PROGRAM AIM

Our 1-year Lifestyle Medicine fellowship program seeks to provide physicians with high-quality education and training needed to provide comprehensive lifestyle interventions that will address chronic disease burden and improve clinical outcomes in individuals, populations and communities.

Our program structure emphasizes the use of lifestyle modification in the management and promotion of health while providing the professional, attitudinal, cognitive, and technical skills necessary to provide their patients competent and compassionate care.

Our fellows will learn the essentials of performing lifestyle-related clinical research in collaboration with Loma Linda University faculty members.

APPLICATION PROCESS

Interested candidates who have completed a Primary Care or Preventive Medicine Residency, and are board certified or board eligible in the United States, will be considered for the Lifestyle Medicine Fellowship and are invited to submit:

- A copy of their current CV
- A one to two page description of interest in a Lifestyle Medicine Fellowship
- A minimum of 2 letters of recommendation, one of which should come from applicant’s most recent Program Director

Applications will be accepted starting in September of each year, and reviewed on two separate cycles. First deadline is December 1st and second deadline will be February 1st.

Interviews: Selected candidates will be invited for interviews.

EDUCATIONAL GOALS & OBJECTIVES

In keeping with our mission to train and develop medical leaders in the practice of Lifestyle Medicine (LM), our fellowship will address the following Core Lifestyle Medicine competencies:

- Nutrition
- Physical Activity
- Health Behavior Change
- Sleep Health
- Tobacco Dependence and other Toxic Exposures
- Emotional Wellness and Connectedness
- Spirituality and Whole Person Care

Fellows will also:

- Demonstrate proficiency in practice-based learning through evidence-based LM guidelines
- Make contributions to the field of LM
- Understand and implement quality improvement as a part of the LM practice
- Implement core LM values in their personal lives
CURRICULUM

Lifestyle Medicine fellows will participate in a structured, intensive curriculum designed to provide in-depth and practical knowledge. Upon completion, fellows will be eligible to sit for the American Board of Lifestyle Medicine Certification (ABLM). The curriculum involves in-person didactics, independent online study, and clinical practicums in outpatient, inpatient and residential settings. Fellows are expected to participate in a lifestyle-related research project.

Online learning and guest and faculty seminar series are designed to offer practical training for starting, maintaining, and sustaining Lifestyle Medicine practice and integration into varying clinical care models.

CONTACT US

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A 1-yr investment that will transform the way you practice medicine forever