



Ingrid Edshteyn is a Board Certified Preventive Medicine physician treating the causes of preventable disease. Her work in Preventive & Lifestyle medicine brings a unique integration that encompasses disease prevention and health promotion for both individual patients and populations.

For the past two years, she developed Griffin Hospital's Center for Prevention & Lifestyle Management, creating a new clinical wellness program for patients and community members. This medical fitness based program has been a success, leading to health outcomes on par with national benchmarks and resulting expansion planned into the community. In this role, she counseled patients individually on lifestyle change and managed the overall program structure, quality, and clinical operations.

Ingrid has been a passionate advocate for the central importance of healthy lifestyle choices as the foundation for medicine since the start of clinical training, when she joined the American College of Lifestyle Medicine (ACLM). Since then, she was elected to the Board of Directors and has been immersed in developing resources for effective clinical practice. She has also been responsible for the majority of communications for our national membership, as well as with many external partners, from health system leaders to industry members. She now co-leads the

internal Clinical Practice Model Working Group within ACLM, with the central focus of identifying and promoting the required content to build an effective clinical Lifestyle Medicine practice. A large portion of her involvement has included the development of continuing medical education curriculum on Lifestyle Medicine, along with presentations at national conferences on the importance of integration of these new models of care for sustainable health outcomes.

In addition, she has completed Columbia University's Health Policy & Management Executive MPH, which has added an understanding of health economics, evidence based research, and a consistent drive to be on the vanguard within health and medicine. Her research at the Yale-Griffin Prevention Research Center has enhanced this clinical application, with manuscripts completed on weight management programs and clinical nutrition.

As the current Associate Director for Membership and Education at ACLM, she is contributing to the mission of healthier and happier lives for patients by better serving our membership with needed clinical tools and educational resources. Seeing the transition to value-based care and the opportunity it affords for scalable and sustainable health promoting interventions is invigorating, and the ideal moment for Lifestyle Medicine to lead as the new foundation for clinical care.