

Facts at a Glance

March 2022



History:

Founded in 2004 by physicians, ACLM is a 501c3 nonprofit organization.

Mission Statement:

Advancing evidenced-based lifestyle medicine to prevent, treat, and reverse noncommunicable, chronic disease.

Vision Statement:

A world wherein lifestyle medicine is the foundation of health and all health care.

Definition:

Lifestyle medicine is the use of evidence-based lifestyle therapeutic interventions—including a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease.

Membership:

More than 7,500 physicians and other clinicians.

Services:

Pre-professional, graduate, residency and CME/CE educational programs and curricula for physicians and other health professionals, certification in lifestyle medicine, plus lifestyle medicine practice support to members. Student-led Lifestyle Medicine Interest Groups exist at 70 campuses across the U.S. Today some 48 lifestyle medicine residency sites exist across 82 programs. Our new Health Systems Council has 50 member organizations.

Certified Clinicians:

Since certification began in 2017 by the American Board of Lifestyle Medicine, more than 2,004 physicians in the U.S. have become board certified in lifestyle medicine, along with 778 other health professionals. Globally, 3,225 physicians are now certified as well as 1,018 other health professionals.

Certified Programs:

- Complete Health Improvement Program (CHIP)
- Chanwuyi Lifestyle Medicine Program
- The Lift Project
- Rochester Lifestyle Medicine Institute Jumpstart

Leadership:

- President Cate Collings, MD, MS, FACC, DipABLM
- President-Elect Beth Frates, MD, FACLM, DipABLM
- Past-President Dexter Shurney, MD, MBA, MPH, FACLM, DipABLM
- Executive Director, Susan Benigas

As an independent medical professional association representing the diverse interests of all our members in the provision of lifestyle medicine education, practice support and advocacy, ACLM is not responsible to any religious, political or industry interest.

Strategic Partners:

- American College of Preventive Medicine
- American College of Sports Medicine
- American Kinesiotherapy Association
- Big Picture Learning
- Blue Shield of California
- Institute of Lifestyle Medicine
- Lifestyle Medicine Education Collaborative (LMEd)
- Medical Fitness Association
- National Quality Forum
- Nutrition Research Advisory Coalition
- Partnership to Fight Chronic Disease
- Physical Activity Alliance
- Population Health Alliance
- Primary Care Collaborative
- Society of Behavioral Medicine
- The Root Cause Coalition
- USAgainstAlzheimers
- WELCOA (Wellness Council of America)
- Wellcoaches

Global Reach:

Across the world on every continent, 28 international lifestyle medicine organizations participate as part of the Lifestyle Medicine Global Alliance, founded by ACLM, created to collaborate, share knowledge and best practices, and to manifest a standardized vision of a world without non-communicable disease.

Value Proposition:

Rather than disease management, lifestyle medicine physicians specialize in health restoration. The American College of Lifestyle Medicine is a galvanizing force for change. ACLM addresses the need for quality, evidence-based education and certification, as well as advocating for its members in their individual practices and in their collective mission to nationally and globally promote lifestyle medicine as the first and optimal treatment option. ACLM members are united in their desire to eradicate the root causes of chronic disease.

Is lifestyle medicine a different scope of practice from conventional medicine?

No, lifestyle medicine is actually the foundation of conventional medicine. Almost all clinical practice guidelines for the top chronic diseases support lifestyle medicine as the first line of treatment.

CONTACT:

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