



EUROPEAN LIFESTYLE MEDICINE ORGANIZATION

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 24 European Countries

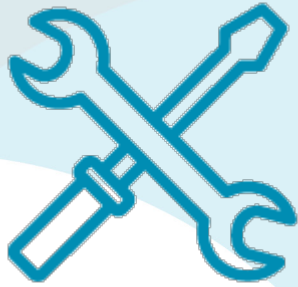
Ambassadors in 21 Countries Worldwide

see more at www.eulm.org



Our Mission:

To improve Life Expectancy and
Quality of Life reducing the burden of
chronic diseases in Europe



Our Tools:

- ✓ **Evidence-Based Medicine** for research and clinical application
- ✓ **Education** to raise awareness



GLOBAL ACTION PLAN

FOR THE PREVENTION AND CONTROL OF NONCOMMUNICABLE DISEASES

2013-2020



EUROPEAN COMMISSION
HEALTH AND CONSUMERS DIRECTORATE-GENERAL

Public health

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 deaths¹. 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 Diseases⁵, 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 health⁶ 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.



Definition of Lifestyle Medicine*

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

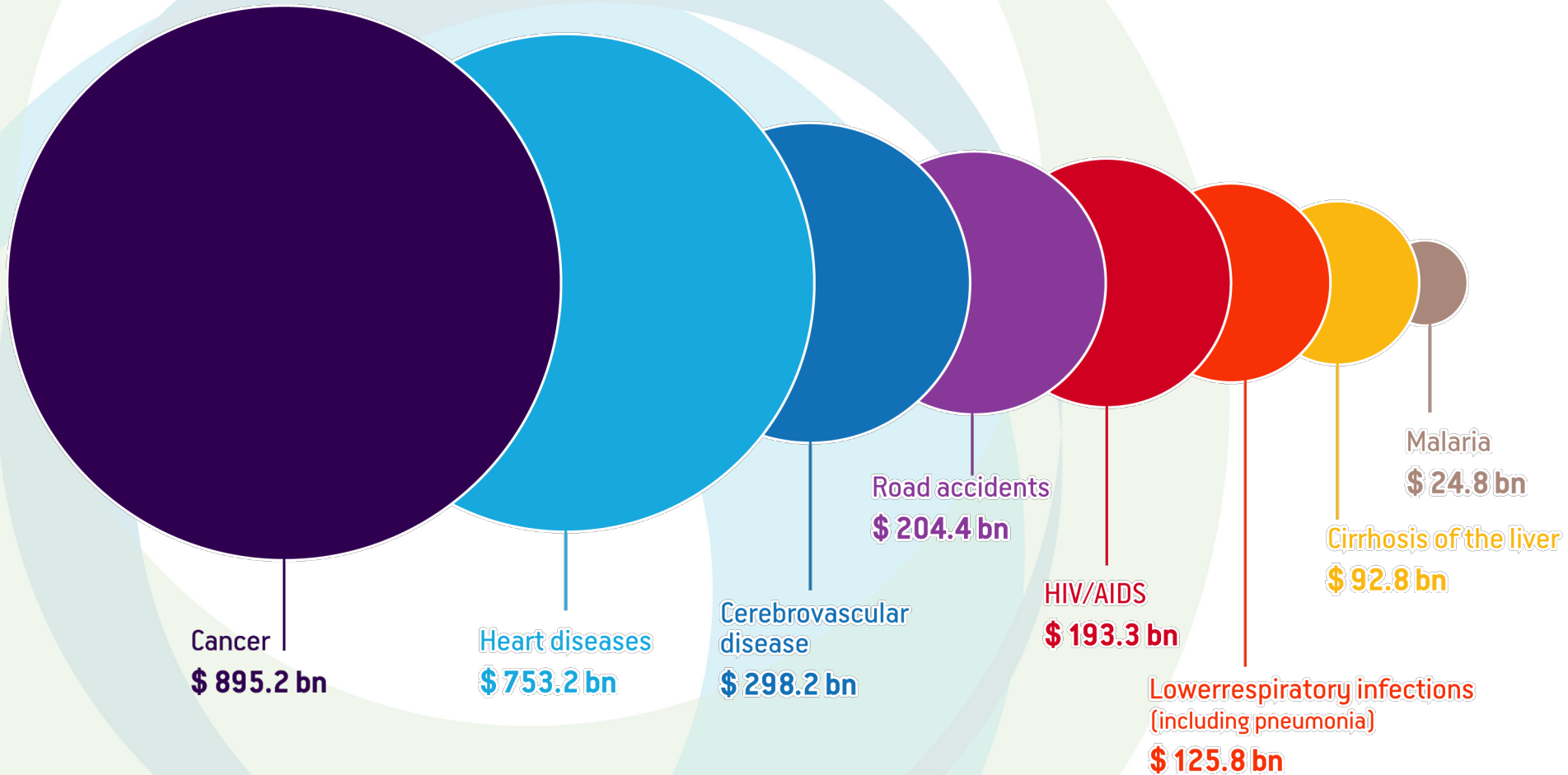
Physical Activity

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.





Source: World Economic Forum



Today...

