

## **Jenny Sunghyun Lee**

PhD, MPH, CHES, CWP, CHWC, DipIBLM, FACLM



Dr. Jenny Lee is a Fellow of American College of Lifestyle Medicine, a Board Certified Lifestyle Medicine Professional, a Certified Health and Wellness Coach, a Certified Wellness Practitioner, and a Certified Health Education Specialist. She currently serves as an Assistant Professor of Family Medicine, Texas College of Osteopathic Medicine (TCOM) at the University of North Texas Health Science Center (UNTHSC). She has dedicated her career to promoting comprehensive health and wellness among medical professionals and the broader community. In pursuit of that aim, she has served as an educator, researcher, public health practitioner, columnist, essayist, public speaker, and medical contributor at radio talk show.

Dr. Lee accomplished her doctoral specialty in Neuro-Motor Behavior Science and extended her expertise in the field of Health Behavior, Education, and Promotion during her post-doctoral program of MPH in University of South Carolina; and she holds additional Masters' degrees in Therapeutic Recreation in Ohio State University and Exercise Physiology in Yeungnam University in Korea as well as Bachelor degree in English Literature and Language in Yeungnam University in Korea. Her extensive professional credentials and competencies include: 1) Board-Certification in Lifestyle Medicine by ABLM/IBLM (American Board of Lifestyle Medicine/International Board of Lifestyle Medicine); 2) LMCC (Lifestyle Medicine Core Competencies) Course Certificate by ACLM/ACPM (American College of Lifestyle Medicine/and American College of Preventive Medicine); 3) Lifestyle Medicine CME Course Certificate by Institute of Lifestyle Medicine at Harvard Medical School; 4) Culinary Medicine, CHEF certificate at the Institute of Lifestyle Medicine, Harvard Medical School; 5) CHIP (Complete Health Improvement Program) Facilitator Certificate by Lifestyle Medicine Institute at Loma Linda Medical School; 6) CHWC (Certified Health and Wellness Coach) by Wellcoaches School of Coaching affiliated with Harvard Medical School; 7) Coaching Healthy Behaviors Course Certificate by Cooper Institute; 8) Clinical Research Methods Course Certificate by Baylor College of Medicine; 9) Foundations of Positive Psychology Specialization Certificate by University of Pennsylvania; 10) Science of Happiness Certificate by University of California at Berkeley; 11) The Foundations of Happiness at Work by University of

California at Berkeley; 12) CWP (Certified Wellness Practitioner) by National Wellness Institute; 13) CHES (Certified Health Education Specialist) by National Commission for Health Education Credentialing, Inc.; and 14) Therapeutic Recreation Specialist certified by National Council for Therapeutic Recreation Certification.

Furthermore, Dr. Lee has expanded her breadth of knowledge in the fields/disciplines of Epigenetics, Quantum Physics, Mind-Body Medicine, Spirituality Medicine, Mental Wellness, Substance Abuse and Addiction Prevention, Holistic Wellness Science, Population/Community Medicine, and Clinical Research as well as Community-Based Participatory Research.

Uniquely combining, in the course of performing the three main functions of education, research, and service in her healthcare profession, Dr. Lee has adopted a constructivist teaching method as a fundamental thinking paradigm, an adult learning theory, an integrated multidisciplinary team-based approach, and a social-ecological system model. Furthermore, she has placed a strong interest in translating declarative knowledge to procedural knowledge or transformational application, problem focused to solution and possibility focused approach, fixed mindset to growth mindset, negative psychology to positive psychology, a sick-care model to wellness-care model, individual centered to population oriented approach, and the idea of classroom to the service of community, with respect to health, medicine, and wellness for life.

For more than a decade, in both academic and community settings, Dr. Lee has demonstrated and promoted the practice of optimal lifestyle to achieve a healthful spirit, mind, body, and behavior in individuals and populations. In her initial professional role, as a faculty of school of public health including the areas of Behavioral and Community Health as well as Health Science, Dr. Lee developed and taught many courses related to personal and community health at both graduate and undergraduate levels that include: health and wellness, nutrition, substance abuse prevention, stress management, health promotion programming and evaluation, research methods, anatomy and physiology, human diseases, working with family, to name a few.

As to a comprehensive approach to lifestyle transformation in population, Dr. Lee integrated health education and promotion, primary care components, and translational research especially including community-based participatory research. And she was actively engaged in pursuit of NIH translational research grant project related to minority and health disparity to prevent and reduce unhealthy lifestyle related chronic diseases such as cardiovascular disease, obesity and metabolic syndrome. Such population health oriented chronic disease prevention and reduction efforts were especially manifested in her signature GoodNEWS (*Genes/Epigenetics, Nutrition/Nurturance, Exercise/Expression, Wellness, and Spiritual Growth*) Lifestyle Enhancement Program. Dr. Lee developed the GoodNEWS Lifestyle Program grounded in the evidence-based framework of Epigenetics that links spirit, mind, body, lifestyle, environment, and health outcomes.

