

Application for Fellows Recognition in the American College of Lifestyle Medicine

Requirements for Fellows: Prior to application for ACLM Fellow status, the ACLM member must meet the following qualifications. **Please note all required forms and documentation must be completed in online application prior to submission for board approval. Please include an updated curriculum vitae. If you would like to use your CV to verify certain application requirements, please indicate which items are applicable to the appropriate points section on the Fellows application.**

1. Applicants shall be current members of the American College of Lifestyle Medicine and have been members of the College for at least three years and have contributed to the specialty as outlined in the following criteria. In addition, applicants must have one of the following qualifications:
 - a. MD or DO engaged in the practice, teaching or research in some relevant aspect of lifestyle medicine, and certified in some other specialty of medicine recognized by the American Board of Medical Specialties.
 - b. Doctorate-level professional (PhD, DrPH, DDS, ND, etc.) engaged in practice, teaching or research in some relevant aspect of lifestyle medicine, appropriately certified and/or licensed relative to their training, practice, and locale.
 - c. Licensed clinical team members holding a master's degree* earned from an accredited academic institution and engaged in practice, teaching, or research in some relevant aspect of lifestyle medicine, appropriately certified and/or licensed relative to their training, practice, and locale.
*Bachelor-level clinicians licensed in fields that now require a master's degree are also eligible to apply.
2. Be board certified in lifestyle medicine through the American Board of Lifestyle Medicine (MD, DO) or certified in lifestyle medicine through the American College of Lifestyle Medicine (PhD, DrPH, DDS, ND, MS, etc.).
3. Have a minimum of three consecutive years of membership, in good standing, as a physician, doctoral, healthcare executive, or professional team member, as defined by the ACLM membership categories.
 - a. Student/Trainee membership does not count towards the required years of membership.
 - b. Serving on the ACLM Board of Directors cannot be substituted with serving on the Trainee Executive Board.
4. Must have two sponsorship recommendation forms submitted from two current Fellows, establishing applicant's qualities and worthiness of consideration for ACLM Fellow status. Past and present ACLM Board of Directors and Officers may also be sponsors.
5. Demonstrate a high standard of professional development and contribution to the field of lifestyle medicine.
6. Substantiate a significant contribution to ACLM's organizational functions, including participation in conferences, member interest groups, committees, task forces, ACLM course faculty, press or advocacy contact, ACLM publication contributions and/or participation in other official ACLM function.

Note: Applicants should be graduates of a U.S. based medical school/ doctoral program or have completed their residency/ fellowship or post-doctorate education in the U.S. Lifestyle Medicine Professionals from countries with established Lifestyle Medicine societies and a fellowship process are expected to apply to their respective local organizations for fellowship.

After due consideration, the Board of Directors may waive a requirement.

Fees: The Fellows Application Fee is \$200 for physician and doctoral-level applicants. The Fellows Application Fee is \$150 for master-level applicants.

All applications are processed after the application period is closed.

ACLM FELLOW - PROFESSIONAL LEADERSHIP POINTS SYSTEM

Members applying for Fellowship status must submit a Professional Leadership Points form. In addition to submission of a curriculum vitae, the applicant must also provide documentation supporting each set of points claimed.

- A minimum of 150 total points across both categories must be reached in order to apply for Fellowship. A minimum of 75 of these points must be based on contributions to the college. Both categories have a minimum number of points that must be fully documented at the time of application for Fellowship status. Both categories also have a maximum number of points that may be claimed thus promoting broad based leadership qualities in the field of lifestyle medicine.
- As is typical with other professional societies, the previous ten years may be included in the accumulation of points.
- **All documentation supporting the Professional Leadership Points form must be labeled with the corresponding letter and number of the form.**
 - Examples would be as follows:
 - A1 – Full ACLM Membership Status for 5 years from 2015 to 2020 – 10 points.
 - A20: Authored article, “The Effectiveness of Shared Medical Appointments in Changing Lifestyle Behaviors for the management of Hypertension” – 2 points.
 - B8: Presented “Lifestyle Medicine for the Diabetic” at American College Sports Medicine 2013 Conference – 5 points.
- Supporting documentation for each element claimed on the Professional Leadership Points form must show the dates involved for each activity or credential. This information will be verified by ACLM records.
- Professional Leadership Points claimed in each subsection of category “B” must include a concise description that documents the activity in 300 words or less.
- Participation in conferences or activities not associated with ACLM requires documentation of attendance for each event. This may include copy of CME certificate, receipt of payment, etc.
- Copies of cited publications are NOT required unless specifically requested by the ACLM Board. Citations associated with any form of publication may simply be listed with full reference.
- Presentations of any kind at conferences may be simply documented with a copy of the program properly highlighted for ease of review.
- Participation in committees, member interest groups, task forces etc. are counted per group per year (i.e. one full year in one group is considered as one participation).

