



HOW TO START A
Lifestyle Medicine
Interest Group

BY THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE





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Welcome!

Welcome to the American College of Lifestyle Medicine (ACLM) Physicians in Training (PiT) community! We are so glad you have decided to start a **Lifestyle Medicine Student Interest Group (LMIG)** or Club on your campus. We hope to help to make the process of starting a Lifestyle Medicine Interest Group as easy as possible. We are available to answer any questions you may have and provide you with the support you need to establish and create a sustainable and vibrant interest group.



INTRODUCTION

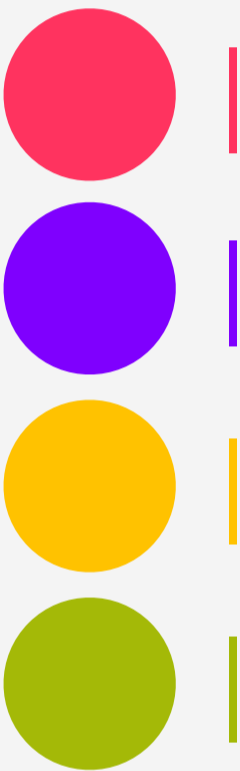
To The Lifestyle Medicine Student Interest Group

LMIG's are organized groups of prevention-oriented students who are interested in the field of Lifestyle Medicine (LM). The groups are certified by the ACLM and meet on a regular basis to learn more about LM, work towards increasing awareness on their respective campuses, share best practices, and gain exposure to LM in clinical and research settings. All LMIGs have a faculty advisor who serves as a facilitator and resource to help connect students and accomplish the goals of the group.



OBJECTIVES

- Provide educational opportunities for students interested in Lifestyle Medicine to learn about the profession in practice.
- Increase student awareness of the latest advances and research in Lifestyle Medicine.
- Expose students to career opportunities in Lifestyle Medicine.
- Inform students of at all stages of training about the activities of ACLM and foster outreach activities that foster the goals and objectives of the ACLM.
- Provide students interested in Lifestyle Medicine with opportunities for professional advancement and leadership development.
- Establish or improve Lifestyle Medicine curriculum at medical school through faculty and student advocacy.
- Cultivate multi-institutional, student-initiated programming.
- Promote a healthier and happier lifestyle for the members of its chapter and lead by example for its local communities and the world at large.
- Develop Lifestyle Medicine initiatives that support healthy habits for medical students, residents, and attending physicians, as well as, the local community.
- Collaborate with other ACLM LMIG groups to share best practices.





INFORMATION FOR FACULTY



- Ask students what their interests are and how they would like you to help.
- Clearly outline your advisory role in the group. You will ideally function as a facilitator, guide and resource.
- Attend meetings and help students brainstorm ideas, develop agendas, and plan events for the year.
- Help students find funding resources. Consider accessing departmental resources or health-promoting institutes and companies.
- If you are interested in starting a group but no students have approached you consider speaking with Student Affairs Office or ask your colleagues if they know any students interested in this area.

STEPS TO HAVING A SUCCESSFUL Student-Led Lifestyle Medicine Group

1

FACULTY

Find a faculty advisor at your local medical school or a physician that is affiliated with it. Consult the ACLM website (Directory) and the PiT group for suggestions.

2

CONSULT SCHOOL

Consult your school's administration (Dean of Academic Affairs or Student Affairs Office) to find information on how to establish an official interest group at your specific campus. Ask about required forms, deadlines and group funding.

3

GARNER INTEREST

Garner interest from fellow students by using school forums, connect through social media platforms (Facebook), campus emails and campus advertising (posting flyers in student lounge, student commons, and etc.)

4

HAVE MEETINGS

Invite students to an informational meeting where you and/or a faculty member/advisor present an introduction to LM and serve healthy food; either homemade or provided by a local healthy restaurant.

5

BUILD LIST

Build a list of interested students.

7



ESTABLISH LEADERSHIP

Establish leadership "roles" (at a minimum President, Secretary, Treasurer)



REFER TO CONSTITUTION

Please refer to the ACLM

Constitution for details on leadership structure, the operation of the group and maintaining a strong connection with the larger ACLM community. It is important to note that the president and vice president must be members of the ACLM to be certified by ACLM. Information about applying for membership can be found here:

http://www.lifestylemedicine.org/Membership_

ACTIVITIES & DELEGATION

Poll group members about activities they are interested in, and delegate tasks to ensure even and equal allocation of duties.



