



Project Collaboration Guide

This guide provides a roadmap for organizations interested in collaborating with ACLM on specific projects that advance the field of lifestyle medicine.

The American College of Lifestyle Medicine (ACLM) partners with value-aligned organizations to drive high-impact collaborations that advance systemic change. Our vision is to establish lifestyle medicine approaches as the foundation of all health and healthcare as a solution to address the epidemic of chronic disease.

We aim to achieve this by increasing awareness, access, and adoption of lifestyle medicine through research, education and training, and clinical and community integration efforts that are rooted in its practice. ACLM works with health systems, associations, employers, public health institutions, non-profits, and other partners to catalyze projects that support at-scale, meaningful change.

If your organization is interested in collaborating to advance the field, please reach out to partnerships@lifestylemedicine.org



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Priority Areas for Collaboration

- **Field Level Change** – Driving systemic change by advancing clinical research, influencing system-level policy, and accelerating real-world implementation that supports one or more areas of the Quintuple Aim: improving population health, enhancing patient experience and outcomes, reducing healthcare costs, supporting care team well-being, and advancing health equity.
- **Education & Workforce Development** – Expanding access to training, certification, tools/resources, and communities of practice for healthcare professionals in each phase of career growth, from students to practicing clinicians
- **Research & Evidence Generation** – Supporting studies on lifestyle medicine’s role in disease treatment and reversal
- **Increasing Access to Lifestyle Medicine** – Piloting innovative care delivery models in underserved communities, such as within Federally Qualified Health Centers (FQHCs), Community Health Centers (CHCs), and public health settings

Criteria for Prioritizing Projects

To effectively allocate resources and drive meaningful change, we prioritize projects that:

- **Align with ACLM’s mission & priority areas** – Projects must directly support the growth and clinical integration of lifestyle medicine
- **Demonstrate scalability & sustainability** – Initiatives should have the potential for long-term clinical adoption and expansion
- **Foster innovation & systems change** – Projects should advance new models of care, demonstrate the efficacy of training approaches, and hold the potential for field-level change





Key Project Examples

Innovative Pilots & Demonstration Projects

- Show how lifestyle medicine shared medical appointment (LMSMA) models enhance access and cost-efficiency. LMSMAs may be delivered in primary care or specialty settings.
- Demonstrate how lifestyle medicine integrates with and supports value-based care approaches.
- Explore the combined impact of GLP-1 medications and lifestyle medicine for weight management.
- Participate in the Diabetes Remission project, an ACLM-designed approach that includes clinician training in lifestyle medicine, piloting the Lifestyle Empowerment Approach for Diabetes Remission (LEADR) program along with resources, proposed adjustments, provider rewards, and sustainability.

Research that strengthens the evidence-base for lifestyle medicine

- Address key gaps in lifestyle medicine research to inform and influence national clinical guidelines.
- Conduct rigorous research interventions to demonstrate measurable health improvements, including disease remission, through lifestyle medicine.
- Analyze publicly available datasets to deepen understanding of how multiple health behaviors impact health outcomes.
- Conduct both retrospective and prospective research comparing the healthcare costs of lifestyle medicine interventions to current standards of care.

Organizational Change & System Learning

- Study the impact of system-wide lifestyle medicine training and clinical delivery within health systems, health plans, and/or ACOs on healthcare transformation, clinician burnout reduction, and patient outcomes.

Convenings & Knowledge Sharing

- Gather stakeholders to identify industry gaps, explore solutions, and elevate awareness of lifestyle medicine's potential.
- Advance state-level efforts through an impact network framework by convening regional healthcare stakeholders in a collective impact model, coordinating action and achieving shared outcomes.



Ideal Partners

We seek to collaborate with organizations who share our commitment to advancing lifestyle medicine, including:

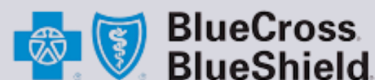
- Health systems and insurance providers
- Self-funded employers and commercial solution providers
- Federally Qualified Health Centers (FQHCs) and public health departments
- Research institutions and academic organizations
- Associations and other non-profit organizations

Humana



HARVARD
MEDICAL SCHOOL

 **Duke University**
School of Medicine



NYC
HEALTH+
HOSPITALS

⌘ **one medical**



NATIONAL ASSOCIATION OF
Community Health Centers

By working together, we can drive lasting change in healthcare and expand the reach of lifestyle medicine for the benefit of all. If your organization is ready to collaborate, please reach out to partnerships@lifestylemedicine.org.



