



Education Spectrum in Lifestyle Medicine

- Beth Frates FACLM DipABLM
- President-American College of Lifestyle Medicine
- Assistant Professor Part Time
- Harvard Medical School
- Director of Lifestyle Medicine and Wellness
- Department of Surgery at MGH

[view quote](#)

**Nobody cares how
much you know,
until they know
how much you care.**

Theodore Roosevelt

Overview

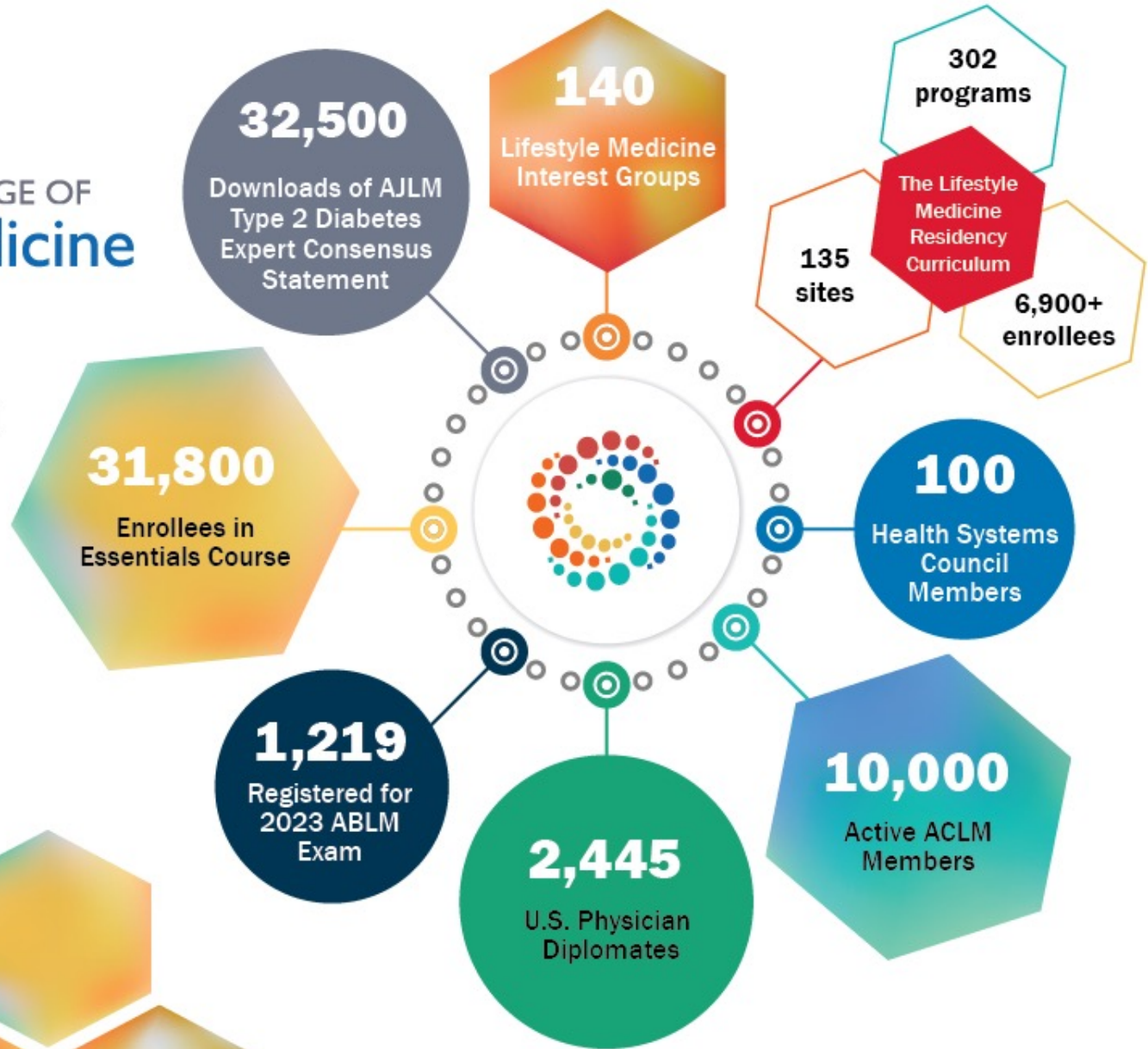
- Medical School
- Residency
- CME
- MOC
- Healthcare Professional Schools
- Bachelors and Masters
- Teens



