

\$24.1 MILLION INVESTMENT IN PROVIDER EDUCATION IS THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE'S COMMITMENT IN SUPPORT OF THE WHITE HOUSE CONFERENCE ON HUNGER, NUTRITION AND HEALTH

It's a national imperative that medical professionals be educated, equipped and empowered to prescribe nutrition—using food as medicine—and other lifestyle factors that are driving the vast majority of all chronic disease across the U.S. Reaching the throngs of already practicing medical professionals is of highest priority, as the urgency of treating the root cause of lifestyle-related chronic disease is undeniable.

The American College of Lifestyle Medicine (ACLM) is committing a two-part investment, beginning with providing 100,000 physicians and healthcare professionals with a complimentary registration for the 5.5-hour **Lifestyle Medicine and Food as Medicine Essentials** CME/CE-accredited online course bundle. This course bundle, priced at \$220, is available through ACLM's store and learning management system, representing an ACLM investment of \$22,000,000 in support of the White House Conference.

This commitment proactively supports and brings to fruition what is set forth in the McGovern/Burgess resolution (HRes 784): It is essential that physicians and other clinicians receive adequate nutrition and other lifestyle medicine training as an important step to becoming certified in the field of lifestyle medicine, with clinical nutrition and using food as medicine as the centerpiece.

The 5.5-hour **Lifestyle Medicine and Food as Medicine Essentials** course bundle includes:

- A one-hour "**Intro to Lifestyle Medicine**" course, featuring ACLM President Cate Collings, MD, FACC, DipABLM
- Our Food as Medicine course series sessions #1 and #2
 - The 3-hour "**Food as Medicine: Nutrition for Prevention and Longevity**," presented by Kayli Anderson, MS, RDN, ACSM-EP, DipACLM
 - The 1 1/2-hour "**Food as Medicine: Nutrition for Treatment and Risk Reduction**," presented by New York Health and Hospitals Executive Director of Nutrition and Lifestyle Medicine Michelle McMacken, MD, DipABLM

Other modules in the multi-module Food as Medicine series cover topics ranging from calorie density to maternal health, focused on preconception, pregnancy and postpartum, with a whole host of other courses, including Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine, featured on ACLM's learning management system.

Who will benefit from this 5.5 hour CME/CE course bundle? All members of the interdisciplinary clinical practice team, including, but not limited to, physicians, NPs, RNs, PAs, RDs, PTs, OTs, exercise physiologists, behavioral health specialists, as well as health coaches.

How will this serve as a spark designed to ignite catalytic transformation? The exponential impact that's created when considering that each physician or PCP touches an average 2,000 patients. By incorporating lifestyle medicine into their personal lives and clinical practices, these 100,000 clinicians who will have been exposed to treating root causes of disease through evidence-based lifestyle medicine therapeutic intervention will positively impact as many as 200 million patients.

Through active partnership between the White House Domestic Policy Council, CDC Foundation and ACLM, we can work collaboratively to identify and present this opportunity to those who are in greatest need of the training—those who are providing care to our underserved populations bearing the greatest burden of lifestyle-related chronic disease. Perhaps we begin with outreach to PCPs located in zip code areas across the nation with the highest incidence of type 2 diabetes and CAD, both of which exacerbated the most harmful effects of Covid-19.

Starting with this \$22,000,000 commitment, through active, strategic partnership, ACLM is prepared to make even more substantial commitments, perhaps going so far as to double that which is set forth above.

In addition, ACLM will offer the opportunity to those on the front lines of delivering care in our underserved communities to apply for ACLM's

Health Equity Achieved through Lifestyle

Medicine (HEAL) Scholarship Program. This

scholarship provides access to ACLM's CME-accredited **Foundations of Lifestyle Medicine**

Board Review Course—a 30-hour course that serves as a primary preparatory curriculum to sit

for the **American Board of Lifestyle Medicine (ABLM) certification exam.**



ABLM and ACLM are making an additional matching pledge commitment of \$2,100,000 to cover half the cost of training and certification for one PCP from each of the ~1,400 FQHCs across the nation. The retail cost of ABLM exam registration, combined with the CME-accredited prerequisites, comes to ~\$3,000 per registrant, for a total cost of \$4,200,000.

In Summary: **The Lifestyle Medicine and Food as Medicine Essentials course bundle will provide a strong foundational knowledge base for providers dedicated to transforming health and redefining health care**—for the benefit of their patients, their practices, their health systems and their communities—and, ultimately, our nation. And, by infusing lifestyle medicine

into our nation's FQHCs, we'll be taking proactive steps to address lifestyle-related chronic disease health disparities. **As our nation's medical professionals become equipped to identify and eradicate the root cause of disease, they can achieve the optimal clinical outcome goal of health restoration.**

It's no secret that as much as 90% of our country's healthcare spending pays for the treatment of conditions rooted in poor lifestyle behaviors, which should result in a mandate that our medical professionals become effectively trained to prescribe lifestyle medicine, including food as medicine. Lifestyle medicine is synonymous with value-based care, as it reins in costs and produces superior patient outcomes. **ACLM is ready, willing and able to offer an immediate, scalable, replicable solution, helping to usher in sustainable health and sustainable health care.**

To learn more about the American College of Lifestyle Medicine, its other educational offerings and patient-facing resources, as well as its HEAL Initiative, please visit lifestylemedicine.org.

Additional Lifestyle Medicine and Food as Medicine Essentials Course Bundle Details:



"Introduction to Lifestyle Medicine" is a one-hour CME/CE course that launched in 2022. It defines lifestyle medicine, discusses the evidence base, explains six key interventions and demonstrates how lifestyle medicine has the power to treat and often reverse disease. The first installment of ACLM's "Food as Medicine" course, **"Food as Medicine: Nutrition for Prevention and Longevity,"** launched in March 2021 and provides three hours of CME/CE-accredited content on the dietary patterns shown to prevent chronic disease and support longevity.

The second installment of the course, **"Food as Medicine: Nutrition for Disease Treatment and Risk Reduction,"** launched in May 2021 and provides a 1.5-hour CME/CE accredited overview of the scientific evidence on food groups and dietary patterns for treatment and risk reduction of common lifestyle-related conditions.

All ACLM course and accreditation information is available [here](https://lifestylemedicine.org).

Questions? Contact ACLM Executive Director Susan Benigas
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