

AMERICAN COLLEGE OF LIFESTYLE MEDICINE LIFESTYLE MEDICINE 2021 ABSTRACT SUBMISSION GUIDELINES

GUIDELINES

These guidelines outline the details for preparation and submission for abstract submissions for potential conference presentation as posters or brief oral presentations.

Please, use the following guidelines to ensure a complete and appropriate submission.

TIMELINE

Abstracts must be submitted by July 12, 2021. Authors will be notified by July 30, 2021.

Late or incomplete submissions will be ineligible for review.

SUBMISSION DESIGNATION

You will be asked to designate your abstract to one of the following review processes:

(1) Poster Review Only

General review process for conference acceptance; accepted abstracts will be presented as posters.

(2) Oral Presentation Review

Abstracts submitted as potential oral presentations will be considered for one of four 15-minute time slots to present a talk at the conference. All accepted abstracts that are not selected for oral presentations will be designated as poster presentations.

FIRST/PRESENTING AUTHOR CATEGORY

You will also be asked to designate a category for the first author, at the time of submission. Presenting authors must also be the first authors of the abstracts.

- Professional (Any practicing professional not suitable for other categories)
- Resident/Trainee/Fellow
- Student (undergraduate, graduate, medical school)

SUBMISSION CATEGORIES

Authors are encouraged to submit abstracts for a poster presentation in all major areas of lifestyle medicine. We define lifestyle medicine as, "...the use of evidence-based lifestyle therapeutic intervention—including a whole-food, plant-predominant eating pattern, regular physical activity,

restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease.”

Presentation Type

You will be asked to designate your abstract as one of the following presentation types:

- Original Research (prospective intervention trials with one or more arms, observational studies, case-control studies, cross-sectional surveys, retrospective analyses etc.)
- Clinical Vignette / Case Report (discussion of a single patient’s case history and key lessons/implications for Lifestyle Medicine practice)
- Developments in Clinical Practice (presentation of new protocols, clinical procedures, or programs that advance the practice of Lifestyle Medicine)
- **Evidence Review (presentation of scientific and clinical evidence on a particular topic)

** Only trainees and students are permitted to submit abstract within the Evidence Review type.

Presentation Topic

You will also be asked to categorize your abstract under one of the following presentation topics:

- Nutrition
- Physical Activity
- Mental Health (e.g. stress, sleep, tobacco, substance abuse, etc.)
- Clinical (e.g. heart disease, cancer, stroke, diabetes, renal, oral health, maternal/ infant/ child health, reproductive/ sexual health, preventive services etc.)
- Connectedness and Health (e.g. social connections, relationships, family, positive psychology etc.)
- Global (e.g. environment, healthcare disparities/ access to health services, social determinants, rural, economics etc.)
- Education (e.g. patient empowerment, behavior science, academia, student/ physician education etc.)
- Innovation/ Business (e.g. strategies, systems, practice models, technology, novel initiatives etc.)
- Miscellaneous (above categories don’t fit)

RULES FOR SUBMISSION

All acceptance and approval of abstracts is conducted by the ACLM Research Committee Reviewer Panel.

- Abstracts must be received through the online portal by July 12, 2021 at 11:59 pm EST.
- Faxed, emailed, or mailed abstract submissions will not be accepted.
- You are permitted to submit only one abstract as first author, but you may co-author multiple other abstracts.

- Multiple abstract submissions on the same topic/data are not permitted.
- All authors must approve the abstract before submission.
- If the submitting author is a professional, the abstract must represent original research or an original presentation of clinical practice. Reviews and evidence summaries are not accepted.
- The abstract must not have been published as an abstract or full paper in a scientific, medical, or professional publication at the time of submission, or presented previously at another conference.
- Submitting authors must review and accept the use of [ACLM Citation Standards](#).
- Abstracts must adhere to ACCME's Standards for Competing Interests, and submitting authors must review and accept the use of [ACCME Standards for Competing Interests](#).
- You must identify any affiliations or financial interests, on your abstract, of any commercial entities that can have a bearing on the subject matter of your abstract.
- Abstracts in Original Research must upload proof of IRB approval for conducting human subjects research.
- Abstracts in Clinical Vignettes / Case Reports attest to having the patient's written permission to present their data, and all data must be deidentified.
- To present your abstract at the conference, you must be registered for the conference. If your conference registration is not received by the conference registration deadline, any accepted abstracts will be removed and authors will be unable to present.

PREPARING THE ABSTRACT

Please complete each section carefully. Incomplete or insufficiently completed abstracts will not be reviewed. All abstract must be written in English.