2023

THE AMERICAN COLLEGE OF
Lifestyle Medicine

**United as a
Galvanized
Force for
Change**

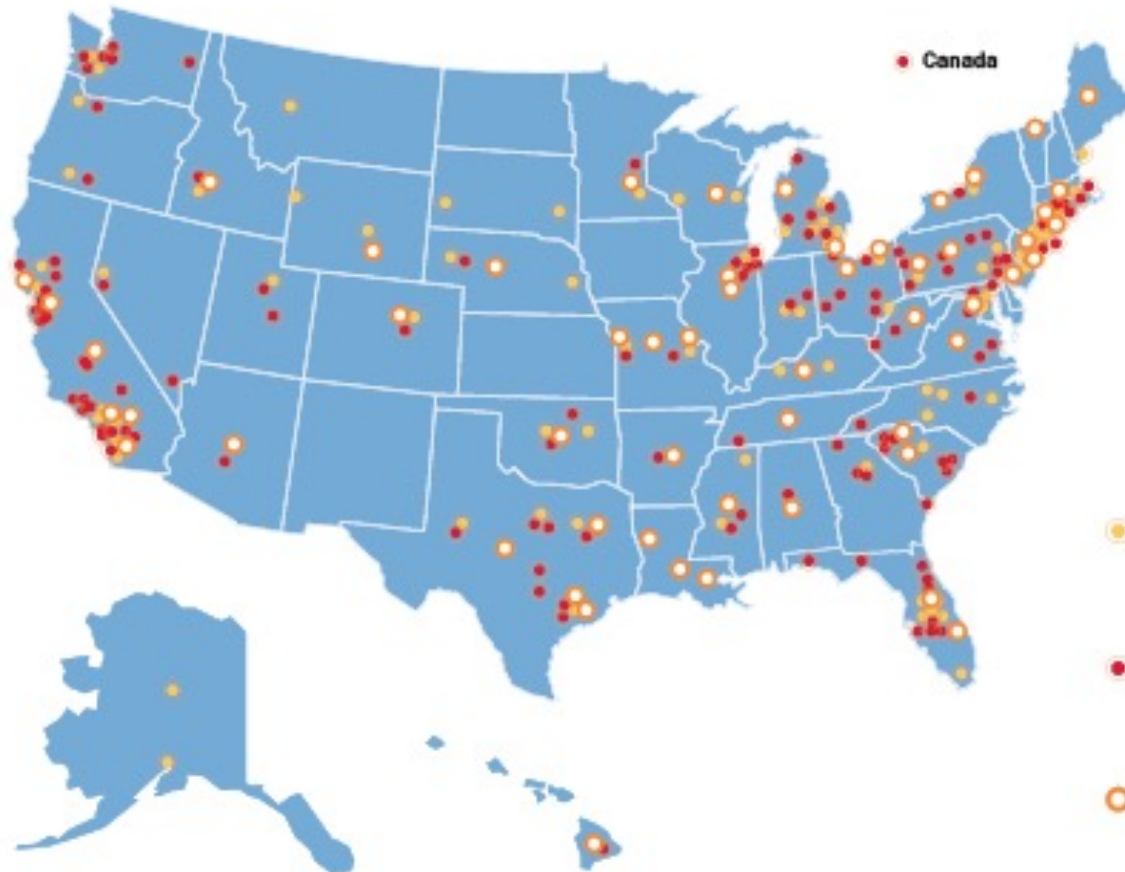


Spectrum of Lifestyle Medicine Education

Education Continuum and Offerings



GROWING COMMUNITY OF LIFESTYLE MEDICINE



Our Vision

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

Our Mission

Advancing evidenced-based lifestyle medicine to treat, reverse, and prevent non-communicable, chronic disease



dots are based on headquarter locations and representative of general locations and sites

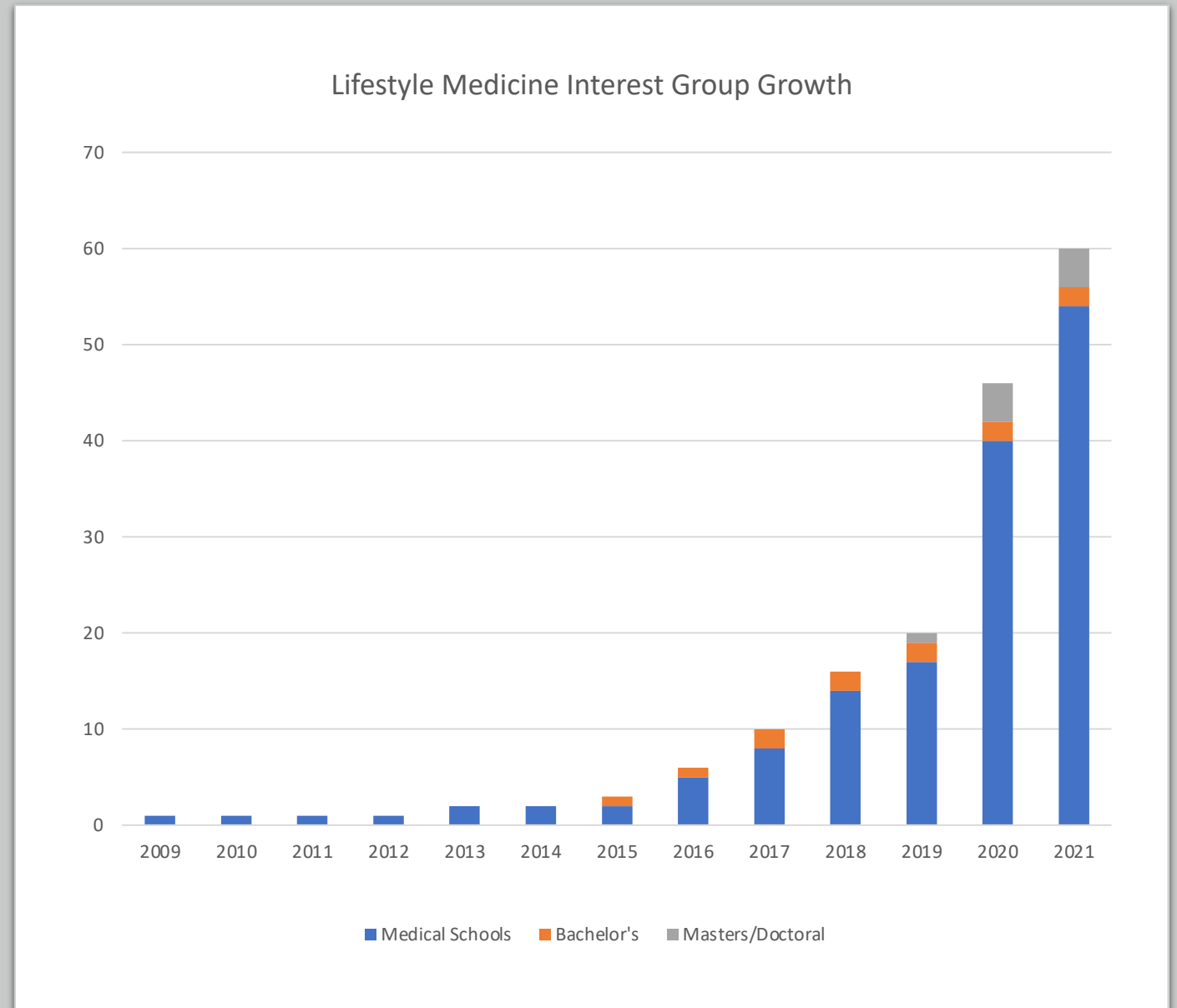


Lifestyle Medicine Interest Groups

A Lifestyle Medicine Interest Group (LMIG) is a **student lead, faculty-supported** group that:

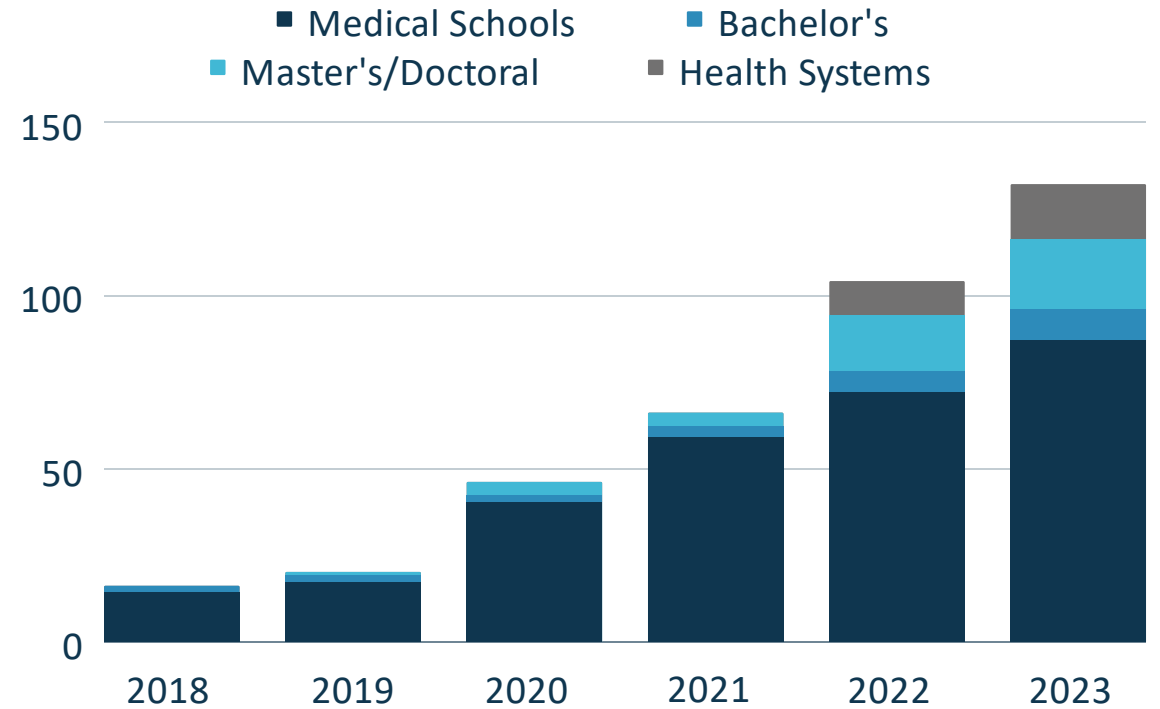
- Cultivates multi-institutional programming
- Promotes healthy habits for students, faculty, and local community
- Demonstrates student interest in lifestyle medicine curriculum integration

