



**DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS UNITED STATES AIR FORCE  
WASHINGTON DC**

20 JUL 2023

**MEMORANDUM FOR RECORD**

**FROM:** Air Force Lifestyle & Performance Medicine Working Group  
Defense Health Headquarters  
7700 Arlington Blvd  
Falls Church, VA 22042

**SUBJECT:** Lifestyle Medicine Education, Training and Certification Opportunities

1. The Air Force Lifestyle & Performance Medicine (L&PM) Working Group recognizes that Lifestyle Medicine (LM) is a critical component of military medicine in preventing and treating the majority of chronic diseases affecting our active duty population, as well as all our DoD beneficiaries. Chronic diseases such as heart disease, cancer, and type 2 diabetes are the leading contributors to death, disability, and health care costs in the United States. Our active duty military service, potential recruits, Veterans and their family members are not immune to the health problems that affect the rest of the United States population, and the impact is substantial. LM education will highlight how this medical specialty is being implemented to address the root causes of chronic disease and improve the health and lives of our active duty military service members, Veterans and families throughout the world.

2. In order to raise awareness about how LM can effectively prevent, treat, and reverse many chronic health conditions, as well as optimize readiness, deployability, and human performance of our service members, the L&PM Working Group has compiled a number of frequently asked questions listed in the paragraphs below for your awareness.

3. What is LM? LM 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. LM-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 LM—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.

4. What is the American College of Lifestyle Medicine (ACLM)? The ACLM is the medical professional society providing quality education and certification to those dedicated to clinical and worksite practice of LM as the foundation of a transformed and sustainable health care system. To learn more, visit: <https://lifestylemedicine.org>.

5. What is the Air Force L&PM Working Group? The Air Force L&PM Working Group was established and chartered in 2020 under Headquarters Air Force within the Medical Operations Division to sustain the health, well-being, and performance of all service members for the duration of their military careers and beyond through strategic, evidence-based lifestyles that not only prevent, treat, and reverse chronic disease but also optimize health and human performance to maximize readiness and deployability. The broader membership (known as the Coalition of Interested) was founded to connect individuals within the military setting across all services, to provide continuing education (CE) or continuing medical education (CME) credit opportunities and clinical resources, and to offer guidance to achieving LM certification. Link to the L&PM Working Group Charter:

<https://www.hprc-online.org/total-force-fitness/service-specific-resources/air-force/air-force-lifestyle-performance-medicine>

6. How do you become a member of the L&PM Working Group? Individuals interested in becoming L&PM Working Group members, seeking ACLM educational or clinical resources, or pursuing requirements for LM certification can find more information by completing the following process:

- a. Fill out this digital registration form via a personal device:  
<https://forms.gle/ATCPWEcobKyWJSs48>
- b. Create a free ACLM account at <https://lifestylemedicine.org>
- c. Request to join our private ACLM Connect Community to access our resources:  
Use your new ACLM account credentials to log into your ACLM account and click on "Access ACLM Connect". In Connect, under the Groups menu tab, click on "ACLM Groups", choose the Military Lifestyle & Performance Medicine Community and request to join. Access is generally granted with 72 business hours.

7. How do individuals obtain CE/CME about LM? CE/CME credit is available through ACLM via multiple mechanisms, as well as through the Defense Health Agency (DHA) Continuing Education Program Office (CEPO) Lifestyle & Performance Medicine Lecture Series.

- a. The ACLM has granted healthcare professionals within the DoD complementary access to their online 5.5 CE/CME credit Lifestyle Medicine & Food as Medicine Essentials Course Bundle, including a one-hour Introduction to Lifestyle Medicine module and the 4.5-hour Food as Medicine modules. It is available to all DoD healthcare professionals in need of continuing education credits.

- (1) To access the CE/CME bundle, navigate to:  
<https://lifestylemedicine.org/project/essentials>

- (2) Then review the course information and register by clicking "Register Now".

- (3) Individuals will be prompted to sign in with their ACLM account information -- if they do not yet have an account, individuals can click on "Create A New

Account" which is a free option.

