

# Department of Family and Preventive Medicine



# Department of Family and Preventive Medicine

Our vision is to improve health through preventive, behavioral, epidemiologic and clinical research, education and clinical care.

As we watch the cascade of discoveries of medical science inside the cell, it is important to remember that behaviors contribute 40% of the cause of early mortality, more than any other single factor including genetics. Our research and education programs focus on individual and population factors that can be modified in order to improve health. Our clinical and education programs in Family Medicine take seriously the role of primary care as the foundation of our health care system: the higher its quality, the healthier the population and the more cost-effective the health care delivery system. With current programs producing an annual budget of \$48.2 million, we are a Department on the move!

## Research Highlights

- NIH ranks the Department first in the nation among peer departments for NIH awards.
- In FY 11 the Department had 123 total research awards.

## Education Highlights

- US News and World Report ranks UC San Diego's School of Medicine in the top ten Primary Care medical schools in the country.

## Clinical Highlights

- In FY11 Family Medicine provided 79,209 outpatient visits in their private practice and 31,850 visits for the medically underserved around San Diego County.

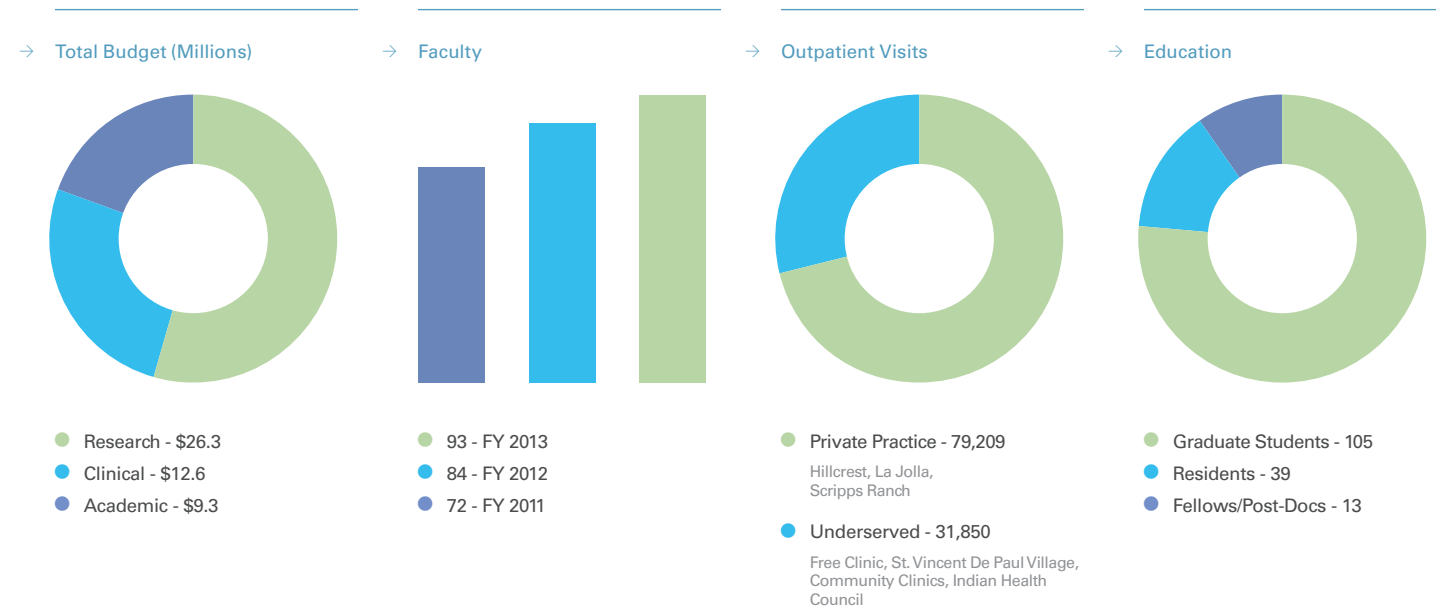
↑ Why Do People Die Early?



