

Lifestyle Medicine Research Symposium

September 25, 2026

SYMPOSIUM SCHEDULE

12:00 PM - 1:00 PM	Lunch, Networking and Welcome Remarks <i>C. Dan Adams Lecture Hall</i> Phyllis MacGilvray, MD, FAAFP, DipABLM, Dean, USC School of Medicine Greenville
1:00 PM - 2:00 PM.....	Research Showcase and Poster Session <i>Learning Studio</i>
2:00 PM - 3:30 PM.....	Panel Discussion <i>C. Dan Adams Lecture Hall</i>
3:30 PM - 3:45 PM.....	Best Poster Presentations <i>C. Dan Adams Lecture Hall</i>
3:45 PM - 4:00 PM.....	Break
4:00 PM - 5:15 PM.....	Dr. E. Arthur Dreskin Distinguished Endowed Lecture <i>C. Dan Adams Lecture Hall</i> Jennifer Trilk, PhD, FACSM, DipACLM Fueling Health and Longevity: The Power of Nutrition and Lifestyle Medicine
5:15 PM - 6:00 PM.....	Reception <i>Rotunda</i>



**School of Medicine
Greenville**

UNIVERSITY OF SOUTH CAROLINA

Research Showcase and Poster Session

1:00 PM - 2:00 PM | Learning Studio

Molly Crosswell, MEd

Abstract 1

Good Vibes, Healthy Lives: A Community-Based Lifestyle Medicine Curriculum for School-Aged Children

Emilie Russell MS, Sarah Brown, JD Dawson

Abstract 2

Implementation of Lifestyle Medicine in Primary Care: A Mixed-Methods Evaluation of Physician Strategies, Barriers and Patient Cardiometabolic Outcomes

Haley Meltzer

Abstract 3

Evaluation of Physiological and Subjective Fatigue and Associated Workplace Factors in PGY-1 Residents

Ashley Williams, MS, RDN

Abstract 4

Physiological and Cognitive Responses to an 8-Week Home-Based Active Video Game Intervention in Adolescents and Adults

Amer Abukhalaf, PhD

Abstract 5

Managing Stress After the Storm: Coping Strategies Among Socioeconomically Disadvantaged Adults

Olivia Pelaez, MS

Abstract 6

"Now our Diet is Different": A Qualitative Evaluation of a Pediatric Produce Prescription Program

Elizabeth Regan, DPT, PhD

Abstract 8

Brain Health Fitness: An Exercise Intervention for People with Cognitive Impairments

John Manna, DNP, APRN, FNP-C, DipACLM

Abstract 9

Impact of Lifestyle Medicine Shared Medical Appointments (LSMAs) on Patient Lifestyle Practices and Cardiometabolic Profiles in the Midlands

Chih-Hsiang 'Jason' Yang, PhD

Abstract 10

Efficacy of a Mindful Walking Intervention on Multidomain Health Outcomes Assessed in the Lab and Daily Life Among Older Adults

Ryan Hill, BS

Abstract 11

Medically Tailored Meals to Encourage Healthy Eating and Chronic Disease Management

Sara Nakhi, MHIT

Abstract 12

Temporal Patterns of Physical Activity and Dietary Intake During a Weight-Loss Intervention Following Total Knee Arthroplasty

Abigail Diblin, MS, CHES

Abstract 13

Health Extension for Diabetes: Live Better for Longer

Joanna Burgess

Abstract 14

Beyond Medication Rechecks: Evaluating Lifestyle Counseling in Pediatric Primary Care Mental Health Visits

Olivia Longworth, BS

Abstract 15

Improving Referral Rates for Evidence-Based Lifestyle Medicine Programs for Patients with Hypertension

Ihsan Elkhider, LLB, MSED

Abstract 16

A Longitudinal Nutrition Curriculum Across Undergraduate Medical Education

Panel Discussion

2:00 PM - 3:30 PM | C. Dan Adams Lecture Hall

From Evidence to Practice in Lifestyle Medicine Research: Outcomes that Matter

Moderator:

Phyllis MacGilvray, MD, FAAFP, DipABLM
Dean, USC School of Medicine Greenville
Professor, Department of Family Medicine

Panelists:

