

MICHELLE TOLLEFSON, MD

FACOG | FACLM | DipABLM | MSCP

OB-GYN & Lifestyle Medicine Physician-Educator | Professor

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FOCUSED ACADEMIC CV | JULY 2026

PROFESSIONAL PROFILE

Board-certified obstetrician-gynecologist and lifestyle medicine physician, Menopause Society Certified Practitioner, and Professor at Metropolitan State University of Denver. Physician-educator with more than 15 years of university teaching and curriculum leadership in women's health across the lifespan, menopause and healthy aging, prevention, behavior change, and competency-based health professions education.

Current work is academic and educational; not presently engaged in direct patient care. Maintains active Colorado physician licensure and specialty board certifications in obstetrics-gynecology and lifestyle medicine. Experienced in elective and course design, shared medical appointment delivery, case-based learning, online and hybrid education, student scholarly mentorship, program evaluation, and responsible use of AI in health professions education.

CURRENT APPOINTMENTS & NATIONAL LEADERSHIP

2025-present	Chair/Lead, Lifestyle Medicine and Women's Health Competencies Committee, International Board of Lifestyle Medicine. Led the international, multidisciplinary competency-development process.
Current	Lead Faculty, Women's Health Lifestyle Medicine Curriculum, American College of Lifestyle Medicine. Leads development of clinician-facing curriculum.
2025-present	Lead Faculty and Curriculum Creator, Blue Zones ACLM Physician and Clinician Certification
2011-present	Professor (2021-current), Department of Health Professions, Metropolitan State University of Denver. Previously Associate Professor (2017-2021) and Assistant Professor (2011-2017).
2022-present	Executive Board Officer/Secretary, PAVING the Path to Wellness nonprofit. Group education and support for cancer survivors, clinicians, and communities.
2019-2025	Board of Directors and Executive Board Officer/Secretary, American College of Lifestyle Medicine.

EDUCATION, LICENSURE & CERTIFICATION

EDUCATION

2006 Residency, Obstetrics and Gynecology, University of Missouri-Kansas City
2002 MD, Creighton University School of Medicine
1998 BS, Biology, summa cum laude, Creighton University

CURRENT CREDENTIALS

Colorado Physician Medical License
Board Certification: Obstetrics and Gynecology; Lifestyle Medicine
Menopause Society Certified Practitioner; FACOG; FACLM;
Wellcoaches-certified Health and Wellness Coach

TEACHING, CURRICULUM DEVELOPMENT & MENTORSHIP

- **Designed and oversees** the undergraduate lifestyle medicine curriculum at MSU Denver, with the Public Health Program in the Health Professions' Department. Numerous classes developed. Classes taught recently include Lifestyle Medicine; Lifestyle Medicine Across Gender and the Lifespan; Stress and Sleep; Women's Holistic Health; Applied Learning in Lifestyle Medicine; Dynamics of Health; and Medical Terminology.
- **Founder, Director, and accreditation-oversight faculty** for the NBHWC-approved Wellness Coaching and Lifestyle Medicine Pathway (2018-2024).
- **Develops competency-based curricula**, electives, learning outcomes, rubrics, case-based assessments, simulation experiences, faculty resources, and open educational materials.
- **Internship advisor since 2015**; mentors student research, conference posters, scholarly projects, and curriculum evaluation. Dissertation committee member for Julia Pangalangan, DrPH, Colorado School of Public Health, CU Anschutz (defended 2025).
- **Selected faculty development**: AI Empowerment in Higher Education (2026); Quality Matters online course design; CITI human-subjects training.

PRIOR CLINICAL LEADERSHIP

2008-2011	Medical Director and Director of Women's Wellness Education, Poudre Valley Health System, Fort Collins.
2006-2008	Obstetrician-Gynecologist, The Women's Clinic of Northern Colorado, Loveland.
2012-2019	Volunteer Physician, St. Luke's Medical Clinic, Fort Collins.