- Behaviors - 40%
- Genetics - 30%
- Social Circumstances - 15%
- Medical Care - 10%
- Environmental Exposures - 5%

# Mission

- To conduct innovative research at the intersection of behavioral and medical sciences to assess and understand chronic disease etiology, improve human health, and prevent disease at the individual and population level
- To educate and inspire medical, undergraduate and graduate students and fellows to rigorously explore research questions at the nexus of behavioral and medical science
- To train residents and physicians from around the country to provide high quality clinical care that addresses the individual, family and community
- To provide personalized, comprehensive care in our Family Medicine practices as well as evidence-based complementary therapies in our Center for Integrative Medicine



## → Research Grants

- NIH ranks UCSD's Department of Family and Preventive Medicine first in the nation among peer departments for NIH awards.
- In FY 11 the Department had 123 total research awards

## → Who Funds Our Work?

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• <b>NIH</b></li> <li>• NCI</li> <li>• NHLBI</li> <li>• NIA</li> <li>• NIAM</li> <li>• NIAMSD</li> <li>• NICA</li> <li>• NIDA</li> <li>• NIDDK</li> <li>• NNR</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Private/Other</b></li> <li>• Alliance Healthcare Foundation</li> <li>• American Cancer Society</li> <li>• American Heart Association</li> <li>• Web MD</li> <li>• Indian Health</li> <li>• James Irvine Foundation</li> <li>• Kaiser Foundation</li> <li>• Merck</li> <li>• Pfizer</li> <li>• Robert Wood Johnson Foundation</li> <li>• State of California</li> </ul> |
|---|--|

## → Centers of Excellence

- Center for Cardiovascular Epidemiology and Prevention
- Center for Energy Balance, Obesity and Cancer Prevention
- Center for Health Behavior Change in Underserved and Vulnerable Populations
- Center for Research and Intervention in Tobacco Control

## → Divisions

- Behavioral Medicine
- Biostatistics and Bioinformatics
- Epidemiology
- Family Medicine
- Global Health
- Health Policy
- Preventive Medicine

## → Individual Behavior

Our research addresses nine of ten Healthy People 2010 indicators:

- |                               |                         |
|-------------------------------|-------------------------|
| • Physical activity           | • Mental health         |
| • Overweight and obesity      | • Injury and violence   |
| • Tobacco use                 | • Environmental quality |
| • Substance abuse             | • Access to health care |
| • Responsible sexual behavior | • Immunizations         |

# Center for Cardiovascular Epidemiology and Prevention

The Center for Cardiovascular Epidemiology and Prevention investigates the impact of body composition, diet, physical activity, biomarkers, and genetic factors on subclinical cardiovascular disease, physical functioning and quality of life both in healthy persons and those with cardiovascular disease.

## Center Director: Michael Criqui, MD, MPH

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# Center for Health Behavior Change in Underserved and Vulnerable Populations

The Center for Health Behavior Change in Underserved and Vulnerable Populations brings together multidisciplinary researchers and community collaborators to focus on health behavior change as a means of diminishing or eliminating health disparities.

## Center Director: Bess Marcus, PhD

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Outpatient Visits



- Private Practice - 79,209  
Hillcrest, La Jolla, Scripps Ranch
- Underserved - 31,850  
Free Clinic, St. Vincent De Paul Village, Community Clinics, Indian Health Council

# Center for Research and Intervention in Tobacco Control

The Center for Research and Intervention in Tobacco Control promotes collaboration among UCSD researchers investigating the etiology of tobacco use; the neurobiology of nicotine dependence; population patterns of tobacco use behavior; interventions to help tobacco users quit; and analysis of tobacco control policies.

