The **Lifestyle Medicine Residency Curriculum (LMRC)** is a comprehensive, applicable, and flexible virtual curriculum that prepares residents to make evidence-based, lifestyle behavior interventions. **Upon completion of the education and practicum components, residents qualify to sit for the American Board of Lifestyle Medicine (ABLM) certification exam.**

**Types of Programs Implementing the Lifestyle Medicine Residency Curriculum in 2023**

- 53% Family Medicine
- 18% Internal Medicine
- 11% Preventive Medicine
- 2% Physical Medicine & Rehabilitation
- 3% Occupational Medicine
- 2% Psychiatry
- 2% Pediatrics
- 2% Obstetrics & Gynecology
- 4% Emergency Medicine
- 2% Fellowships
- 1% Other

In 2023, the LMRC is currently offered in >200 residency programs and fellowships across the United States and Canada.
The LMRC consists of both educational and practicum components. Its educational component includes 40 hours of interactive virtual didactic material along with 60 hours of application activities designed to be completed over a one- to three-year time period. The practicum component includes 400 lifestyle medicine-related patient encounters, 10 hours of (Intensive) therapeutic lifestyle change (ITLC or TLC) program experience and 10 hours of group facilitation experience.

**Module 1:** Introduction to Lifestyle Medicine

**Module 2:** Provider’s Self-Care and Influence on Community Wellness

**Module 3:** Nutrition in Chronic Disease: Prevention, Treatment, and Remission

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

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

**Module 6:** Substance Use Disorders: Prevention, Diagnosis and Treatment

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

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

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

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

### General Outline

<table>
<thead>
<tr>
<th>Topic</th>
<th>Requirements*</th>
<th>Comments</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>Nutritional assessments and interventions</td>
<td>40 patient encounters</td>
<td>Food recall, nutrient analysis, percent body fat, and nutrition prescriptions</td>
</tr>
<tr>
<td>Physical activity assessments and interventions</td>
<td>40 patient encounters</td>
<td>Activity diaries, exercise capacity assessments, and exercise prescriptions</td>
</tr>
<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>
</tr>
<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>
</tr>
<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>
</tr>
<tr>
<td>(Intensive) Therapeutic Lifestyle Change (ITLC or TLC) programs**</td>
<td>10 hours</td>
<td>Participation and/or observation in ITLC/TLC group programs such as Pivio, LIFT, Full Plate Living, Diabetes Undone, DPP Optional: ITLC programs include Intensive Cardiac Rehab program (Ornish), McDougall program, Pritikin program</td>
</tr>
<tr>
<td>Support or coaching group facilitation</td>
<td>10 hours</td>
<td>Group observation, recording and facilitating – this may occur at the same time or separately from an ITLC/TLC program, must have 2 or more patients participate to count as group hours</td>
</tr>
</tbody>
</table>

* A tracking system for patient encounters and hours is provided.

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