**Continuous growth over time,
with interest from more medical
and health professional schools**



STUDENT/TRAINEE LM INTEREST GROUPS

ACLM's students and trainees have started LMIGs across the country that have been instrumental in advocating for curriculum reform and contributing to research in the field.



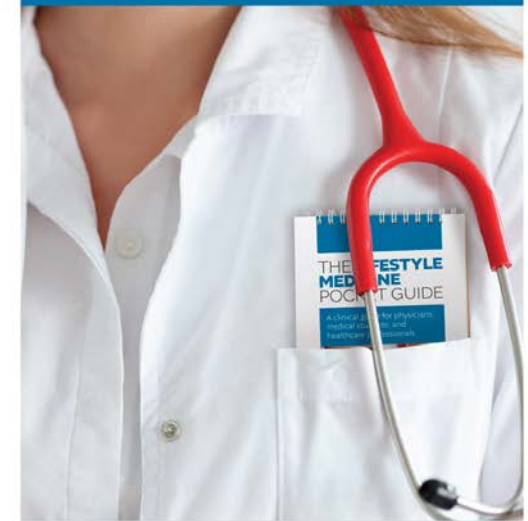
90 Medical Schools have LMIGs including:

- Brown
- Emory
- Howard
- Mayo
- Loma Linda
- Michigan State
- NYU
- Ohio State
- Rutgers New Jersey Medical School
- Harvard
- UC San Diego
- University of Colorado
- University of Hawaii
- University of Massachusetts
- University of Michigan
- University of Vermont
- Weill Cornell Medicine
- Yale
- Duke
- ...more...

In my experience,
times are changing.

THE **LIFESTYLE
MEDICINE**
POCKET GUIDE

A clinical guide for physicians,
medical students, and
healthcare professionals



CASE BRABHAM
ANDRE M. DEMPSEY
BETH FRATES, MD

LM 101 Syllabus

- First shared with ACLM in 2017
- Continuously being downloaded
 - > 5000 downloads
 - > 100 countries



Lifestyle Medicine Course Syllabus

Creator:

Beth Pegg Frates, MD

Contributors:

Jonathan Bonnet, MD
Irena Metanovic
Yasamina McBride
Kate Simeon
Merlica Coriolan

Vision

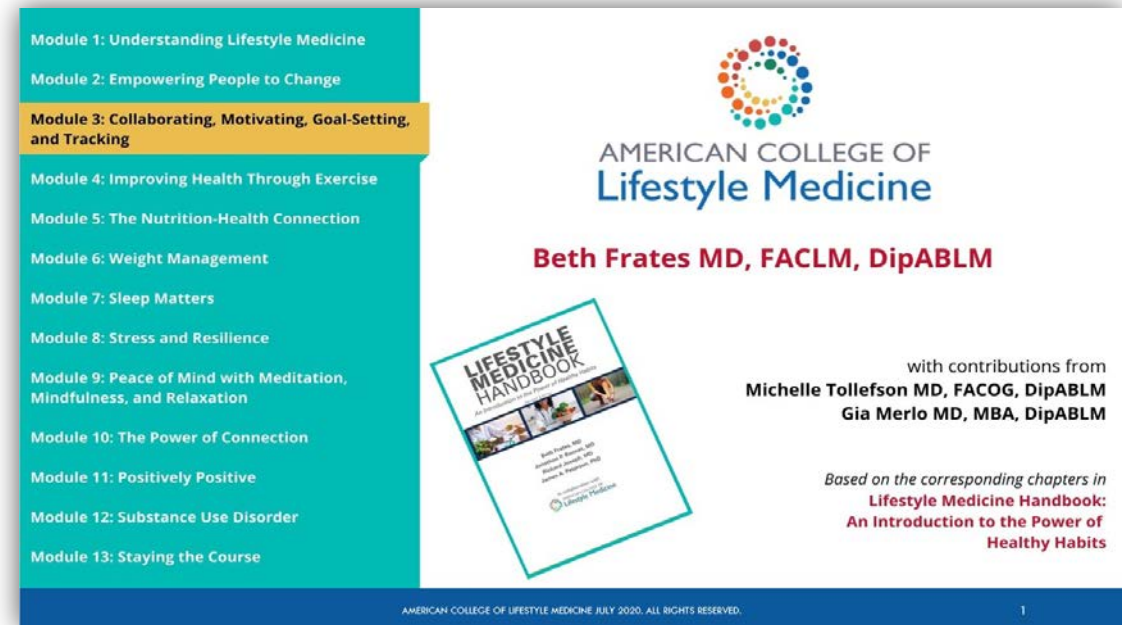
A world in which all physicians and allied health professionals have been trained in evidence-based lifestyle medicine, integrating healthful behaviors into their own lives and incorporating a lifestyle medicine-first approach into clinical practice.

lifestylemedicine.org



Lifestyle Medicine 101 Curriculum

- Foundational curriculum for bachelor's, master's, and doctoral health professional education
- 13 modules follow the Lifestyle Medicine Handbook by Beth Frates, MD, Jonathan Bonnet, MD, Richard Joseph MD, and James Peterson PhD
- Accompanied by the Lifestyle Medicine Course Syllabus and Instructor's Manual
- Collaboration with Michelle Tollefson, MD and Gia Merlo, MD



>200 faculty downloads
25 countries

[Lifestylemedicine.org/lm101](https://lifestylemedicine.org/lm101)

