










Transforming Rural Health through Lifestyle Medicine

Rural Health Transformation Program Application Framework

The [American College of Lifestyle Medicine \(ACLM\)](#) has turn-key, scalable healthcare workforce development resources and nutrition-related CME to enable states to incorporate plug-and-play solutions to satisfy the related criteria set forth in the [Rural Health Transformation Program](#). Adopting a Lifestyle Medicine framework in rural health transformation improves health outcomes, lowers costs, and strengthens community health by addressing lifestyle-related chronic disease root causes such as nutrition, physical activity, sleep, stress, substance use, and connectedness. It aligns with value-based care and sustainability goals while benefiting all stakeholders: healthier populations, reduced costs, more fulfilled clinicians, stronger public health partnerships, and payer savings. This approach shifts rural care from reactive treatment to sustainable, whole community well-being. This document highlights how lifestyle medicine and solutions designed by the American College of Lifestyle Medicine (ACLM) can help stakeholders achieve their rural health transformation goals.

The table below outlines specific factors within the Rural Health Transformation Program application for which ACLM offers solutions. Employing a lifestyle medicine approach to your application could positively influence nearly 40% of your application score. Our estimated calculations are below.

Category B	Category C	Category D	Category E	Category F
 B. 1. Population health clinical infrastructure	 C. 1. Rural provider strategic partnerships	 D. 1. Talent recruitment	 E. 1. Medicaid provider payment incentives	 F. 1. Remote care services
 B. 2. Health and lifestyle	C. 2. EMS	D. 2. Licensure compacts	E. 2. Individuals dually eligible for Medicare and Medicaid	F. 2. Data infrastructure
 B. 3. SNAP waivers	C. 3. Certificate of Need	D. 3. Scope of practice	E. 3. Short-term, limited-duration insurance	 F. 3. Consumer-facing tech
 B. 4. Nutrition Continuing Medical Education	LM Approach to Rural Health Transformation Potential Influence on Scoring: Category A: 0/7 Category B: 4/4 Category C: 1/3 Category D: 1/3 Category E: 1/3 Category F: 2/3 9/23 = 39% (including Category A - State Rural Facility & Population Stats factors) 9/16 = 56% (excluding Category A - State Rural Facility & Population Stats factors)			

Score Factor	Why Lifestyle Medicine?	ACLM Solution	Supporting Evidence	Resources Needed
B.1 Population Health Clinical Infrastructure (Preventive and Mental Health Integration)	Lifestyle medicine (LM) is an integrated care model that addresses chronic diseases by targeting root causes like poor diet, inactivity, and stress. LM often integrates primary care with mental health services to create a holistic approach that supports lasting lifestyle changes and better health outcomes through coordination amongst existing community stakeholders.	<p>Frameworks:</p> <ul style="list-style-type: none"> Community Engaged Lifestyle Medicine (CELM) Framework <p>Publications/Guidance:</p> <ul style="list-style-type: none"> Expert Consensus Statement on Major Depressive Disorder - <i>in process</i> Lifestyle Psychiatry <p>CME/CE:</p> <ul style="list-style-type: none"> Equitable Access to Lifestyle Medicine: FQHCs, YMCAs, Trauma-Informed Health Coaching, and “Community as Medicine” <p>Clinician Training:</p> <ul style="list-style-type: none"> Community Health Worker Training <p>Implementation Examples:</p> <ul style="list-style-type: none"> Virtual Lifestyle Medicine Shared Medical Appointments (LMSMAs) with Behavioral Health integrated LMSMAs for heterogenous groups in rural communities in Western Wisconsin 	<p>Community-Engaged Lifestyle Medicine as a Framework for Health Equity: Principles for Lifestyle Medicine in Low-Resource Settings</p> <p>The Power of Lifestyle Psychiatry: A New Approach to Mental Health*</p> <p>Equitable Access to Lifestyle Medicine: FQHCs, YMCAs, Trauma-Informed Health Coaching, and “Community as Medicine”</p> <p>LM Community Health Worker Training</p> <p>Bridging Health Gaps: A Collaborative Effort to Combat Chronic Disease</p> <p>An Ideal Model for Scaling and Tailoring Lifestyle Medicine Treatment</p> <p>Making the healthy choice the easy choice with lifestyle medicine*</p>	<ul style="list-style-type: none"> Training Workflow Optimization Technical Assistance