- (4) Then click on the "Register Myself" button to add the training to the shopping cart, then click Proceed to Checkout and use promo code ESS-DOD23 where individuals can fully register at no charge. Note that the code is case sensitive.
  - b. The ACLM website has many other CE/CME credit opportunities (both complimentary and for purchase) through their main website and educational platform, My Learning Center.
  - c. The DHA CEPO Lifestyle & Performance Medicine Lecture Series provides free CE/CME credit for individuals interested in learning more about Lifestyle Medicine applications within the DoD. Individuals may create a free account by navigating to <https://www.dhaj7-cepo.com/> and then searching on relevant courses using the search term "lifestyle".
8. How do healthcare professionals become certified in LM? The American Board of Lifestyle Medicine (ABLM) and ACLM provide certification exams in LM, indicating that individuals completing the training prerequisites and passing the exams have mastered the science of preventing, treating, and reversing chronic disease in an evidence-based manner. More information about the ABLM/ACLM certification exams can be found at: <https://www.lifestylemedicine.org> under the Certification menu tab.
- a. Prerequisites for LM certification are found on the ACLM website under the Certification tab. The ACLM has multiple prerequisites for LM certification, most of which are self-paced, online learning opportunities, allowing healthcare professionals to complete training on their own schedules. To be eligible for taking the certification exam, individuals must first complete a minimum of 30 hours of online LM CME. There are several for-purchase curricula that accomplish this, but a commonly used curriculum is the Foundations of Lifestyle Medicine Board Review CME/CE Course offered by ACLM, a 30-hour evidence-based online program that follows the recommended foundational approach to preventing and treating the majority of chronic diseases affecting Americans—diseases that are caused or exacerbated by today's unhealthy lifestyle choices. More information about the ACLM's Foundations of Lifestyle Medicine Board Review CME/CE Course can be found at <https://lifestylemedicine.org> under the Education menu tab.
  - b. Once the individual has applied for a free ACLM membership and purchased the online training, they may embark on the online prerequisites. On average, it can take a full-time active-duty health professional between one and three months to complete, if working routinely after normal duty hours, as well as several hours on the weekends. This does not include study time to sit for the certification exam.
  - c. Additionally, individuals must complete CE/CME credit via attendance at an approved LM conference. Historically there was an in-person attendance requirement for this prerequisite, however, as a 2023 pilot program, ABLM and ACLM have approved active military healthcare professionals to fulfill this requirement by completing 20 hours of

virtual attendance to the annual LM conference.

- d. Specific details about 2023 pricing and certification requirements for DoD staff can be found on the attached ACLM memo: Lifestyle Medicine Training and Certification Proposal - Military Healthcare Professionals - 4.16.2023. Note that although the memo says “military” in the verbiage, ACLM clarified with this language: “Anyone working within military healthcare is eligible for the standard training pathway. Anyone working within military healthcare (who meets the standard prerequisites) is eligible to sit for certification. For certification in 2023, the non-in-person conference exemption is limited to active military personnel. Other civilian personnel will need to attend the conference live in 2023 to fulfill the prerequisite for exam eligibility.”

9. What are the current funding options for the Board Review Course, conference attendance and certification exam?

- a. Individuals may route a CE/CME funding memorandum through their leadership for approval to be paid in advance, typically by Government Purchase Card (GPC) and SF182 completion, or afterward with SF182 and SF1199A processed by the local Resource Management Office (RMO). This precedent was first established at the USAF Academy, as LM is a significant contributor to maintenance and optimization of Aerospace Medicine. Attached you will find a CE and Exam Funding Support Memo Template which can be used for interested individuals.
- b. ACLM offers a number of scholarship opportunities throughout the year to promote advancement of LM education and certification. In 2022, DoD had at least four scholarships recipients. More details can be found at:  
<https://lifestylemedicine.org/?s=scholarship>
- c. Additionally, individuals may elect to pay out-of-pocket for the online training and certification exam. A number of our L&PM Working Group members have opted to do this, recognizing the value of this skill set for their future professional careers and personal satisfaction.

10. What is the Lifestyle Medicine Residency Curriculum (LMRC)? Our military medical residency programs for physicians have already implemented the Lifestyle Medicine Residency Curriculum (LMRC) at eight graduate medical education sites. For awareness, this program includes 40 hours of didactic material along with 60 hours of application activities designed to be completed over a one-to-three-year period. Details about the LMRC can be found at:  
<https://lifestylemedicine.org/project/lifestyle-medicine-residency-curriculum/>

11. What is the LM Specialist Special Experience Identifier (SEI)? The LM Specialist SEI is available to Air Force officers in health care specialties who have acquired the complete LM certification designation through ACLM or ABLM. The SEI is a designation that can be applied to an individual’s personnel file which will help track how many individuals have this skill set certification and ultimately can assist with future professional development and job placement. More information can be found on the Medical Corps Knowledge Exchange site located at:  
<https://kx.health.mil/kj/kx5/AFMedicalCorps/Pages/sei.aspx>.