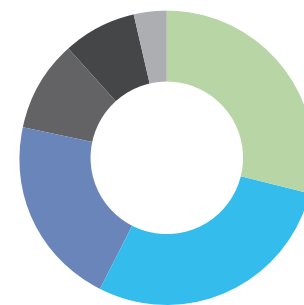
## Center Director: Shu-Hong Zhu, PhD

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U.S. Deaths Attributable Each Year to Cigarette Smoking



- Lung Cancer - 128,900
- Ischemic Heart Disease - 126,000
- Chronic Obstructive Pulmonary Disease - 92,900
- Other Diagnoses - 44,000
- Other Cancers - 35,300
- Stroke - 15,900

Average annual number of deaths, 2000-2004.

Source: MMWR 2008;57(45):1226-1228

# Center for Energy Balance, Obesity and Cancer Prevention

The Center for Energy Balance, Obesity and Cancer Prevention studies the links between energetics, obesity and cancer, and provides insight about interventions with broad population impact for prevention and control of disease.

## Center Director: Ruth Patterson, PhD

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Top 25

## Research / Divisions

### → Behavioral Medicine

**Division Chief Designate: James Sallis, Ph.D.**

- The Division integrates behavioral and medical sciences to improve health behavior research and interventions for application to prevention, treatment, and rehabilitation
- There are major opportunities for improving health behavior change at individual and population levels
- The Division is bringing the best science to bear on the most problematic behaviors, then working to use the science to change practice and policy
- The Division is building one of the world's strongest groups in behavioral research on physical activity. We have expertise in measures, methods, interventions, policy research, disparities, and translating research to policy.
- Intervention approaches range from use of mobile technology and personal counseling, to changing community environments
- The Division is engaged in research directly relevant to clinical practice, including self-management, mental health care, and outcomes research

### → Biostatistics and Bioinformatics

**Interim Division Chief: Charles C. Berry, Ph.D.**

- Statistical inference is central to most biomedical sciences today
- The Data Explosion creates new challenges
- The Explosion in statistics, computation, and informatics
  - knowledge base
  - over 100 stats journals in ISI database
  - continuing advances in informatics and computing systems
  - opportunities go to scientists with access to these high level skills
- Faculty skilled in Statistical and Computational Research
- Faculty knowledgeable in modern Biostatistical and Bioinformatic methods
- Faculty able to effectively collaborate in many scientific areas
- Faculty success in developing and supporting funded research and engaged in large centers and projects across SOM
- Turn-key support for
  - biostatistical design and analysis
  - on-line data management/informatics



## Research / Divisions

### → Epidemiology

**Division Chief: Elizabeth Barrett-Connor, M.D.**

Mission: Conduct observational and clinical trial epidemiology in order to better understand the mechanisms of the development of disease at multiple stages of life in both sexes. Provide insights for the development of preventive and treatment programs.

Areas of Focus:

- Women's health
- Epidemiology and prevention of chronic diseases of aging
- Mechanisms linking diseases of the heart with those of the brain, breast and bone

### → Family Medicine

**Division Chief: Rusty Kallenberg, M.D.**

Research Focus

- Conduct practice-based research in medical, behavioral and health services areas that impact the health of our patients, their families, and the community

### → Global Health

**Division Chief: Wael K. Al-Delaimy, M.D., Ph.D.**

Areas of Focus:

- Prevention and control of chronic diseases such as cancer, mental health and respiratory illness at the global level
- Behavioral change focusing on tobacco and alcohol
- Health policy



Foreign countries with Division faculty involvement include Brazil, Ethiopia, China, Egypt, Jordan, Italy, Russia, Switzerland, Mexico, Moldova, South Africa, Taiwan, Philippines, India, Haiti, Australia, Barbados and Fiji

## Research / Divisions

### → Health Policy

**Interim Division Chief: Todd P. Gilmer, Ph.D.**

Mission: to improve public health through research and teaching programs that inform and ultimately improve the organization, financing, and delivery of health care.

