The American College of Lifestyle Medicine (ACLM) is the national, non-profit, professional association of healthcare providers representing the new field of Lifestyle Medicine. It is composed primarily of physicians but is open to healthcare professionals of all types based on a healthcare degree.

Lifestyle Medicine is healthcare that corrects the causes of disease as the primary and foundational therapy. Science clearly shows that modern societies create the vast majority of their own disease by their lifestyle. The present system of continuously treating only the symptoms and downstream effects with ever more costly pills and procedures, is not only “old” scientifically, but is financially absolutely unsustainable. The time for “treat the cause” healthcare is long overdue.

People

Our Advisory Board includes some of the foremost researchers on the planet in nutrition, exercise science, and behavior change: Walter Willett - Chair of Nutrition at Harvard, Eddie Phillips - Founder and Director of the Institute of Lifestyle Medicine at Harvard, James Prochaska - whose model of behavior change is taught across the country, and Steven Blair - foremost researcher in exercise science. Our Advisory board also includes the leading pioneers in Lifestyle Medicine: Dean Ornish - pioneer in Lifestyle Medicine research and spokesman, T Colin Campbell of The China Study, and others.

Our Executive Board and membership include many leaders: residency directors of progressive residency programs - including the first Lifestyle Medicine residency, medical directors with health plans, global medical directors of multinational corporations, professional association presidents, movers and shakers, progressive physicians and other healthcare professionals.

Accomplishments

Solid Infrastructure - We have succeeding in establishing a stable infrastructure on which to build.
Monthly E-publication - News, practice spotlights, education resources, latest science, etc. Highly rated by our membership.
Conferences - With universities, independently, collaborations, supporting organization, etc.
Competencies Published in JAMA - We started a project in 2008 to develop standards in Lifestyle Medicine that resulted in the publication in the Journal of the American Medical Association of recommended competencies for all physicians in Lifestyle Medicine. This was done in collaboration with top-level
representatives from all the major primary care organizations, the AMA, AOA, and others. It was the first ever publication on Lifestyle Medicine in JAMA. The lead author is our President-Elect and the former Director of the AMA’s Healthy Lifestyles Division.

**Scientific Journal** - The American Journal of Lifestyle Medicine is now the official journal of ACLM. This is a collaboration with Sage Publishing - a major global publisher of professional and scientific journals and other publications.

**Partnerships** - We have been actively building collaborations and partnerships with other professional organizations, academic centers, etc, the foremost being with the American College of Preventive Medicine.

**Foundation** - We have established a sister, non-profit 501c3 foundation to further Lifestyle Medicine research, education, and public awareness.

---

**Future**

**Grow** - We have achieved quality, now we will be aggressively seeking to grow our organization and reach.

**E-publication dissemination** - Leaders in healthcare have said this is the best representation of Lifestyle Medicine out there. We want to push it out to the masses of physicians without cost.

**Conferences** - Expand the scope, content, and reach of our conferences.

**Education** - Create a robust set of online and other top-quality educational resources that lead to standardized qualification in Lifestyle Medicine. Online tools and resources for providers and patients.

**Professional Standards** - Establish levels of qualification that can serve as a basis for professional recognition, accreditation, insurance reimbursement, specialization, etc.

**Partnerships** - We will continue building bridges with the rest of the healthcare community.

**LIFESTYLE VITALS SIGNS** - Major initiative to collaboratively create a new basis for healthcare evaluation and treatment to be used in every doctor visit.

**PRACTICE MODEL INITIATIVE** - Major initiative working with the Medical Group Management Association, Harvard’s Institute of Lifestyle Medicine, Loma Linda University’s Lifestyle Medicine Institute, and others to study what works financially in the real world for Lifestyle Medicine based care.

**COMPETENCIES EDUCATION** - Online continuing education series engaging the experts in Lifestyle Medicine to educate physicians to the JAMA-published competencies. This would be for the vast majority of physicians and lead to receiving certification of accomplishment from ACLM.

---

**Opportunity**

ACLM is pioneering “treat the cause” healthcare in this new era of health care reform. Americans are increasingly discontented with the current system and looking for alternative, more rational paradigms of care. Lifestyle has now penetrated the physician world in a tangible, quality manner. It is the basis of costs and will become the basis of care.

The American College of Lifestyle Medicine is seeking to collaborate with compatible organizations. We will change healthcare like never before. Will you partner with us to make it happen?

[www.lifestylemedicine.org](http://www.lifestylemedicine.org)  
[971-983-5385](tel:971-983-5385)  
[mbraman@lifestylemedicine.org](mailto:mbraman@lifestylemedicine.org)