



AMERICAN COLLEGE OF  
Lifestyle Medicine

# Forming a Strategic Vision: Adapting academic training to assist programs in ensuring workforce competencies that meet population needs

Turn-key solutions for healthcare faculty

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# Presenters

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# Disclosures

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Melissa Bernstein is a textbook author for Jones & Bartlett Learning and collects royalties as an author.

All conflicts of interest have been mitigated.



# Today's healthcare challenges

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## Background: Healthcare is shifting...fast.

- Increased prevalence of chronic disease in the United States and globally
- Unsustainable healthcare demands and costs
- Workforce attrition and shortages
- Burnout

## Situation:

- Need solutions beyond medications, procedures, surgeries
- Lifestyle interventions are first-line in many chronic disease guidelines and result in optimizing outcomes

## Solution:

- Turnkey solutions to incorporate lifestyle medicine into healthcare professions curriculum

# Kotter's 8 Steps of Change

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- Create a Sense of Urgency
- Build a Guiding Coalition
- **Form a Strategic Vision**
- Enlist a Volunteer Army
- Enable Action by Removing Barriers
- Generate Short-Term Wins
- Sustain Acceleration
- Institute Change



# The lifestyle medicine framework

- Optimal nutrition
- Physical activity
- Restorative sleep
- Stress management
- Connectedness
- Risky substance avoidance





# Lifestyle medicine

- Disease remission as a measurable outcome
- Decreased healthcare costs
- New clinical delivery models focused on cost savings and outcomes (ELEVATE, BALANCE, TEAM, Ambulatory Specialty Model, Age-Friendly reporting mandate)
- Interdisciplinary care models
- Medication de-escalation and deprescribing





# Converging signals

- Accreditation pressures
- Health outcomes and cost containment becoming priorities
- Increased workforce demands
- Emphasis on whole health
- Increased recommendations of lifestyle interventions in chronic disease guidelines
- Nutrition getting increased attention





# Why nutrition is central

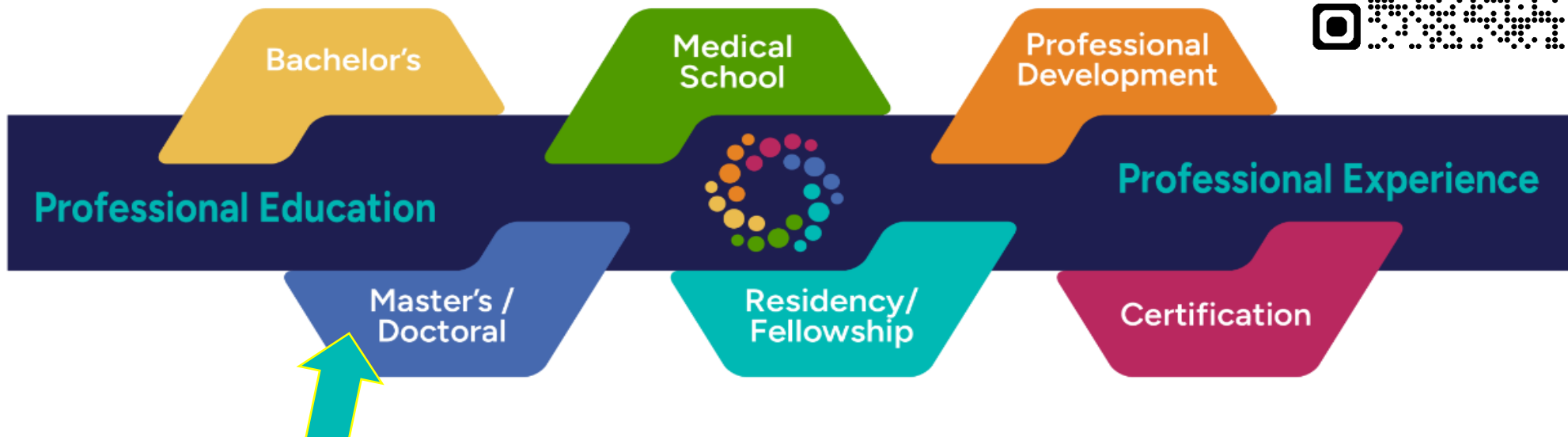
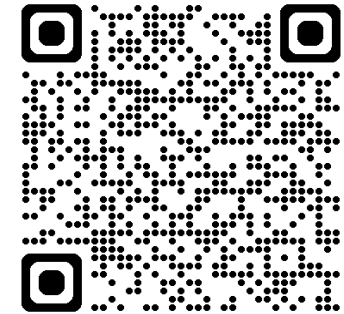
- Primary driver of many chronic conditions
- Most actionable intervention
- Food is/as medicine interventions becoming prominent