In the initial meetings, poll the group for ideas and outline goals for the year.

Develop a binder or Google folder for the interest group to keep information organized.

Develop a website to increase awareness.

Some medical schools may provide server space already for student groups. If this is not the case at your school, services such as Google, Wordpress or Facebook can provide free online space.

At the end of every LMIG email, add a link to conference registration and the ACLM website.

Send out a monthly email with links to the most recent ACLM and LMIG newsletters and other updates.

Identify a faculty member as a facilitator or advisor. Talk with your Student Affairs or Deans Office and identify departments at your institution that are more likely to have this focus such as Family Medicine, Public Health or Preventive Medicine

Department. Once the faculty member has agreed to be an advisor, refer them to the "Information for Faculty" section below. If a potential advisor is not able to serve in this capacity, ask them if they know colleagues who may be interested. Check out the ACLM Directory for possible faculty at your institution.

ON CAMPUS FAIR

If your school holds an annual Activities Fair, sign up for a booth and set-up with the following:

- Provide healthy snacks such as fresh fruit, nuts, etc. at your booth.
- Provide copies of the "Lifestyle Medicine Resources" sheet (will be available soon).
- Bring a computer and encourage ACLM membership sign up.
- Talk to students about the annual ACLM conference and share ways that they can attend with funding from the ACLM Leadership Grants, school-based travel scholarships or fundraising efforts.



10

PRACTICES TO CONSIDER



GET SPEAKERS

Speakers for your group. Talk to the Nutrition, Exercise Physiology, Psychiatry, Primary Care, Cardiology, Public Health and Epidemiology Departments. Take note of lecturers throughout the year who express interest in preventive medicine or Lifestyle Medicine in your local community.



NETWORKING

Networking – ACLM PiT has a list of contacts at other medical schools as well as links to their social media. Read what they have done and consider reaching out to them for ideas or to share your accomplishments. Together, we can achieve a great deal. If you have a facebook page, connect your Facebook page with ACLM PiT Facebook.

www.facebook.com/groups/354202957931995/



TIPS FOR SUCCESSFULL MEETINGS

- Limit meetings to 60 minutes or less.
- Send out meeting reminders to all members prior to your scheduled meeting times.
- Create a specific agenda for each meeting prior to the meeting date.
- Serve healthy food and refreshments to incentivize attendance, if possible.
- List meeting attendees and keep an updated list of group members.
- End each meeting with a date or commitment for the next meeting.
- Send out a follow-up email with meeting notes and action items.
- Record minutes at every meeting.
- As per the ACLM Constitution, all meeting minutes should be included in the annual report and should be submitted to VP of Development at the end of the of the academic year:
Imig@lifestylemedicine.org.

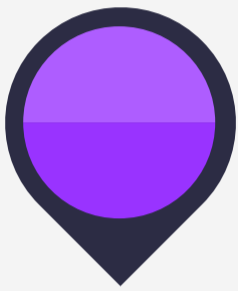
IDEAS FOR ACTIVITIES

1. Start off with an introductory meeting. You can ask your faculty advisor or a Lifestyle Medicine physician at your medical school or in the ACLM directory or you may use one of the powerpoints provided on the website to give a brief talk or presentation on Lifestyle Medicine and its importance.
2. Plan a series of lunch talks on lifestyle-related topics such as exercise, nutrition and lifestyle treatments of chronic disease to be held once a month with healthy food provided. It may also be advantageous to schedule a meeting before or after the talk to make better use of time.
 - a. Possible Lunch talk ideas:
 - i. The importance of physician health in counseling patients on healthy habits
 - ii. The importance of Lifestyle Medicine in addressing the chronic disease epidemic
 - iii. Lifestyle Medicine in Clinical Practice
 - iv. Exercise and its positive impact on the body
 - v. Exercise and Brain Function
 - vi. Motivating your patients to move
 - vii. Patient-Doctor Physical Activity Partnership
 - viii. Positive Psychology and Wellness Coaching Techniques to
 - ix. Current diets, how are they different and what does the data show
 - x. How plant foods protect against disease and promote health
 - xi. Behavior Change Principles (Transtheoretical Model of Change, Motivational Interviewing, Coaching Conversations, the Coach Approach)
 - xii. Blue Zones
 - xiii. Possible national expert speakers for a keynote level audience: Email lmig@lifestylemedicine.org if you have questions about arranging for one of these speakers to your school.
 - xiv. Other Speakers will be listed in the Expert Speaker List (available soon)