Some of these requirements are necessarily based on an honor system. Please note that ACLM can request additional documentation for any area to assist with the review process. ACLM reserves the right to reverse decisions as needed during the application process, or even after awarding the ACLM Fellow status, should it be found that items submitted were not accurately portrayed.

Name: _____

CATEGORY A: CONTRIBUTIONS TO ACLM

Mandatory Minimum points required: 75

| Description | | Points | | Total |
|-------------------|---|--------------------------------------|--------------|-------|
| | | Each | Max | |
| Membership | | | | |
| A1 | Full (Physician/Doctoral/Healthcare Exec/Professional Team Member) ACLM membership status | 4 points for each year of membership | 20 | |
| A2 | ACLM Member Interest Group participation: Member | 2 points per group/per year | 20 | |
| A3 | ACLM Committee participation (appointed by ACLM President): Member | 1 point per group/per year | 5 | |
| A4 | ACLM Task Force participation (appointed by ACLM President or ACLM Staff): Member | 1 point per group/per year | 5 | |
| A5 | Academic Community: Member | 1 point per group/per year | 2 | |
| | | | Total | |
| Leadership | | | | |
| A6 | ACLM Member Interest Group participation: Chair/Co-Chair/Secretary | 10 points per group/per year | 40 | |
| A7 | ACLM Member Interest Group participation: Subcommittee/Project leader | 5 points per group/ per year | 20 | |
| A8 | ACLM Committee: Chair/Co-Chair | 8 points per group/per year | 32 | |
| A9 | ACLM Task: Chair/Co-Chair | 5 points per group/per year | 20 | |
| A10 | Serve as an ACLM Connect Ambassador (coordinated through the Membership Department) | 5 points per ambassador/ per year | 10 | |
| A11 | Serve on ACLM Board of Directors (BOD)/ Executive Committee | 25 | 25 | |
| A12 | Serve on ACLM Board of Directors (BOD) as Young Director (Trainee Executive Board does not qualify) | 12 | 12 | |
| A13 | Serve on ACLM's Trainee Executive Board | 5 | 5 | |
| A14 | Lifestyle Medicine Diplomate (ABLM, ACLM, IBLM) | 5 | 5 | |
| A15 | ACLM's Type 2 Diabetes Remission Certificate holder | 3 | 3 | |

| | | | | |
|--------------------|--|---|--------------|--|
| A16 | ACLM and Blue Zones Lifestyle Medicine Certificate holder | 3 | 3 | |
| A17 | Serve on ABLM's Board of Directors (BOD) | 3 | 3 | |
| | | | Total | |
| Attendance | | | | |
| A18 | Attended the ACLM annual conference within five years of application. If you are currently registered for this year's conference, you may include this in your points total. | 5 points per conference | 25 | |
| A19 | Attended ACLM-sponsored or co-sponsored meeting within five years of application | 3 points per meeting | 12 | |
| A20 | Attended any live online ACLM event (e.g., educational webcast) | 1 point each | 5 | |
| | | | Total | |
| Scholarship | | | | |
| A21 | Presented or served as faculty at an ACLM educational event or served as an oral presenter at the ACLM annual meeting | 5 points per event | 20 | |
| A22 | Poster presenter at the ACLM annual meeting | 2 points per poster | 10 | |
| A23 | Developed lifestyle medicine CME material on behalf of the College (for large projects, the committee may increase per project points at their discretion) | Primary author, 10 pts Co-author, 5 pts per project | 30 | |
| A24 | Speaker appointed on behalf of ACLM at an external event (speaker requested by ACLM) | 10 points per event spoken | 20 | |
| A25 | Write an article or column for ACLM-sponsored publication, e.g., the monthly e-publication | 2 points per article | 10 | |
| A26 | Invited and served as ACLM webinar speaker | 2 points per webinar | 10 | |
| A27 | ACLM practice resource tools creator (content creator) | 3 points per project | 15 | |
| A28 | Serve as a reviewer (of educational content, beta testing, conference speaker sessions, research poster presentations) for ACLM | 2 points per project | 10 | |
| A29 | Contributor of Position Papers or Expert Consensus Statement of ACLM | 2 points per PP or ECS | 6 | |