- **Title:** The title should be brief, concise, and informative to the viewer (limit to 15 words).
- **Authors:** Include all authors' first and last names.
- **Institutions:** Include institutional affiliations of all authors.
- **Text:** Abstract 'Text' section is limited to a maximum of 350 words. The abstract should follow a structured format with headings corresponding to the presentation type:

Original Research

BACKGROUND, OBJECTIVE, METHODS, RESULTS, and CONCLUSION

- **Background:** The Background should briefly provide the context and significance for the project, including identifying previous gaps in research or clinical practice as well as the objective(s) of the project. (Limit to 50 words)
- **Methods:** Methods should be succinct and clear, and specify the process followed so the reader understands how the results were obtained. (Limit to 100 words)
- **Results:** Results should be presented completely and simply and should correspond to the methods used. Do not editorialize in the results section. Statistical results must be presented quantitatively. Do not present qualitative descriptive statements as results (such as, "the plant-based dietary group reduced their risk more than the control group"). When presenting statistical results, include the point estimate, 95% Confidence

Interval, and associated p-value. Do not present p-values unattached to other data (such as, “associations were significant at $p < .05$ ”). (Limit to 150 words)

- **Conclusion:** The Conclusion should interpret and summarize the significance of the results and propose directions for future research as well as identify relevance for clinical practice and/or public health. (Limit to 50 words)

Clinical Vignette / Case Report

INTRODUCTION, CASE DESCRIPTION, DISCUSSION, and CONCLUSION

- **Background:** The Background should describe the context of the case and explain the significance and importance.
- **Methods:** The Methods should describe chronologically the treatment history, physical examination, and investigative studies of the patient. No identifying information should be used.
- **Results:** The Results should describe the patient's progress and outcome, review the justification and relative success of clinical decisions and extract the lessons learned from the case. (Be careful of stating this case is the “first” to demonstrate a particular phenomenon as even very thorough literature searches often fail to identify all examples of case reports.)
- **Conclusion:** The Conclusion should summarize the lessons learned relating to the field of Lifestyle Medicine and/or general medical practice.

Developments in Clinical Practice

BACKGROUND, OBJECTIVE, METHODS, RESULTS, and CONCLUSION.

- **Background:** The Background should briefly provide the context and significance for the project, including identifying previous gaps in research or clinical practice as well as the objective(s) of the project.
- **Methods:** Methods should be succinct and clear, and specify the process followed in developing, testing, or executing the protocol, clinical procedure, or program.
- **Results:** Results should be presented completely and simply and should summarize both the strengths and limitations of the project in terms of relevant outcomes (this may include patient health outcomes, patient engagement, experience of providers/staff, financial sustainability, logistical feasibility or scalability, or others).
- **Conclusion:** The Conclusion should interpret and summarize the significance of the results and propose directions for future research or clinical practice.

Evidence Review

BACKGROUND, OBJECTIVE, METHODS, RESULTS, and CONCLUSION.

- **Background:** The Background should briefly provide the context and significance for conducting the review, including identifying previous gaps in research or clinical practice, as well as the objective(s) of the project.
- **Methods:** Methods should be succinct and clear and describe the search strategy used to search the literature.
- **Results:** Results should be presented completely and simply and should present the data relevant to the practice of Lifestyle Medicine.

- **Conclusion:** The Conclusion should interpret and summarize the significance of the results and propose directions for future research or clinical practice.
- **Funding:** Report the source of any funding received for the research. If no funding was received, please put “N/A”
- **Conflicts of Interests:** Any conflicts of interest, including affiliations and/or financial interests that have a bearing on the subject matter of your abstract must be reported. If there are none, put “The authors report no conflicts of interest related to this research.” Please review ACCME’s Standards for Competing Interests for clarification.

CRITERIA FOR EVALUATION OF ABSTRACTS

The Research Review Committee will review all abstracts, and those selected for a poster or oral presentation at the conference will be based on scientific merit, and the following criteria.

General Style and Presentation

- The abstract meets all rules of submission
- The abstract is properly and fully prepared
- The abstract is concise and clear, with no grammatical or spelling errors
- The abstract text corresponds to the structured abstract headings for the presentation type and the content is appropriate for the heading

Abstract Content

- The content will contribute to achieving the overall Lifestyle Medicine conference goals and is relevant to the professional practice of other attendees
- The abstract exhibits mastery of the subject
- The content is a novel/innovative contribution to the field
- The content is logically presented and evidence-based
- Conclusions are valid and supported by the results
- There are meaningful implications for future work (research, clinical practice, or public health)

SELECTION FOR ORAL PRESENTATIONS

If the submitting author designated the abstract submission to be considered for an oral presentation, the abstract may be selected for one of four 15-minute presentations to be given at the conference. Submitting authors will be notified of their designation at the same time as notification of acceptance (July 30).

Only abstracts of original research will be selected for oral presentations.

Oral presenters should plan for approximately 10-12 minutes of speaking followed by 3-4 minutes of questions.

POSTER AWARDS

The Research Review Committee will recognize outstanding poster presentations at the conference.

First authors of the abstracts selected for the conference are eligible to receive the recognition.

Abstracts selected for oral presentations are not eligible to receive poster awards.

One abstract designated as a poster presentation will be chosen from each of the following categories:

- Outstanding Scientific Abstract Poster Presentation in Lifestyle Medicine (professionals - original research only)
- Outstanding Scientific Abstract Poster Presentation (professionals – developments in LM clinical practice only)
- Outstanding Scientific Abstract Poster Presentation (resident/trainee/fellows)
- Outstanding Scientific Abstract Poster Presentation (student)