

Facts At a Glance July 2026

History:

Founded in 2004 by physicians, ACLM is a 501c3 nonprofit medical professional association. In 2024, ACLM was officially inducted into the AMA House of Delegates, gaining a national voice in healthcare policy.

Services:

Pre-professional, graduate, UME, GME, CME/CE, MOC, and educational curricula for physicians and healthcare professionals, 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.

Leadership:

- President Padmaja Patel, MD, FACLM, DipABLM, CPE, FACP
- President-Elect Michelle Hauser, MD, MS, MPA, FACP, FACLM, DipABLM, Chef
- Past-President Beth Frates, MD, FACLM, DipABLM
- Chief Executive Officer John Findley, MD, CPE

Membership:

Membership totals more than **16,000** physicians and health professionals. There are **27** member interest groups (MIGs), and over **100** ACLM Fellows.

Certification:

Since certification began in 2017 by the American Board of Lifestyle Medicine:

U.S. & Canada: **6,681 certified**

- Physicians: 4,757
- Health Professionals: 1,924

Global: **10,021 total certified** across 96 countries

- Physicians: 7,829
- Health Professionals: 2,201

Strategic Partners:

ACLM [works closely with more](#) than **700 leading national partners**, including medical societies, non-profit industry associations, medical schools and residencies, health systems, insurers, and corporations. See our [2025 Impact Report](#).

Lifestyle Medicine Interest Groups (LMIGs):

LMIGs have been established at **210 academic and health institutions** to support the promotion, education, and practice of lifestyle medicine.

Residency/Fellowship (GME):

The Lifestyle Medicine Residency Program serves as a prerequisite for lifestyle medicine certification and is offered within **450 programs across 219** sites.

Certified Medical Schools (UME):

ACLM certifies and recognizes medical schools that integrate lifestyle medicine into their curricula. Currently, **7 schools are certified**, including **2** at the "Platinum-Plus" level.

Master's/Doctorate Health Professional Programs:

Universities can also offer an ACLM-approved academic pathway for master's and doctoral students to become certified in lifestyle medicine. There are now **57 universities** offering at least one **Partial Academic Pathway** and **8 universities** offering a **Full Academic Pathway** to certification for master's and doctoral health professional students.

Certified Education and Treatment Programs:

The Lifestyle Medicine Certified Program designation is awarded to structured, evidence-based programs that consistently apply lifestyle medicine interventions to treat, reverse, or prevent chronic disease or that educate and empower participants to adopt healthier behaviors. There are **6 Certified Education Programs** and **8 Certified Treatment Programs**.

Health System Council (HSC):

ACLM's HSC has grown to include **126 health systems** headquartered in 36 states and D.C.

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.