The **Lifestyle Medicine Residency Curriculum (LMRC)** is a comprehensive, applicable, and flexible curriculum designed for integrated implementation into medical residency programs. Driven by resident involvement, the curriculum has included residents in every aspect of its creation.

The educational component includes 40 hours of didactic material along with 60 hours of application activities designed to be completed over a 1-3 year time period. The practicum component enables residents to clearly demonstrate ongoing exposure to and use of the principles of lifestyle medicine in the clinical setting with patients. **Upon completion of both the educational and practicum components of the curriculum, residents qualify to sit for the American Board of Lifestyle Medicine certification exam.**

In 2021, there are more than 2,400 individuals accessing The Lifestyle Medicine Residency Curriculum with 49 sites and 82 residency programs implementing across the United States.

**Types of Programs Implementing the Lifestyle Medicine Residency Curriculum in 2021**

- **Family Medicine** (46)
- **Internal Medicine** (17)
- **Preventive Medicine** (6)
- **Physical Medicine & Rehabilitation** (2)
- **Occupational Medicine** (1)
- **Psychiatry** (1)
- **Family Preventive Medicine** (1)
- **Fellowships** (8)
The curriculum includes ten modules, delivered over 1-3 years, constituting 40 hours of didactic material along with 60 hours of application activities. The practicum component consists of a minimum of 400 documented patient encounters with requirements for specific domains of lifestyle medicine interventions.

**Module 1: Introduction to Lifestyle Medicine**

**Module 2: Role of Physician Health and the Physician’s Personal Health**

**Module 3: Nutrition Science, Assessment, and Prescription**

**Module 4: Physical Activity Science and Prescription**

**Module 5: Sleep Health Science and Interventions**

**Module 6: Managing Tobacco Cessation and Other Toxic Exposures**

**Module 7: Fundamentals of Health Behavioral Change**

**Module 8: Key Clinical Processes in Lifestyle Medicine**

**Module 9: Emotional and Mental Well-Being**

**Module 10: The Role of Connectedness and Positive Psychology**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Requirements*</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Lifestyle Medicine approach in inpatient or outpatient clinical care settings</td>
<td>400 patient encounters</td>
<td>Address the six pillars of lifestyle medicine in clinical care: nutrition, physical activity, sleep, stress management/emotional resilience, substance abuse, and connectedness</td>
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<tr>
<td>Nutritional assessments and interventions</td>
<td>40 patient encounters</td>
<td>Food recall, micro-nutrient analysis, and nutrition prescriptions</td>
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<tr>
<td>Physical activity assessments and interventions</td>
<td>40 patient encounters</td>
<td>Activity diaries, exercise capacity assessments, percent body fat, and exercise prescriptions</td>
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<tr>
<td>Emotional and mental wellbeing, sleep, and connectedness assessments and interventions</td>
<td>40 patient encounters</td>
<td>Stress and sleep assessments, depression/anxiety/mental health screening, monitor/improve heart rate variability, mindfulness, meditation, spirituality and emotional well-being activity prescriptions, and referral to resources</td>
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<tr>
<td>Tobacco and toxic substance assessment, brief intervention, and referral training</td>
<td>30 patient encounters</td>
<td>Smoking assessments, chemical and toxic exposure assessments, abstinence prescriptions, screening and brief intervention, and indications for referral</td>
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<tr>
<td>Interpersonal and community communication skills, practice-based learning and improvement, systems based practice, and leadership in policy and community</td>
<td>not designated</td>
<td>Public relations campaigns, media campaigns, policy development and change, health system change, communication of risks vs. benefits, and family, and community engagement</td>
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<tr>
<td>Intensive Therapeutic Lifestyle Change (ITLC) programs**</td>
<td>20 hours</td>
<td>Participation and/or observation in group programs such as CHIP, Ornish program, McDougall program, and Canyon Ranch</td>
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<tr>
<td>Support or coaching group facilitation</td>
<td>20 hours</td>
<td>Group observation, recording, and facilitating – this may occur at the same time or separately from an ITLC program</td>
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</table>

* A tracking process will need to be developed at each site to track patient numbers and hours.

** ITLC activities must address prevention, treatment, and reversal of chronic disease process.