Lifestyle Medicine Handbook

- Chapter 1-Understanding Lifestyle Medicine
- Chapter 2-Empowering People to Change
- Chapter 3-Collaborating, Motivating, Goal-Setting, and Tracking
- Chapter 4-Improving Health Through Exercise
- Chapter 5-The Nutrition-Health Connection
- Chapter 6-Weight Management
- Chapter 7-Sleep Matters
- Chapter 8-Stress and Resilience
- Chapter 9-Peace of Mind with Meditation, Mindfulness, and Relaxation
- Chapter 10-The Power of Connection
- Chapter 11-Positively Positive
- Chapter 12-Substance Use Disorder
- Chapter 13-Staying the Course

Lifestyle Medicine
HANDBOOK
An Introduction to the Power of Healthy Habits



In collaboration with
 American College of
Lifestyle Medicine

Foreword by Dean Ornish

Beth Frates, MD
Jonathan P. Bonnet, MD
Richard Joseph, MD
James A. Peterson, PhD



100 Best Medicine Books of All Time

The 100 best medicine books recommended by John Nosta, Julie Zhuo, Cindy Gallop, Lenore Taylor and Laurie Halse Anderson.

Explain and Send Screenshots
bookauthority.org
<https://twitter.com/BethFratesMD>

Lifestyle Medicine Teen Curriculum

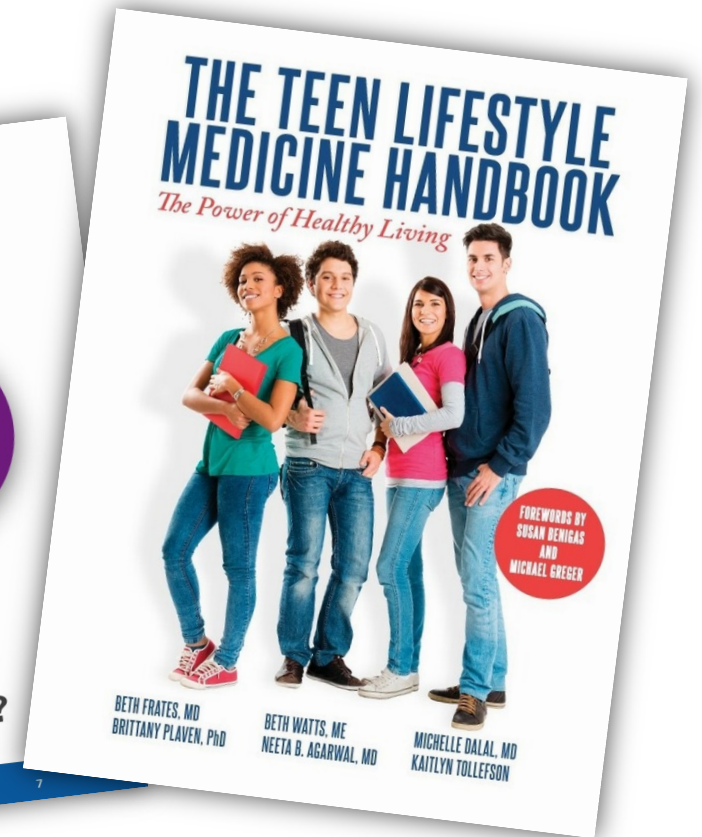
- Accessible through ACLM's Pediatric Member Interest Group

Grandparents often say...

- Go to Sleep Early
- Be a Good Friend
- Count Your Blessings
- Help Others
- Go Outside and Play
- Eat your Vegetables

Did you know that research supports these suggestions?

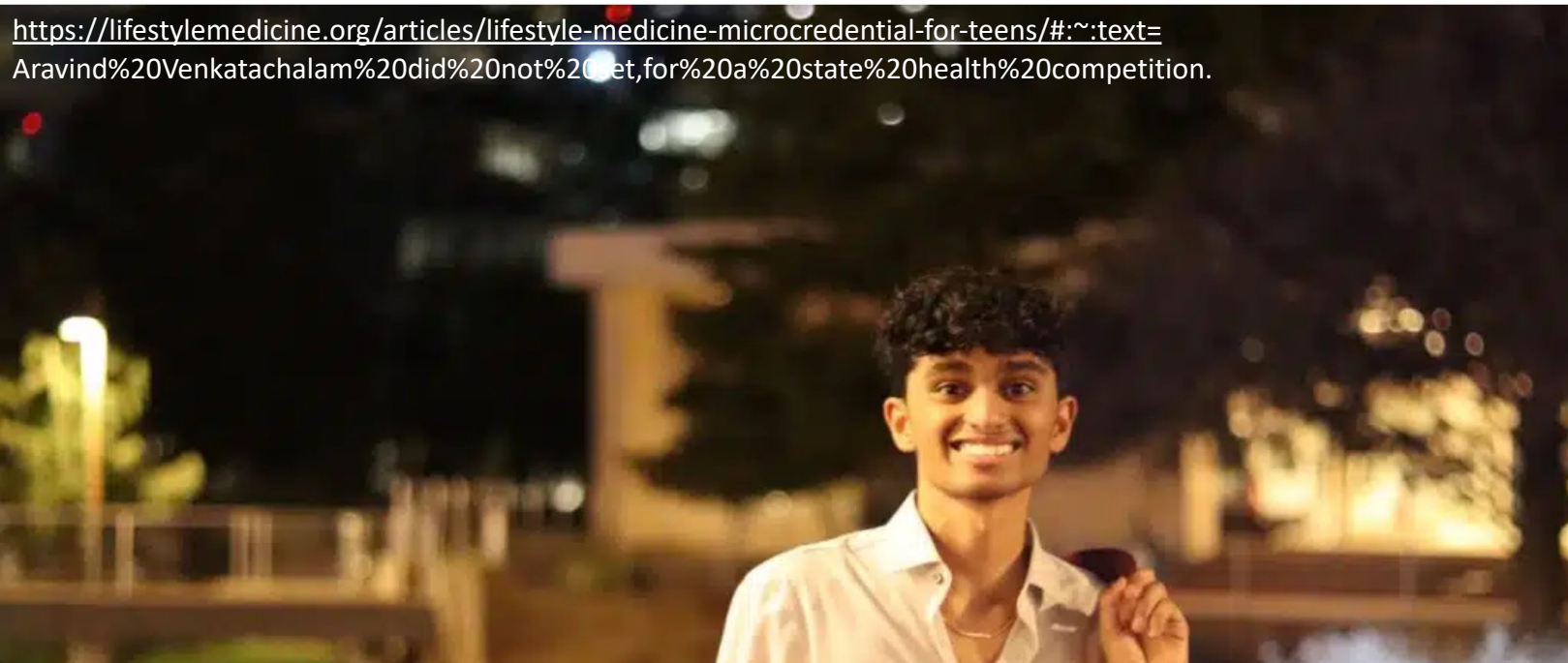
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How a Texas High School Student Created The First Lifestyle Medicine Microcredential For Teens

One high school student's health journey sparked inspiration for an online program to equip young minds with evidence-based tools to make informed lifestyle choices and pave the way to a healthier future.

