



# LMRC

Lifestyle Medicine  
Residency Curriculum

## Program Orientation

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**Andrew Mock, MD, MPH**  
**Department of Preventive Medicine**

# Lifestyle Medicine GME Concentration

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- Participate in LMRC
- 1 month elective with preventive medicine
- Board eligible for lifestyle medicine at end of residency



Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a **primary modality to treat chronic conditions** including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions.

**Lifestyle Medicine: As defined by the American College of Lifestyle Medicine (ACLM)**



# Lifestyle Medicine

6 key domains of health behavior:

- Optimal nutrition
- Physical activity
- Sleep
- Stress management
- Social connection
- Avoiding risky substances





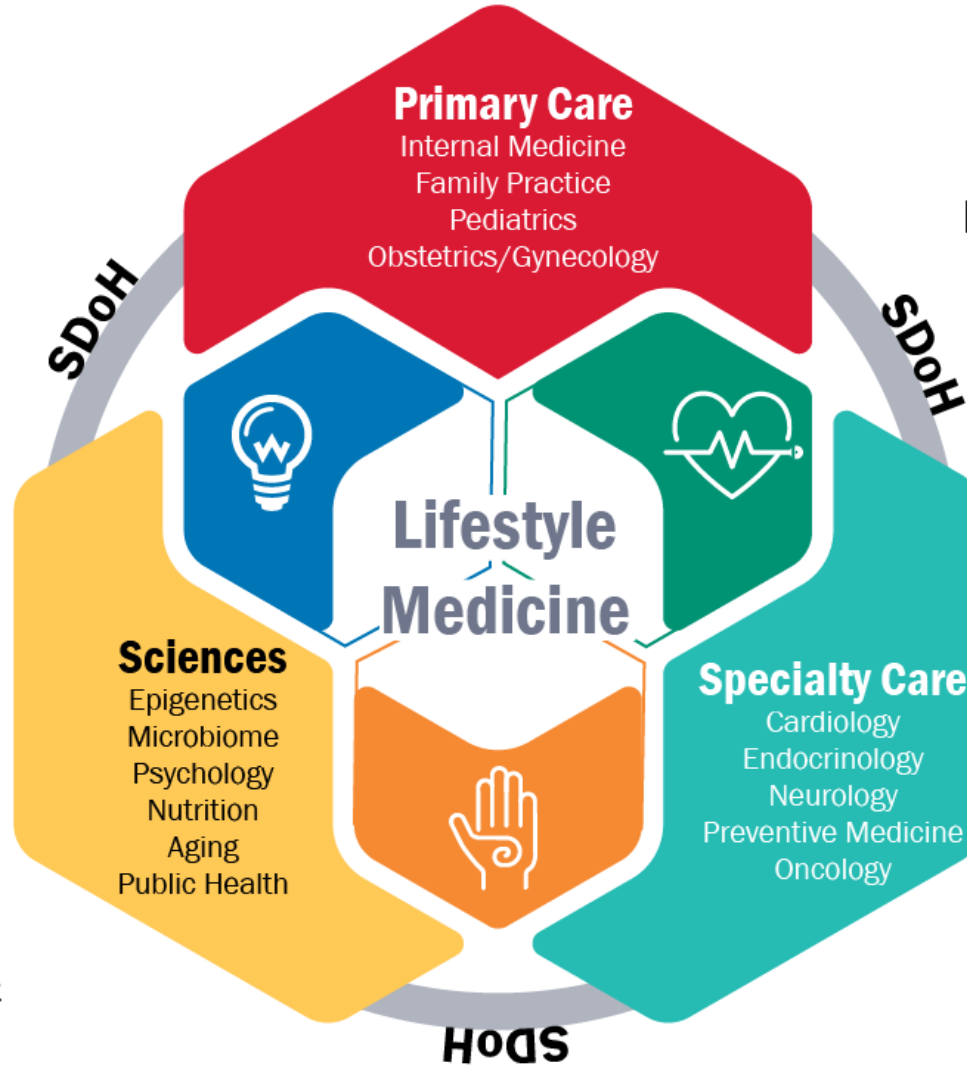
## Mental Health

Inner balance and harmony to optimally meet daily demands / tasks / relationships



## Social Determinants of Health (SDoH)

Economic Stability  
Education Attainment  
Health Care Access  
Built Environment  
Social Context



