Lifestyle Medicine Education (LMEd) Year-end Report 2017

Executive Summary

The Lifestyle Medicine Education Collaborative (LMEd) was founded to provide a comprehensive and sustainable approach to policies, programs, and initiatives to increase the knowledge and application of Lifestyle Medicine in US medical students. LMEd is increasingly recognized as an international collaboration offering leadership, guidance and curricular resources to advance the adoption and implementation of evidence-based lifestyle medicine curricula.

LMEd Goals by Objective

1. Provide high quality curricular material on an easily navigable website.

We have reached over 50% of US medical schools from AAMC and AOA master lists with showcasing high quality free and fee based materials on our website, MedEdPORTAL Lifestyle Medicine Collection, and Dropbox. Our goal is 100% of US medical schools through mentoring medical schools in Lifestyle Medicine Education Change. We also reach medical schools, residencies, and allied health professions in LM medical education in the US and around the globe.

- Launch of the AAMC MedEdPORTAL Lifestyle Medicine Collection for open access LM content to all U.S. medical schools
- Champions of Change in medical school education featured in our newsletters
- Mentoring of upcoming schools such as Kaiser Permanente in Pasadena
- Residency Lifestyle Medicine with Dr. Brenda Rae (ACLM, Loma Linda, Ardmore)
- Conference engagements and acceptance at AMA
- LMEd Champions of Change Workshop was facilitated by Converge for Impact LLC at the ACLM Conference. The workshop resulted in an accepted AJLM journal paper for the September 2018 issue.

2. Solicit the support of medical school deans, critical administration and faculty to advocate for and implement Lifestyle Medicine curricula in medical school education.

Continued presentations, seminars, and workshops will help us increase the number of medical school of all U.S. medical schools will be represented on the LMEd website. We highlight of Change in Lifestyle Medicine locally at their medical school. Going forward we have discussions underway with ACLM to produce a State of Lifestyle Medicine Education Benchmark Report in medical schools as a joint project.

- We have an accepted paper from AJLM about our ACLM LM Mentoring Workshop for medical schools, due to be published in September 2018.

3. Expansion and formalization of policy and advocacy efforts.

LMEd core team members serve on committees of the aligned organizations to promote our mission with a minimum of three LMEd representatives on outside committees. We will work with these aligned organizations to produce legislative briefs and coordinate mass media and lectures across all areas. We will submit for publication a minimum of one policy paper related to Lifestyle Medicine that will be co-authored with one of our policy partnerships.

On July 25, 2017, the American College of Preventive Medicine (ACPM), in conjunction with the Lifestyle Medicine Education Collaborative (LMEd), held a congressional briefing entitled, "Transforming Medical Education to Prevent Chronic Disease." [http://www.acpm.org/page/lmbriefing](http://www.acpm.org/page/lmbriefing)
The briefing focused on the need to include training on nutrition, physical activity, and other lifestyle elements in medical school curricula and continuing medical education (CME). The briefing highlighted two bills currently in the House of Representatives:

- The H.R. 1413: **ENRICH Act**, sponsored by Congressman Tim Ryan (D-OH-13) and Congressman Patrick Tiberi (R-OH-12), which would establish grants to medical schools to develop or expand integrated nutrition and physical education curricula; and the H.R.1634:

- **EAT for Health Act**, sponsored by Congressman Raul Grijalva (D-AZ-3), which would ensure that federally employed primary health care professionals have continuing education related to nutrition.

On March 6, 2018, Dr. Trilk again will represent LMed on Capitol Hill, Washington, DC. LMed will partner with the American College of Sports Medicine (ACSM).

- The **Personal Health Investment Today (PHIT) Act** is legislation pending in Congress which will allow Americans to use Pre-Tax Medical Accounts to pay for physical activity expenses. The PHIT Act will provide an incentive for adults and their children to get fit which will help prevent healthcare costs related to preventable chronic diseases. [http://www.phitamerica.org/Legislation/PHIT_Act.htm](http://www.phitamerica.org/Legislation/PHIT_Act.htm)

Eddie Phillips and Rachele Pojednic serve as co-chairs of ACSM’s Exercise is Medicine Education Committee and Jennifer Trilk serves as chair of ACSM’s Education Committee. Further, Eddie Phillips is on the advisory committee of the Prescription for Activity and an advisory member of the ACLM and the US National Physical Activity Plan Healthcare Sector.

LMed is submitting a journal level policy paper for publication in advancing Lifestyle Medicine Education.

**4. Detailed research outcomes related to Assessment, and development of a Lifestyle Medicine Test to be used across UME.**

Student progression and comparison performance on the NBME LM CAT for a minimum of two medical schools will be completed and statistical interpretation will be completed and dissemination of results will occur through conference presentation, manuscript submissions, and a Final Report to NBME.

LMed has forged a partnership with the National Board of Medical Examiners (NMBE) to develop and implement a customized Lifestyle Medicine exam to undergraduate medical students. The NBME has graciously provided in-kind costs of $1500/year for registrations fees to allow LMed to pilot the exam.

**Sites:** University of South Carolina School of Medicine, study started August 2017
Ohio University School of Medicine, on boarded January 2018; study start August 2018

**5. Number of students choosing lifestyle medicine research or community projects, completing online LM education modules, and/or applying for research grants and poster presentations.**

LMed works closely and supports ACLM’s Physicians in Training (PiT) group to promote and foster more involvement by students in Lifestyle Medicine Research projects through our social media and in presentations and seminars. LMed Professionals in Training Leadership Awards were given out at the annual ACLM conference in October 2017 to students with exceptional research accomplishments in the field of Lifestyle Medicine education. We allocated $4,500 for provide multiple awards with research poster and travel awards. We also supported ACLM Professionals in training medical students to attend our LMed Mentoring workshop in lieu of registration fees.