# Building the clinical workforce of the future

## One framework. Multiple entry points.

- Open-access curricula
- Certification pathways
- Faculty development and CME/CE



# HEALTH PROFESSIONAL EDUCATION

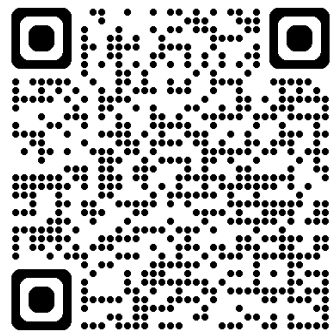
Partial + Full Academic Pathways



# Academic Pathways

## Extending nutrition & lifestyle medicine expertise across the healthcare team

- Designed for master's and doctoral health professions programs
- Enables faculty to embed lifestyle medicine content aligned with global LM competencies
- Students earn credit toward ACLM certification prerequisites during training
- All programs begin as ACLM-approved Partial Academic Pathways, with the option to advance to Full Academic Pathway



# INTERPROFESSIONAL BY DESIGN

Master's and doctorate health professions degree programs are eligible.

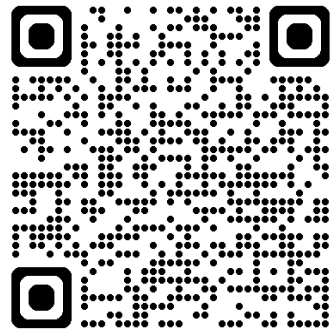
Examples include:

- Nurse Practitioner/Midwife/Clinical Nurse Specialist/Nurse Anesthetist/DNP/PhD
- Physician Associate
- Occupational Therapy
- Physical Therapy
- Speech and Language Pathologist
- Social Work
- Pharmacy
- Dentistry
- Nutrition and Dietetics
- Public Health
- Psychology
- Podiatry



# ACLM ACADEMIC PATHWAYS

- **University success**
- **Program success**
- **Student success**





# Academic Pathway Universities



- American University
- A.T. Still University
- Baylor College of Medicine
- Butler University
- Carlow University
- Creighton University
- Delaware Valley University
- Drew University
- Emory University School of Nursing
- Florida Gulf Coast University
- Florida State University
- George Fox University
- George Washington University School of Medicine & Health Sciences
- Grand Valley State University
- Harvard Extension School
- Hawai'i Pacific University OTD Las Vegas Program
- Idaho State University
- Indiana University

- Indiana University Indianapolis – Fairbanks School of Public Health
- Jacksonville University Keigwin School of Nursing
- Keck Graduate Institute
- Loma Linda University
- Loyola University Chicago
- Marian University Indianapolis
- Medical University of South Carolina
- Nebraska Methodist College
- Northeastern University
- Pacific University
- Philadelphia College of Osteopathy
- Point Loma Nazarene University
- **Rosalind Franklin University of Medicine and Science**
- Shenandoah University
- Southern Adventist University
- Southern California University of Health Sciences
- Tarleton State
- Texas Christian University

- The College of Idaho
- Touro University California
- Union Adventist University
- University of Arkansas for Medical Sciences
- University of Bridgeport
- University of Central Florida
- University of Cincinnati
- University of Connecticut
- University of Lynchburg
- University of Nebraska Medical Center
- University of Puget Sound School of Occupational Therapy
- University of Saint Joseph
- University of Toledo
- University of Washington
- UNT Health Fort Worth
- Western University of Health Sciences
- Whitworth University
- Wingate University



