



- The Albanian Lifestyle Medicine Association (ALMA) was established
- Publishing the first Lifestyle Medicine handbook in the Albanian language, showcasing the philosophy of our common objective—to research, prevent and treat, in order to succeed.
- Anila Kalleshi, President of the Albanian Lifestyle Medicine Association, has been lecturing in universities about the benefits of Lifestyle Medicine and has had interviews and articles featured in magazines and newspapers, as well as being a frequent guest on television programs.
- The new association is focused on organizing projects in many Albanian cities, aiming to empower youth, men, and women to improve their health through adopting a more robust lifestyle.



Anila Kalleshi, MSc President of ALMA and Luigi J. Maselli, MD Honorary President of ALMA at ALMA Anniversary Ceremony



- The Brazilian College of Lifestyle Medicine (CBMEV) was founded June 5, 2018, by seven physicians, enthusiasts and practitioners of lifestyle medicine. These professionals understood that the time had come to spread evidence-based Lifestyle Medicine (LM) through the country by uniting a broad range of medical and healthcare professionals under the six pillars of LM and strong ethical values.
- The first CBMEV conference is scheduled for November 9-11, where we will offer the International Board of Lifestyle Medicine Certification Examination.
- Looking ahead to 2019, we intend to enlarge our affiliate base and develop strategic partnerships with other medical societies, medical schools and healthcare organizations, to disseminate the core values of Lifestyle Medicine to as many people as possible in Brazil.
- Founding Directors: Renato Correa Baena – President; Sley Tanigawa Guimaraes – Vice-President; Roberto de Almeida – First Secretary; Silvia Merhy Lagrotta – Second Secretary; Lucas Pereira Jorge de Medeiros – First Treasurer; Rodrigo Bornhausen Demarch – Second Treasurer; Gabriel Ferreira Rozin – Scientific Director



- British Society of Lifestyle Medicine (BSLM) was accepted as a charitable organisation by the Charities Regulator in November 2016 and opened up to membership in April 2017, already with close to 550 professional and student members.
- BSLM is working to create Community, is fostering Education, and is developing Influence as an organisation.
- Have established a network of Regional Directors throughout the UK, with a remit to raise awareness and connect with members local to them.
- The website continues to develop, is collecting 'evidence,' and will soon be interactive.
- Have established an active social media presence and have a monthly newsletter with member spotlights, event highlights and feature articles.
- The first cohort of physicians and professionals successfully navigated their way through to Certification at the first sitting of the summative IBLM exam held in Edinburgh in August 2018. They are already spreading their influence and applied knowledge in their practices and beyond.
- Annual conferences have taken place in Bristol, Edinburgh, and one is scheduled for June 21/22 2019 in Cardiff.
- Our student body, the Undergraduate Lifestyle Medicine Society, is being supported in setting up discrete Lifestyle Medicine Societies in universities.
- BSLM has a Learning Academy from which will emerge an LM Coaching Certificate, due to launch in June 2019.
- Engaged members are discussing setting up an outdoor education and adventure programme, BSLMVenturEd, to launch early in 2019.
- We are promoting Group Consultations as a vehicle to deliver LM – currently 300 practices in the UK are delivering.
- Dr Rob Lawson, FRCGP Dip BSLM/IBLM, serves as the BSLM Chairman.



- Korean Association of Lifestyle Medicine (KALM) was formally founded on June 25, 2017. The KALM Kick-Off event was conducted at the Korean Conference of Lifestyle Medicine and Wellness, first introduced to Korea by Dr. Jenny Lee. The conference had nearly 150 healthcare providers in attendance, with Drs. Wayne Dysinger, Ingrid Edshteyn, and James Wu showcased as guest speakers.
- Following the lead of ACLM, the Korean Association of Lifestyle Medicine is ready to be rebranded as Korean College of Lifestyle Medicine (KCLM), soon embarking on a proactive membership campaign. KCLM will also promote the IBLM board exam, which has motivated many Korean healthcare communities to attend the LM movement in Korea.
- KCLM is developing a LM Interest Group for Professionals in Training to provide various learning opportunities related to the LM field for their students, residents/fellows, clinicians, practitioners and administrators.
- Since 2017, Dr. Lee has been working on forming a Korean-American LM organization. The ready group of Korean-American LM followers includes 7 healthcare professionals representing 7 different states in the USA and 1 from Canada, and the process of finalizing the founding of Korean-American College of Lifestyle Medicine (KACLM) is underway. KCLM and KACLM will collaborate on the LM movement across the Korean population, and KACLM members will collaborate with ACLM.
- Seoul will host the 2019 Asian Society of LM conference.



