



## American College of Lifestyle Medicine Facts



**Interest in Lifestyle Medicine is growing rapidly among physicians and other health professionals who want to learn what they didn't in medical school to treat the root-cause of chronic disease before its burgeoning prevalence and associated costs bankrupt our nation.**

- The American College of Lifestyle Medicine (ACLM), celebrating its 15th year as the only professional medical society dedicated to this specialty, is an organization of 2,500 members—and growing—across the U.S. We have experienced 400% growth in the past four years.
- The field is also growing across the world on every continent. Some 16 international Lifestyle Medicine organizations are now represented by ACLM's Lifestyle Medicine Global Alliance.
- Our annual conference attracted 1,300 attendees in 2018; 1,500 are expected in 2019.
- The Lifestyle Medicine physician has been recognized by the Association of American Medical Colleges as one of the top five emerging medical careers.
- Board certification is now available. ACLM partners with the American Board of Lifestyle Medicine and the International Board of Lifestyle Medicine to provide standardized physician and professional board certification here and around the world.
- Since 2017, 423 MD/DO physicians have received board certification and 136 PhD/master's level clinicians and bachelor-level nurses have received professional certification.

### **A growing number of medical schools are providing lifestyle-related curricula and training.**

- A variety of medical schools are including Lifestyle Medicine in their curricula. In the U.S. these include: University of South Carolina—Greenville, Loma Linda University, etc.
- We partner with the Lifestyle Medicine Education Collaborative (LMEd) to offer leadership, guidance, and resources to advance the adoption and implementation of lifestyle medicine curricula throughout undergraduate medical education.
- ACLM is supporting providers at all stages of training—undergraduate medical education, graduate medical education, residency training and continuing medical education.
- Medical school and health professions school faculty and students are proactively forming Lifestyle Medicine Interest Groups on their campuses, even if the school doesn't have a full Lifestyle Medicine course. Currently there are 23 of these groups in existence across the U.S.

### **Evidence-based Lifestyle Medicine is a specialty providing value-based care, creating better patient outcomes and lowered costs.**

- ACLM exists to advance evidenced-based Lifestyle Medicine as synonymous with value-based care. It transforms, redefines and sustains health and health care by treating, reversing and preventing noncommunicable, chronic disease.
- Our members are dedicated to clinical and worksite practice of Lifestyle Medicine as the foundation of a transformed and sustainable health care system.
- Because of its ability to provide better outcomes at lower costs by treating the root-cause of disease, Lifestyle Medicine holds the promise for true health care reform.

**ACLM educates, equips and empowers its members to provide high-quality, evidence-based clinical and worksite Lifestyle Medicine therapies.**

- ACLM provides physicians and other providers the support, education and certification to treat, reverse and prevent the root cause of chronic disease with evidence-based therapies in lifestyle behaviors such as diet, exercise, sleep and stress.
- Our content is provided through live and online accredited events and educational offerings; preparation for certification; clinical practice tools; patient education resources; economic research, networking opportunities and advocacy efforts.
- We partner with a range of industry and professional associations to provide high-quality education, including the American College of Preventive Medicine, American College of Sports Medicine and Society of Behavioral Medicine.
- We partner with corporations and organizations through our Corporate Roundtable to amplify the benefits of lifestyle therapies.

## **Value proposition and benefits:**

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 and ROI of Lifestyle Medicine in clinical practice; practice and reimbursement models; and networking opportunities with like-minded professionals.

As a result, ACLM members are educated, equipped and empowered to practice and advocate for Lifestyle Medicine. They can transform their patients' lives through improved clinical outcomes, increased well-being, increased workplace productivity and a drastic reduction in health care costs.

And it is being shown that in a time of increased physician burnout, practicing Lifestyle Medicine brings joy back into the healing profession.