# Lifestyle Medicine

## GLOBAL ALLIANCE

- **Africa:** [African Lifestyle Medicine Council](#), [Egyptian Society of Lifestyle Medicine](#).
- **Americas:** [American College of Lifestyle Medicine \(USA\)](#), [Canadian Society of Lifestyle Medicine](#), [Asociación Argentina de Medicina del Estilo de Vida \(AAMEVi\)](#), [Brazilian Lifestyle Medicine Society](#), [Chilean Society of Lifestyle Medicine](#).
- **Asia/Oceania:** [Australasian Society of Lifestyle Medicine](#) (Australia & New Zealand), [Sri Lankan Society of Lifestyle Medicine](#), [Lifestyle Medicine Society of Malaysia](#), and representation from China.
- **Europe:** [British Society of Lifestyle Medicine](#), [Croatian Lifestyle Medicine Association](#), [Danish Society of Lifestyle Medicine](#).



# FACULTY RESOURCES

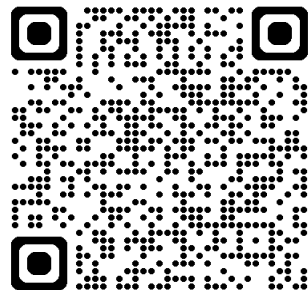
Open Access, Complimentary



# LMEd University of South Carolina Greenville

## Open-Access, Competency-Aligned

- Evidence-based
- Open-access, system-based
- Used nationally and globally
- Case studies, slide decks, presentations
- [LifestyleMedicineEducation.org](https://LifestyleMedicineEducation.org)



# Culinary Medicine Curriculum + Program

## Practical nutrition skills in 8 modules



**Session 1 - Kitchen Basics**  
Why Cook at Home?



**Session 2 - Sauté, Stir-fry, Simmer, Braise**  
Whole Food, Whole Family:  
Plant-predominant Dietary  
Patterns and the Family



**Session 3 - Roasting**  
The Protein Flip: Balancing the  
Plate for Health and  
Sustainability



**Session 4 - Soups & Salads**  
Health Benefits of Fiber



**Session 5 - Healthy Bowls**  
Making Plant-Predominant  
Eating Easy



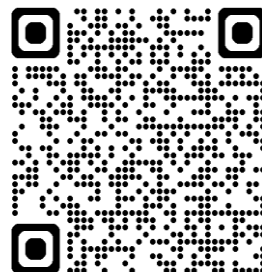
**Session 6 - Breakfasts**  
Reading Nutrition Labels &  
Incorporating More Whole  
Foods at Breakfast



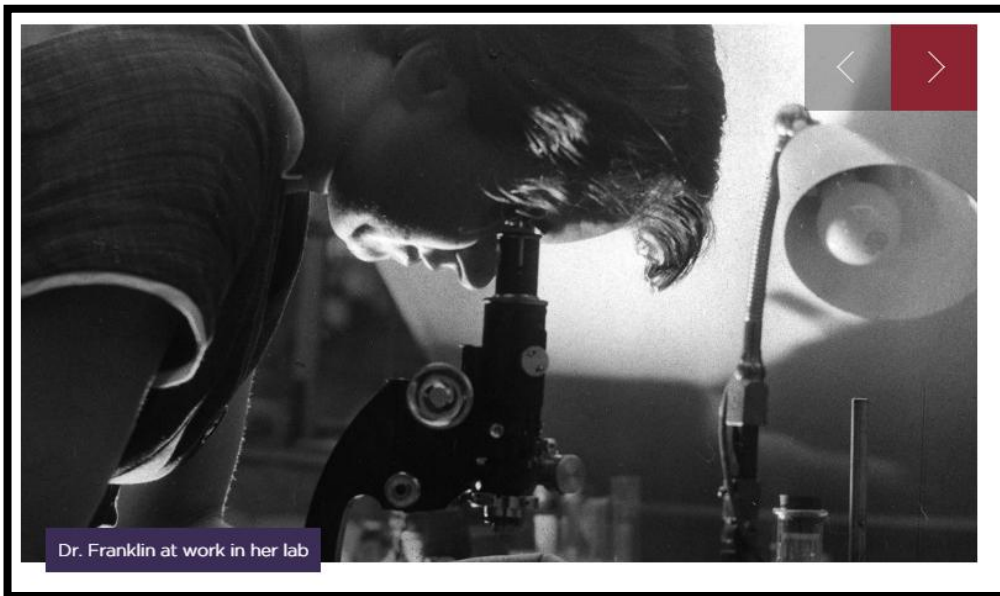
**Session 7 - Pastas & Sauces**  
Health Considerations &  
Addressing Food Insecurity



