



AMERICAN COLLEGE OF Lifestyle Medicine

ACLM COMMITMENT STATEMENT TO ADDRESS CLIMATE CHANGE, HEALTH, AND EQUITY

The American College of Lifestyle Medicine ([ACLM](#)) is the medical professional society dedicated to providing quality, evidence-based education and certification to health professionals who practice and promote lifestyle medicine as the foundation of a transformed, equitable, and sustainable health care system. Through the development and promotion of educational events, tools, resources and campaigns designed to further knowledge of lifestyle medicine interventions, ACLM members are united in their desire to identify and eradicate the root causes of chronic disease, including climate change and other environmental threats to human health and equity.

ACLM's Global Sustainability Committee, under the direction of ACLM leadership, is committed to educating our rapidly growing membership and the patients we serve about how the climate crisis and environmental degradation are a growing hazard to the foundation of health and the "healthspan."¹ For those with chronic conditions - a large and growing subset of the global population - the health dangers are even greater. Climate change is also a threat to the pillars of lifestyle medicine that we rely on to prevent, manage, and sometimes reverse chronic disease.²

A mission critical to ACLM's work is to scale up the use of lifestyle medicine interventions to ensure evidence-based health care practices that lead to a reduction of unnecessary and carbon-intensive health care services (including surgeries and pharmaceutical use for preventable, lifestyle-related conditions). We aim [to highlight](#) the health "co-benefits" and "multi-solving" capabilities of lifestyle medicine prescriptions. Prescriptions for 1) whole-food, plant-predominant diets, 2) physical activity in the form of active transport, 3) avoidance of toxic substances and exposures including air pollution, and nature-based solutions to promote 4) stress management, 5) restorative sleep, and 6) social connection can bolster health equity while also help to mitigate and adapt to the health impacts of the climate crisis.²

ACLM is committed to promoting health, [equity](#), and environmentally sustainable health care through the work of internal committees that have produced a [policy statement](#) on the optimal dietary lifestyle for human and planetary health, and [research](#) to explore the links between lifestyle medicine, health equity, and planetary health. Additionally, ACLM participates in national collaborations to advance this work with organizations such as the Medical Society Consortium on Climate and Health ([founding steering committee member](#)).

As a Network Organization within the National Academy of Medicine's Climate Collaborative, ACLM will continue to work with our partners (including our 50 member Health Systems Council and Lifestyle Medicine Global Alliance) and rapidly growing interdisciplinary, multispecialty membership to address climate change, health and equity.

¹ Watts N, Amann M, Arnell N, et al. The 2020 report of The Lancet Countdown on health and climate change: responding to converging crises. *Lancet*. 2021;397(10269):129-170.

² Pathak N, McKinney A. Planetary health, climate change, and lifestyle medicine: threats and opportunities. *Am J Lifestyle Med*. 2021;15(5):541-552. Published 2021 Apr 21. doi:10.1177/15598276211008127

³ Pathak N, Pollard K. Lifestyle Medicine prescriptions for personal and planetary health. *The Journal of Climate Change and Health*. 2021;4:100077. Doi:10.1016/j.joclim.2021.100077