



ACLM Trainee Research Scholarship and Grants Program

Program Goals

1. To encourage and facilitate the conduct of original research activities relevant to lifestyle medicine among ACLM Trainees (ACLM members who are undergraduate students, graduate students, medical students, and medical residents)
2. To provide mentoring in lifestyle medicine to ACLM Trainees engaged in research

Scholarships Available (1 each)

- ACLM Unrestricted Research Grant – \$500
- ACLM Unrestricted Research Grant – \$1000
- ACLM Open Access Publication Grant – \$3000

Important Dates

1. Call for proposals opens April 15, 2025
2. Deadline for submissions July 18, 2025
3. Proposals reviewed and scored, awards announced October 30, 2025
4. Awardees acknowledged at LM2025: Dallas, TX, November 16-19, 2025

Overall Requirements

- ACLM Sr. Director of Research will serve in the role of a mentor to the trainee; however, it is expected that the trainee will also have a mentor at their home institution. Trainee must be closely and actively engaged in the project, in the capacity of a Co-I, research assistant, data analyst, or other similar role.
- Trainee must be first author on any planned poster abstracts or publications for which award funds are directly used
- Research project must focus on an intervention or exposure study that is aligned with at least one of the six pillars of LM (a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection)
- Award checks will be written to trainee's institution – please confirm in your application and budget that your institution is willing to accept the funds and can abide by ACLM's indirect cost limit of 10% (you should confirm this with your supervisor and/or research administration department *before* applying).
- Funds must be used within 12 months of the check issue date; awardees must submit a report and documentation at the end of the 12 months to confirm planned use of funds.
- If grant is unused at the end of this 12-month period, funds must be returned to ACLM.

Specific Requirements

Grants	Eligibility and Application Requirements
Unrestricted grants	<ul style="list-style-type: none">• May be used to fund new or active research projects, including a discrete project that is smaller in scope or a larger project for which the ACLM funds would supplement other funding• If funding is used to supplement a larger project, documentation of the other funding award(s) will be requested to confirm that the project can be successfully executed• May be used for any expenses associated with the research project, including, but not limited to, new data collection, intervention supplies and materials, educational materials, consulting support, study subject incentives, data access fees, or to facilitate conducting a systematic review or other secondary analysis project• Awardee will be required to participate in three mentoring meetings with the ACLM Sr. Dir. of Research
Open access publication grants	<ul style="list-style-type: none">• Submission to a peer-reviewed journal, indexed in Medline, is required within 6 months of receiving grant• Targeted journal must be indexed in PubMed, with higher-impact journals being more desirable

Grant Application Overview

Please complete the following questions in our online submission form.

Section	Word Limit
Contact information, including institution	Standard fields
Funding sought <ul style="list-style-type: none"> - Unrestricted grant (\$500) - Unrestricted grant (\$1000) - Publication grant (up to \$3000) 	Multiple choice
Acceptance of ACLM's Indirect Cost Limit <i>ACLM has an indirect cost limit of 10%. Grants awarded to Trainees are subject to this limit. Please confirm that your institution will adhere to the 10% limit.</i> <ul style="list-style-type: none"> - Yes - No 	Multiple choice
Stage of project <ul style="list-style-type: none"> - Concept in development - Concept finalized, protocol in development - Project has launched - Project is nearing conclusion 	Multiple choice
IRB Approval <ul style="list-style-type: none"> -Reviewed and approved -Submitted and/or under review -Not yet submitted -Not needed 	Multiple choice

Please upload your application as a Word doc or PDF using the following questions, headers, and word limits.

Title of the project	50
Background and research gap(s) <i>The background should introduce the topic and identify gaps in research that this project will address.</i>	250
Contribution to new knowledge <i>Please describe how results from your study will fill the research gaps identified, and/or how findings will contribute to new knowledge or novel understanding</i>	150

Research question(s) <i>Research questions pose the questions the study is meant to answer.</i>	75
Strategic aims <i>Strategic aims state the objective(s) of the study and should feasibly address the research questions posed.</i>	100
Protocol Summary <i>The protocol should describe the materials and methods needed to execute the project. If relevant, the Institutional Review Board (IRB) overseeing the project should be identified. If IRB approval is not needed, please explain why. IRB oversight is not necessary for systematic reviews and secondary analyses of publicly available datasets. An abbreviated version of the actual IRB protocol submitted would answer this question very well.</i>	250-600
Relevance to health disparities and historically disadvantaged populations <i>Please provide perspective on the relevance of this project to health disparities, along with solutions for dealing with disparities in access to care or recruiting/retaining subjects</i>	250
Sample size <i>If relevant, sample size calculations should be shared. Sample size calculations would not be deemed necessary with secondary analyses of big data (existing public datasets) or pilot interventions. Sample size calculations would be relevant when planning a specific intervention with a specific intended effect on health outcomes. If sample size calculations are not relevant, please state why.</i>	250
Data analysis plan <i>The data analysis plan should describe the primary analysis and any secondary analysis planned. A bulleted list for each research question is acceptable with the following sub-headings: outcome of interest, exposure of interest, co-variables (if relevant).</i>	100-400
Anticipated problems <i>Please outline any potential problems that may occur (e.g., during planning, recruitment, analysis) and solutions planned</i>	300

Timeline <i>The timeline should outline specific milestones and durations for each phase of the project. A Gantt chart or other similar visual depiction is not required but is helpful. Please do indicate where you are in the timeline at the time of submission.</i>	No more than 1 page
Budget <i>The budget should present the total project budget as well as the portion intended to be covered by the grant from ACLM. Please detail the itemized costs of the project (ie. personnel, materials, supplies, etc) in a table. Please acknowledge other secured funding sources.</i>	No more than 1 page
Personnel <i>The personnel listed should be key personnel involved in the project, including the Principal Investigator (PI), if relevant, and Co-Investigators. The CVs of the PI and submitting Trainee must be included in the application.</i>	0-250 and additional file upload
Project Status <i>Please provide a brief update summarizing your progress to date towards the goals and objectives. This should align with the initial question concerning project stage.</i>	250
(For Open Access Fee applications only) Target Journal(s) <i>Please share up to three target journals, in order of priority, for your publication. Please include the journal's impact factors and a brief justification of the relevance of your project to the journal's area of focus.</i>	250 Applicants applying for the unrestricted funding awards can skip this question.