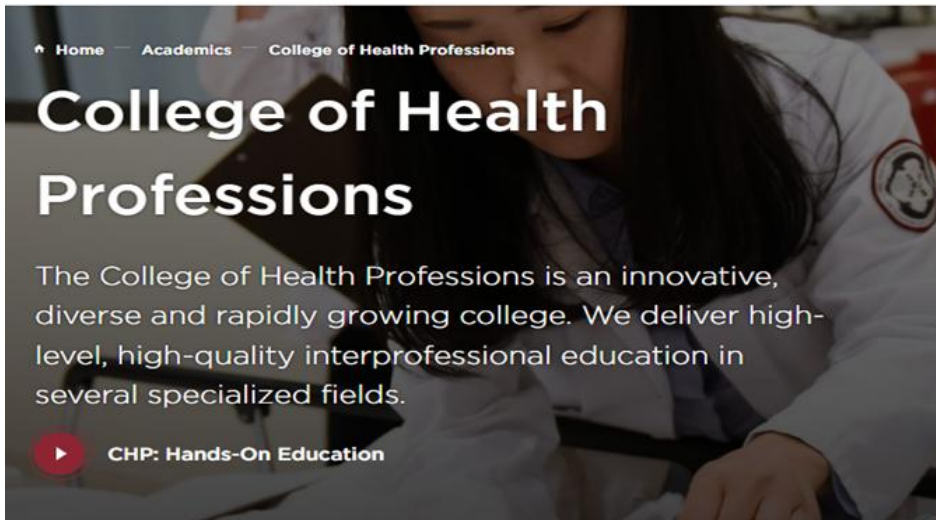
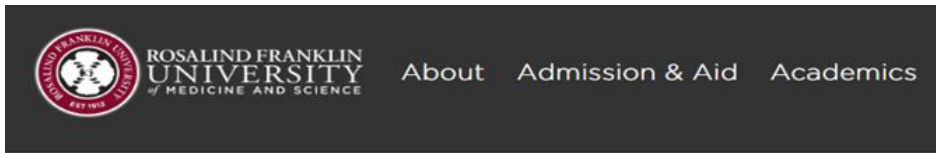
**Session 8 - The Dessert Flip**  
Finding a Sweet Balance



# Rosalind Franklin University of Medicine and Science

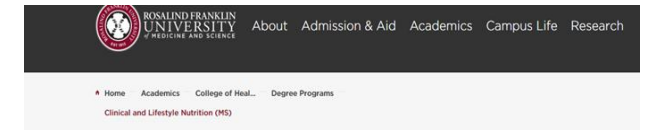
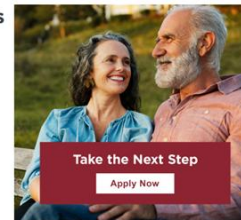


# Nutrition and Lifestyle Medicine at RFUMS



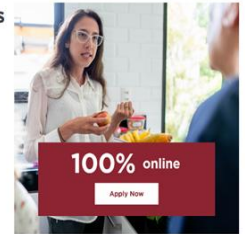
## College of Health Professions Lifestyle Medicine (MS)

Prepare for where healthcare is headed. Don't just treat illness—prevent it. Patients are increasingly seeking to improve their quality of life. This comprehensive master's degree will help you strengthen your patients' long-term health—and your career.



## College of Health Professions Clinical and Lifestyle Nutrition (MS)

Pursue your passion for healthy living as a Food and Nutrition Professional. Get the graduate degree you'll need—and earn it in 18 months.