Areas of Expertise

- Health insurance and health care reform
- risk adjustment of health insurance premiums
- Medicaid
- cancer prevention
- industry marketing
- genetics
- community outreach

### → Preventive Medicine

**Division Chief: Michael Criqui, M.D., M.P.H., F.A.H.A.**

Research Focus:

- Cardiovascular epidemiology and prevention
- Physical activity and other behavioral interventions in the prevention of chronic disease
- Information technology in disease prevention, including wired and mobile technologies
- Cancer epidemiology and prevention
- Nutritional and molecular epidemiology
- Statistical genetic epidemiology



## Education /

### → Clinical Training

- Family Medicine Residency, Dustin Lillie, MD, Director
- Family Medicine / Psychiatry Residency, David Folsom, MD and Christopher Searles, MD, Co-directors
- UC San Diego / San Diego State Preventive Medicine Residency, Linda Hill, MD, Director
- Affiliated Family Medicine Residency with Scripps South Bay, Marianne McKennett, MD, Director
- Physician Assessment and Clinical Education (PACE) program, William Norcross, MD, Director
- Primary Care Sports Medicine Fellowship, Kenneth Taylor, MD, Director

### → Graduate Programs

- UC San Diego / San Diego State University Doctoral Program in Public Health with foci in:
  - Epidemiology
  - Health Behaviors
  - Global Health
- John Pierce, PhD, Director
- Masters of Advanced Studies (MAS) Program in the Leadership of Health Care Organizations
  - Todd Gilmer, PhD, Director

### → Fellowship Programs

- Cardiovascular Disease Epidemiology, Michael Criqui, MD
- Director Behavioral Medicine, Bess Marcus, PhD
- Director Underserved Medicine, Ellen Beck, MD, Director
- Primary Care Sports Medicine, Kenneth Taylor, MD, Director

### → Physician Assessment & Clinical Education (PACE)

**Director: William Norcross, M.D.**

- Largest program in North America for assessment and remediation of physician clinical competence across all medical specialties and subspecialties
- Over 1300 comprehensive assessments performed since founding in 1996
- Physician Enhancement Program (PEP) - in practice monitoring and mentoring
- Fitness for Duty Evaluation
- Courses in prescribing, medical record keeping, clinician/patient communication, professional boundaries, anger management and physician leadership.



## Clinical Programs /

# US News and World Report ranks UC San Diego in the top ten Primary Care medical schools in the country.

Family Medicine faculty physicians and care teams provide continuous, personalized, evidence-based health care to our patients, their families, and their communities.

### → Primary Care Sports Medicine

La Jolla - Genesee

- Faculty serve as Medical Director / Head Team Physician for San Diego Sockers
- Faculty are the sports doctors for Kearny High School

Scripps Ranch

- Faculty serve as Medical Director / Head Team Physician for:

- - UCSD Intercollegiate Athletics
  - UCSD Club Sports
  - California State Games (Junior Olympics of CA)
  - State Games of America
  - International Surfing Association

- Faculty are the sports doctors for:

- Cathedral High School
- Mira Mesa High School
- Castle Park High School

### → Family Medicine

Outpatient practices in:

- Hillcrest
- La Jolla Genesee
- Scripps Ranch
- Downtown (Winter 2012)





# Center for Integrative Medicine

The Center for Integrative Medicine collaborates across healing disciplines, combines evidence-based complementary therapies with state-of-the-art clinical care, research and education, and empowers individuals to achieve optimal health and well being.

**Center Director: Lauray MacElhern**

The Center for Integrative Medicine offers consultations with eight Family & Preventive Integrative Medicine physicians, two osteopaths, seven acupuncturists and one psychologist. Consultations take place within one of three Family Medicine clinics.

**Other Services:**

Acupuncture/Traditional Chinese Medicine, Ayurveda, Biofeedback, Osteopathic/manual medicine, massage/healing touch — all by UCSD employees or contract

**During DFM evening clinic hours Group Classes:**

Mindfulness-Based Stress Reduction (MBSR), Yoga, Tai Chi, Qi Gong, Diet & Cooking, Philosophy of self-healing



