

# Framework for the ACPM Lifestyle Medicine Task Force

## Objectives:

- To position ACPM as a leader in the field of lifestyle medicine--promoting the practice of lifestyle medicine for prevention and treatment of chronic and other diseases
- To promote the role of preventive medicine physicians in lifestyle medicine--as a key component of the public health approach to these diseases

## Strategies:

### Collaborate with Stakeholders

Organized medicine and professional organizations

- Collaborate with other medical/specialty organizations to define core competencies for physicians who offer lifestyle medicine services
- Collaborate with other medical and professional organizations whose focus is on relevant areas in lifestyle medicine, such as the American College of Lifestyle Medicine, American College of Sports Medicine, the (American Diabetes Association), the American Heart Association, and the American Cancer Society to promote a consistent message about the benefits of lifestyle medicine.

The health care sector

- Work with health care sector to promote strategies of developing standards of practice in lifestyle medicine for primary care physicians and non-preventive medicine specialists, including referral to preventive medicine specialists when appropriate (and define referral criteria).
- Work with health care sector to promote strategies for implementing standards of practice for lifestyle medicine for preventive medicine specialists.
- Develop strategies for implementing such standards into practice, i.e. make it practical to include in daily practice routine
- Promote lifestyle medicine as a prevention and treatment modality.
- Collaborate with the health care sector to determine how lifestyle medicine fits into the state-of-the-art models of care, such as the patient-centered medical home and the chronic care model.
- Define the added-value role of the preventive medicine specialist to support the work of primary care clinicians and other specialists.

The public sector and community-based organizations

- Collaborate with the public sector and community-based organizations whose work impacts aspects of lifestyle medicine to promote the interest in and access to lifestyle medicine by the public, such as the Lifestyle Center of America.
- Collaborate with the Centers for Disease Control and Prevention (e.g. the Division of Nutrition and Physical Activity) to promote the role of preventive medicine physicians in advancing lifestyle medicine, as part of the broad public health approach for addressing the epidemic of obesity and related conditions.
- Collaborate with worksite programs to develop and promote lifestyle medicine programs for employees.

### Provide Training and Education

- Develop lifestyle medicine educational programs based on ACPM content for ACPM annual meeting and other venues
- Promote the incorporation of lifestyle medicine in medical training programs.
- Develop and promote and/or collaborate with relevant organizations to promote professional educational materials in lifestyle medicine, such as the *Exercise is Medicine* textbook by Steven Jonas and Edward Phillips.
- Develop and promote--or collaborate with relevant organizations, such as The Institute of Lifestyle Medicine at Harvard Medical School--to promote trainings and conferences for primary care physicians and for prevention specialists.
- Advance the understanding and use of the most recent scientific and medical developments in lifestyle medicine, such as nutrigenomics.

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**Advocate for Public Policy**

- Advocate for public policies at the local, state and federal level that support the training for and the practice of clinical preventive medicine and specifically lifestyle medicine, such as reimbursement for physician counseling, reimbursement for lifestyle coaching by other health professionals, and health care incentives such as pay-for-performance initiatives.
- Advocate for policies that support lifestyle medicine services for the public, not simply those individuals who pay out-of-pocket or have certain employer health benefits.
- Advocate for policies on the built environment that support the ability of the public to follow-through on healthy lifestyles and behaviors.
- Advocate for worksite wellness programs.
- Advocate for research in lifestyle medicine as a prevention and treatment modality

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