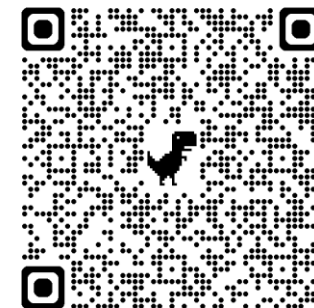
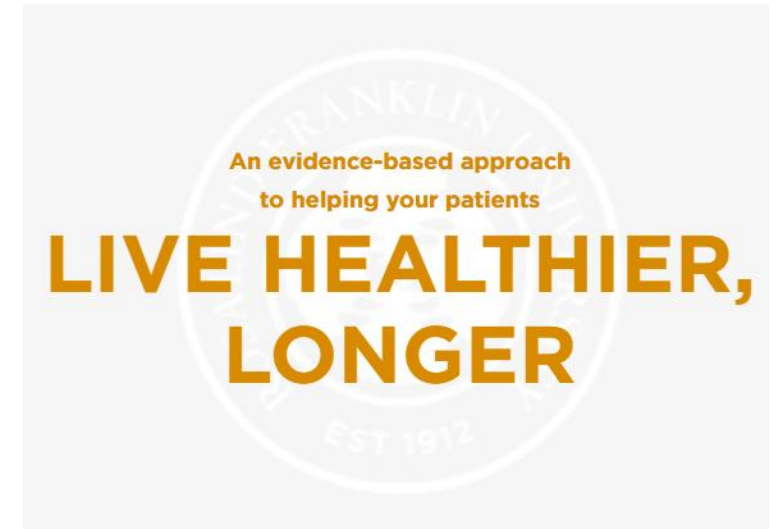


# Masters in Lifestyle Medicine

## Full Academic Pathway

Lifestyle Medicine Program established 2021

- Certificate in Lifestyle Medicine
- Master of Science in Lifestyle Medicine
  - HLSM 500 Intro to Lifestyle Medicine
  - HLSM 690 Independent Study/Practicum
- IP Focus - Gaining students both externally and internally



# Partial Academic Pathway Courses

Introduction to Lifestyle Medicine

Modern Nutrition (CME approved)

Lifestyle Medicine For Health Care Professionals  
(Elective)



# ACLM APPROVED PARTIAL PATHWAY COURSES at RFUMS

## HNUT510 - Modern Nutrition - HNAX570-MPHX570-21

News ▾

### Reminder: Modern Nutrition is approved as an ACLM Partial Academic Pathway for Health Professions course

Melissa Bernstein posted on Oct 29, 2023 7:00 AM • Pinned • Edited

*Throughout this course, you have received some foundational education related to lifestyle medicine that aligns with the lifestyle medicine 2022 Core Competencies.*

This course has been approved by the American College of Lifestyle Medicine (ACLM) as a Partial Academic Pathway for Health Professions course. This means that students who receive a B- or above can complete this short [ACLM Conference Waiver Student Application](#) to receive an email document confirming that you have completed the ACLM certification requirements for a 10-hour in-person CE/CME waiver. This expires three years post-graduation. It can be utilized as [one of the two pre-requisites](#) to sit for the ACLM certification exam.

*Upon completing the course, students can apply through ACLM for a waiver of the in-person 10-hour CME/CE requirement as a prerequisite for sitting for the ACLM certification exam. You may use following waiver application link once you complete the course at the end of the semester: [ACLM student waiver application link](#).*

Content Browser ▾

- Bookmarks
- Recently Visited
- General Course Information >
- Dietary Guidelines 2020-2025 >
- Spotlight on Obesity >

Calendar ▾

Sunday, October 29, 2023 ▶

Upcoming events ▾

There are no events to display. [Create an event](#)

## YELP708-26SP-01 - Lifestyle Medicine for Healthc...

Course Home Content Discussions Assignments Quizzes Classlist Grades Communication ▾ Resources ▾

Announcements ▾ This course is an ACLM approved pathway course

### This course is an ACLM approved pathway course ▾

Melissa Bernstein posted on Apr 14, 2026 7:18 PM

*Throughout this course, you will receive foundational education related to [lifestyle medicine](#) that aligns with the [lifestyle medicine 2022 Core Competencies](#).*

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Please be certain to obtain and save the waiver information handy, as it is worth the time, travel, and expenses towards becoming certified in lifestyle medicine.

Reach out to [Melissa.Bernstein@rosalindfranklin.edu](mailto:Melissa.Bernstein@rosalindfranklin.edu) with questions or for more information.