AREAS OF POTENTIAL CONTRIBUTION

- Women's health across the lifespan
- Lifestyle medicine, prevention, and behavior change
- Elective and teaching-thread design
- Community health and public-facing education
- Menopause, midlife, and healthy aging
- Clinical counseling and shared medical appointments
- Student scholarship and program evaluation

SELECTED SCHOLARSHIP, RESEARCH & ACADEMIC SERVICE

- **Lifestyle medicine measurement and outcomes research**, including the Lifestyle Medicine Health Behavior Scale, UK Biobank cardiovascular outcomes, and preliminary implementation outcomes of group-based interventions.
- **Co-investigator and coauthor** of a medical education study evaluating shared medical appointment simulations as a scalable approach to lifestyle medicine competency development in pre-clerkship learners.
- **Editor-in-Chief** of a multidisciplinary women's health lifestyle medicine textbook and author/coauthor of books, chapters, clinician resources, and group-education curricula on menopause, cancer survivorship, sexual and reproductive health, and lifestyle medicine.
- **Peer reviewer**, American Journal of Lifestyle Medicine (2020-present), with selected review service for Mayo Clinic Proceedings: Innovations, Quality & Outcomes; Guest Editor, American Journal of Lifestyle Medicine conference edition (2020).
- **Principal investigator**, Vitamix Foundation Challenge Grant through the American College of Lifestyle Medicine (\$20,000; 2021).

SELECTED BOOKS, CHAPTERS & EDUCATIONAL RESOURCES

- 2025** Comander A, Frates B, **Tollefson M**. *PAVING the Path to Wellness for Breast Cancer Survivors*.
- 2025** Frates B, **Tollefson M**, Comander A. *PAVING the Path to Wellness: Manual and Handbook*. 2nd ed.
- 2024** Rippe JM, ed.; **Tollefson M**, coauthor. *Lifestyle Medicine*. 4th ed. Chapter: Female Breast and Gynecologic Cancer. Taylor & Francis.
- 2021** **Tollefson ML**, Editor-in-Chief; Eriksen N, Pathnak N. *Improving Women's Health Across the Lifespan*. CRC Press. Chapters on cancer survivorship, sexual health, and menstrual health.
- 2021/24** **Tollefson M**, Frates B, Comander A. *PAVING a Woman's Path Through Menopause and Beyond*. 2021 edition; Korean translation, 2024.

SELECTED PEER-REVIEWED PUBLICATIONS

- 2026** **Tollefson M** (coauthor). The Lifestyle Medicine Health Behavior Scale and Cardiovascular Disease: A Prospective Cohort Study From the UK Biobank. *American Journal of Preventive Medicine*. Published online June 22, 2026. doi:10.1016/j.amepre.2026.108416
- 2026** Pangalangan JML, **Tollefson M**. Perimenopause and Lifestyle Medicine: A Window of Opportunity. *American Journal of Lifestyle Medicine*. Published online May 13, 2026. doi:10.1177/15598276261449751
- 2026** Bishop M, Santarosa A, Pangalangan J, Prabhu S, Zucconi R, Gulati M, Frates EP, **Tollefson M**, Anand R. A Novel Curricular Approach to Lifestyle Medicine Education Through Shared Medical Appointment Simulations. *American Journal of Lifestyle Medicine*. Published online March 4, 2026. doi:10.1177/15598276261429925
- 2026** Pangalangan JML, Farewell CV, Frates EP, **Tollefson M**, Brooks-Russell A, Puma JE. Assessing Preliminary Implementation Outcomes of a Lifestyle Medicine Intervention. *Health Promotion Practice*. Published online February 27, 2026. doi:10.1177/15248399261419077
- 2025** Pangalangan JM, Frates EP, **Tollefson M**, Farewell CV, Brooks-Russell A, Puma JE. Implementing Group-Based Lifestyle Medicine: The Role of the Healthcare Practitioner in Feasibility and Effectiveness. *American Journal of Lifestyle Medicine*. Advance online publication. doi:10.1177/15598276251388439
- 2024** Pangalangan J, Puma J, **Tollefson M**, Frates B. Development and Psychometric Evaluation of the Lifestyle Medicine Health Behavior Scale. *American Journal of Lifestyle Medicine*. doi:10.1177/15598276241280207
- 2024** Kennard A, Lindo FM, Ring M, Alli B, Khan N, Potter-McQuilkin D, et al.; **Tollefson M**. Lifestyle Medicine and Vasomotor Symptoms: An Analytic Review. *American Journal of Lifestyle Medicine*. doi:10.1177/15598276241232359
- 2023** Lee H, Smith A, Abraham E, Haggett D, Eisenstat S, Winters L, **Tollefson ML**. PAVING the Path to Wellness: Lifestyle Medicine to Improve Outcomes in Breast Cancer Survivors. *Journal of Clinical Oncology*. 41(suppl). doi:10.1200/JCO.2023.41.16_suppl.e24053
- 2022** McHugh J, Alexander M, Kudesia R, Krant J, Comander A, **Tollefson M**, Geyer C. Living Your Best Life: Lifestyle Medicine for All Women. *American Journal of Lifestyle Medicine*. 16(5):577-588.
- 2021** Geyer C, McHugh J, **Tollefson M**. Lifestyle Medicine for Women: The Time Is Now! *American Journal of Lifestyle Medicine*. 15(4):366-371. doi:10.1177/15598276211004233
- 2021** Kudesia R, Alexander M, Gulati M, Kennard A, **Tollefson M**. Dietary Approaches to Women's Sexual and Reproductive Health. *American Journal of Lifestyle Medicine*. 15(4):414-424. doi:10.1177/15598276211007113
- 2021** Comander A, Frates B, **Tollefson M**. PAVING the Path to Wellness for Breast Cancer Survivors: Lifestyle Medicine Education and Group Interventions. *American Journal of Lifestyle Medicine*. 15(3):242-248. doi:10.1177/1559827620986066