What ACLM can provide for collaborative projects:

We seek to collaborate with organizations who share our commitment to advancing lifestyle medicine, including:

1. Access to a lifestyle medicine research database
2. Support in developing project plans and defining objectives
3. In-kind or significantly discounted access to clinician education & training
4. Technical assistance and subject matter expertise
5. Support with publication and dissemination of research findings
6. Assistance with resources needed for project proposals, implementation and reporting
7. Support to pursue joint grant applications via private, state, and federal funders

Examples of aligned funding opportunities for advancing collaborative projects

Private and other non-federal funding

Robert Wood Johnson Foundation (RWJF)

Pioneering Ideas: Exploring the Future to Build a Culture of Health

Pioneering Ideas: Exploring the Future to Build a Culture of Health seeks proposals that are primed to influence health equity in the future. RWJF is interested in ideas that address any of these four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Additionally, they welcome ideas that might fall outside of these four focus areas, but which offer unique approaches to advancing health equity and our progress toward a Culture of Health. RWJF wants to hear from scientists, anthropologists, artists, urban planners, community leaders—anyone, anywhere who has a new or unconventional idea that could alter the trajectory of health, and improve health equity and well-being for generations to come. [LEARN MORE](#)



Ardmore Institute of Health (AIH)

AIH works for a future where healthy environments and lifestyles provide equitable and preferred methods to prevent, treat, and reverse chronic diseases such as obesity, diabetes, and heart disease. Each year, we fund innovative projects that advance our strategic objectives and help make our vision a reality. [LEARN MORE](#)

2025 Focus Areas

Primary Care

Integration of Whole Person Care

Comprehensive Obesity Care

Integration of Food is/as Medicine

Underserved Communities

Equitable Delivery of Whole Person Care

Centene Corporation Foundation

The core of the Centene Foundation is helping health-related organizations and causes. Centene will also consider projects or programs aligning with one or more of Centene Corporation's focus areas:



Education



Healthcare Access
(Including Social
Determinants of
Health)



Social Services

Because of Centene's local approach, we are uniquely positioned to help solve the issues our members face. Our plans' employees live and work in the communities we serve. [LEARN MORE](#)



Humana Foundation

The Humana Foundation serves as stewards of good health, cultivating strong collaborations and investing with partners to create healthier communities. The Humana Foundation supports a diverse project portfolio centered around our core commitments. We encourage organizations that share our vision for healthier communities to learn more about our grants. We're always excited to discover new partners. [LEARN MORE](#)

Connected Healthy Lives

Every day, people face a multitude of choices that may affect their health and quality of life. In many communities, these choices are limited by factors beyond a person's control. That is why we are expanding healthy choices for communities and creating more equitable health outcomes by working to eliminate the social and structural barriers to health.

Health Equity Innovation Fund

The Health Equity Innovation Fund provides seed funding for organizations working to eliminate barriers in health and health care. The Fund offers recipients an opportunity to test both interventions and solutions designed to address preventable, chronic diseases for populations facing inequity.

Genentech Health Equity Innovation Fund

Through the Innovation Fund, we are working to eliminate the unjust inequities that force patients of color to navigate a broken system. But our impact also extends much further. Racial and ethnic health disparities currently cost our society almost \$500 billion annually, and by addressing them, we can improve the lives of everyone. [LEARN MORE](#)

Patient-Centered Outcomes Research Institute (PCORI)

PCORI funds patient-centered comparative clinical effectiveness research (CER), issuing funding opportunity announcements several times each year. PCORI also funds projects that support CER, such as methodology studies, as well as projects that support engagement in research and dissemination and implementation of PCORI-funded research findings. [LEARN MORE](#)



HEARST Foundations Funding in Health

The Hearst Foundations assist leading regional hospitals, medical centers and specialized medical institutions providing access to healthcare for high-need populations. Preference is given to proposals for: professional development; programs improving access to high-quality healthcare for low-income populations, rural populations, and/or veterans; care for complex needs of older populations; intensive behavioral healthcare; scaling innovative healthcare delivery systems to provide efficient coordinated care; research, particularly related to finding new cures and treatments for prevalent diseases. [LEARN MORE](#)