The program was primarily intended to transform adverse lifestyles and promote lasting behavior change and lifelong wellness among underserved minority populations through their faith-based

organizations and community partnerships. As for her pilot project, the GoodNEWS Lifestyle Program was implemented to prevent Cardiovascular Disease (CVD) in Cumberland County residents in NC, through the partnership with Cumberland County Public Health department, funded by CDC seed grant (2002-0180), when she served as an assistant professor at UNC (University of North Carolina)-Fayetteville. Since 2003, she evolved and extended her GoodNEWS Lifestyle Program to prevent CVD prevalent in South Dallas where the underserved African American population was highly concentrated, through partnering with 20 faith-based organizations and collaborating with the community medicine investigators at UT Southwestern Medical School in Dallas, which was funded by NIH grants (e.g. RO1 HL087768, 3R01 HL087768-03S1). Dr. Lee and her team also conducted NIH- funded (P20 MD006882) Obesity Prevention project incorporating with DPP (Diabetes Prevention Program) among the same community residents in South Dallas. Dr. Lee, alone and collectively, has reached 70 diverse ethnic congregations and provided trainings for over 100 lay health promoters and 1300 congregants. And she and her team published four manuscripts on the GoodNEWS Program in the major journals (e.g. Contemporary Clinical Trials 2011, Preventing Chronic Disease 2011).

In her recent professional role over the past 4 years, as a faculty of Family Medicine, Dr. Lee has extended her LM (Lifestyle Medicine) competencies, Wellness Promotion methods, and Community Oriented Primary Care approaches to medical education, research, clinic, and service as follows:

1. **Education:**

In collaboration with the director of Medical Practice, Dr. Lee developed a course, *The Foundation of Health Promotion and Disease Prevention* (HPDP), as part of the modernized curriculum in her medical school of TCOM. In this course, she has made an endeavor to incorporate LM, Wellness Promotion, and Population Health components. For example, this course was designed to equip pre-clerkship students (year 1 and 2) with the 15 core competencies in LM including leadership, knowledge, assessment and management skills, use of office and community resources required to perform LM and Wellness-oriented patient care services as part of their future primary care practice. The HPDP course also emphasizes the critical links between healthy doctors and healthy patients and between primary care setting and population, addressing the values and roles of physician's healthy lifestyle practice as well as the needs and outcomes of community-oriented primary care. In recent, Dr. Lee serves as a course content director for HPDP course as well as any TCOM courses that need to integrate HPDP and LM components. For example, Dr. Lee gets involved in developing the DSA materials for the systems-based courses (e.g. *Reproductive, Gastrointestinal, and Fundamentals of Behavior Science*) for year 2 students from HPDP and LM perspectives.

She also created and taught an inaugural course of *Introduction to Lifestyle Medicine* to year 2 honor students in medical and PA/PT (physician assistant/physical therapy), students. In addition, Dr. Lee serves as a faculty of SAGE (*Seniors Assisting in Geriatric Education*) Program which is based on Service-Learning model and Community-Oriented Primary Care approach she highly advocates and supports. Also, Dr. Lee has provided a lecture of LM to the Preventive and Lifestyle Medicine Interest Group (PLMIG) through a *parallel curriculum of Lunch and Learn* where she is a founding advisor and faculty. This education opportunity is offered to not just TCOM students but also PA/PT, pharmacy, and school of public health students in UNTHSC campus.

Moreover, Dr. Lee was invited to serve as a working group to develop the section of LM in the Family Medicine Residency Curriculum and give residents/fellows didactic lectures of LM and Wellness including *Physician Burnout and Wellness*.

2. **Research:**

Among her extensive lifestyle medicine, health promotion, disease prevention, and community-oriented primary care focused researches, to name a few, Dr. Lee recently has been developing a thread of research data on health status, healthy lifestyle practice, and attitudes to engage in lifestyle counseling among multidisciplinary healthcare providers including medical students (both Osteopathic and Allopathic medical schools), residents/fellows, pharmacy students, and PA/PT students. Also, Dr. Lee has mentored residents to conduct a research required for their residency program. For example, she and her residents assessed health status, health behaviors, and perceptions on lifestyle counseling among different resident specialties by different training levels. The two abstracts of this study that her leading research team including the residency training program director and the residency research director submitted to ACOFD were recently accepted to present and the research manuscript is currently being underway. Also, as to a clinic-based lifestyle intervention study, Dr. Lee has developed Diabetes Group Medical Visit study to be implemented at Family Medicine clinic at PCC (Patient Care Center) by collaborating with an internal clinician and a pharmacology faculty. At present, her leading research team is conducting a feasible study on a group of 12 adult outpatients diagnosed with Type 2 Diabetes at the PCC. The approach of GMV that Dr. Lee initiated was a brand new model practiced at PCC clinic.

