



# LIFESTYLE REDESIGN®: PREPARING TRAINEES TO IMPLEMENT OCCUPATIONAL THERAPY INTERVENTIONS FOR OBESITY



UNIVERSITY OF SOUTHERN CALIFORNIA

Los Angeles, CA

Educators from the Division of Occupational Therapy adapted the Lifestyle Redesign curriculum to better prepare future and current future professionals to design and deliver occupational therapy interventions for clients with obesity. This curriculum could be adapted and integrated into pre-licensure coursework at other occupational therapy professional training programs. Practicing clinicians can complete the online version of the course for continuing education credit.

## SCENARIO

Lifestyle change is central to any evidence-based obesity management strategy, but maintaining targeted health behaviors that influence weight can be difficult within the complex dynamic of everyday life. Occupational therapists are trained to address this issue. The profession's approach involves (re)establishing healthful performance patterns and preparing clients to solve daily occupational challenges in obesity management.

With expertise in home / workplace modification planning, compensatory strategies for activities of daily living, and the design of individually-tailored lifestyle interventions, occupational therapy practitioners are ideally positioned to improve clinical and psychosocial outcomes among adults with obesity across a variety of settings. Recognizing the need for additional obesity-related training opportunities within the profession, USC faculty developed a *Lifestyle Redesign* course with content on obesity management.

### Core components of the occupational therapy approach to obesity care addressed in the curriculum include knowledge and skills to:

- ▶ CREATE & PROMOTE - health promotion to prevent obesity or to promote weight loss
- ▶ ESTABLISH & RESTORE - remediation and restoration of function despite obesity and related complications
- ▶ MODIFY & MAINTAIN - compensation and adaptation to increase function and participation despite obesity
- ▶ PREVENT - prevention of obesity-related disability

## About the Educators



**Mrs. T.H. Chan** Division of  
Occupational Science and  
Occupational Therapy



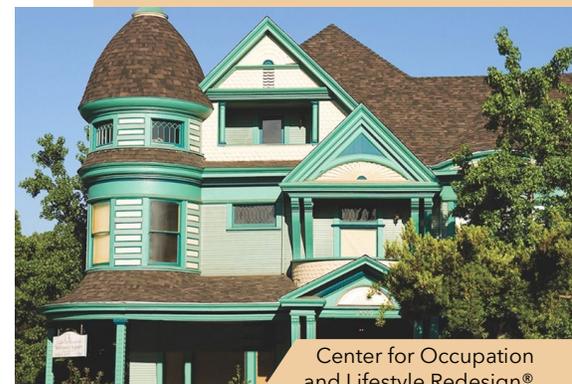
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### KEY COMPETENCIES:

Integration of Community Care  
Skills for Interprofessional Collaboration  
Strategies for Patient Care



Center for Occupation  
and Lifestyle Redesign®



# CURRICULUM

Obesity is integrated into the curriculum through core course modules and specialty electives (Lifestyle Redesign®) for undergraduate and graduate occupational therapy students.

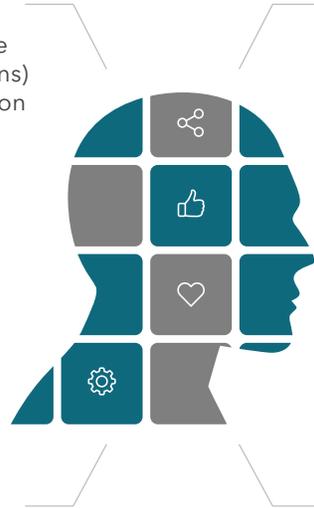
## OT 220 - Lifestyle Design: Introduction to Occupational Therapy

Introduction to theoretical concepts concerning the relationship of engagement in activities (occupations) to health and well being. Sessions include content on mindful eating strategies and environmental determinants of obesity. Sample readings:

- The Case for Taste (Petrini, 2001)
- The Power of Place (Gallagher, 1994)
- Healthy Pleasures (Ornstein & Sobel, 1990)

## OT 280 - Essential Occupations of Emerging Adulthood

Explores essential occupations of emerging adulthood and strategies to promote health and well-being for this population. Students can earn “experiential activity diplomas” by attending a weight management consultation and/or meeting with a registered dietitian.



## OT 312 - Creating a Sustainable Lifestyle

Investigation into the development of habits that promote environmental sustainability and personal wellbeing. Explores the intersection between occupation, health, and environmentally sustainable behavior. Sessions include:

- Understanding Obesogens
- The Sustainable Food Chain
- Transportation and Built Environment, Happiness, Community Building and Local Economies

## OT 583 - Lifestyle Redesign®

Practicum experience includes exploring the Lifestyle Redesign approach personally, with peers, and through clinical observation.

*\*OT 583 is also required for the Pathways To Excellence program designed to help trainees deepen their knowledge and expertise in cutting-edge practice areas like obesity management.*

# OUTCOMES

Effective 2027, the Accreditation Council for Occupational Therapy Education (AOTA) announced a new mandate to elevate the entry level for all new occupational therapists from the master’s to the doctorate degree (OTD). This additional year of training can be used to prepare clinical occupational therapists for cutting-edge practice areas like obesity management. Incorporating obesity management into required clinical experiences (ex: OTD residency with interdisciplinary obesity prevention team) will improve upon the quality of care and programs that future OTDs provide for clients with and at risk for obesity.

## ADAPTED FOR POST-LICENSURE TRAINING

Leaders from the USC Occupational Therapy Faculty Practice crafted an obesity-specific curriculum for delivery through a distance learning platform.

- *Introduction to Lifestyle Redesign®* →
- *Lifestyle Redesign® for Weight Management* →

As of 2018, there are **more than 430 USC Chan doctors of occupational therapy** in the workforce leading the profession forward in evidence-based specialty practices, graduate education, research, administration and policy.



“Occupational therapy practitioners have an ideal background and skill set to address obesity in multiple contexts. When obesity affects participation in meaningful life activities (i.e. occupations), occupational therapists can treat obesity as the primary condition or reason for referral.

– **Dr. Camille Dieterle**, Associate Professor



Additional information about this curriculum is available from: <https://chan.usc.edu/academics> →