		<ul style="list-style-type: none"> • Making the Healthy Choice the Easy Choice in Pennsylvania <p>ACLM certified programs:</p> <ul style="list-style-type: none"> • Nudj • Lift Project • Chanwuyi Lifestyle Medicine 	ACLM Certified Treatment and Education Programs	
B.2 Health and Lifestyle (novel prevention focused models focused on lifestyle change)	<p>Lifestyle medicine is a novel model of care focused on the treatment and reversal of disease that promotes prevention through all its six pillars including physical activity and proper nutrition, which can reduce overall cost of care burden and improve health outcomes.</p>	<p>Frameworks/Guidance:</p> <ul style="list-style-type: none"> • High Value Care Framework – <i>in process</i> • CELM Framework • Expert Consensus Statement (ECS) on Primary Care • LM Performance Metrics Paper • ECS on Diabetes Remission • Clinical Practice Guideline on Lifestyle Interventions for Remission of Type 2 Diabetes and Prediabetes in Adults • Family Physician's Introduction to Lifestyle Medicine <p>CME/CE</p>	<p>Recommendations & Standards - American College of Lifestyle Medicine</p> <p>Community-Engaged Lifestyle Medicine as a Framework for Health Equity: Principles for Lifestyle Medicine in Low-Resource Settings</p> <p>Lifestyle Interventions for Treatment and Remission of Type 2 Diabetes and Prediabetes in Adults</p> <p>Lifestyle Medicine Performance Measures: An Expert Consensus Statement Defining Metrics to Identify Remission or Long-Term Progress Following Lifestyle Medicine Treatment</p> <p>Family Physician's Introduction to Lifestyle Medicine*</p> <p>Foundations of Lifestyle Medicine Board Review Course (30 CME/CE)</p>	<ul style="list-style-type: none"> • Training • Workflow Optimization • Technical Assistance

		<ul style="list-style-type: none"> • Lifestyle Medicine Fundamentals –<i>launching Nov 18</i> • Foundations of Lifestyle Medicine • Fostering Resiliency Through Weekly Virtual Visits: An Occupational Therapy Approach in Primary Care • Type 2 Diabetes Remission Certificate Course <p>Clinician Training:</p> <ul style="list-style-type: none"> • Community Health Worker Training <p>Delivery Models:</p> <ul style="list-style-type: none"> • Lifestyle Medicine Shared Medical Appointments • Intensive Therapeutic Lifestyle Change (ITLC) • Therapeutic Lifestyle Change • Diabetes Remission Project • Reimbursement Roadmap • Care Management <p>Clinician Tools:</p> <ul style="list-style-type: none"> • LM assessments • LM prescriptions • LM Cancer Risk Reduction and Survivorship Toolkit 	<p>Fostering Resiliency Through Weekly Virtual Visits: An Occupational Therapy Approach in Primary Care</p> <p>Remission of Type 2 Diabetes and Reversal of Insulin Resistance with Lifestyle Medicine Certificate Course</p> <p>LM Community Health Worker Training ACLM Learning Center</p> <p>How to use shared medical appointments in under-resourced communities See Appendix A**</p> <p>Intensive Therapeutic Lifestyle Change Programs* See Appendix B and F**</p> <p>Reimbursement for Lifestyle Services* Care Management with Lifestyle Medicine* See Appendix C and F**</p> <p>LM Short Form Assessment* LM Prescription Pad 2025* LM for Cancer Risk Reduction and Survivorship Toolkit Women's Reproductive Health Toolkit*</p>	
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B.3 SNAP waivers (prohibit the purchase of non-nutritious items)	<p>Lifestyle medicine promotes and prescribes eating more whole foods and minimally processed, plant-predominant, nutrient-dense meals and snacks which can help improve dietary intake and clinical indicators associated with long-term disease.</p>	<p>Guidance:</p> <ul style="list-style-type: none"> • ACLM Dietary Position Statement <p>Research:</p> <ul style="list-style-type: none"> • The benefits of plant-based nutrition – white paper series <p>Patient Resources:</p> <ul style="list-style-type: none"> • Culinary Medicine Curriculum • FAM Jumpstart Guide • Ultra-Processed Food handouts 	<p>Recommendations & Standards - American College of Lifestyle Medicine</p> <p>The Benefits of Plant-based Nutrition*</p> <p>Culinary Medicine Education Food As Medicine Jumpstart* Ultra Processed Food Handouts*</p>	<ul style="list-style-type: none"> • Evidence-based research
B.4 Nutrition Continuing Medical Education	<p>ACLM is the premier leader in continuing medical education offering a robust catalog of nutrition education for physicians and allied health professionals focused on the link between proper nutrition and improved health outcomes.</p>	<p>CME/CE:</p> <ul style="list-style-type: none"> • 29 courses <p>Patient Resources:</p> <ul style="list-style-type: none"> • Culinary Medicine Curriculum • Food As Medicine Jumpstart • Eating on a Budget <p>Academic Integration</p> <ul style="list-style-type: none"> • Academic Pathways • Lifestyle Medicine Residency Curriculum • Lifestyle Medicine Interest Groups • Undergraduate Medical Education Certification • LM101 Curriculum • Teen LM curriculum • Culinary Medicine Curriculum 	<p>Nutrition CME/CE Courses</p> <p>Culinary Medicine Education Food As Medicine Jumpstart* Eating on a Budget*</p> <p>See Appendix D**</p> <ul style="list-style-type: none"> • Lifestyle Medicine at your Health Profession School • Lifestyle Medicine Residency Curriculum • LMIG Toolkit • Lifestyle Medicine Curricula for Medical Schools • Integrating Lifestyle Medicine into Medical Education • Lifestyle Medicine 101 Curriculum • LM Teen Curriculum* • Culinary Medicine Education 	<ul style="list-style-type: none"> • Training