<https://lifestylemedicine.org/articles/lifestyle-medicine-microcredential-for-teens/#:~:text=Aravind%20Venkatachalam%20did%20not%20let,for%20a%20state%20health%20competition.>



Tools and Resources of Interest

FREE 5.5 CME/CE credits with the Lifestyle Medicine & Food As Medicine ESSENTIALS Course Bundle



FREE 5.5 CME/CE for Clinicians: Lifestyle Medicine & Food as Medicine Essentials Bundle

Remission of Type 2 Diabetes ~~DIABETES~~ and Reversal of Insulin Resistance



CME/CE Certificate Course

Remission of T2

Education Continuum and Offerings



Lifestyle Medicine Residency Curriculum

- Comprehensive, applicable, and flexible curriculum designed for integrated implementation into medical residency programs
 - 40 hours of didactic material
 - 60 hours of application activities
- Upon completion, residents qualify to sit for the ABLM certification exam

lifestylemedicine.org/residency-curriculum



The **Lifestyle Medicine Residency Curriculum (LMRC)** is a comprehensive, applicable, and flexible curriculum designed for integrated implementation into medical residency programs. Driven by resident involvement, the curriculum has included residents in every aspect of its creation. **The curriculum is designed to be deliverable by residents to their peers, who become a local resource for Lifestyle Medicine information.**

The educational component includes 40 hours of in-person didactic material along with 60 hours of independent application activities designed to be completed over a 2-3 year time period. The practicum component enables residents to clearly demonstrate ongoing exposure to and use of the principles of lifestyle medicine in the clinical setting with patients. **Upon completion of both the educational and practicum components of the curriculum, residents qualify to sit for the American Board of Lifestyle Medicine certification exam.**

The Lifestyle Medicine Residency Curriculum has been implemented within 26 residency programs listed below:

Internal Medicine Residency Sites

- Loma Linda University Health
- St. Luke's University Health Network - Anderson
- Baylor Scott & White Health
- Spectrum Health
- Advocate Illinois Masonic Medical Center
- The Wright Center for Graduate Medical Education
- Kaiser Permanente, Northern California - Santa Clara

Family Medicine Residency Sites

- FSU Family Medicine Residency Program at Lee Health
- Loma Linda University Health
- MAHEC - Mountain Area Health Education Center
- Providence - Spokane
- Roseburg
- South Baldwin Regional Medical Center
- The University of Oklahoma
- The University of Wyoming - Casper
- Prisma Health - University of South Carolina, Greenville
- St. Luke's University Health Network - Anderson
- Baylor Scott & White Health
- Spectrum Health
- The Wright Center for Graduate Medical Education

Preventive Medicine Residency Sites

- Loma Linda University Health
- The University of Mississippi Medical Center
- The University of California - San Diego

Psychiatry Residency Sites

- The Wright Center for Graduate Medical Education

Pediatrics Residency Sites

- Spectrum Health

Cardiology Fellowship Sites

- Spectrum Health
- The Wright Center for Graduate Medical Education

Geriatrics Fellowship Sites

- The Wright Center for Graduate Medical Education

Gastrointestinal Fellowship Sites

- The Wright Center for Graduate Medical Education

Learn more and apply to be an LMRC residency at LifestyleMedicine.org/Residency-Curriculum Questions about the LMRC? Contact LMRC@LifestyleMedicine.org



LMRC – Education Component

#	Module Title	Didactic Units*	Application Hours*	Total Hours
1	Intro to Lifestyle Medicine	2	2	4
2	Role of Physician Health	2	2	4
3	Nutrition	10	16	26
4	Physical Activity	6	8	14
5	Sleep	3	5	8
6	Tobacco & Substances	3	5	8
7	Health Behavior Change	4	6	10
8	Key Clinical Processes	3	5	8
9	Emotional & Mental Wellbeing	4	6	10
10	Connectedness & Positive Psychology	3	5	8
Total Hours		40	60	100

Note: This distribution is in alignment with the current ABLM credentialing exam distribution