IDEAS FOR ACTIVITIES

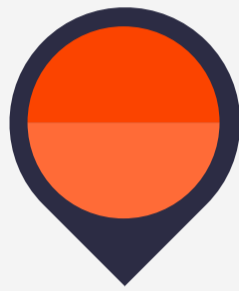
3. Coordinate lectures with pre-clinical curriculum. For example, if the block is endocrinology or cardiology, chose a speaker that can share the impact of Lifestyle Medicine on disease processes targeted in these fields.
4. Invite faculty at your school who practice Lifestyle Medicine or local LM physicians to share their experiences or give a talk on a lifestyle-related topic of their expertise. This can be a live talk or a webinar (for speakers in non-local locations).
5. Start a journal club or host a panel discussion with expert faculty on a popular or controversial topic. Faculty advisors may be able to advise on topic and panel member selections.
6. Connect with a local physician who practices Lifestyle Medicine and organize visits/trips to a Lifestyle Medicine practice to get a first hand look at a day in the life of a Lifestyle Medicine physician.
7. Invite expert physicians to give a Grand Rounds at your institution in the various departments as the relevance of the topic allows.
8. Host a discussion on importance of Lifestyle Medicine in medical student curriculum and in clinical practice.
9. Host a Lifestyle Medicine Interest Group Conference. Activities may include workshops on motivational interviewing and writing exercise prescriptions, lectures on diet and exercise.
10. Offer free healthy snacks for studying. Serve them in a common room available to all students or in academic community rooms.
11. Host a Lifestyle Medicine Week, featuring activities such as a pedometer challenge, healthy food cook-off, exercise breaks during lectures, documentary film screenings, Lifestyle Medicine lectures and group activities such as group walks or runs.
12. Organize a 5K for the medical school and physician community to promote wellness locally.

IDEAS FOR CLINICAL SKILLS DEVELOPMENT AND LEARNING OPPORTUNITIES



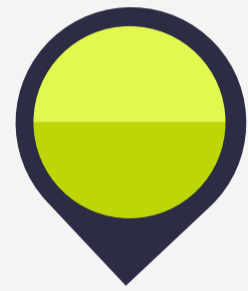
POLL INTEREST

Poll students on interested Lifestyle Medicine skills that could be organized as a workshop.



PATIENT PANEL

Host a patient panel with patients who have significantly benefitted from lifestyle changes. Contact Lifestyle Medicine physicians in the area who can identify patients who would be willing to share their stories. You can also contact Lifestyle Medicine physicians in other and organize a remote panel discussion with patients.

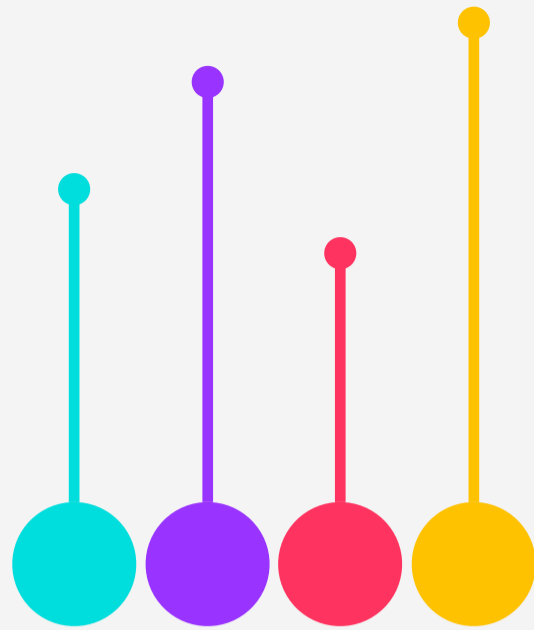
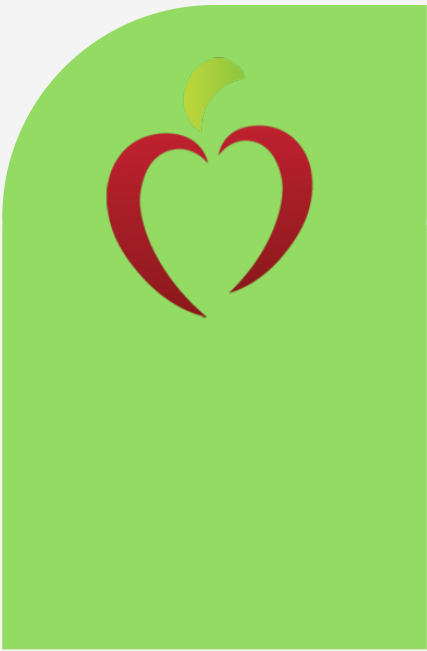