Lacking Connection
between Essential Elements





Lifestyle Medicine:
All Essential Elements
connected

**INTERDISCIPLINARY
APPROACH**





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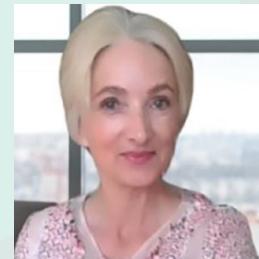
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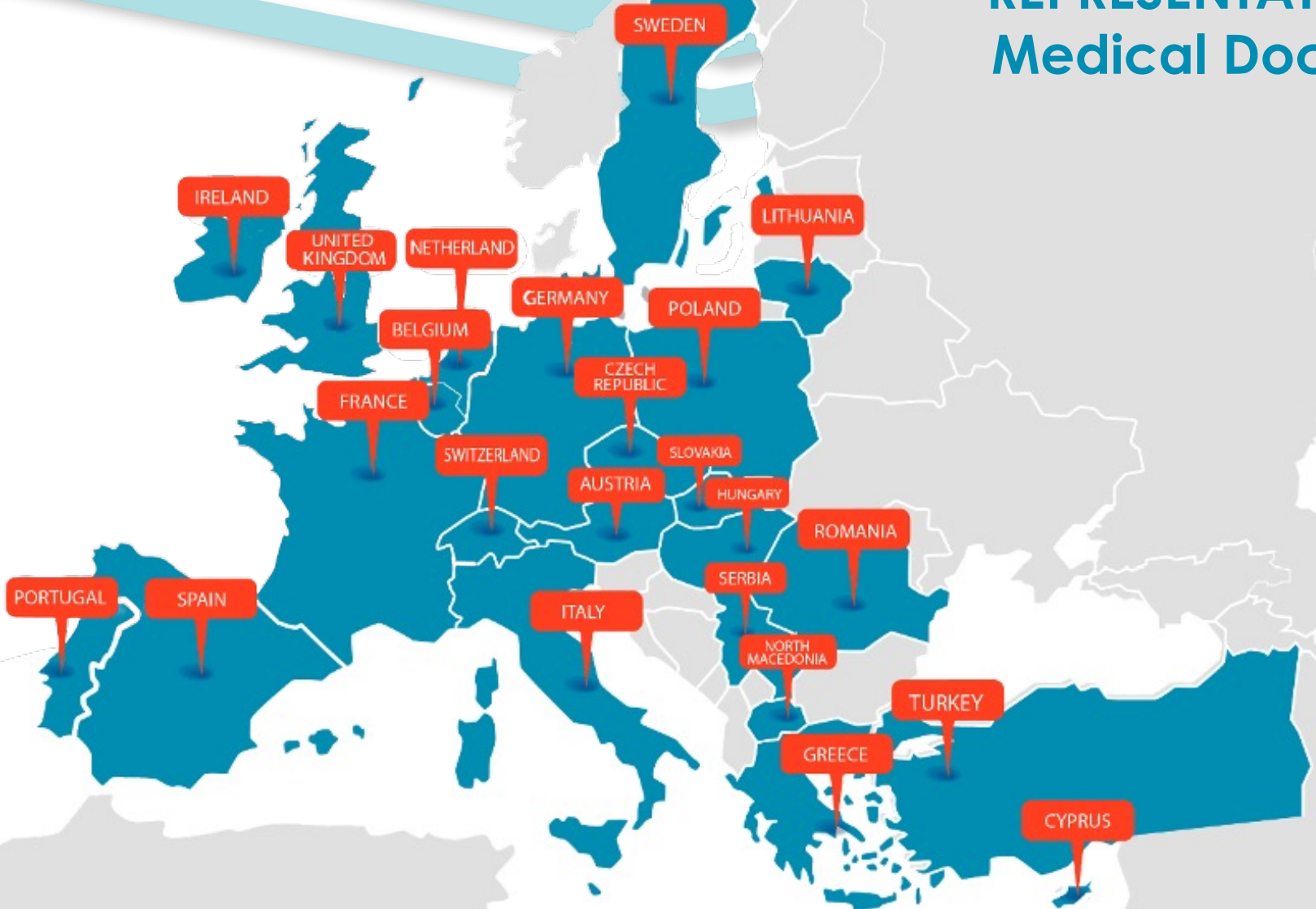
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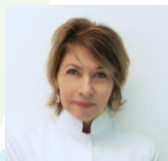
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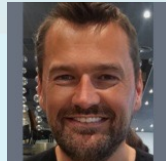




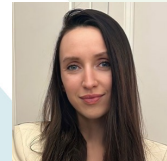
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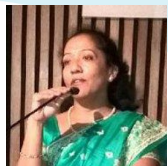
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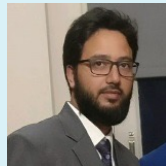
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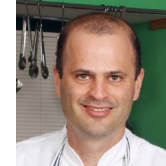
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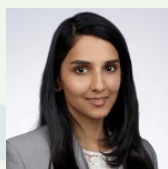
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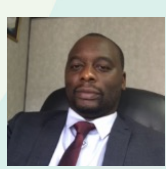
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Hakan Abacioglu



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A RESEARCH & INNOVATION DRIVEN UNIVERSITY GRADE 'A' ACCREDITED BY NAAC



UNIVERSITY OF THE
AEGEAN

Department of Food Science & Nutrition



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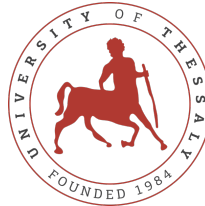
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Mindfulness and
Cognitive Science

Complutense University of Madrid

and nirakara Lab

UNIVERSIDADE
LUSÓFONA

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FACULTY OF
MEDICINE



- 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

Nutrition	Physical Activity	Stress Management	Environment	Behavioural Change Support	Education	Clinical LM Disease	Community Health & Policies
Research	Research	Research	Research	Counseling Techniques	Curricula Universities	Cardiology	School Health
Mediterranean Diet		Clinical Applications Techniques	Endocrine Disruptors		Curricula Schools	Gastroenterology	Workplace Health
Nutritional Genomics			Food Safety			Uro-andrology	Government Relations
Culinary Medicine			Sleep			Diabetes	
			Socialization			Mental and Neurological Disorders	
						Sexual Health	
						General Practitioners	
						Microbiome	



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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