Meenu Jindal, MD, FACP

SOMG Associate Professor, Internal Medicine

Beth Motley, MD, DipABLM

SOMG Clinical Assistant Professor, Family Medicine

Kirsten Porter-Stransky, PhD, DipACLM

SOMG Clinical Associate Professor, Biomedical Sciences
Executive Director, Medical Education Research Incubator

Krista Blackwell, PhD

SOMG Clinical Assistant Professor, Biomedical Sciences

Jennifer Trilk, PhD, FACSM, DipACLM

SOMG Professor, Biomedical Sciences
Director, Lifestyle Medicine and Exercise is Medicine Greenville

Acknowledgements

The University of South Carolina School of Medicine Greenville would like to acknowledge all of the dedicated students and faculty that presented their research at this event and the exceptional mentorship provided by their research mentors.

This inaugural research symposium brought together researchers on topics related to the six key pillars of Lifestyle Medicine: nutrition, physical activity, sleep, stress management, connectedness, and avoidance of risky substances, the goal being to spark bold ideas that support clinical advancements in patient outcomes and result in improved clinical care and guidance about everyday behaviors that have the biggest impact on health.

Special acknowledgements to all the amazing teams at SOMG, especially the SOMG Communications team and the Planning Committee/Reviewers: Sudha Garimella, MD, MBBS, FAAP; Jennifer Trilk, PhD, FACSM, DipACLM; Mary Rojek, PhD; Alyson McGregor, MD, MA, FACEP; Frankie Bennett, MS, CSCS; Victoria Costello, MPH, MCHES, CRA; Kathryn Hix, PhD; and Leslie Poppe.

Dr. E. Arthur Dreskin

Distinguished Endowed Lecture

4:00 PM - 5:15 PM | C. Dan Adams Lecture Hall

Fueling Health and Longevity: The Power of Nutrition and Lifestyle Medicine

Welcome

Phyllis MacGilvray, MD, FAAFP, DipABLM
Dean, USC School of Medicine Greenville
Professor, Department of Family Medicine

Introduction of Dreskin Distinguished Lecturer

John Emerson, MD

Associate Dean for Undergraduate Medical Education
Associate Professor, Family Medicine / Biomedical Sciences
USC School of Medicine Greenville

Fueling Health and Longevity:

The Power of Nutrition and Lifestyle Medicine

Jennifer Trilk, PhD, FACS, DipACLM

Professor, Biomedical Sciences
Director of Lifestyle Medicine and Exercise in Medicine Greenville
USC School of Medicine Greenville

Questions & Answers

Renee Chosed, PhD

Professor, Biochemistry
Interim Chair, Department of Biomedical Sciences
USC School of Medicine Greenville

Closing

Renee Chosed, PhD



Jennifer Trilk, PhD, FACS, DipACLM will highlight the innovative work of the University of South Carolina School of Medicine Greenville, an international leader in integrating

nutrition and lifestyle medicine into medical education, clinical care, research and community partnerships. A substantive discussion of nutrition and its role in health, chronic disease prevention, and longevity will provide participants with an evidence-based understanding of how dietary patterns and food choices influence health across the lifespan.

Designed for physicians, researchers, educators, students and community members, Dr. Trilk will conclude with practical, actionable takeaways that participants can apply in their own settings. Attendees will leave with strategies for incorporating nutrition and lifestyle medicine into clinical conversations, research, education, personal health and community initiatives—and with a clearer understanding of how these approaches can help fuel better health and longer, healthier lives.

Dr. E. Arthur Dreskin Distinguished Endowed Lecture Series

E. Arthur Dreskin, MD had a long and distinguished career in medicine and public service until his death in 2006. In memory of his outstanding leadership in South Carolina, his wife Jeanet Steckler Dreskin and his family established the Dr. E. Arthur Dreskin Distinguished Endowed Lecture Series. This lecture series brings nationally and internationally prominent speakers to address and consult with our school's community on topics of high importance to health care and leadership. The lecture is presented annually.

Jeanet Steckler Dreskin was an award-winning prolific artist, with medical illustrations and paintings appearing in medical textbooks, medical journals, Prisma Health Greenville Memorial Hospital, USC School of Medicine Greenville, the permanent collection of the Smithsonian National Museum of American Art, the Greenville County Museum of Art and others.