- 2018 has been a significant year for the growth of Lifestyle Medicine in Australasia.
- In August, the Australasian Society of Lifestyle Medicine (ASLM) hosted Lifestyle Medicine 2018, its third international three-day conference on Lifestyle Medicine in science, health policy and clinical practice in Brisbane, Australia. Lifestyle Medicine 2018 saw a 25% increase in attendance from Lifestyle Medicine 2016, with 550 delegates coming together to gain valuable knowledge and practical skills for addressing chronic disease in their patients and the broader health system.
- The second Australasian IBLM Board Certification Examination took place following the conclusion of Lifestyle Medicine 2018, with 36 medical doctors, five PhD/Masters-level professionals and six degree-qualified health practitioners successfully passing the exam, bringing the total number of certified health professionals to 66 since 2017.
- Demand for the ASLM Fellowship is similarly gaining momentum, with a total of 47 professionals now Fellows of the Society. These figures, together with ASLM seeing a 35% increase in its membership base since January this year, are evidence of a growing interest in Lifestyle Medicine in Australia.
- As primary health networks across Australia continue to see their potential in chronic disease management and control, the ASLM continues to advocate for, and progress training in, Shared Medical Appointments (SMAs) delivery. It is believed that ASLM's work in pioneering SMAs contributed to its nomination and subsequent award of 'NGO of the Year' at the Prime Awards in Sydney. The award is "to recognise the huge contribution that non-government organisations (NGOs) make to the quality of Australian healthcare" with a key criterion being, "to improve the lives of Australian patients".



Members of the ASLM board and management team accepting the 'NGO of the Year' award at the Prime Awards in Sydney 20 September 2018 (pictured from left: MC Andrew Daddo, Prof Garry Egger, Shivaun Conn, Stephen Penman, Tanja McLeish, Eve Raets, Dr Chris Ganora, Ryan Willoughby from Australian Doctor group).



Japan has the world's second-highest longevity for women after Hong Kong (87.26 years) and the third-highest longevity for men after Hong Kong and Switzerland (81.09 years, 2018). In contrast to other countries, obesity and heart disease are not the biggest health issues in Japan. However, 29% of Japanese people die of cancer. Due to the country's aging population, the fear of dementia is also increasing: by 2025 one in five Japanese over 65 will suffer from dementia. The number of tobacco smokers in Japan fell from 28.3% in 2016 to 17.9% in 2018. However, a high percentage of people drink alcohol (42.7%, 2017), and average salt consumption remains very high (women: 9,200 mg per day; men: 10,800 mg per day, 2016). Moreover, about 40% of Japanese adults are physically inactive and get six or fewer hours of sleep per day, both of which increase the risk of non-communicable disease. Another issue is that Japanese TV greatly influences people's health-related behaviors, and misleading or confused media information has helped popularize unhealthy, low-carb diets.

- The Japanese Society of Lifestyle Medicine (JSLM) aims to provide accurate information to healthcare professionals to prevent and reverse non-communicable diseases in Japan. We also want to increase people's lifestyle awareness to ensure total well-being and to make our communities and society healthier and happier.
- JSLM will host the 5th Asian Society of Lifestyle Medicine conference in Japan in 2021.
- We currently have 12 active members and aim to have 30 support members by April 2019.
- Tamami Shirai, MS, PhD serves as the JSLM founding president.



- The Indian Society of Lifestyle Medicine (ISLM) was conceptualized by a small group of Indian participants attending the first annual conference of the Asian Society of Lifestyle Medicine (ASLM) in Taiwan in 2017.



Globally, 15 million people between the ages of 30 and 69 years die from non-communicable disease (NCD) every year. Of these, 5.8 million are from India, constituting 38% of the global burden. India is the world capital of diabetes, having the maximum number of patients with diabetes.

This group formally met during the second annual conference of ASLM in Manila and formed a working executive committee comprised of Dr. Samuel George Hansdak (President), Dr. Sheela Nambiar (Secretary), Dr. Jacquelin Michael (Assistant Secretary), Dr. Pramodh RK (Treasurer), Ms. Archana Someshwar (IT) and Dr. Brogen (Constitution & Registration).



The society is in the process of registration and its website is under construction, with the inaugural Lifestyle Medicine Conference set for December 3-4, 2018, followed by the first IBLM examination on December 5, 2018 in Bangalore, India. The Asian Society of Lifestyle Medicine's annual conference will be held in India in 2020.



"I love the phrase, 'What you think is what you get,' and when I finally learned how important that phrase is, my life began to transform dramatically for the better."