## Physical Health

Proper bodily function affected by lifestyle, genetics, and one's environment



## Social Health

Personal ability to interact and adapt effectively with the environment



- Physician certification in lifestyle medicine indicates that the individual has mastered the science of preventing, treating, and reversing chronic disease in an evidence-based manner with official acknowledgment from the **American Board of Lifestyle Medicine**.
- By becoming certified in lifestyle medicine, you will become one of over 5,000 diplomates world-wide.
  - Physicians can become certified in lifestyle medicine through the American Board of Lifestyle Medicine (**DipABLM**).
  - Professionals with a master's or doctorate degree in a health-related field can become certified in lifestyle medicine through the American College of Lifestyle Medicine (**DipACLM**).

# Lifestyle Medicine Residency Curriculum

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**LMRC**

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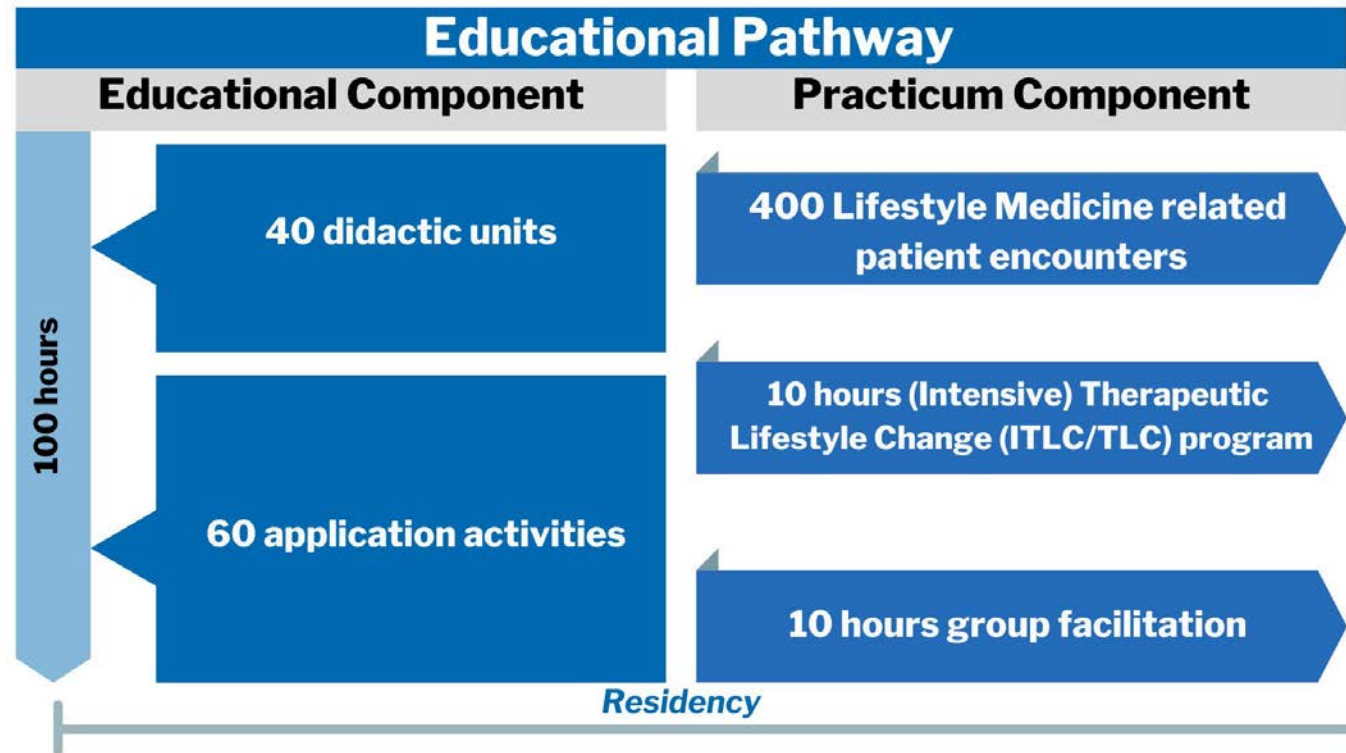
[lifestylemedicine.org/lmrc](https://lifestylemedicine.org/lmrc)

- Developed in collaboration with Loma Linda University Health & ACLM
- Comprehensive, applicable, and flexible curriculum designed for integrated implementation into medical residency programs with educational and practicum components.
- Upon completion of the curriculum, residents qualify to sit for the American Board of Lifestyle Medicine certification exam.



