

History:

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

Services:

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

Mission Statement:

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

Vision Statement:

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

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, connectedness, 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:

Membership totals more than 13,500 physicians and other clinicians.

Impact:

Student- and Trainee-initiated Lifestyle Medicine Interest Groups have been established at 193 academic and health institutions. The Lifestyle Medicine Residency Program is contracted into 170 residency sites, now available to 368 residency programs with 6,000+ enrollees. There are now 94 Partial and 4 Full Academic Pathway to certification programs for master’s and doctorate health professions students. Our Health Systems Council has 120 health system member organizations.

Certified Clinicians:

Since certification began in 2017 by the American Board of Lifestyle Medicine, 5,124 clinicians in the U.S. and Canada have become certified (3,810 physicians and 1,314 health professionals). Worldwide, 6,293 physicians from 92 countries and 1,715 health professionals are now certified.

Certified Treatment Programs:

- Chanwuyi Lifestyle Medicine Program
- Rochester Lifestyle Medicine Institute Jumpstart
- TrueNorth Health Center
- NudjHealth
- Freedom From Diabetes Holistic Transformation Program

Certified Education Programs:

- Pivio Complete Health Improvement Program
- StrongPeople Strong Bodies
- The Lift Project
- Full Plate Living

Certified Medical Schools/UME:

Bronze Tier

- Oakland University William Beaumont School of Medicine
- University of Missouri-Kansas City School of Medicine
- Rosalind Franklin University of Medicine and Science
- Ohio State University College of Medicine

Silver Plus Tier

- UTMcGovern Medical School at Houston
- Touro University of California

Gold Tier

- Western University of Health Sciences

Platinum Plus Tier

- Loma Linda University School of Medicine
- University of South Carolina School of Medicine Greenville

Leadership:

- President Padmaja Patel, MD, FACLM, DipABLM
- President-Elect Michelle Hauser, MD, MS, MPA, FACP, FACLM, DipABLM, Chef
- Past-President Beth Frates, MD, FACLM, DipABLM
- Executive Director, Susan Benigas

Strategic Partners:

ACLM [works closely with hundreds](#) of leading medical societies, non-profit industry associations, medical schools and residencies, health systems, insurers, and corporate partners to advance the field of lifestyle medicine.

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.