American College of Lifestyle Medicine Announces Launch of Lifestyle Medicine Economic Research Consortium

The American College of Lifestyle Medicine announced today the launch of the Lifestyle Medicine Economic Research Consortium (LMERC), focused on the powerful economic benefit of lifestyle therapies as the first-option treatment for chronic disease. LMERC’s Advisory Board includes economists, research physicians, health care consultants, actuaries, data analysts, and public health professionals.

ST. LOUIS (PRWEB) November 28, 2018 -- The American College of Lifestyle Medicine (ACLM) today announced the launch of the Lifestyle Medicine Economic Research Consortium (LMERC) to collect, promote and publish research showing the economic benefits of Lifestyle Medicine for individuals, industry and the not-for-profit/governmental sector. The group will also offer consulting services to assist organizations and individuals in the research, analysis and publication of this type of data.

LMERC’s Advisory Board includes economists, research physicians, health care consultants, actuaries, data analysts and public health professionals. LMERC will frame the agenda for Lifestyle Medicine economic research across the United States and serve as the core source and arbitrator for and of lifestyle medicine economic research data and publications.

“With an estimated 86% of our nation’s health care expenditures paying for treatment of chronic conditions that are largely preventable and even reversible, ACLM is sounding the wake-up call,” said ACLM Executive Director Susan Benigas. “We’re leading the charge to rein in both our chronic disease trends and their associated costs."

Lifestyle Medicine is synonymous with value-based care, as it delivers lower costs and superior patient outcomes, Benigas continued. “The Lifestyle Medicine Economic Research Consortium will curate and publish data that supports our call for Lifestyle Medicine to become the foundation of all health care—in clinical practice, as well as in worksite health promotion. By identifying and eradicating the cause of disease, Lifestyle Medicine is the economic path to sustainable health and sustainable health care.”

“Rising rates of obesity and chronic disease are perhaps the greatest public health and economic challenges facing the world today,” said LMERC health economist and Duke-NUS Medical School Professor Eric Finkelstein. “As a result, we desperately need low-cost, scalable interventions to improve population health.”

“As an actuary, I know that Lifestyle Medicine can create significant savings for health care payers (employers, unions and insurers),” said Actuaries for Sustainable Healthcare Founder and LMERC Advisory Board Member Ken Beckman, ACAS, ASA, MAAPA, CFA. “When these savings are shared with health care providers who facilitate chronic disease reversal, Lifestyle Medicine can deliver a widespread and sustained reduction in costs over time.”

Learn more about LMERC at https://lmeconomicresearch.org/

ABOUT THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE: ACLM is the medical professional society for those dedicated to the advancement and clinical practice of Lifestyle Medicine as the foundation of a
transformed and sustainable health care system. Lifestyle Medicine treats, often reverses and prevents chronic disease. It is the combined use of evidence-based lifestyle therapeutic approaches, such as a predominantly whole food, plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use and other non-drug modalities.

More than a professional association, ACLM is a galvanized force for change. ACLM addresses the need for quality education and certification, supporting its members in their individual practices and in their collective mission to domestically and globally promote Lifestyle Medicine as the first treatment option, as opposed to a first option of treating symptoms and consequences with expensive, ever increasing quantities of pills and procedures. ACLM members are united in their desire to identify and eradicate the root cause of disease. Learn more at http://www.LifestyleMedicine.org.
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Online Web 2.0 Version
You can read the online version of this press release here.