**While great progress in establishing the Center has been made, much more is needed.**

UNIVERSITY OF CENTRAL FLORIDA

## A Campaign About Saving Lives

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## *Giving Opportunities*

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### The Center for Lifestyle Medicine at UCF is attracting world-class physicians and scientists.

With your help, the Center for Lifestyle Medicine at UCF fund will become the world leader in this new area of medical and health research.

#### **The UCF Center for Lifestyle Medicine Fund**

Goal \$9 million

In the first critical years, the Center for Lifestyle Medicine at UCF will set the standards by which others will follow. Your support will provide:

##### **\$3 million endowment for students**

- **Provide vital dollars for student support**  
Establish funds for fellowships

Provide aid for undergraduate or graduate degrees in Lifestyle Sciences

##### **\$3 million endowment for research**

- **Recognize and reward promising new research in the field of Lifestyle Medicine**

- **Provide short- and long-term funding for the center including:**

The facility

Equipment for classrooms and labs

The emerging needs of the center as it grows

##### **\$3 million endowment for faculty**

- **Fund endowed professorships in Lifestyle Medicine and Health**

- **Provide visiting scholars programs**

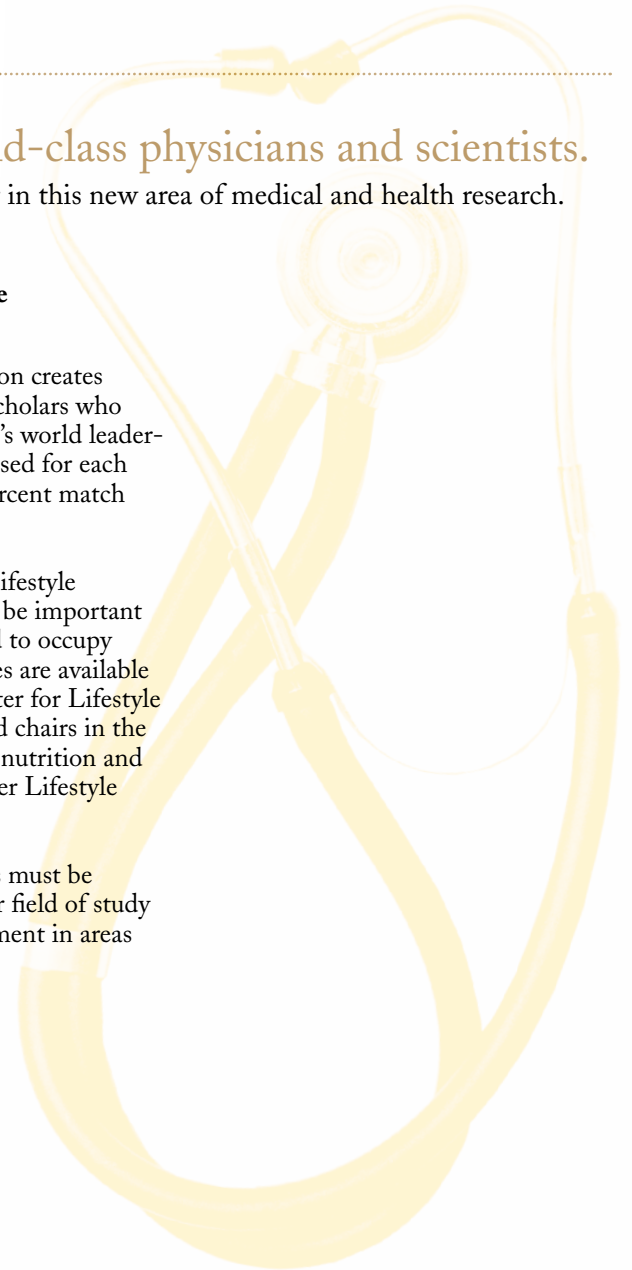
#### **Eminent Scholars in Lifestyle Medicine**

Goal \$2 million per position

A philanthropic investment of \$1.5 million creates an endowment that will attract leading scholars who ensure the Center for Lifestyle Medicine's world leadership in research and education. Funds raised for each eminent scholar are eligible for an 80 percent match from the State of Florida.

As UCF takes its place as the leader in Lifestyle Medicine in education and research, it is important to attract scholars from around the world to occupy endowed positions. Naming opportunities are available for endowed chairs. The goal of the Center for Lifestyle Medicine at UCF is to establish endowed chairs in the areas of prevention of childhood obesity, nutrition and metabolism, exercise physiology, and other Lifestyle Medicine fields.

The holders of eminent scholar positions must be individuals who are world leaders in their field of study and embody the highest level of achievement in areas related to Lifestyle Medicine.



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*For more information contact*

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