LMRC Site Implementation Options

Intro Package Implementation

- 6 didactic units

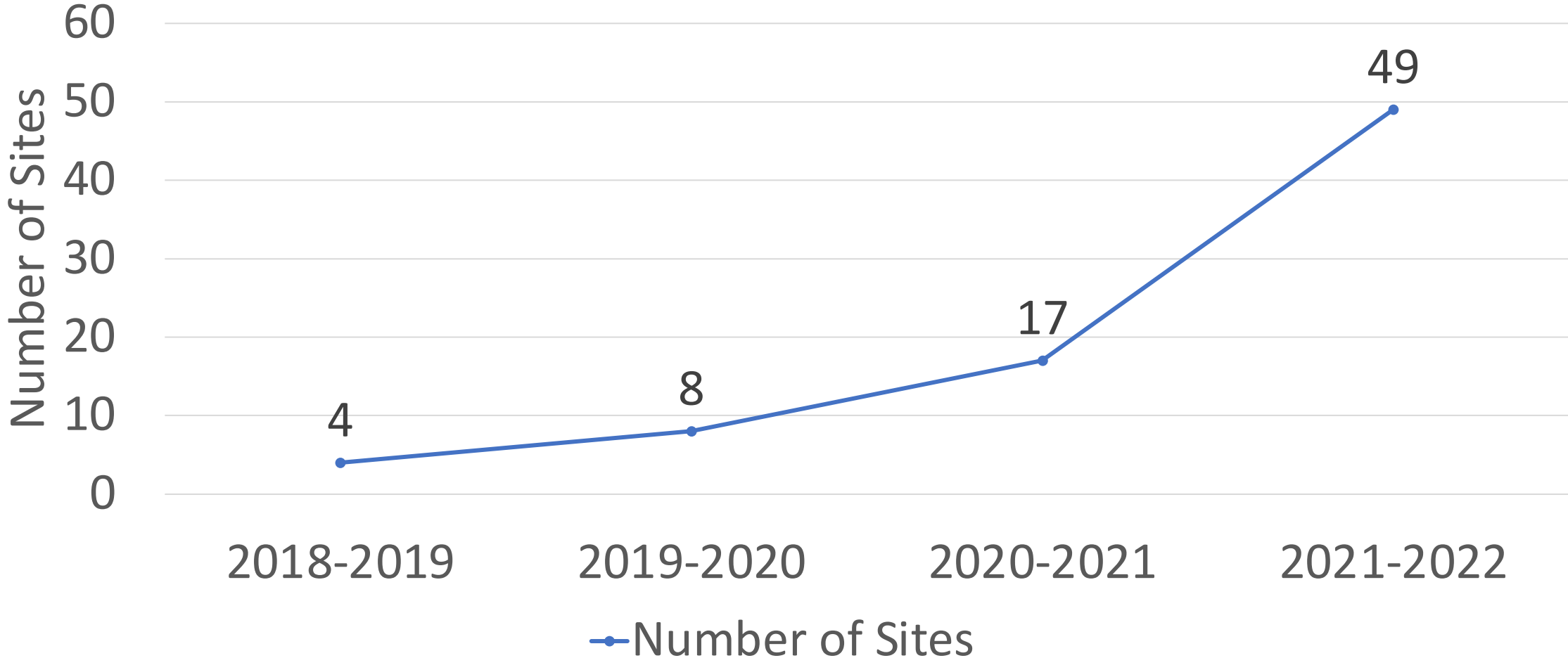
Track or Partial Implementation

- 40 hours didactics
- 400 patient encounters

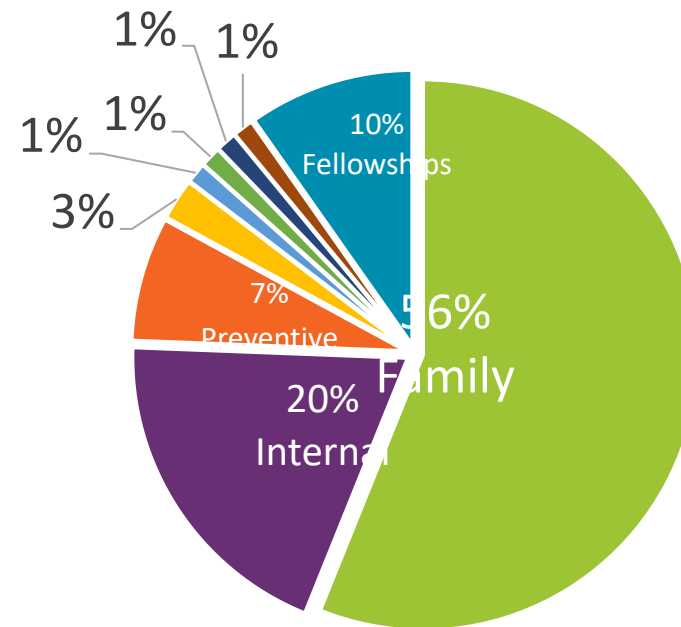
Full Implementation

- 40 hours didactics
- 60 hours independent application
- 400 patient encounters
- 20 hours ITLC
- 20 hours group

Lifestyle Medicine Residency Curriculum Site Growth



Types of Programs Implementing the LMRC 2021



■ Family Medicine (46)

■ Internal Medicine (16)

■ Preventive Medicine (6)

■ Physical Medicine & Rehabilitation (2)

■ Occupational Medicine (1)

■ Psychiatry (1)

■ Family Preventive Medicine (1)

■ Primary Care Residency (1)

■ Fellowships (8)

LMRC Programs

Stanford-Physical Medicine and Rehabilitation

Stanford-Rheumatology

Loma Linda—Internal Medicine, Family Medicine, Preventive Medicine

UPMC-Internal Medicine

Michigan State University-Family Medicine

University of Rochester Medical Center—Preventive Medicine

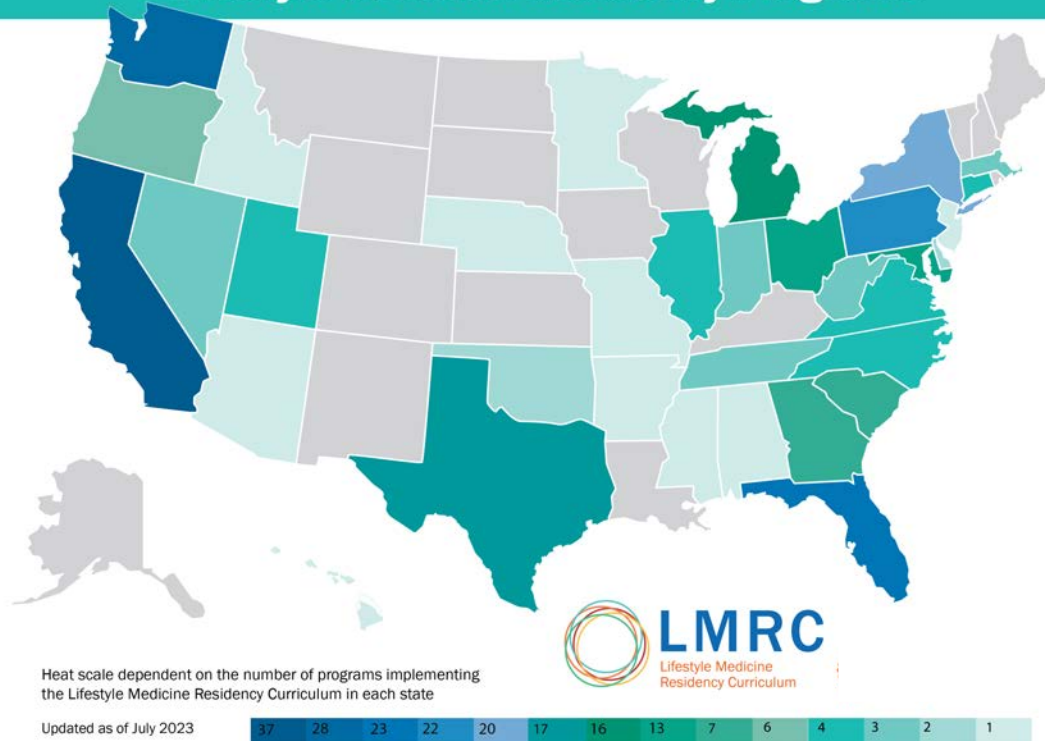
Case Western Reserve University—Preventive Medicine

Mt. Sinai-Physical Medicine and Rehabilitation

<https://lifestylemedicine.org/residency-curriculum>

LIFESTYLE MEDICINE RESIDENCY CURRICULUM

Lifestyle Medicine Residency Programs



The Lifestyle Medicine Residency Curriculum (LMRC) is a comprehensive, applicable, and flexible curriculum designed for integrated implementation into medical residency programs. Upon completion, residents qualify to sit for the American Board of Lifestyle Medicine (ABLM) certification exam.