| | | | | |
|----------------------------|--|-----------------------------------|--------------|--|
| A30 | Contributor of Clinical Practice Guidelines (guidance documents) | 10 points per CPG/GD | 20 | |
| A31 | Completed ACLM's Lifestyle Medicine Food as Medicine course(s) | 1 point per course | 6 | |
| A32 | ACLM scholarship recipient (NTI, Residency, HEAL, or AVO) *excludes any Trainee scholarships | 3 | 3 | |
| A33 | Editor for the <i>American Journal of Lifestyle Medicine</i> | 4 | 4 | |
| A34 | ACLM award recipient (Lifetime Achievement, Trailblazer, President's, HEAL, Special Recognition, Pegg Award) | 5 | 5 | |
| | | | Total | |
| Outreach | | | | |
| A35 | Faculty or leader liaison for Lifestyle Medicine Interest Group (LMIG) | 1 point per year | 5 | |
| A36 | Faculty or program director for the Lifestyle Medicine Residency Curriculum (LMRC) | 2 points per year | 6 | |
| A37 | Utilized a Taste of Lifestyle Medicine Grant | 1 point per grant | 5 | |
| A38 | Academic Pathway faculty member (partial or full) | 2 | 2 | |
| A39 | Faculty of a UME-certified curriculum for lifestyle medicine | 2 | 2 | |
| A40 | Utilizing UME Question Bank in medical school assessment | 1 | 1 | |
| A41 | Represent ACLM to media on coverage of lifestyle medicine-related issues or events | 1 point per interview | 5 | |
| A42 | Member of ACLM's Health Systems Council | 5 points per involvement/per year | 10 | |
| A43 | Member of ACLM's Innovator's Council (representative for your organization) | 5 points per year | 10 | |
| A44 | Teaching LM101 in an academic setting | 1 | 1 | |
| A45 | Teaching the ACLM Culinary Medicine Curriculum | 1 | 1 | |
| A46 | ACLM blog post contributor (writer) | 1 point per blog post | 3 | |
| | | | Total | |
| Other contributions | | | | |

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|--------------------------------------|--|--|---|---|
| A47 | Other – if you have served the College in another manner please provide a description. Please do not duplicate points from additional questions. These points are in addition to the points above. If you do not meet the minimum points required for section A (75 total), this section is not meant to bridge the gap. | Points will be determined by the Committee | - | - |
| Total points for this section | | | | |

CATEGORY B: CONTRIBUTIONS TO THE FIELD OF LIFESTYLE MEDICINE

Mandatory Minimum points required: 45

| Description | | Points | | Total |
|--------------------|--|---|--------------|-------|
| | | Each | Max | |
| Leadership | | | | |
| B1 | Direct or coordinate a Lifestyle Medicine Clinic in a medical or wellness center setting for at least one year | 20 | 20 | |
| B2 | Develop and/or lead a new lifestyle medicine program that has been implemented in the clinical or community setting. This new lifestyle management program can be any disease state management program designed primarily from a lifestyle medicine intervention approach. Examples: diabetes management clinic, depression recovery, and cardiac rehabilitation. This may include structured medical visits done in a group setting (SMA) or a community lifestyle medicine seminar series | 15 points for each new program developed | 30 | |
| B3 | Evaluate existing lifestyle medicine programs | 5 | 10 | |
| B4 | Serve as a consultant to physicians and/or other health care providers on lifestyle medicine (each individual/ organization counts as one) | 5 | 10 | |
| B5 | Lifestyle medicine interest group in an external association: Leader/Chair/Co-chair/Secretary | 5 points per group/per year | 10 | |
| B6 | Lifestyle medicine interest group in an external association: Member/Participant | 2 points per group/per year | 4 | |
| | | | Total | |
| Scholarship | | | | |
| B7 | Publication of a lifestyle medicine-related book | Author 20, Co-author 10, chapter author 5 | 20 | |
| B8 | Edit or review a lifestyle medicine-related book chapter, journal article, or course materials utilized in a medical or healthcare professional school setting | 2 points per item | 6 | |
| B9 | Publish a lifestyle medicine-related article in a peer-reviewed journal | 10 | 30 | |
| B10 | Teach lifestyle medicine and/or serve as a clinical/adjunct professor in an accredited program relating to lifestyle medicine across the academic continuum (Ex: UME or healthcare professional school semester course, GME elective course, etc.) | 10 points per program/course | 20 | |

