

Organized By



Indian Public Health Association
&
Indian Society of Lifestyle medicine



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Kolkata, West Bengal, India



Lifestyle Modifications & Public Health

Evidence-based practice of
helping individuals adopt and
sustain healthy behaviors that
affect health and quality of life

Innovative
approaches to
introduce Lifestyle
Modification at
population level



Followup sessions after the conference

Our team are highly trained and experienced in Public Health & Lifestyle Modification, working in various capacities within the healthcare industry, including clinical practice, research, and education.

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Membership

Offers

For attendees

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1

Plan

First Session

Intro-lifestyle modifications and their role in public health, Explanation of the impact of lifestyle modifications on public health, Current Status in the country and need for LM policy making

2

Second Session

Physical Activity Promotion & policy Level changes, importance of evidence-based policy making in public health.

3

Third session

Nutritional Policy changes to improve lifestyle, key facts & roadmap to advocacy and at different population levels

4

Fourth session

Substance abuse-Tobacco use and alcohol use as examples Effects of second hand smoking, Evidence for interventions to avoid alcohol misuse, Role of LM in prevention and management of substance use