

STRATEGIC PLAN 2022 - 2024

DEVELOP

Build and promote an extensive and professional Lifestyle Medicine workforce.

- Promote the evidence and benefits of Lifestyle Medicine (LM) across Australia and NZ.
- Improve the knowledge and skills of health professionals in LM.
- Improve interaction and collaboration between health professionals in a multidisciplinary and interdisciplinary approach.
- Foster and support members in their practice of and development in LM.
- Engage more medical and allied healthcare practitioners to practice and promote LM.

DISRUPT

Develop and promote innovative changes to the healthcare system and to health policy to ensure greater inclusion of Lifestyle Medicine.

- Champion an accessible and equitable approach to health, wellbeing and care.
- Promote and embed the application of evidence-based LM to preventable, modifiable chronic, complex and lifestyle-related conditions.
- Partner with innovative programs and services, projects and applications.
- Raise awareness and understanding of the principles and applications of evidence-based LM.

DRIVE

Champion change to remove systemic barriers to health and innovation in the healthcare system.

- Represent and advocate for LM to the healthcare professions, policy makers and the general public.
- Work with all levels of government to drive change in the lifestyles of Australians and New Zealanders.
- Encourage modification of the environments negatively impacting on health and wellbeing, both micro and macro, such as the physical, socio-cultural, economic and political environments.
- Influence health policy toward more effective prevention and treatment of chronic and lifestyle-related conditions.

DELIVER

Build the capacity and professionalism of ASLM to ensure we can deliver on the strategic plan.

- Expand membership, partnerships and stakeholder relationships.
- Curate the most relevant and robust evidence to support the development of Lifestyle Medicine.
- Increase financial sustainability and the impact of our investment.
- Foster a highly efficient, effective and passionate team, executive and community of practice.
- Support the Board in its governance strategic direction of ASLM.
- Capture and improve corporate history, knowledge, culture and procedures.