



**Lifestyle Medicine**  
GLOBAL ALLIANCE

# **Starter Pack**

for

**Country Lifestyle Medicine Organisations**

## Nomenclature

- Narnian\* College of Lifestyle Medicine or
- Narnian\* Society of Lifestyle Medicine or
- Narnian\* Lifestyle Medicine Organisation or
- Narnian\* Lifestyle Medicine Association or
- Lifestyle Medicine Society of Narnia\* or
- Lifestyle Medicine Association of Narnia\* or
- any variation of the above

\* Insert the name of your country

## Logo

- please check the LMGA website ([www.lifestylemedicineglobal.org](http://www.lifestylemedicineglobal.org)), under “sister organisations”, how other countries have gone about this
- if you need help with logo design, please contact [info@lifestylemedicineglobal.org](mailto:info@lifestylemedicineglobal.org)

## Website

- Register a domain name that reflects the name of your organization
- Create an info@ email that is regularly checked and answered

# Organisation at Country Level

- Not-for-profit (or country equivalent) professional association
- Paying membership base
- Democratically elected leadership (after a building period, where the pioneers need to be in charge to put the foundation in place – this period should not be more than two years): board of 5 to 7 members, with president, vice president, treasurer
- Physician led, with memberships for
  - Physicians
  - PhD/Masters level health professionals
  - Bachelor level health professionals
  - Medical students
- Published and followed statutes/by-laws. For a sample, see the resource page.
- Work towards LMGA “Sister Organisation” status, to benefit from a seat on the LMGA advisory council and 65% of certification and LM foundations course revenue:
  - the practice of evidence based lifestyle medicine that resides firmly in the house of medicine
  - a not-for-profit legal structure
  - established statutes and bylaws that are published and are being followed
  - a membership base with fee paying members
  - democratically elected leadership

# Organisation at Regional/Global Level



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- Countries in a region organize themselves at regional level to
  - Help each other grow
  - Disseminate information
  - Conduct research
  - Produce educational programs and materials
  - Organise events
- Regions around the world come together at International Board of Lifestyle Medicine level, based on the following criteria:
  - the practice of evidence based lifestyle medicine that resides firmly in the house of medicine
  - a not-for-profit legal structure
  - established statutes and bylaws that are published and are being followed
  - a membership base consisting of fee paying countries in the relevant region
  - democratically elected leadership, with appropriate and broad country representation
  - **BENEFIT:** seat on IBLM Board, 65% of revenue from certification & LM foundations program for countries in the region without own LM organization.



**Lifestyle Medicine**  
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INTERNATIONAL BOARD OF  
**LIFESTYLE MEDICINE**