12. We appreciate your interest in the field of Lifestyle Medicine. If you have questions or need more information, please contact [lifestyleperformancemed@gmail.com](mailto:lifestyleperformancemed@gmail.com).

Mary Anne Kiel, Col, USAF, MC  
FAAP, DipABLM  
Chief, Air Force Medical Home Program  
Chair, Air Force L&PM WG  
Department of the Air Force  
Office of the Surgeon General

Attachments:

1. Lifestyle Medicine Training and Certification Proposal - Military Healthcare Professionals - 4.16.2023
2. CE and Exam Funding Support Memo Template

## **Lifestyle Medicine Training and Certification Proposal For Military Based Healthcare Professionals**

Revised April 16<sup>th</sup>, 2023

For several years, the American College of Lifestyle Medicine (ACLM) has worked closely with a number of military based healthcare leaders to integrate lifestyle medicine education, certification and clinical programs into military healthcare facilities. We have also been pleased to see the growth and interest in the Lifestyle & Performance Medicine Working Group and their significant efforts across the branches.

Based on the continued interest from military medical personnel and various military medical organizations, ACLM has developed the following specific training proposal. To streamline the process and ensure appropriate training, we suggest two primary pathways for consideration. First, for those professionals who are eligible for formal certification in the field of lifestyle medicine, you will find a recommended suite of training courses below noted as the **Comprehensive Certification Pathway**. Second, for those professionals not currently eligible for certification, we propose a **Standard Training Pathway** with sufficient content to build a solid baseline knowledge of the evidence base for the field of lifestyle medicine.

All of the course content is delivered through an online, self-paced learning management system, with the exception of those opting for the in-person conference pre-requisite and the certification exam. Details regarding eligibility for the **Comprehensive Certification Pathway** can be found at on the ABLM website. To support deployment schedules, the ACLM conference pre-requisite may be taken virtually this year.

To further assist and create an efficient training deployment, ACLM will offer the following pathways for individuals from Military Treatment Facilities (MTF) or, we can aggregate interest from multiple MTFs to contract at a larger scale. To support the widest training adoption, in a range of settings, the pricing for the pathways below are available for any sized group of military based healthcare professionals. Additional discounts will be available for significantly larger group cohorts or for training across an entire branch.

### **Comprehensive Certification Pathway**

ACLM to provide for all military professionals eligible for certification:

- [Introduction to Lifestyle Medicine](#) - 1 CME/CNE/CPE/CE Credits
- [Food as Medicine – Nutrition for Prevention and Longevity](#) - 3 CME/CNE/CPE/CE Credits
- [Food as Medicine – Nutrition for Treatment and Risk Reduction](#) - 1.5 CME/CNE/CPE/CE Credits
- [Lifestyle Medicine Board Review Course](#) (Pre-requisite for certification) – 30 CME/CNE/CPE/CE Credits
- [LM Conference Participation](#) (In Person or Virtual Pre-requisite for certification) ~ 40 CME/CNE/CPE/CE Credits
- [American Board of Lifestyle Medicine](#) Exam and Certification Fees
- Annual ACLM member experience program for year-round customer support

### **Standard Training Pathway**

ACLM to provide for all military professionals not currently eligible or not requiring certification:

- [Introduction to Lifestyle Medicine](#) - 1 CME/CNE/CPE/CE Credits
- [Food as Medicine – Nutrition for Prevention and Longevity](#) - 3 CME/CNE/CPE/CE Credits
- [Food as Medicine – Nutrition for Treatment and Risk Reduction](#) - 1.5 CME/CNE/CPE/CE Credits
- [Lifestyle Medicine Board Review Course](#) (Pre-requisite for certification) – 30 CME/CNE/CPE/CE Credits
- Annual ACLM member experience program for year-round customer support

Pricing for each of the highly discounted pathways is as follows:

- **Comprehensive Certification Pathway - \$2,975.00 per participant**
- **Standard Training Pathway - \$575.00 per participant**

To simplify the training deployment and contracting ACLM has arranged for these group purchases to be procured simply as one combined block of educational training for a pre-determined number of participants, and drawn from as needed over a two-year period, rather than needing to specify the exact participants in each pathway.

For example, a military base could procure a training block to cover 10 participants in each pathway, or that could be reallocated to cover a larger number of certifications, with fewer standard participants. The training purchaser simply indicates the estimated trainee totals for each pathway, and determines a total for the educational block to purchase. ACLM will manage all of the accounting to track usage and also fulfill all CME requirements.