SELECTED INVITED PRESENTATIONS & WORKSHOPS - 2026

Jan 20	Redefining Women's Midlife and Menopause: The Power of Lifestyle Medicine. Invited presentation, Qatar.
Mar 1	Thriving Through Midlife: Building Women's Vitality and Balance for the Years Ahead. Lifestyle and Wellbeing World Conference, Bangkok, Thailand; special presentation to Her Royal Highness Princess Maha Chakri Sirindhorn.
Mar 2	Empowering Women's Health. Lifestyle and Wellbeing World Conference, Bangkok, Thailand.
Apr 17	Women's Midlife Health and Lifestyle Medicine. Costa Rican Association of Lifestyle Medicine Conference, San Jose, Costa Rica.
May 1	Women's Health Throughout the Menopause Transition. JS Sonshine Learning Lab, invited presentation and Q&A.
May 19	The Midlife Bridge for Women's Health and Beyond. Chilean Society of Lifestyle Medicine webinar.
May 21	Menopause and Midlife Health. PAVERS' PLACE public education program.
Jun 12	Women's Health and Lifestyle Medicine. Italian Society of Lifestyle Medicine webinar.

SELECTED INVITED PRESENTATIONS & WORKSHOPS - 2025

Nov 17	The Menopause Revolution: Redefining Midlife with Lifestyle Medicine. American College of Lifestyle Medicine Annual Conference.
Nov 16	Shared Medical Appointments for Menopause. Workshop, American College of Lifestyle Medicine Annual Conference.
Nov	Women's Health and Lifestyle Medicine. Grand Rounds, Metropolitan State University of Denver.
Oct 23	Translating Blue Zones into Modern Lifestyle Prescriptions. Pakistan Association of Lifestyle Medicine Conference.
Oct 21	Lifestyle Medicine and Women's Mental Health. Diana Health.
Oct 16	Nutrition and Menopause. Plant-Powered Challenge, Corewell Health.
Oct 9	Breast Cancer Awareness. Summus/ESAB.
Oct 8	Hope for Healing: Supporting Mental Health Through Cancer. Summus/Ares.
Oct 7	Reframing Menopause. PAVING Leader Presentation.

SELECTED PRIOR ACADEMIC ENGAGEMENT

2024	Menopause and Lifestyle Medicine. Workshop, Brussels, Belgium; and Stress and Sleep Through Menopause, European Lifestyle Medicine Organization master's program.
2023	Thriving Through Breast Cancer and Beyond. Volunteer faculty, week-long immersion, Canyon Ranch.
2022	Physical Activity and Healthcare Provider Well-Being. Stanford School of Medicine Obstetrics and Gynecology Grand Rounds, with Beth Frates.
2021	Lifestyle Medicine and Women's Health. National presentation, American College of Obstetricians and Gynecologists.

SELECTED MEDIA & PUBLIC ENGAGEMENT

Jun 30, 2026	Healio interview associated with Dr. Michael Greger webinar.
Mar 8, 2026	Radio interview with Yongyuth on women's health and lifestyle medicine.
Mar 3, 2026	Thai national television interview with Yongyuth on women's health and lifestyle medicine.
Nov 2025	Healio interview on Blue Zones and lifestyle medicine.

HONORS & AWARDS

2025, 2026	Career Catalyst Honoree, Metropolitan State University of Denver.
2025	Student Organization Advisor of the Year, Metropolitan State University of Denver.
2023	American College of Lifestyle Medicine National Award for Undergraduate Bachelor of Science in Lifestyle Medicine.
2022	College of Health and Allied Sciences Outstanding Teaching Award, Metropolitan State University of Denver.

*Selected academic CV prepared for teaching, curriculum collaboration, and scholarly mentorship opportunities.
Complete institutional CV available upon request.*