



What is LMEd?

The Lifestyle Medicine Education Collaborative (LMEd) offers leadership, guidance and resources to advance the adoption and implementation of lifestyle medicine curricula throughout medical education.

Currently, LMEd is focused on expanding access to lifestyle medicine education in U.S. medical schools with a concentration on subjects specifically tailored for medical students. These subjects include: exercise/physical activity, nutrition, behavior change, and self-care.

Why Lifestyle Medicine?

Lifestyle factors including poor nutrition and physical inactivity are critical determinants of health, causing a pandemic of chronic diseases, premature death and unsustainable health care costs. Currently, 50 percent of Americans live with one or more chronic illnesses in which diet, exercise and stress play a key role. Health professionals are uniquely positioned to stem the tide of chronic disease through patient education.

However, in order to provide this essential patient education, physicians themselves must understand the vital roles exercise, nutrition and other lifestyle interventions play in preventing, treating and managing disease. This can be a challenge as today's medical school curriculum rarely includes lifestyle medicine education.

LMEd has a vision for the future of medical education in which medical schools teach lifestyle medicine as an integral component of their curricula. Medical schools will provide an array of evidence-based curricular resources for prevention and treatment of lifestyle-related diseases throughout medical education including core curricula, lifestyle medicine competencies woven into existing curricula, additional electives, rotations, and scholarly concentrations.

To make this vision a reality, LMEd offers resources and support to faculty, administrators and students interested introducing or advancing lifestyle medicine curricula at their schools.

Interested in learning more about LMEd? Want to champion or implement lifestyle medicine curricula at your school?

Visit lifestylemedicineeducation.org for more information about LMEd and our supportive community. Launched in February, our site offers access to a collection of resources that will continue to develop and grow over the coming months.

Media inquiries: Cortney Easterling, ceasterling@ghs.org, 864.455.8767

Founders



Edward M. Phillips, MD

Dr. Phillips is assistant professor of Physical Medicine and Rehabilitation at Harvard Medical School and is founder/director of The Institute of Lifestyle Medicine at the Joslin Diabetes Center.

Additionally, Dr. Phillips is a Fellow of American College of Sports Medicine and serves on the executive council that leads and developed the Exercise is Medicine initiative. He is co-author of ACSM's Exercise is Medicine, The Clinician's Guide to the Exercise Prescription and chair of the Exercise is Medicine Education Committee. He serves on the advisory board of the American College of Lifestyle Medicine and

the Health Sector of the United States National Physical Activity Plan. He has published more than 60 scientific publications.



Jennifer Trilk, Ph.D.

Dr. Trilk is an assistant professor of Physiology and Exercise Science at University of South Carolina School of Medicine Greenville and is committed to incorporating Lifestyle Medicine into all four years of the medical school curriculum and at the Greenville Health System, Greenville, SC.

Dr. Trilk has presented at national and international conferences on exercise physiology and has published several articles that include examining the effects of exercise on lipid metabolism and the cardiovascular system in adults, promoting physical activity in adolescents in school and community, and investigating international policies to increase physical activity in children and youth. She serves as the Chair of the ACSM Medical Education Curriculum Committee. Additionally, Dr. Trilk was an invited panelist for the Bipartisan Policy Center's, "Teaching Nutrition and Physical Activity in Medical School: Training Doctors for Prevention-Oriented Care."

Represented Organizations

Ardmore Institute of Health
American Association of Medical Colleges
American College of Lifestyle Medicine
American College of Sports Medicine/
Exercise is Medicine
American College of Preventive Medicine
American Council on Exercise
American Medical Student Association
Bipartisan Policy Center

Josiah Macy Jr. Foundation
LevelSmart
Liaison Committee on Medical Education
National Board of Medical Examiners
National Coalition for Promoting Physical
Activity
NextGenU
Western University of Health Sciences -
College of Osteopathic Medicine of the Pacific