LMRC at HMS

- Occ Med 2022-2023
- Occ Med 2023-2024
- BWH Internal Med
- SRH PM&R

SRH-Resident

- Teaching High School Students with the Teen Lifestyle Medicine Handbook and the Teen Curriculum
- Application Activities

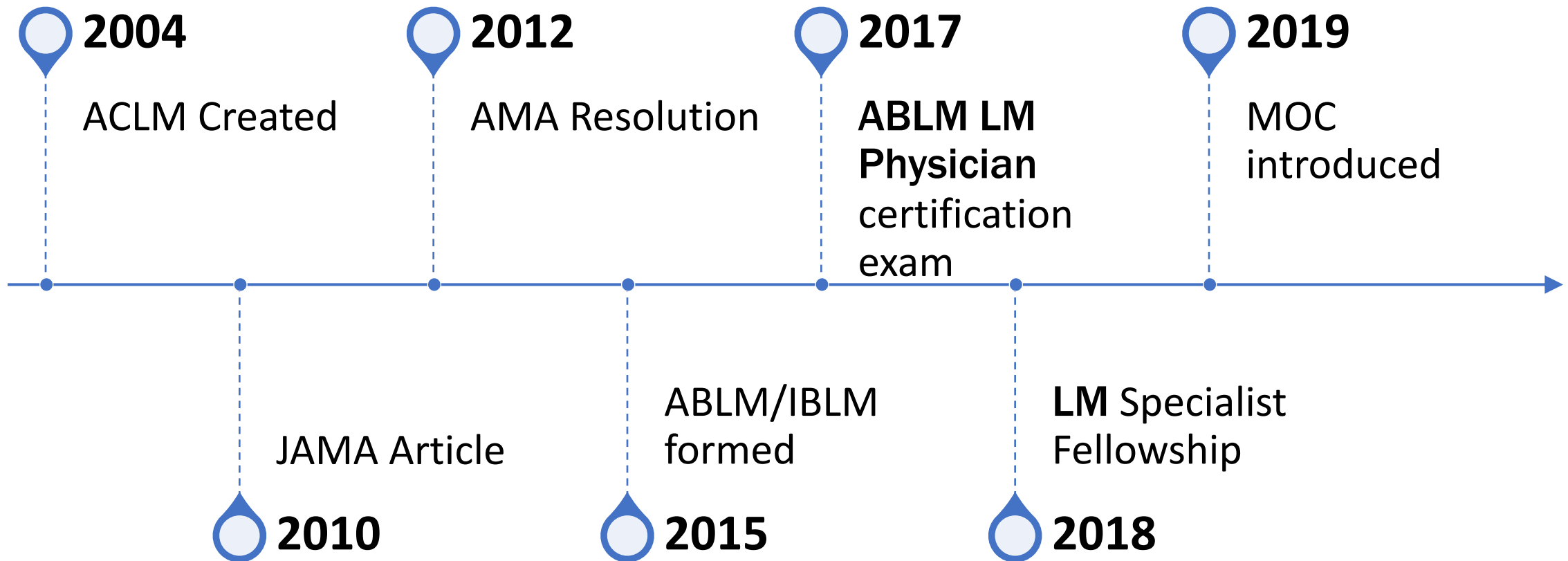


LM Specialist Fellowship



- Non-ACGME with hopes of eventual ABMS
- One current site – goal of expansion up to 30 sites
 - 12-month fellowship with stipend = PGY4
 - Hire as a Junior Faculty – revenue generation for salary
 - Clinical training: inpatient and outpatient LM service line (40% FTE)
 - Immersion/Intensive program outsourced
 - Group experiences
 - Scholarly activity (20% FTE)
- Goal to build more sites where LMRC is being implemented

Some History of ACLM and ABLM/IBLM



Two Pathways

Experiential Pathway

Prerequisites

- ABMS certified with 2 years experience
- 30h of online/non-live CME
- 10h of live in-person CME (2020 exception)
- Case study (templated)

Educational Pathway

Prerequisites

- Lifestyle Medicine Residency Curriculum (LMRC)
 - Educational/Didactic Component – 100 hours
 - Practicum Component
 - Resident and Faculty Eligible

Exam

150 question multiple choice

English, Spanish, Chinese, Korean, Portuguese, Japanese, Arabic

Certificate

Jointly issued by ABLM and IBLM

Nomenclature

DipABLM or DipIBLM

“Certified Lifestyle Medicine Physician”

Certification Competencies

- Introduction to Lifestyle Medicine – 4%
- Fundamentals of Health Behavior Change – 10%
- Key Clinical Processes in Lifestyle Medicine – 8%
- The Role of Physician Health and the Physician’s Personal Health – 4%
- Nutrition Science, Assessment and Prescription – 26%
- Physical Activity Science and Prescription – 14%
- Emotional and Mental Well-Being, Assessment and Interventions – 10%
- Sleep Health Science and Interventions – 8%
- Managing Tobacco Cessation and other Toxic Exposures – 8%
- The Role of Connectedness and Positive Psychology – 8%

ACADEMIC ADVANCEMENT

ACADEMIC PATHWAYS

In 2023, ACLM launched the Partial Academic Pathway and the Full Academic Pathway. This allows faculty members who teach in master's and doctoral-level health profession programs to help their students achieve certification in lifestyle medicine by applying for a course waiver with ACLM. These include pharmacology, dentistry, podiatry, nursing, physician associate, physical therapy, occupational therapy, public health, and more.

Fourteen universities have been approved in 2023.

Prerequisites for Certification

Health Professions Students

- ~~10 hours of in-person CME~~ → Academic Pathway Waiver
ACLM approved University Course
- 30 hours of online/non-live CME

ACADEMIC PATHWAYS TO CERTIFICATION

- **Partial pathway** – taking an ACLM-approved course waives 10 hours of in person CME required for students toward certification
 - To date:
 - 19 Universities have ACLM-approved course
 - 191 students have applied for waiver
 - 3 students planning to sit for exam this fall
- **Full pathway** – opportunity for universities to leverage LMBR course + additional ACLM-approved course as pre-requisites, preparing their students for certification exam
 - 6 programs will pilot this fall

The Health Professions Partial Academic Pathway program offers students who finish an ACLM-approved course within a university health professions program the opportunity to satisfy part of the pre-requisites for ACLM certification.

Prerequisites for Certification:
Specific to health professions students

- 10 hours of in-person CME → Academic Pathway Waiver:
- 30 hours of online/non-live CME → ACLM-approved University Course

Benefits:

University:

- Recognized on the ACLM website
- Marketing tool
- No cost to participate

Faculty:

- Multiple resources available
- Networking with other faculty from around the country
- Opportunity to teach evidence-based LM content within a course

Students:

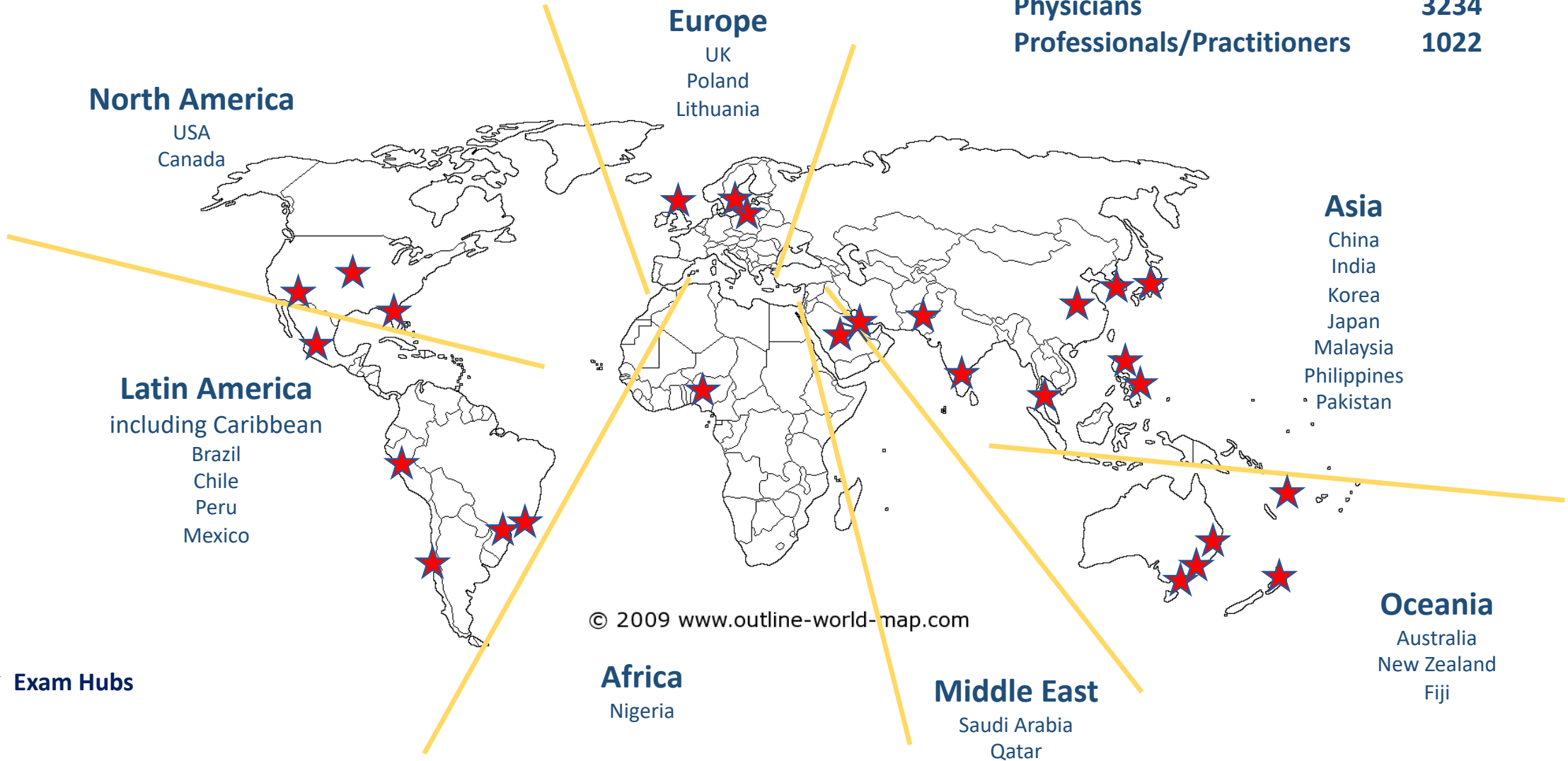
- Receive content within their course related to LM
- Are able to receive a complimentary "conference waiver" once they complete an ACLM approved course





Diplomates since 2017

Countries represented	72
Physicians	3234
Professionals/Practitioners	1022



© 2009 www.outline-world-map.com

★ Exam Hubs

CERTIFICATION



Types of Certification

Physicians, Professionals and Practitioners are eligible to sit for the exam. The Practitioner certification will be sunsetting at the end of 2023.



Maintenance of Certification

IMPROVING PROVIDER HEALTH & HAPPINESS



A 6 hour course on health and happiness provided for free at Mass General Brigham. It was created by Spaulding Rehabilitation Hospital and Mass General Hospital with a mini-grant from the MGH MGPO Frigoletto Committee. It's all about a healthy body, peaceful mind and joyful heart with lots of research behind the six pillars of lifestyle medicine as well as attitude, positive

I just finished this course. I thought it was excellent! It was both inspirational and motivating. I had the opportunity to do it while at home healing from [an injury] and it really provided me with the opportunity to evaluate my life and health and commit to making changes as I recover.

I really appreciated all of the reading/book recommendations so that I can delve deeper into some of the topics.

I wish that there had been something

Title	Price	Status
SRN Improving Provider Health & Happiness Please login or register to take this course.	\$0.00	
Module 1: Introduction Please login or register to take this course.	\$0.00	
Module 2: Physical Activity Please login or register to take this course.	\$0.00	
Module 3: Nutrition Please login or register to take this course.	\$0.00	
Module 4: Stress Please login or register to take this course.	\$0.00	
Module 5: Sleep, Timeouts & Investigations Please login or register to take this course.	\$0.00	
Module 6: Purpose, Attitude & Goal Setting Please login or register to take this course.	\$0.00	
Module 7: Social Connections, Energy & Variety Please login or register to take this course.	\$0.00	
Module 8: Conclusion Please login or register to take this course.	\$0.00	

ESSENTIALS COURSE UPDATE

Your patients are
what they eat.



 AMERICAN COLLEGE OF
Lifestyle Medicine

In 2022, in support of the White House Conference on Hunger, Nutrition and Health, ACLM committed to providing 100,000 physicians and healthcare professionals with complimentary 5.5 CME/CEs on lifestyle medicine and food as medicine (*a \$220 value per course*).

What was set to expire in September 2023 has been extended to September 2025. If you haven't taken the course or shared it with your colleagues, please encourage them to take advantage of this free course today!



CME



Clinician Wellness

Harvard Medical School Continuing Education...
12 videos Updated today



Play

Dr. Beth Frates is trained as a psychiatrist and a health and wellness coach. Her expertise is in lifestyle medicine, and she works to empower patients to reach their optimal level of wellness by adopting healthy habits. A member of the Board of Directors of the American College of Lifestyle Medicine, Dr. Frates is helping to shape the scope of this new specialty.

In this 12-part video series, Dr. Frates focuses on evidence-based strategies for busy clinicians, citing strategies to improve overall health and wellness both at work and at home. The power of

- 1 Why are Social Connections Important for Clinicians?
- 2 What are High-Quality Social Connections? Part 2
- 3 What Contributes or Inhibits High-Quality Social Connections? Part 3
- 4 What are the Guidelines for Exercise? Part 4
- 5 Some of the More Recent Findings on the Benefits of Exercise? Part 5
- 6 How Can I Fit Exercise Into A Busy Clinician Schedule? Part 6
- 7 Guidelines for Nutrition & Fitting Healthy Eating into a Busy Schedule? Part 7

Harvard Medical School YouTube Channel

- Series of videos on Clinician Wellness
- Lifestyle Medicine Pillars
- Leadership



“Educating
the mind
without
educating
the heart is
no
education
at all!”
Aristotle