Labcorp Charitable Foundation

Labcorp Charitable Foundation seeks to bring quality healthcare access to all by supporting education and local communities. Common grant opportunities include: Supporting food pantries and meal programs; Providing healthcare and patient services for underserved populations; Encouraging STEM programming; and Advocating for healthy lifestyles through ongoing medical research and screenings. [LEARN MORE](#)

The Commonwealth Fund

The Commonwealth Fund focuses on three core areas where they believe they can make the biggest difference: Coverage, Care, and Cost. The foundation's overarching goals are to improve health care practice and policy and promote antiracism in U.S. health care through support for rigorous, evidence-based research and analysis. TCF sponsors projects to monitor and benchmark health system performance and explore innovative approaches to addressing problems in health care. Aligned grant programs include Health Care Delivery System Reform; Advancing Health Equity; Public Health; Behavioral Health; and Climate Change and Health Care and more. [LEARN MORE](#)



Federal Funding

Federal grants for healthcare are primarily offered through the Department of Health and Human Services (HHS) and its agencies, such as the Health Resources and Services Administration (HRSA) and the National Institutes of Health (NIH), to support a wide range of healthcare initiatives.

NOTE: Federal grants are subject to extensive regulations and reporting requirements, and generally have a longer award timeline than non-federal or private grants. Organizations pursuing federal funding should have strong grant writing experience and processes in place to meet federal award requirements.

Key Agencies and Programs include:

Department of Health and Human Services (HHS):

The largest grant-making agency in the US, HHS offers grants to states, territories, tribes, local governments, nonprofits, and other organizations.

Health Resources and Services Administration (HRSA):

HRSA focuses on improving and expanding healthcare services for underserved populations, including through the Health Center Program (330 Grant) and other initiatives.

National Institutes of Health (NIH):

NIH is the largest public funder of biomedical research in the world, investing in medical research to enhance life and reduce illness and disability.

Agency for Healthcare Research and Quality (AHRQ):

AHRQ focuses on health services research, including demonstration and dissemination grants.

Federal Office of Rural Health Policy (FORHP):

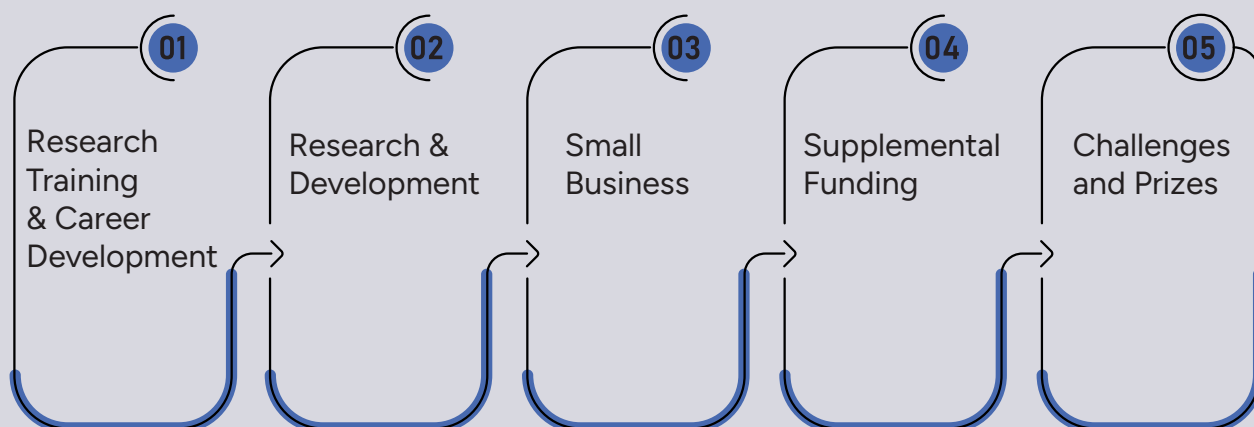
FORHP, as part of HRSA, organizes healthcare-related activities in rural areas, administering local and state grants to enhance rural healthcare.



NIH Opportunities

As the largest public funder of biomedical research in the world, NIH supports a variety of programs and grants.

Aligned funding areas include:



Projects include clinical trials, assessments, convenings, and more.

An example of a specific opportunity:

NIH Support for Conferences and Scientific Meetings (Parent R13 Clinical Trial Not Allowed)

The purpose of the NIH Research Conference Grant (R13) is to support high quality conferences that are relevant to the public health and to the scientific mission of the participating Institutes and Centers. [LEARN MORE](#)