

## Open Access, Evidence-Based

### Our Mission

LMEd provides open access, evidence-based Lifestyle Medicine curricular resources to build knowledge, skills and advocacy in clinicians for the prevention and treatment of lifestyle-related chronic disease.

### Our Vision

All clinical students will receive education in lifestyle medicine to prevent and treat lifestyle-related chronic disease.

### Our Reach

1,293 Members

72 Countries

Reach Us  
[info@lifestylemedicineeducation.org](mailto:info@lifestylemedicineeducation.org)

### Lifestyle Medicine Education

Healthcare professionals are uniquely positioned to stem the tide of chronic disease through patient education. In order to be effective, our nation's clinicians must understand the vital roles exercise, nutrition, sleep, social connectivity, health behavior change, tobacco cessation and responsible alcohol use and other lifestyle interventions play in preventing, treating and managing disease. Through training, clinicians will be poised to treat and prevent the current pandemic of chronic disease and reduce unsustainable healthcare costs.

### History

"LMEd was born in 2013 out of a small but mighty group of collaborators who had a passion to provide Lifestyle Medicine evidence-based curricula, networking, and support to medical educators. We aspired to teach future doctors how to prevent, treat, and reverse lifestyle-related chronic diseases. LMEd reached over 140 allopathic and osteopathic medical schools with that goal. We now are thrilled to offer LMEd to the medical educator community to fulfill these goals."

Jennifer L. Trilk, PhD, FACS, DipACLM

### Powered By



**School of Medicine  
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### Strategic Partner



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