WORKSHOP

Organize a clinical skills workshop:

- Motivational Interviewing
- Writing an exercise prescription
- Culinary Medicine
- Efficient dietary and physical activity history taking
- Counseling patients in primary care

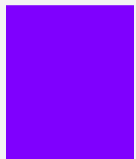




IDEAS FOR MENTORING

- Host a **career session** to expose students to the ways in which they can include Lifestyle Medicine into primary care fields and other specialties.
- Connect with local and national mentors through the mentor list (will be available shortly).
- Organize a **networking reception** with students, faculty and residents who practice Lifestyle Medicine or have an interest. This is a great way to start building community and getting connected.
- Discuss post-graduate **training opportunities** to explore careers in Preventive and Lifestyle Medicine.

IDEAS FOR VOLUNTEERING



1. Offer to **give a talk** at an elementary school, middle school and high school on good nutrition. Check out Activity Bursts in the Classroom (ABC) Teacher Manual: <http://www.davidkatzmd.com/docs/abcmanual.pdf>
2. Organize a **community screening** of a Lifestyle Medicine-related documentary such as “Forks Over Knives”, “Escape Fire” or “Weight of the Nation”. (List of documentaries will be available soon)
3. Organize **cooking classes** at your local community center or with your medical school affiliated Free Clinic.

IDEAS FOR ROTATIONS



1. Inform group members, especially fourth year medical students about **Lifestyle Medicine rotation opportunities** (a list will be available soon)
2. Create an elective at your school for underclassman or fourth year students that allow for scheduled exposure to Lifestyle Medicine in practice. Collaborate with faculty, other medical school associated health professionals and local physicians.



FUNDING SOURCES

Student Affairs Office

Dean's Office

Departmental Educational Funds

Individual Benefactors

Local physicians

Local professional societies

Local health-related companies (sneaker companies, active-ware companies, sports companies, health-food companies, health-food stores and supermarkets)

Fundraisers (T-shirts, bake sales, etc)

Dues may be considered



ACLM Physicians in Trainee Membership and being listed as a ACLM LMIG

1. You can apply for ACLM general membership here: http://www.lifestylemedicine.org/membership_application.
2. You can apply for being listed as an ACLM LMIG by submitting to lmig@lifestylemedicine.org.
 - a. Here are some of the ACLM membership benefits:
 - i. Lifestyle Medicine Conference discounts and access to scholarships (Leadership Grant) help reduce cost of conference attendance
 - ii. Access to the Lifestyle Medicine Physician Directory
 - iii. Access to the latest news and updates from ACLM
 - iv. Access to the American Journal of Lifestyle Medicine
 - v. Exposure to successful Lifestyle Medicine practice and practitioners
 - vi. Opportunity to apply and serve on the Professionals in Training (PiT) Executive Board
 - vii. Opportunity to connect with other LMIGs
 - viii. Access to Lifestyle Medicine resources: http://www.lifestylemedicine.org/web_based_resources
 - ix. Support the development of the new field of Lifestyle Medicine
 - x. Networking with Organizations that support ACLM and LMIG goals
 1. LMEd – Lifestyle Medicine Education Collaborative: www.lifestylemedicineeducation.org
 2. Various Lifestyle Medicine Institutes (a list is available on the website)

CONCLUDING REMARKS AND CONTACT INFORMATION



The ACLM is committed to help support and train the next generation of LM physicians. If have any questions or concerns, please contact us at **Imig@lifestylemedicine.org**.

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.

~ Thomas A. Edison