## Global Regions

**North America  
(ACLM)**

**Latin America  
(LALMA)**  
includes Caribbean

**Europe  
(ELMO or new  
organisation)**

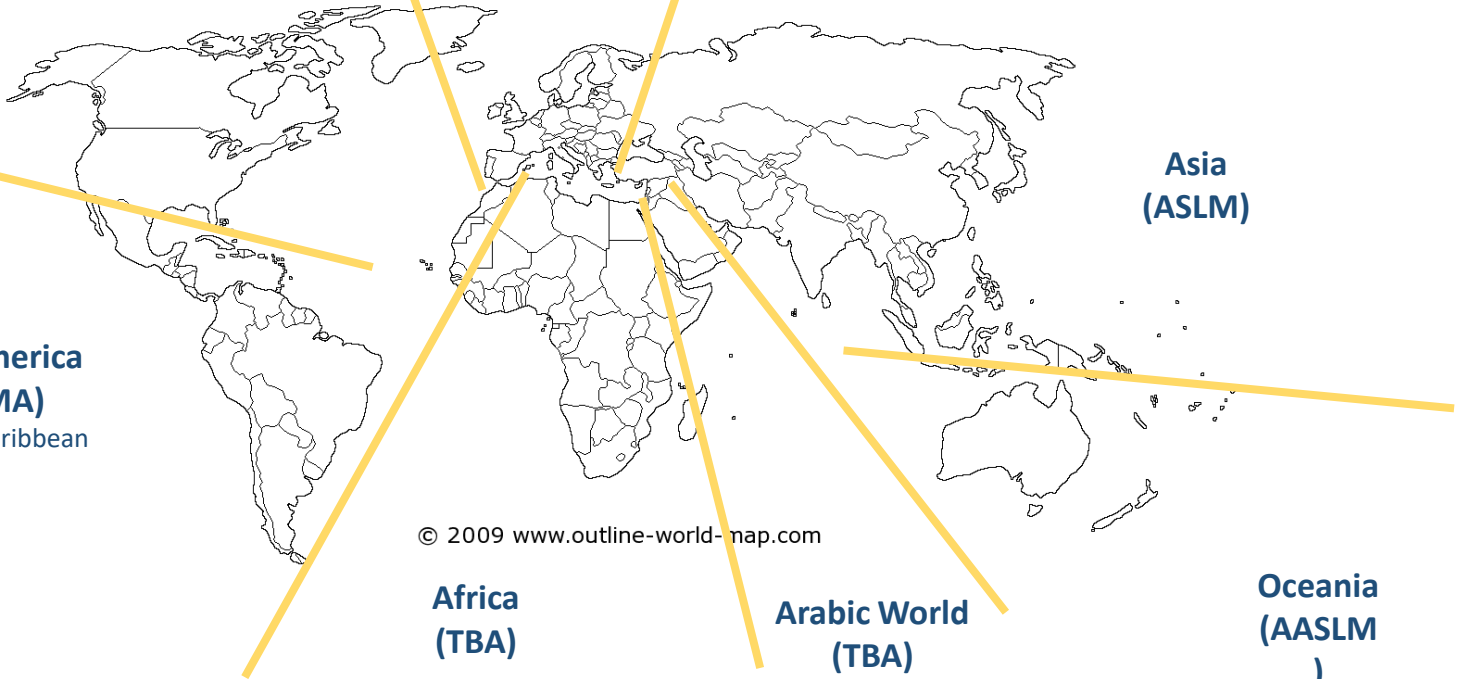
**Asia  
(ASLM)**

© 2009 [www.outline-world-map.com](http://www.outline-world-map.com)

**Africa  
(TBA)**

**Arabic World  
(TBA)**

**Oceania  
(AASLM  
)**



# Getting started

## 1. Gather like-minded physicians and agree to get organized, based on the following outcomes

- Networking
- Education
- Research
- Certification

The LMGA can help you get connected with people in your country.

## 2. Organise a Lifestyle Medicine Conference and certification exam, approximately 12 months out; look for collaborators like University Medical Schools:

- Invite relevant speakers – a mix of local and international...plan to have a minimum of 4 speakers with 10h of content around the pillars of lifestyle medicine (this will qualify your event for 10h of in-person CME – an IBLM certification prerequisite) ...some speakers charge a speaking fee, most are willing to come pro-bono, with only flight and travel costs applicable
- Offer a substantial conference rebate for members of your organization – this will drive memberships
- Work with the IBLM ([info@iblm.co](mailto:info@iblm.co)) to conduct a certification exam at the end of the conference with a discount for members – this will drive income and memberships, and this will separate the evidence based practitioners of LM from the “voodoo merchants”...this exam can be offered in English or your local language (depending on the size of the market)
- Work with the IBLM to private label “the Foundations of Lifestyle Medicine – the Official Lifestyle Medicine Board Review Course” education program, with a discount for members – this will drive education and revenue and will provide your organization with credibility via your “own” LM education course.

## 3. Repeat, while continuing to offer memberships and benefits via a newsletter, dissemination of research, collaboration with your regional LM organization and LMGA