# Physician Educational Pathway

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Upon completion of the education and practicum components, residents qualify to sit for the **American Board of Lifestyle Medicine (ABLM) certification exam**





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## Educational Component Snapshot

Module Number and Title	Didactic Units	Prescribed Application Hours	Total Hours
1. Introduction to Lifestyle Medicine	3	3	6
2. The Role of the Practitioner's Personal Health and Community Advocacy	2	2	4
3. Nutrition Science, Assessment, and Prescription	10	10	20
4. Physical Activity Science, Assessment, and Prescription	6	6	12
5. Sleep Health Science and Interventions	3	3	6
6. Treating Tobacco Use Disorder and Managing Other Toxic Exposures	3	3	6
7. Fundamentals of Health Behavior Change	4	4	8
8. Key Clinical Processes in Lifestyle Medicine	3	3	6
9. Emotional and Mental Health Assessment and Interventions	4	4	8
10. The Role of Connectedness and Positive Psychology	2	2	4
Flexible Application Hours		20	20
<b>Total Hours</b>	<b>40</b>	<b>60</b>	<b>100</b>

## Internal Medicine Implementation Plan

Year 1 (13 hours)	Module 1 Intro to LM	Module 2 Role of Practitioner	Module 3 Nutrition (Units 1-4)	Module 7 Health Behavior Change
Year 2 (14 hours)	Module 4 Physical Activity	Module 6 Tobacco & Substances	Module 8 Key Clinical Processes	Module 10 Connectedness & Positive Psychology
Year 3 (13 hours)	Module 3 Nutrition (Units 5-10)	Module 5 Sleep	Module 9 Emotional & Mental Health	

# LMRC

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Practicum Component Snapshot	
Topic	Requirements*
Lifestyle Medicine approach in inpatient or outpatient clinical care settings	400 pt encounters
Nutritional assessments and interventions	40 pt encounters
Physical activity assessments and interventions	40 pt encounters
Emotional and mental well-being, sleep, and connectedness assessments and interventions	40 pt encounters
Tobacco and toxic substance assessment, brief intervention, and referral training	30 pt encounters
Interpersonal and community communication skills, practice-based learning and improvement, systems-based practice, and leadership in policy and community	not designated
(Intensive) Therapeutic Lifestyle Change (ITLC or TLC) programs	10 hrs
Support or coaching group facilitation	10 hrs

Next Steps:

E-mail us at

prevmedres@llu.edu



[lifestylemedicine.org](http://lifestylemedicine.org)

## ENROLL & PARTICIPATE

Become Lifestyle Medicine **Board Eligible**

### PREVENT, TREAT AND REVERSE CHRONIC DISEASE

The American College of Lifestyle Medicine is the medical professional home for those dedicated to identifying and eradicating the root causes of chronic disease, thus advancing lifestyle medicine as the foundation for all health and health care.

### FREE ONE-YEAR ACLM MEMBERSHIP\*

ACLM is proud to offer a complimentary one-year student/trainee level membership to first-year LMRC residents (\$80 value)!

- ▶ ACCESS THE *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
- ▶ ACCESS CLINICAL TOOLS AND PATIENT RESOURCES
- ▶ NETWORK WITH LIFESTYLE MEDICINE CLINICIANS

\*This offer is valid for residents participating in the LMRC new to ACLM. It is valid for 12 months. Renewal at the student/trainee level is \$55 annually.

Collaborative Initiative of:



### 5 EASY STEPS

1. SCAN THE CODE
2. CREATE YOUR ACCOUNT
3. ENROLL IN THE LMRC
4. BEGIN YOUR VIRTUAL, INTERACTIVE LMRC EXPERIENCE
5. ACCESS ACLM MEMBER BENEFITS

NEED SUPPORT?

Email [lmrc@lifestylemedicine.org](mailto:lmrc@lifestylemedicine.org)

# Learn More

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## Lifestyle medicine

- [Lifestylemedicine.org](https://lifestylemedicine.org)

## Certification

- [Ablm.org](https://abl.org)

## LMRC

- [Lifestylemedicine.org/lmrc](https://lifestylemedicine.org/lmrc)

## Loma Linda University Health

- [LLU.edu](https://llu.edu)

