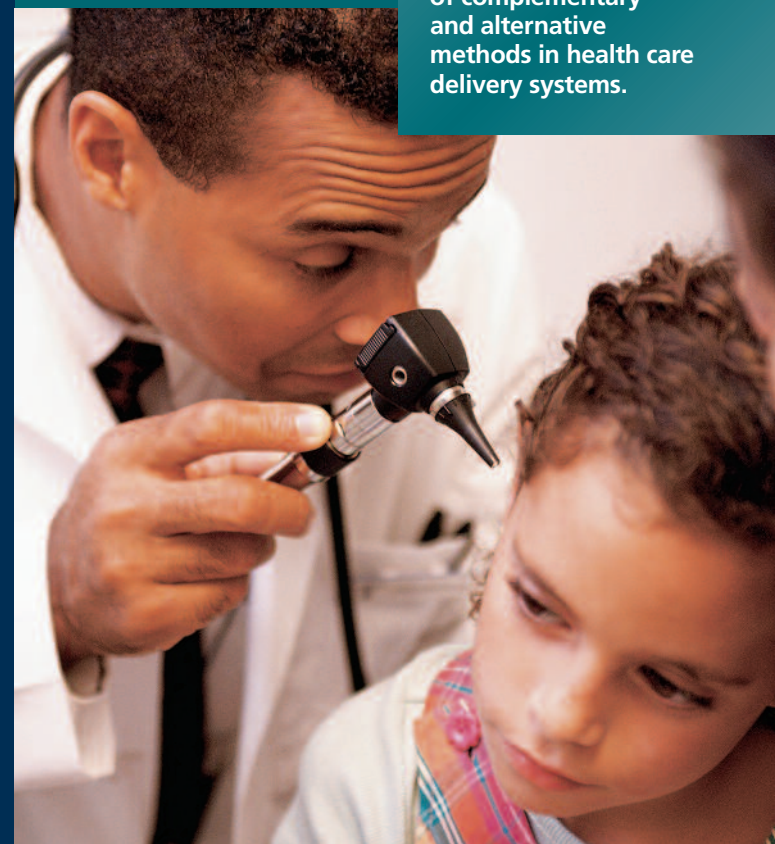


INTEGRATIVE MEDICINE RESEARCH

Samueli Institute collaborates with U.S. governmental agencies, universities and other non-profit organizations in researching integrative medicine and health care practices. Central to this objective is the RAND/Samueli Program in Integrative Medicine Policy Research. This research seeks to improve private and public decision making by supplying policymakers and the public with empirical data and analysis exploring the impact of complementary, alternative and integrative health care.

The Institute's growing body of research has proved valuable in assessing how policies tied to regulation, quality of care, financing and integrative therapies influence the health care system's performance.

INTEGRATIVE MEDICINE is the coordinated and systematic combination of complementary and alternative methods in health care delivery systems.



HEALTH BEHAVIOR RESEARCH & EDUCATION



LIFESTYLE CHOICES

- ◆ 70% of premature death is lifestyle related.
- ◆ 50% of all illnesses and injuries in the last third of life can be eliminated by changing lifestyle.

Samueli Institute conducts research in partnership with governmental and private organizations to assess the impact of education, diet, physical activity and behavior change on chronic conditions, injuries and overall wellbeing. This research seeks to contribute information on how individuals can experience physical and mental wellness at all ages, learn to prevent and manage chronic illness, and enhance performance.

"Lifestyle changes empower the individual, emphasize personal responsibility and can be as or more effective than drugs and surgery in treating and not just preventing many chronic diseases—at considerably lower cost. For example, comparative effectiveness research has shown that lifestyle beneficially affects the progression of coronary heart disease, diabetes, stroke, obesity and cancer."

— Samueli Institute's Wellness Initiative for the Nation

SPECIAL PROJECTS FROM THE INNOVATION FUND

Samueli Institute provides funding for innovative projects demonstrating the potential to transform health care through the scientific exploration of healing. Special projects include:

Conversations in Healing: A lecture series that brings together scientists, health professionals, researchers, health policymakers, academicians and the public for discussions about innovative approaches to health and wellness.

Wellness Initiative for the Nation (WIN): Policy efforts to include wellness, prevention, self-care and integrative health care in the health reform agenda.

Traditional Medicine: Rigorous research and evaluation serve as a foundation for efforts to determine the value and effects of traditional and indigenous healing practices on conditions of global significance.

Health Care Disparities: Research initiatives on how integrative health care may reduce health disparities in special populations such as the aging, minorities and the underserved.



INFORMATICS, DATA MANAGEMENT & ANALYSIS



Samueli Institute is dedicated to providing vital informatics, data management, connectivity and information technologies to support all of the Institute's research programs and initiatives. The Informatics, Data Management and Analysis network serves as the backbone for the research tools and methodologies needed to investigate innovative approaches to health, healing and wellness.

Highlights from Samueli Institute Research 2001-2009

- ◆ Funded approximately **120** research projects at more than **50** universities and institutions globally.
- ◆ Established three offices with the following emphases:
 - Alexandria, Virginia
Central Operations and Government Programs
 - Corona del Mar, California
Integrative Medicine Programs
 - Frankfurt-Oder, Germany
Consciousness and Spirituality Studies
- ◆ Published more than **360** articles in peer-reviewed journals, **15** books, **65** book chapters and made over **360** presentations
- ◆ Supported or conducted **34** scientific conferences and meetings and published **12** proceedings
- ◆ Produced **7** other special issues and supplements for journals: *Explore: The Journal of Science and Healing*, *Integrative Cancer Therapies*, *Pain Physician*, *Journal of Alternative and Complementary Therapies*, *Alternative Therapies and Military Medicine*.



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www.SamueliInstitute.org