



International Congress for Integrative Health & Medicine

From Disease Treatment
to Health Creation

Stuttgart, Germany ■ June 9 — 11, 2016 ■ www.icihm.org

Practice, Research and Interprofessional Collaborations

Congress Purpose

— To share experiences on successful models of integrative health creation and services

Target audience

The Congress brings together a global community of practitioners from complementary and integrative medicine as well as researchers, health care administrators, and policy makers.

Goals

- To create a shared vision and common language on Integrative Health and Medicine
- To showcase best practices in oncology, cardiology, diabetes, mental health, the microbiome and gastrointestinal disorders, pediatrics, functional medicine, integrative nursing and health creation/ecology
- To share the most current science on Integrative Health & Medicine
- To identify successful models of clinics and hospitals practicing integrative medicine
- To increase policy maker commitment to harnessing Integrative Health & Medicine to address non-communicable diseases, antimicrobial resistance and universal health coverage

Main Organizers

- The *Academy of Integrative Health and Medicine* (AIHM) represents the unification of two of the leading organizations for integrative medicine in North America: the *American Board of Integrative Holistic Medicine* and the *American Holistic Medical Association*. *AHIM* has created a postgraduate Fellowship in Integrative Health and Medicine and organizes annual congresses on Integrative Medicine & Health.
- The *Hufeland Society* (*Hufelandgesellschaft e.V.*) is the umbrella organization of naturopathy and complementary medicine associations in Germany. With 19 member associations, it is Europe's largest medical network representing the interests of more than 60,000 doctors in the field of complementary medicine. The *Hufeland Society* closely cooperates with other relevant health policy organizations and maintains regular relationships with scientific institutes and university chair holders to ensure a high-level exchange of up-to-date information and knowledge.

- *DAMiD* is the interprofessional organization for anthroposophic medicine in Germany and organizes congresses and interprofessional dialogues. *DAMiD*, together with the *Filderlinik*, a large hospital integrating conventional and anthroposophic medicine and *IFAEMM*, a research institute at the *University of Witten/Herdecke*, is hosting the conference in Stuttgart.

Defining Moment for Integrative Health & Medicine

The *International Congress for Integrative Health & Medicine*, June 9—11, 2016 at the Congress Center in Stuttgart, Germany is expected to attract over 1,000 participants. International experts in practice, research and health policy will articulate benchmarks for Integrative Health and Medicine aligned with the recently published World Health Organization (WHO) Traditional Medicine strategy¹ and WHO Leadership Priorities.²

This Congress offers the opportunity to learn from a wide range of international experts in Integrative Health and Medicine. Additional opportunities to network, develop partnerships, build bridges among healthcare professionals, countries and cultures, engage in stimulating discussions, and create new conversations between professions to strengthen our global community makes this congress the **premiere, not-to-be-missed global Integrative Health and Medicine event of the year!**

The Integrative Health Care Perspective

Integrative Medicine focuses on the whole person. It is informed by evidence and affirms the importance of the relationship between practitioner and patient. All appropriate therapeutic approaches, healthcare professionals and disciplines are used to achieve optimal health and healing—an integration of conventional biomedicine and complementary therapies in health and medicine.

Medicine today faces immense challenges: (1) Health care costs are rising without a corresponding improvement in health and wellbeing; (2) Chronic and lifestyle-related diseases are overwhelming health systems, necessitating a focus on prevention and well-being; (3) Antimicrobial resistance related to non-therapeutic use of antibiotics in agriculture and unnecessary prescriptions for patients is on the rise; (4) The focus on disease treatment has diminished the focus on patients as whole persons in the context of social, economic and environmental determinants; and (5) Practitioners burnout results in a diminished capacity to regard patients as whole people with complex needs.

¹ WHO traditional medicine strategy: 2014-2023.

² Twelfth General Programme of Work 2014–2019 Not merely the absence of disease adopted 2013

Integrative medicine—steeped in the values of care for the individual patient, the communities in which they live, and the planet—offers a meaningful contribution to our shared health care crisis. Healthcare professions in Integrative Health and Medicine collaborate and focus on comprehensive approaches and solutions including: preventing disease, relieving suffering, considering the complex causes of disease, viewing patients in the broad context of body-mind-spirit-community-planet and activating healthy resources through lifestyle changes.