| | | | | |
|--------------------------------------|---|--|--------------|--|
| B11 | Present a lifestyle medicine topic as a speaker at a scientific conference other than ACLM-sponsored programs | 5 points per presentation | 10 | |
| B12 | Present lifestyle medicine-related topics at grand rounds | 5 points per presentation | 10 | |
| B13 | Present a lifestyle medicine poster at a scientific conference other than ACLM-sponsored programs | 2 | 10 | |
| | | | Total | |
| Outreach | | | | |
| B14 | Produce and or host of a lifestyle medicine-related radio or TV program (a series or year counts as one) | 15 | 30 | |
| B15 | Serve on local or state board of health involved with lifestyle medicine issues for at least one year | 10 | 20 | |
| B16 | Make a television appearance related to lifestyle medicine topic | 5 | 10 | |
| B17 | Publish an article or interview with a national magazine or large market newspaper on a lifestyle medicine topic | 5 | 10 | |
| B18 | Publish an article or interview with a local newspaper, newsletter, or other publication on a lifestyle medicine topic | 5 | 10 | |
| B19 | Participate in community-oriented prevention/lifestyle medicine programs | 5 | 10 | |
| B20 | Content creator for a lifestyle medicine-related social media channel (Twitter/X, Facebook, Instagram, YouTube or TikTok- account must be established at least 2 years in advance of application date or have a substantial following greater than 1,000 users) | 5 | 10 | |
| B21 | Posted a job on the ACLM Job Board | 2 points per job | 6 | |
| | | | Total | |
| Other contributions | | | | |
| B22 | Other – if you have served the field of lifestyle medicine in another capacity please provide a description and attach documentation to support your service. | Points will be determined by the Committee | - | |
| Total Points for this section | | | | |

Headshot, Biography and Consent

Short Biography not exceed 1000 characters:

Consent statement: I understand my information as outlined above (the “Information”) and made on behalf of the American College of Lifestyle Medicine may be used in connection with publicizing and promoting. I authorize the American College of Lifestyle Medicine to use my name, brief biographical information, and the Information as defined on this form.

I hereby irrevocably authorize the American College of Lifestyle Medicine to copy, edit, publish or distribute the Information for purposes of publicizing the American College of Lifestyle Medicines’ programs or for any other lawful purpose. These statements may be used in printed publications, multimedia presentations, on websites or in any other distribution media. I agree that I will make no monetary or other claim against the American College of Lifestyle Medicine for the use of the statement.

In addition, I waive any right to inspect or approve the finished product, including written copy or edited video wherein my likeness or my Information appears.

I hereby hold harmless and release the American College of Lifestyle Medicine from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I have read the authorization and release information and **give my consent** for the use as indicated above.

I have read the authorization and release information and **do not give my consent** for the use as indicated above.

Sponsor Form Information

Must have two sponsorship recommendation forms submitted from two current Fellows, establishing applicant’s qualities and worthiness of consideration for ACLM Fellow status. Past and present ACLM Board of Directors and Officers may also be sponsors.

Sponsor Form: <https://lifestylemedicine.wufoo.com/forms/fellows-application-recommendation-form/>

Please email this form to your sponsors to complete prior to the July 1st deadline. It is your responsibility to request a completed form from a sponsor.

| | | | |
|---------------|--|----------------|--|
| Sponsor Name: | | Sponsor Email: | |
| Sponsor Name: | | Sponsor Email: | |

TOTAL CALCULATION

Mandatory Minimum points required: 150 with at least 75 from Category A

| | Description | Points | | Category Total |
|---|--|-------------|------------------|----------------|
| | | Your Points | Minimum Required | |
| CATEGORY A | Contributions to the American College of Lifestyle Medicine (ACLM) | | 75 | |
| CATEGORY B | Contributions to the field of Lifestyle Medicine | | 45 | |
| Your Total for Application | | | | |
| 150 Minimum required with at least 75 from Category A | | | | |

Application Checklist

The online application must be completed in one sitting, so it is highly recommended that you compile all materials required before beginning.

Your complete application will include:

___ Your current CV/Resume

___ Two sponsorship forms

___ Professional Leadership points, minimum of 150 combined total from the two points systems:

- List of points "Contributions to ACLM", minimum of 75 points
- List of points "Contributions to the Field of Lifestyle Medicine" minimum of 45 points

___ Any documentation requested for the Leadership points

___ The Fellows Application Fee is \$200 for physician and doctoral-level applicants. The Fellows Application Fee is \$150 for master-level applicants.

Please pay your application fee once you have submitted your completed online application. To pay your Fellows application fee, please submit a check to the American College of Lifestyle Medicine and add "Fellows Application Fee" in the notes line. Please mail your check to:

American College of Lifestyle Medicine
Attn: Theresa Stephan, Fellows Application
PO Box 6432
Chesterfield, MO 63006

If you prefer to pay your fees online, please contact Theresa Stephan at 971-983-5383 Ext. 135.

Questions: Please contact us at membership@lifestylemedicine.org