



American College of
Preventive Medicine

NEWS
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Contact: David Shih, MD, MS
Senior Director, Medical Affairs
202-466-2044, x105

**AMERICAN COLLEGE OF PREVENTIVE MEDICINE RELEASES LIFESTYLE
MEDICINE LITERATURE REVIEW**

Blue Ribbon Panel Meets to Develop Lifestyle Medicine Competencies

Washington, DC – The American College of Preventive Medicine (ACPM) has launched a web page featuring an extensive literature review on lifestyle medicine —the practice of changing health behaviors to promote health and prevent and treat disease. The document summarizes scientific evidence supporting lifestyle interventions. It also provides information on related topics such as definitions, reimbursement trends, related practice patterns, and relevant organizations. The appendix summarizes the literature review’s evidence by disease and behavior category in chart format. Researchers, policymakers and the public can access the review and other relevant information at <http://www.acpm.org/LifestyleMedicine.htm>.

“We can trace the root causes of 2 of every 5 deaths in the United States to lifestyle behaviors. Now anyone can learn about the scientific basis for behavior change interventions with the click of a mouse,” says David Shih, MD, MS, ACPM senior director for medical affairs

The website also describes ACPM’s activities in Lifestyle Medicine, including the formation of the Lifestyle Medicine Task Force and development of a clinical preventive and lifestyle medicine track for the Preventive Medicine 2010 meeting in Washington, DC.

ACPM commissioned the literature review in preparation for hosting a blue ribbon panel of physician experts and representatives from leading primary care and other medical associations on July 27 and 28. This panel reached consensus on a draft set of domains and competencies that define a minimum base of knowledge, skills, and attitudes physicians should possess to effect evidence-based lifestyle approaches to disease management and prevention. The panel will finalize language in the coming weeks and plans to disseminate its findings through publication in a major medical journal.

“This is a landmark event. The principles of lifestyle medicine are foundational to health promotion, disease prevention and chronic disease management. Yet we believe this is the first time that a comprehensive group of physician stakeholders has met to determine what it is that physicians in primary care practice should know about this vital aspect of modern medicine,” says ACPM President Mark B. Johnson, MD, MPH, FACPM.

The panel includes representatives from [ACPM](#), the [American Academy of Family Physicians](#), [American Academy of Pediatrics](#), [American College of Physicians](#), [American Medical Association](#), [American Osteopathic Association](#), [American College of Lifestyle Medicine](#), and [American College of Sports Medicine](#). The effort was made possible by grants from [Lifestyle Center of America](#) and [Procter & Gamble](#).

The literature review and other information about ACPM’s lifestyle medicine initiative can be found at <http://www.acpm.org/LifestyleMedicine.htm>.

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The American College of Preventive Medicine is the national medical specialty society representing physicians committed to health promotion and disease prevention. Founded in 1954, ACPM provides leadership in research, professional education, development of public policy, and enhancement of standards of preventive medicine. In addition to physicians Board-certified in preventive medicine, ACPM’s members include physicians Board-certified in other medical specialties who have a strong interest in health promotion and disease prevention. For more information about ACPM, visit www.acpm.org.