Besides LM focused research, Dr. Lee also has developed a thread of low back pain related research. Dr. Lee serves as a co-investigator and a director of community engagement in the PRECISION (Pain Registry for Epidemiological, Clinical and Interventional Studies in North Texas) research project which has been awarded 1.7 million dollars grant through the Osteopathic Heritage Foundation. In this current mega

Pain Registry study recruiting a thousand sample, Dr. Lee also co-investigates the effect of communication skills among physicians on their patients' low back pain.

Furthermore, in terms of developing stage of research, Dr. Lee is currently under development of Brain Fitness, Cancer Recovery, and Diabetes/Pre-diabetes and Obesity Prevention studies. For the first, in collaboration with the Institute for Healthy Aging at UNTHSC, Dr. Lee plans to conduct an Alzheimer's' Disease Prevention and Reduction study through the customized Brain Fitness and Cognitive Reserve program which includes 4 major lifestyle interventions of physical exercise, nutritional counseling & modification, cognitive and social stimulation, and improved self-management of health status. For the second, in collaboration with a cancer researcher and genetic scientist at UNTHSC, she and her team plan to investigate the efficacy of Eastern Medicine healing technique (e.g. acupuncture, acupressure, provider's compassion, nutrition therapy) on patients with cancer which will be funded by the Eastern Medicine Focused Rebalance Wellness Center based in Dallas. And for the third, in collaboration with McDonald YMCA in Fort Worth where she serves as a committee member of Healthy Living program, Dr. Lee's team has been developing a Diabetes/Pre-diabetes and Obesity Prevention program highlighting LM oriented lifestyle transformation among YMCA members by involving Preventive and Lifestyle Medicine Interest Group students at TCOM.

### **3. Service:**

3.1) TCOM/UNTHSC: One of the recent services Dr. Lee contributed to TCOM was of the Preventive and Lifestyle Medicine Interest Group (PLMIG) she founded by involving both pre-clerkship and clerkship medical students. Her efforts to provide a learning and supportive environment of LM to multidisciplinary healthcare provider students have been currently extended to include PA/PT students, in collaboration with the program directors of PA/PT program, pharmacy, and school of public health students. Also, she provides advisor services to various students including Honors Research Class, PLMIG, and School of Public Health as a research mentor.

3.2) Community: Dr. Lee has broadly served various communities related to health, medicine, and welfare, locally, nationally, and internationally. As for population health related community services, she has frequently been invited to present evidence based LM and Wellness related topics including her research data to prevent, treat, and reverse chronic diseases as well as promote health and quality of life to the profession and community groups including health and medical professional organizations, medical and health science schools, county public health departments, mental health associations, churches, and worksites.

As to LM related community service, Dr. Lee has served many leadership positions that include: an advisory committee of Lifestyle Medicine Global Alliance (LMGA) and

a council member of directors of the True Health Initiative (the former GLIMMER or Global Lifestyle Medicine Mobilizing Effective Reform Initiative) at a global level; In the ACLM (American College of Lifestyle Medicine), she served as a working group of physician training and resources, and recently, she serves as committee members for research and clinical practice model development; She also serves as an advisory group of Lifestyle Medicine Education at Next Generation University (NextGenU); She is also an ambassador of Korea/Asia of the European Lifestyle Medicine Organization (ELMO) and a founding member of Australia Society of Lifestyle Medicine (ASLM); Dr. Lee also co-founded Asian Society of Lifestyle Medicine (ASLM), along with representatives from six Asian countries; In current, she serves as a president of ASLM. Furthermore, she recently co-founded the Korean Association of Lifestyle Medicine (KALM), known as the ASLM – South Korea and serves as a co-president; Dr. Lee additionally was invited by the academic organization of North East Asia Study to serve as a curriculum and research committee to develop a House-Doctor Training program at Pyongyang University of Science and Technology in North Korea and Masters of Public Health program for physicians and to implement a hand hygiene research project among the students and faculty and staff in the campus.

Dr. Lee also actively has engaged as a public health practitioner; in US. She frequently presented at APHA (American Public Health Association) conferences. And she served as a member of communication committee of the Society for Public Health Education. Additionally, she serves as a community health advocate and a committee member at Tarrant County Public Health department, Texas where she leads the lifestyle education and wellness coaching project to promote healthy lifestyle among minority under-served residents. Furthermore, Dr. Lee engages in substantial outreach to the Korean-American community by co-hosting a *Dallas Radio Health/Wellness Talk Segment* that reaches over 100,000 Korean residents in North Texas. She additionally writes a monthly column on Lifestyle Medicine and Health Message in the Health Magazine, *Family and Health*, affiliated with Seventh-Day Adventist, which is distributed to the Korean Adventist Community as well as the Korean population in Korea and USA and World. She also recently was invited to write columns on Lifestyle Medicine in *Whiznomics*, the prestigious magazine targeted at intellectuals in Korea, USA, and World. Dr. Lee is also a newly born essayist based in both USA and Korea as registered by The Essay Literature in South Korea.