EUROPEAN LIFESTYLE MEDICINE ORGANIZATION (ELMO) is a scientific, medical organization based in Geneva (Switzerland) dedicated to research, prevention and treatment of chronic diseases and lifestyle-related diseases (syn: noncommunicable diseases NCDs) promoting evidenced based medicine.
ELMO counts more than **500 members** from **50 countries** all over the world.

Angola · Australia · Azerbaijan · Bahrain · Belgium · Brazil · Bulgaria · Czech Republic · Croatia · Cyprus · Denmark · Ecuador · Egypt · France · Germany · Gibraltar · Greece · Hungary · Iceland · India · Ireland · Israel · Italy · Jordan · Kuwait · Lithuania · Mexico · The Netherlands · New Zealand · Nigeria · Norway · Pakistan · Poland · Portugal · Romania · Russia · Saudi Arabia · Singapore · Slovakia · Slovenia · South Africa · Spain · Sweden · Switzerland · Thailand · Turkey · UAE · Uganda · Ukraine · UK · USA · Zimbabwe
ELMO has:

As Scientific Partners a lot of International Organizations and Universities worldwide

Country Representatives in 23 European Countries

Ambassadors in 21 Countries Worldwide

see more at www.eulm.org
Our Mission:

To improve Life Expectancy and Quality of Life reducing the burden of chronic diseases in Europe
Evidence-Based Medicine for research and clinical application

Education to raise awareness
The 2014 EU SUMMIT ON CHRONIC DISEASES

Brussels, 3 and 4 April 2014

CONFERENCE CONCLUSIONS

Today, chronic diseases represent the major share of the burden of disease in Europe and are responsible for 86% of all deaths\(^1\). They affect more than 80% of people aged over 65 and represent a major challenge for health and social systems. 70 to 80% of health care budgets, an estimated € 700 billion per year are spent on chronic diseases in the European Union\(^2\).\(^3\)\(^4\).

The sustainability of our health and social systems is at stake. In response to the call of the 2011 UN High Level Meeting on Non Communicable Diseases\(^5\), we need new approaches to investing in health, moving beyond limiting expenditure to addressing the demand for health and social services, much of which is related to chronic diseases. Investing in health\(^6\) implies
Today...

✓ Lifestyle-related Diseases are the leading Cause of Death and Disability on the Planet today (WHO: 80% of deaths in Europe).

✓ Lifestyle Factors are the Main Drivers in Chronic Disease Pathogenesis.

✓ A reductionist Approach has done nothing to reverse the Chronic Disease Epidemic.
Lifestyle medicine is a branch of medicine which has as goal to maintain optimal health and to prevent, treat and reverse chronic illness across all life stages. The health interventions used in lifestyle medicine include evidence based behavioral strategies, while considering equity and sustainability, to enhance self-management skills for optimizing nutrition, sleep hygiene, stress management, social connection, sexual health and fertility, physical activity and minimizing substance use and environmental exposures.

**Lifestyle changes include:**

- Physical Activity
- Nutrition
- Psychological Stress
- Environment
- Alcohol, Tobacco

*as adopted by the ELMO Scientific Council*
Lifestyle Medicine - New Potential to fight NCDs

An **Interdisciplinary** and **integrated** approach to noncommunicable diseases

**Nutrition**
Nutrition plays a key role in the pathogenesis of chronic lifestyle-related diseases

**Psychology**
Chronic Stress influences health directly and indirectly through a change in lifestyle behaviors

**Physical Activity**
Insufficient physical activity is a leading cause of chronic lifestyle-related diseases.

**Social Factors & Environment**
Social factors, communities and the environment influence human biology and lifestyle behaviors.
Cancer: $895.2 bn
Heart diseases: $753.2 bn
Cerebrovascular disease: $298.2 bn
Road accidents: $204.4 bn
HIV/AIDS: $193.3 bn
Malaria: $24.8 bn
Cirrhosis of the liver: $92.8 bn
Lower respiratory infections (including pneumonia): $125.8 bn

Source: World Economic Forum
Today...
Lacking Connection between Essential Elements
Lifestyle Medicine: All Essential Elements connected

INTERDISCIPLINARY APPROACH
AMBASSADORS WORLDWIDE
Health Professionals

Brazil ∙ Canada ∙ Czech Republic ∙ Ethiopia ∙ Estonia ∙ Greece ∙ Hungary ∙ India ∙ Israel ∙ Lebanon ∙ Malta ∙ New Zealand ∙ Peru ∙ Poland ∙ Saudi Arabia ∙ Spain ∙ Turkey ∙ United Arab Emirates ∙ Zimbabwe
• ELMO proudly announces its membership confirmation at the European network for the promotion of health-enhancing physical activity (HEPA Europe Network)

• After thorough review and assessment, the WHO Regional Office together with the HEPA Steering Committee informed ELMO that it is officially a member of the Network as of 15 October 2020.

• HEPA Europe is a WHO/Europe network which works for better health and wellbeing in the WHO European Region through more physical activity for all people. Its mission is to provide a forum for the advancement of health-enhancing physical activity (HEPA) research, policy and practice across the WHO European region.

• All activities of HEPA Europe are based on WHO policy statements, such as the Global Action Plan on Physical Activity (GAPPA), the European Strategy on Physical Activity, the Global Strategy for Diet, Physical Activity and Health, the NCD Action Plan and corresponding documents from the European Commission.
### Board and Strategy Team

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JOIN ELMO TODAY …
... and help us build a healthier world!

If you are a Medical Doctor, other Health Professional or a Student, join the European Lifestyle Medicine Organization as an official member today and be a part of the global movement to improve research, treatment and prevention of chronic diseases, for a healthier world.

Visit ELMO web site for more: www.eulm.org