		<p>Clinician Scholarships:</p> <ul style="list-style-type: none"> • National Training Initiative Scholarship • HEAL Scholarship • Stephen Turner Residency Faculty Scholarship 	<p>National Training Initiative</p> <p>Lifestyle Medicine Certification Scholarships</p>	
C.1. Rural provider strategic partnerships	<p>Lifestyle medicine promotes strategic partnerships to increase access to specialty services and share best practices, training resources, and infrastructure to improve health outcomes and financial viability.</p>	<p>Delivery Models:</p> <ul style="list-style-type: none"> • Community partnerships • LMSMAs (virtual) • Chronic Care Management • Collaborative Care Management • Remote Patient Monitoring <p>Resources:</p> <ul style="list-style-type: none"> • Health Systems Council 	<p>Advancing Community Health: Leveraging Shared Medical Appointments</p> <p>Delivering lifestyle medicine to the community: A YMCA example</p> <p>Leveraging Time With Lifestyle-Based Group Visits*</p> <p>Lifestyle Medicine Virtual Group Visits: Patient Attendance and Perceived Benefits*</p> <p>Care Management with Lifestyle Medicine*</p> <p>Health Systems Council</p>	<ul style="list-style-type: none"> • Training • Workflow Optimization • Technical Assistance
D.1 Talent Recruitment	<p>In addition to physician education and training across the UME, GME and CME/CE spectrum, ACLM supports health care career education infrastructure through lifestyle medicine academic integration and</p>	<p>Resources:</p> <ul style="list-style-type: none"> • LM across medical specialties • LM across specialties and disciplines <p>Academic Integration & Workforce Development:</p> <ul style="list-style-type: none"> • Teen LM curriculum 	<p>LM Across Multiple Specialties and Disciplines*</p> <p>Why lifestyle medicine is growing so fast AMA</p> <p>See Appendix D**</p> <p>LM Teen Curriculum*</p>	<ul style="list-style-type: none"> • Training • Education Curriculum • Technical Assistance