[ACLM Partial Academic Student Letter](#)

ACLM student membership offers learners early exposure to lifestyle medicine through evidence-based resources, educational tools, mentorship opportunities, Member Interest Groups, scholarships, and discounted conference registration, including [savings related to LM2026](#). The flyer also includes a promo code students can use to waive the new member fee. (see attached flyer for more details)

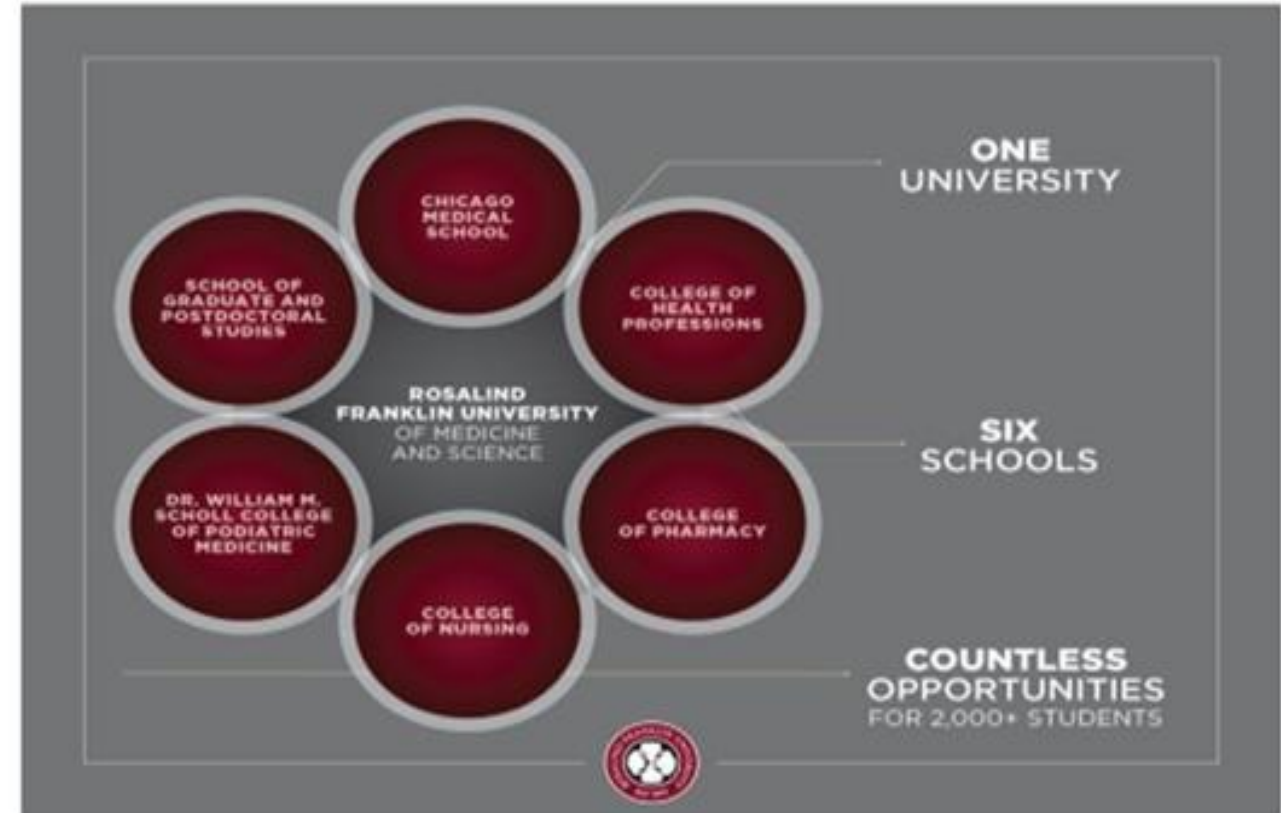
Attachment(s)

[Academic Pathways ACLM ...](#) (718.99 KB)



# Nutrition and Lifestyle Medicine Throughout the University: It is all working together!

- LMIG
- Pro bono Clinic
- Distinction in Nutrition and Health Promotion
- Electives
- Culinary Medicine – Virtual Teaching Kitchen



**"They always say time changes things, but you actually have to change them yourself."**

— Andy Warhol



Urgency



Building a Guiding  
Coalition



Form a Strategic  
Vision and Initiatives



ROSA LIND FRANKLIN  
UNIVERSITY  
of MEDICINE AND SCIENCE

# Discussion

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# References

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# Connect with us

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