Growth of Integrative Health & Medicine

North America

- More than 40% of the U.S. population uses complementary medicine and 20% of U.S. hospitals offer complementary and alternative medicine therapies. In chronically ill populations, the use of these tools is much higher, commonly over 60%.
- Over 50 prominent medical schools have centers for integrative medicine with significant growth in academically focused research and clinical care.
- Integrative health and medicine is practiced across health care professions, including medical, osteopathic, chiropractic and naturopathic physicians, nurses, psychologists, dieticians, acupuncturists, dentists, midwives and many others.

Europe

- Up to 70% of the population use complementary medicines. Complementary medicine is integrated in some national health insurance systems. An increasing number of universities have established centers for complementary medicine.
- Integrative health and medicine has developed from a long tradition of complementary therapy systems (e.g. acupuncture, anthroposophic medicine, herbal medicine, homeopathy, and naturopathy). Each system presents distinct profiles, institutions, and varying degrees of integration into conventional care systems.
- Many hospitals are specialized in complementary medicine. In anthroposophic hospitals, complementary treatments are fully integrated alongside conventional biomedicine.

Asia

- Traditional Asian Medicine (TAM) represents one of the largest medical systems in the world on a per capita basis, encompassing traditions from China, Japan, Korea and elsewhere.
- Asia has both interest and experience in the integration of TAM approaches with Western methods including an emerging TAM code set developed in parallel to the ICD-11 code set.
- India and the Middle East have built on a long tradition of Ayurveda and Unani in addition to conventional biomedicine.

Latin America

- 400 million people are estimated to use some form of complementary and alternative medicine (CAM).
- Indigenous herbal medicine traditions have an important historical and cultural role
- Many countries have integrated CAM into their national health care systems.

Africa

- Traditional Medicine is often practiced alongside conventional biomedicine.
- Many herbal medicines used around the world originated in Africa (e.g. Pellargonium s.).
- Various models of integrative health and medicine have been introduced and practiced in Africa for many years with potential for expansion.

World Health Organization (WHO) Priorities & Integrative Medicine

This Congress highlights the support Integrative Health and Medicine offers the post-2015 United Nations development agenda³ regarding non-communicable diseases⁴, antimicrobial resistance⁵, social, economic and environmental determinants, universal health coverage and access to medical products.

The increase utilization of Integrative Health and Medicine can be (and has been) incorporated into some national health care systems. We believe these contributions improve health, enhance the patient experience and strengthen health coverage as outlined in the *WHO's Traditional Medicine Strategy*.⁶ Standards for Integrative Health and Medicine licensure and practice will help ensure professional competency and support patient safety.

Congress Highlights

- **Key note lectures** providing global perspectives on Integrative Health and Medicine
- **Panel discussions** on the future of Integrative Health and Medicine, international collaboration and policy
- **Concurrent sessions** on oncology, cardiology, mental health, diabetes, the microbiome and gastrointestinal disorders, pediatrics, functional medicine, integrative nursing and health creation/ecology
- **Concurrent research track throughout the conference** linked with case presentations from clinical practice
- **"How-To" and "Meet the Experts"** sessions that are clinically relevant and evidence-based
- **Filderlinik Hospital Tour** with introductions to anthroposophic medicine integrated with conventional biomedicine
- **Evening session open to the public** - Meditation and its role in health and wellness

³ WHO Director-General's speech — 2015 WHO Assembly (<http://www.who.int/dg/speeches/2015/68th-wha/en/>).

⁴ WHO Global Action Plan for the Prevention and Control of NCDs 2013-2020.

⁵ WHO Global Action Plan on Antimicrobial Resistance 2015.

⁶ WHO traditional medicine strategy: 2014-2023.

Creating a shared vision

This Congress brings together a global community of practitioners including medical doctors, nurses, chiropractors, psychologists, acupuncturists, midwives, dentists, naturopaths, and osteopaths; as well as researchers, health care administrators, and policy makers who:

- Share a philosophy of holistic, interprofessional, patient-centered care
- Seek a new balance between health promotion, disease prevention and management
- Integrate the dimensions of body, mind, and spirit into clinical practice
- Work to transform institutions, healthcare systems and practitioner education
- Contextualize individual, community and planetary health

Organizing and Supporting Partners

(October 2015)