	workforce development supporting pathways for non-physician healthcare providers, non-hospital-based providers, and allied health professionals.	<ul style="list-style-type: none"> Lifestyle Medicine Residency Curriculum Community Health Worker Training <p>CME/CE:</p> <ul style="list-style-type: none"> Physician and Health Professional Wellbeing <p>Research:</p> <ul style="list-style-type: none"> Burnout <p>Clinician Scholarships</p> <ul style="list-style-type: none"> National Training Initiative Scholarship 	Lifestyle Medicine Residency Curriculum LM Community Health Worker Training ACLM Learning Center* Physician & Health Professional Well-being Lifestyle Medicine Practitioners Implementing a Greater Proportion of Lifestyle Medicine Experience Less Burnout National Training Initiative	
E.1 Medicaid Provider Payment Incentives	Lifestyle medicine inherently focuses on value over volume and incentivizes providers to reduce health care costs, improve quality of care, and shift care to lower-cost settings.	<p>Publications:</p> <ul style="list-style-type: none"> LM at the Heart of VBC Hybrid Payment for LM Delivery LM Practice Models <p>Economic Examples:</p> <ul style="list-style-type: none"> Summary of Economic Impact of Lifestyle Medicine <p>CMMI Models + QM flow:</p> <ul style="list-style-type: none"> Proposed CMMI hybrid models for TLC/ITLC and Diabetes Remission Project 	Lifestyle Medicine Clinical Intervention at the Heart of Value Based Care* A Hybrid Value-Based Lifestyle Medicine Practice Model* Lifestyle Medicine Practice: Exploring Workable Models* See Appendix E** See Appendix F**	<ul style="list-style-type: none"> Payment Framework Training

		<p>Clinician Tools:</p> <ul style="list-style-type: none"> Alternative Payment Models for LM SMA financial calculator 	Alternative Payment Models for LM SMA Financial Calculator*	
F.1 Remote Care Services	<p>Lifestyle medicine can be delivered remotely to improve access to care, patient health outcomes, and reduce total cost of care.</p>	<p>Research:</p> <ul style="list-style-type: none"> Virtual SMAs for Diabetes Reversal Virtual vs. In-person SMAs Virtual CCM and RPM <p>ACLM certified programs</p> <p>Implementation Examples</p> <ul style="list-style-type: none"> Virtual LMSMA delivery 	<p>Successful Use of Virtual Shared Medical Appointments for a Lifestyle-Based Diabetes Reversal Program</p> <p>Telehealth vs In-Person Shared Medical Appointments for an Intensive Therapeutic Lifestyle Change Program for Patients With Type 2 Diabetes and Prediabetes*</p> <p>A Primary Care Answer to a Pandemic: Keeping a Population of Patients Safe at Home through Chronic Care Management and Remote Patient Monitoring *</p> <p>ACLM Certified Treatment and Education Programs</p> <p>How to use shared medical appointments in under-resourced communities</p>	<ul style="list-style-type: none"> Evidence-based research Training Workflow Optimization Technical Assistance
F.3 Consumer-Facing Technology	<p>Lifestyle medicine clinicians leverage digital and AI tools to work more efficiently, helping to lower costs and mitigate</p>	<p>Clinician Tools:</p> <ul style="list-style-type: none"> LM assessment tools in Epic <p>Research/Guidance:</p> <ul style="list-style-type: none"> AI tools for Diabetes Care 	<p>Lifestyle Medicine Assessment Tools Integrated Into Epic Healthcare Innovation</p> <p>Artificial Intelligence Enabled Lifestyle Medicine in Diabetes Care*</p>	<ul style="list-style-type: none"> Digital/AI Tools Training

	provider shortages to address chronic diseases.	<ul style="list-style-type: none"> LM standard data elements position paper – <i>in progress</i> 		
		Patient Tools: <ul style="list-style-type: none"> Culinary Medicine Curriculum ACLM Certified Programs 	Culinary Medicine Education ACLM Certified Treatment and Education Programs	

* An ACLM account is required to access this resource. There is no cost to create an ACLM account. Creating an ACLM account allows you access to download complimentary resources, read journal articles, view webinars, and search for lifestyle medicine clinicians.

**See appendix attachment

***For inquires related to ACLM solutions or support please contact partnerships@lifestylemedicine.org