# Sponsorship Guidelines



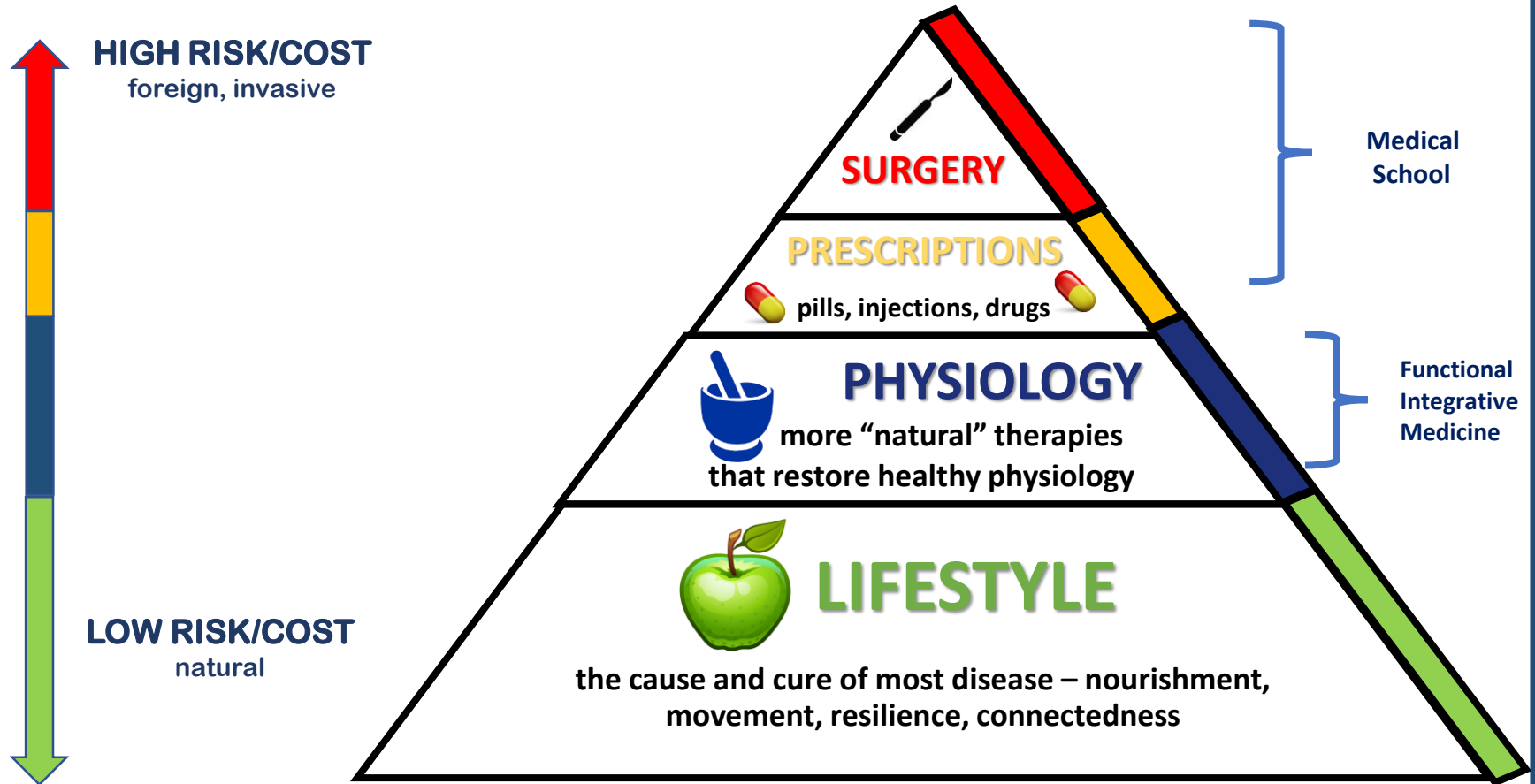
1. Firm separation of lifestyle medicine education and research from sponsorships – sponsorship of any kind cannot influence research outcomes or education dissemination
2. Firm separation of event exhibition and sponsorships from programming content – sponsoring an event and being able to present/speak are strictly separate
3. Only products and services falling firmly into the 4 pillars of Lifestyle Medicine (nourishment, movement, resilience and connectedness) as shown in the following treatment triangle are considered. Anything in the categories above (i.e. physiology: vitamins, supplements etc.) should be rejected.

**The overriding principle of sponsorship: “When in doubt: NO!”**

# Where LM fits in the Medical Space

## The Treatment Triangle

(adapted from Dr. Braman, [www.lifestylemedicine.pro](http://www.lifestylemedicine.pro))





# Resources Page

Rather than starting from scratch and reinventing the wheel, we recommend that you copy and adjust for local differences what already exists. Here a list of resources that you might want to adapt and/or hyperlink to your own website:

- ACLM's [Official Standards](#)
- ACLM's [Constitution and Bylaws](#)
- [Core Competencies for LM](#) as first published in JAMA in July 2010.
- [Web-based resources](#) as listed on ACLM's website.
- ACLM's LM [Scientific Evidence library](#)
- ACLM's [newsletter archive](#)
- International Board of Lifestyle Medicine, [International Certification](#)