Luigi J. Maselli, MD, MPH, MSc, FILMA

Founder & President of Italian Lifestyle Medicine Association
Honorary President of Albanian Lifestyle Medicine Association
Honorary President of Association Monégasque de Lifestyle

- Italian Lifestyle Medicine Association is growing, helping to plant other Lifestyle Medicine medical professional associations around the world, including the Albanian Lifestyle Medicine Association with Anila Kallashi in 2017, the Iranian Association Lifestyle Medicine with Parissa Massahikhaieghi in 2018, and the Association Monégasque de Lifestyle Medicine with Marco Tullio Cau in 2018.
- On the 1st October the President of the Italian headquarters of the United Nations University for Peace awarded Dr. Luigi Maselli the office of Senior Academic Advisor for the Medical Sciences, a great opportunity to expand education offerings in Lifestyle Medicine in Europe.



- Founding President Johann Kim T. Mañez, MD, DiplBLM, FACLM.
- The 2nd annual conference of the Philippine College of Lifestyle Medicine (PCLM) was held August 26-28, 2018, with the theme: "Healing the Healer, Walking the Talk."
- International luminaries and leaders in Lifestyle Medicine, Dr. Wayne Dysinger and Dr. Hans Diehl, spoke on the latest in Lifestyle Medicine research, chronic disease reversal, and weight management. Dr. Dysinger's final talk on international Lifestyle Medicine certification generated in-session discussions and post-session queries.
- Queries were gladly addressed by the Lifestyle Medicine diplomates who attended the conference, including newest Fellow of the American College of Lifestyle Medicine and newly appointed Education Director of the Asian Society of Lifestyle Medicine, Dr. Mechelle Acero-Palma.
- The conference ended with the formation of working committees and the election of Dr. Czarina Mae Lumague as Overall Committee Chairwoman to plan for the next annual conference, to be held August 25-28, 2019 in Cebu, one of the beautiful central islands of the Philippines.

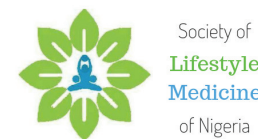


Group picture of conference attendees. Physicians, allied health personnel, and health advocates banding together to promote Lifestyle Medicine in the Philippines!



ASLM's New Zealand members have said that New Zealand is ideally placed to lead the Lifestyle Medicine revolution. Unlike the fee-for-service model in Australia, "We, in New Zealand, are capitation funded – allowing us to look after our enrolled population in the way each practice or practitioner feels best." In fact, our Kiwi members have said that ASLM's NZ membership base could overtake the Australian membership numbers very quickly. It sounds like a very welcome traditional trans-Tasman challenge!

- In April 2018, the Australasian Society of Lifestyle Medicine (ASLM) launched Lifestyle Medicine in New Zealand, with the formation of the New Zealand chapter of ASLM.
- New Zealand-based Professor of Population Nutrition and Global Health, Boyd Swinburn, was introduced as Patron of ASLM's New Zealand chapter.
- With an active working party, the ASLM New Zealand Chapter has initiated important discussions with relevant cultural and health groups/organisations and has scheduled ASLM's annual Lifestyle Medicine 2019 conference, to take place in Auckland next June, also serving as the venue for the next Australasian sitting of the IBLM Board Certification exam, consolidating Lifestyle Medicine's presence in New Zealand.
- ASLM will establish a New Zealand URL for its New Zealand members, though the two countries will remain under the 'Australasian Society' banner, as is common in this part of the world.



- The Society of Lifestyle Medicine of Nigeria (previously known as Lifestyle Medicine Practitioners Association of Nigeria), was launched in 2017 by Founding President Ifeoma Monye, MBBS, DCH, DRCOG, DFFP, MRCGP, FRCGP, DipBSLM/IBLM, Certified Lifestyle Physician.
- The first International Lifestyle Medicine (LM) conference was held in Abuja, 5-6 August 2017.
- The SLMN is a multidisciplinary group of clinicians drawn from various medical specialties and allied health professions.
- Most recently, the executive has come together with clinicians from other African countries to birth the Africa Lifestyle Medicine Association, ALMA.
- Our overarching goal is to usher in medical and clinical practice infused with the much-needed LM core competencies throughout Nigeria and across the African continent. We believe that together, we can achieve our set goals and go on to ensure that LM education and practice is established in all medical schools, post graduate colleges, allied health professions, and all across clinical practice.
- Prior to the launching of our society, LM Clinics were run at the Family Medicine Department, National Hospital Abuja (since 2009), and the Brookfield Centre for LM (since 2014). A third LM Clinic was launched in 2018 at the Department of Family Medicine, University of Port Harcourt Family Medicine Department.



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