A second-year medical resident can treat 80 percent of patients with a heart condition by giving simple guidance: stop smoking, eat better, and get more sleep and exercise. Easy, right? But knowing what to do is much easier than knowing how to change ingrained lifestyle habits.

Many cutting edge trends in health today deal with behavioral health—lifestyle choices. Medical doctors aren’t trained to tackle that, but IIT’s Behavioral Health and Wellness graduates are. The Bureau of Labor Statistics projects that jobs in health education and health promotion will grow by 37 percent over the next decade alone.

As a student in the Behavioral Health and Wellness program at Lewis College, you will develop your understanding of how lifestyle choices impact health over time, and how to design and implement behavior change programs to promote healthy living, most often related to nutrition, exercise, and tobacco and alcohol use. Your practical training at IIT will allow you to make a big impact in health promotion at the individual, institutional, and societal level.
Studying behavioral health at IIT, which is most well-known for its technology-focused programs, offers you the unique opportunity to collaborate with your friends in engineering, architecture, computer science, business and life sciences. Our interdisciplinary approach culminates in the Interprofessional Projects Program (IPRO), which brings together student teams from across disciplines to solve a common problem. With technology playing an increasingly central role in our daily lives, having this hands-on collaborative experience gives our students a big advantage in the job market.

Not to mention, living in the heart of Chicago is an extraordinary education in and of itself!

AFTER IIT
The unique combination of abilities you gain at IIT will help you jumpstart a career that makes a practical difference in the world. Here are some of the fields our graduates enter:

- Behavioral health coaching
- Hospital administration
- Patient care
- Policy analysis
- Advocacy

“Professor Michael Young“

If a doctor says you have type-2 diabetes, you can’t expect that he or she will be able to help you do the daily work needed to remedy your condition. But a behavioral health specialist can. You don’t need an M.D. or a Ph.D. behind your name to have a big impact in health today.”