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 **350 members** from **48 countries** all over the world

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

As Scientific Partners a lot of International Organizations and Universities worldwide

Country Representatives in 20 European Countries

Ambassadors in 20 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
Our Tools:

✓ 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 evidence-based medicine in which comprehensive lifestyle changes (including nutrition, physical activity, psychological stress, social support and environmental exposures) are used to prevent, treat and even reverse the progression of chronic diseases by addressing their underlying causes.

Lifestyle changes include:

- Physical Activity
- Nutrition
- Psychological Stress
- Environment
- Alcohol, Tobacco
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.
Today...
Lacking Connection between Essential Elements
Lifestyle Medicine: All Essential Elements connected

INTERDISCIPLINARY APPROACH
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INTERNATIONAL PARTNERS

European Lifestyle Medicine Organization

American College of Lifestyle Medicine

ACPM
American College of Preventive Medicine
Physicians dedicated to prevention

ASN
EST. 1928
Arabian Wellness & Lifestyle Management

Abrasfev

Asian Society of Lifestyle Medicine

Australasian Society of Lifestyle Medicine

European College of Sport Science

EMA
European Medical Association

EcoFood
Fertility

EMOT
Magyar Eletmód Orvostani Társaság

German Society for Lifestyle Medicine

Institute of Lifestyle Medicine

ISF
International Self-Care Foundation

Latin American Lifestyle Medicine Association

SED
Lifestyle Medicine Education Collaborative

World Gastroenterology Organization

Lithuanian Society of Lifestyle Medicine

Med Tube
Sharing medical knowledge™
## Working Groups

### 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