

American College of Preventive Medicine and American College of Lifestyle Medicine Launch Updated Lifestyle Medicine Education Program

January 15, 2018 (St. Louis, MO) – The American College of Preventive Medicine (ACPM) and the American College of Lifestyle Medicine (ACLM) today announced a new and improved version of their joint Lifestyle Medicine Core Competencies program. The online continuing medical education (CME) course addresses gaps in health care provider’s knowledge and skills in the prevention and treatment of lifestyle-related chronic conditions—some of the costliest burdens in today’s healthcare environment.

This one-of-a-kind accredited course fulfills the online CME prerequisite required to take the American Board of Lifestyle Medicine certification exam and prepares medical professionals to succeed in value-based reimbursement models and the ever-evolving health care ecosystem.

“This second edition Lifestyle Medicine education program is a great introduction to the evidence-based therapeutic interventions that can prevent, treat and reverse lifestyle-related chronic diseases,” said Dr. Liana Lianov, former ACPM Board member, past president of ACLM, vice-chair of the ABLM, and the program’s Director of Faculty. “The program’s coursework is fully online, interactive, and gives providers a comprehensive foundation in Lifestyle Medicine and the techniques that can be directly applied in a wide range of practice settings.”

The lifestyle medicine physician has been recognized by the Association of American Medical Colleges as one of the top five emerging medical careers, and ACPM considers lifestyle medicine to be an essential competency of Preventive Medicine.

The first edition of this program has been extensively utilized by the private and public sectors. The Center for Medicare and Medicaid Innovation offers the program to its Million Hearts® CVD Risk Reduction Award practices, it underpins several Centers for Disease Control education programs, and to date it has been utilized by three health systems, 18 residency programs, and more than 1,600 learners.

For physicians and other health professionals working in research and policy, the program’s extensive evidence base provides the foundational knowledge to comprehend and apply lifestyle medicine concepts to chronic disease prevention and policy affecting the health of populations. It also illuminates the complex relationships among critical lifestyle factors.

Physicians and other health professionals in clinical and worksite practice will benefit from the expanded emphasis on clinical applications and case studies, better enabling them to address lifestyle-driven diseases with patients while encouraging the move to value-based care. For heart disease and strokes alone, the CDC recently issued [a report](#) on the increase in mortality from preventable, lifestyle-related chronic disease for people aged 30 to 49 years.

The updated 32-hour CME course has ten modules comprised of 45 individual courses and includes 25 hours of engaging video content. These extensively cover basic and advanced information about the core competencies as well as specific lifestyle medicine subject areas. Enhancements to the updated program include:

- **Updated evidence base** with fully referenced presentations by expert faculty
- **Expanded clinical focus** to help providers apply it to patients in clinical practice
- **Engaging new design** specifically for the adult learner and placed on our new, easier-to-use learning platform—improving transitions and visual features, using interactive reflective exercises to reinforce content, and adding case-based tests to measure competency gains
- **Updated coursework** covering the 15 core competencies identified in [JAMA](#) dives into critical topics on: core competency skills, nutrition, physical activity, health and wellness coaching, sleep health, emotional wellness, mindfulness, tobacco cessation, alcohol use, and weight management.

Two-year access to the program provides ample study time for physicians, nurses, nurse practitioners, physician assistants, dietitians, health coaches and other allied health professionals who want to learn more about lifestyle medicine and integrate competencies into their practice. Learning is reinforced through interactive exercises and the program is updated annually, as needed, to incorporate the latest research and recommendations.

Clinicians enrolled in the program's first edition receive free access to the updated program. All providers interested in learning more about the second edition of the Lifestyle Medicine Core Competencies program can visit the [ACPM website](#) or [ACLM website](#), or contact Dani Pere (lmccinfo@acpm.org), ACPM Vice President of Programs & Education, or Paulina Shetty (education@lifestylemedicine.org), ACLM Associate Director of Membership & Education, with any questions about discounts, group enrollments, or enrollment procedures.

The [American College of Preventive Medicine](#) is a medical society for physician specialists with expertise in both clinical care and population health. The College advances the practice of preventive medicine in public health and health systems, and advocates for health policies that work to prevent disease, promote health, and avert health crises.

The [American College of Lifestyle Medicine](#) is the medical professional society providing quality education and certification to those dedicated to clinical and worksite practice of Lifestyle Medicine as the foundation of a transformed and sustainable health care system. ACLM members are united in their desire to identify and eradicate the root cause of disease, and create a new systems approach to health.

MEDIA CONTACT

Stephanie Marshall

ACPM Vice President, Communications & Development
smarshall@acpm.org
202-466-2044 x106

Jean Tips

ACLM Senior Director of Communications
jtips@lifestylemedicine.org
971-983-5383 x119

EDUCATION CONTACTS

Dani Pere

ACPM Vice President, Program & Education
lmccinfo@acpm.org

Paulina Shetty

ACLM Associate Director, Membership & Education
education@lifestylemedicine.org

REFERENCES

- [Physician Competencies for Prescribing Lifestyle Medicine](#). Lianov L, Johnson M. JAMA. 2010;304(2):202–203. July 14, 2010.
- [Vital Signs: Prevalence of Key Cardiovascular Disease Risk Factors for Million Hearts 2022 – United States, 2011-2016](#). Morbidity and Mortality Weekly Report, Centers for Disease Control and Prevention. September 6, 2018.

RELEASE SUMMARY

The American College of Lifestyle Medicine and the American College of Preventive Medicine announced the launch a new and improved Lifestyle Medicine education program that addresses the gaps in health care provider’s knowledge and skills in the treatment of lifestyle-related conditions, the costliest burden in today’s healthcare environment. This one-of-a-kind course prepares clinicians to succeed in value-based reimbursement systems.

RELEASE WEB VERSION

- <https://www.acpm.org/page/lmprogramsecondedition>