

Conference theme: Sustainable resourcing

Our work is on capacity building which is part of sustainable human resourcing for improvement to lifestyle, including nutrition, in health services.

Abstract title: The BSLM Lifestyle Medicine Core Accreditation (LMCA): the launch of a new qualification for healthcare professionals globally.

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Background: The world in the midst of a global non-communicable Disease (NCD) Pandemic. NCDs are directly related to lifestyle, the modification of which can be a crucial strategy in the prevention and treatment of such conditions. It is critical that today's healthcare professionals are trained in to support patients with lifestyle change in the context of NCD management.

Objectives: Design and launch of a comprehensive course to provide the knowledge, skills and attitudes required to deliver effective lifestyle change.

Methods: the curriculum for LMCA was designed in consultation with lifestyle medicine (LM) experts. It covers the 3 principles of LM:

1. Acknowledge the need for action on the social determinants of health
2. The 6 pillars of LM (mental well-being, healthful eating, physical activity, healthy relationships, reduction of harmful substances and sleep)
3. The use of effective health behaviour change strategies

Results: The LMCA was launched in January 2023 and has rapidly attracted the attention of the global market. Up to date enrolment figures will reported along with lessons from the first 6 months of roll out.

Conclusions: the LMCA has successfully launched and is increasing capacity to support lifestyle change, within the global healthcare workforce.