Training funds will be established immediately at the time of our receipt of funds, but the training may be deployed to individuals anytime prior to Dec. 31<sup>st</sup>, 2024. Additional funding blocks may be added to at any time to accommodate additional trainees. To redeem training funds, the training purchaser simply provides a list of trainees, contact information, their healthcare role, and the recommended training pathway for each. ACLM will then enroll and support the trainee through completion of their courses. We understand that there may be some end of year funding available to use toward training, and ACLM is able to accept those dollars, secure a training fund for each group, and then begin enrolling trainees as necessary.

*If there are any other training or certification needs that are not sufficiently covered in these discounted pathways, please contact us with the requested training or certification needs and we can develop a custom quote.*

We look forward to helping grow the integration of Lifestyle & Performance Medicine education throughout the military healthcare system and welcome your questions. You can contact me directly to discuss the program and then we can arrange for the relevant staff to finalize the details.

Best regards,

A handwritten signature in blue ink, appearing to read 'Martin Tull', with a long horizontal stroke extending to the right.

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XX Jul 2023

MEMORANDUM FOR RESOURCE MANAGEMENT OFFICE

FROM: RANK FIRST NAME LAST NAME

SUBJECT: Funding Request for American College of Lifestyle Medicine Continuing Medical Education (CME) Course and Certification Exam

Healthcare providers in the Air Force Medical Service remain dedicated to improving the health and readiness of our Airmen and Guardians. Over two-thirds of service members are overweight or obese, and the DoD spends \$1.5 billion annually on obesity-related healthcare costs.<sup>1,2</sup> In the four years after Basic Military Training, Airmen gain an average of 15 pounds and 1.2 inches of abdominal circumference, with 28% transitioning from a normal weight to overweight or obesity.<sup>3</sup> Effects on the cardiorespiratory and musculoskeletal systems from excess weight have a negative impact on warfighter readiness, with 658,000 days of active duty work lost per year.<sup>4</sup>

Combating obesity and chronic disease through a whole health approach by enlisting the foundations of Lifestyle and Performance Medicine is obligatory to improving warfighter readiness. The American College of Lifestyle Medicine (ACLM) offers the Foundations of Lifestyle Medicine Board Review CME/CE Course offered by ACLM, a 30-hour evidence-based online program that follows the recommended foundational approach to preventing and treating the majority of chronic diseases affecting Americans—diseases that are caused or exacerbated by today's unhealthy lifestyle choices. More information about the ACLM's Foundations of Lifestyle Medicine Board Review CME/CE Course can be found at: <https://lifestylemedicine.org/project/foundations-of-lifestyle-medicine-board-review-ce-cme/>.

Additionally, the American Board of Lifestyle Medicine (ABLM) and ACLM provide certification exams in Lifestyle Medicine, indicating that individuals passing the exams have mastered the science of preventing, treating, and reversing chronic disease in an evidence-based manner. More information about the ABLM/ACLM certification exams can be found under the Certification menu tab at : <https://www.lifestylemedicine.org>

The Air Force Lifestyle & Performance Medicine working group has endorsed the ACLM's Foundations of Lifestyle Medicine Board Review CME/CE Course and the ABLM/ACLM certification exams as critical evidence-based accomplishments needed for healthcare providers to improve the readiness and warfighter capabilities of active duty members, as well as the health of all their beneficiaries. Lifestyle & Performance Medicine aligns with the Defense Health Agency's Quadruple Aim of improved readiness, better health, better care delivery, and lower cost.



Funding to achieve both the certification training CE/CME and the certification exam is respectfully requested to further my knowledge base and skill set in this rapidly growing field.

For questions, please contact me at (XXX) XXX-XXX or via email at xxxxxx.mil@health.mil

MEMBER'S FIRST/LAST NAME

Rank, USAF, Corps

Duty Title

#### References:

1. RAND Corporation. 2015 Health Related Behaviors Survey: Health Promotion and Disease Prevention among U.S. Active Duty Service Members.  
[https://www.rand.org/content/dam/rand/pubs/research\\_briefs/RB9900/RB9955Z2/RAND\\_RB9955z2.pdf](https://www.rand.org/content/dam/rand/pubs/research_briefs/RB9900/RB9955Z2/RAND_RB9955z2.pdf).
2. CDC. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/military-readiness.htm>.
3. Webber BJ, Ruiz SA, Talcott GW, Little MA, Tate DF. Weight gain of service members after basic military training. Am J Prev Med 2020; 58(1):117–21.
4. CDC. <https://www.cdc.gov/physicalactivity/downloads/unfit-to-serve.pdf>.