

Facts At a Glance August 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.

Value Proposition—ACLM:

ACLM empowers clinicians and organizations to treat, often reverse, and prevent chronic disease through evidence-based lifestyle medicine education, certification, implementation, and community. Together, we are making health restoration the expectation, not the exception.

Value Proposition—Lifestyle Medicine:

Lifestyle medicine addresses the root causes of chronic disease through therapeutic lifestyle interventions, helping people live longer, healthier lives while improving outcomes and reducing costs

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

Lifestyle Medicine Interest Groups (LMIGs):

LMIGs have been established at **213 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 **480 residency programs across 230 institutions**.

Continuing Education (CME/CE):

As of May 1, 2026, ACLM has made more than **1.75 million hours of accredited continuing education** available through courses and conferences for physicians and health professionals.

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 “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 **58 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.

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](#).