

History:

Founded in 2004 by physicians, ACLM is a 501c3 nonprofit medical professional association.

Mission Statement:

Advancing evidenced-based lifestyle medicine to prevent, treat, and reverse noncommunicable, chronic disease.

Vision Statement:

A world wherein lifestyle medicine is the foundation of health and all healthcare.

Definition:

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, positive social connections, and avoidance of risky substances—also provides effective prevention for these conditions.

History of the term “lifestyle medicine”

While the concept dates back to Hippocrates, the term was first used by researcher Ernst L. Wynder, MD, in a paper published in 1989. Hans Diehl, DrHSc, MPH, FACN, founder of the Lifestyle Medicine Institute, began referring to the field as early as 1996, with James Rippe, MD, founder and editor-in-chief of the *American Journal of Lifestyle Medicine*, memorializing the term in his inaugural “Lifestyle Medicine” textbook in 1999.

Membership:

Active membership comprises more than 10,400 physicians and other clinicians.

Services:

Pre-professional, graduate, and CME/CE educational programs and curricula for physicians and other clinicians, certification in lifestyle medicine, plus lifestyle medicine practice support.

Impact:

Student- and Trainee-initiated Lifestyle Medicine Interest Groups are active at 132 academic and health institutions. Some 302 lifestyle medicine residency programs exist across 135 sites, with 6,900+ enrollees. Our Health Systems Council has 108 health system member organizations. We work with 70+ corporations and organizations dedicated to healthcare transformation.

Certified Clinicians:

Since certification began in 2017 by the American Board of Lifestyle Medicine, 3,085 physicians in the U.S. have become board certified in lifestyle medicine, along with 1,263 other health professionals. Worldwide, across 72 countries, 5,017 physicians and 1,671 other clinicians are certified for a total of 6,688.

Certified Programs:

- Complete Health Improvement Program (CHIP)

As an independent medical professional association representing the diverse interest of all our members, ACLM is not responsible to any religious, political or industry interests.

- Chanwuyi Lifestyle Medicine Program
- The Lift Project
- Rochester Lifestyle Medicine Institute Jumpstart
- Full Plate Living
- TrueNorth Health Center
- NudjHealth

Leadership:

- President Beth Frates, MD, FACLM, DipABLM
- President-Elect Padmaja Patel, MD, FACLM, DipABLM
- Past-President Cate Collings, MD, MS, FACC, DipABLM
- Executive Director, Susan Benigas

Strategic Partners:

- American College of Preventive Medicine
- American College of Sports Medicine
- American Council on Exercise
- Association of Clinicians for the Underserved
- Big Picture Learning
- Institute for Advancing Health Value
- Institute of Lifestyle Medicine
- Lifestyle Medicine Education (LMEd)
- Medical Fitness Association
- National Board for Health and Wellness Coaching
- National Medical Association
- National Quality Forum
- Nutrition Research Advisory Coalition
- Partnership to Fight Chronic Disease
- Physical Activity Alliance
- Population Health Alliance
- Primary Care Collaborative
- Society of Behavioral Medicine
- The Root Cause Coalition
- US Against Alzheimer's

Value Proposition:

ACLM is the only national organization to offer its members: high quality, standardized lifestyle medicine curriculum and certification; discounted access to the latest evidence-based research, conferences, and webinars to stay current in the field; statistics on the economics of lifestyle medicine in clinical practice; practice and reimbursement models; and networking opportunities. As a result, ACLM members are educated, equipped, and empowered to practice and advocate for lifestyle medicine, transforming their patients' lives and bringing joy back into the healing profession.

Value of Discipline:

Lifestyle medicine can address up to 80% of chronic diseases. A lifestyle medicine approach to care has the potential to arrest the decades-long rise in the prevalence of chronic conditions and their burdensome costs. A lifestyle medicine approach strongly aligns with the Quintuple Aim of better health outcomes, lower cost, improved patient satisfaction, improved provider well-being, and advancement of health equity, in addition to its alignment with planetary health. Lifestyle medicine is the foundation for a redesigned, value-based and equitable healthcare delivery system, leading to whole-person health.

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