



Bridging the Gap: A Lifestyle & Performance Medicine Curriculum to Enhance Military Physician Confidence & Readiness

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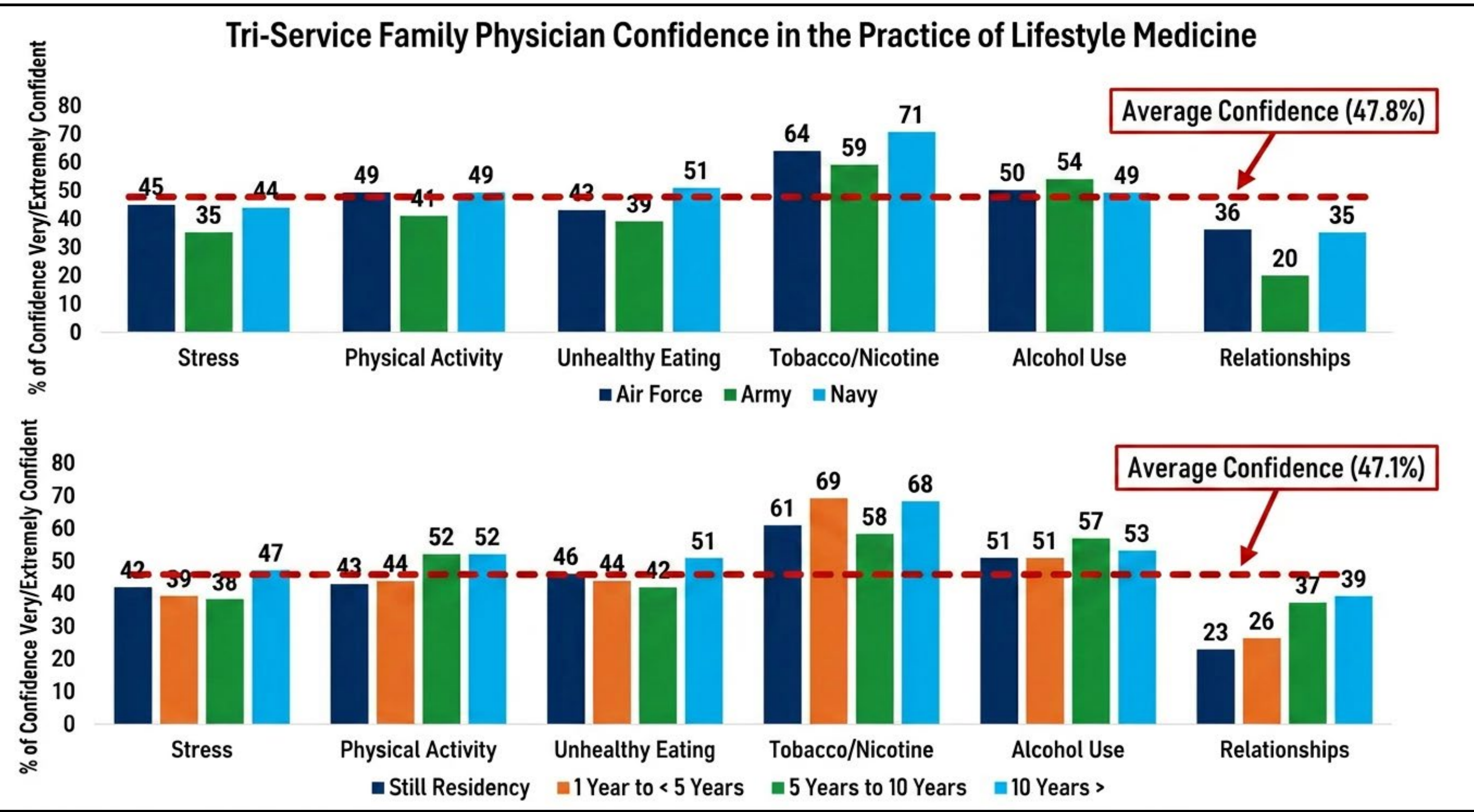


BACKGROUND

The Readiness Crisis

Over 175,000+ sidelined by Deployment
Limiting Medical Conditions

- 8.2% Non-Deployable
- 79% of Young Americans Ineligible
- \$3B+ Annual DoW Cost on Preventable Chronic Disease
- (Obesity 24%, Depression 25%, Overuse Injury 10%)



The National Defense Authorization Act (NDAA) for Fiscal Year 2026 (Public Law No. 119-60) marks a historic legislative shift by integrating Lifestyle & Performance Medicine into the core mission of the U.S. Military

Fewer than half of military family physicians feel equipped to address core lifestyle pillars, creating a critical physician confidence gap that undermines force readiness.

RESULTS

82%

of Residents
Now Choose

LIFESTYLE
FIRST

Over
Pharmacological
Solutions

Key Metrics

Rated direct contribution to lethality & readiness: 4.73/5.0

Clinical self-efficacy increased to M=4.13/5.0

Full SMA participation = perfect confidence (5.0/5.0)
vs. limited participation (3.0/5.0)

Efficacy and Confidence

Enhanced Care Integration: 4.45

SMA Effectiveness: 4.27

Behavioral Interventions: 4.18

Overall Recommendation: 4.55

LIFESTYLE & PERFORMANCE MEDICINE CURRICULUM 101: DATA SYNTHESIS & RESIDENT COHORT ANALYSIS (2025-2026)

QUALITATIVE THEMES, ACGME MILESTONES, & CURRICULUM EFFICACY / RESIDENT CONFIDENCE HEAT MAPS

QUALITATIVE THEMES & ACGME MILESTONES MAPPING	
THEME 1: UNDERSTANDING & INTEGRATION • Deepened understanding of lifestyle factors • Integrated holistic view into patient care	ACGME Milestones: [PC-2, PC-3, PC-4]
THEME 2: APPLICATION OF INTERVENTION • Successfully Used BBT • Applied Brief Interventions in Clinic	ACGME Milestones: [MK-1, MK-2, IC-1, IC-2]
THEME 3: BARRIERS TO LIFESTYLE CHANGE • Patient Struggle with time and motivation • Systematic barriers prevent adherence	ACGME Milestones: [System-Based Practice] SBP
THEME 4: VALUES & IMPACT OF CURRICULUM • Essential to Military Readiness • High Value for Future	ACGME Milestones: [SB-1, SB-2]

RESIDENT COHORT: CURRICULUM EFFICIACY HEAT MAP (1-5 SCALE)					
	ENHANCED ABILITY TO INTEGRATE CARE	SMA MODEL EFFECTIVE FOR SKILLS	ASYNCHRONOUS MATERIALS ORGANIZED	ESSENTIAL FOR MILITARY READINESS	OVERALL RECOMMENDED CURRICULUM
Resident Egin #1	5	4	4	5	5
Egin #2	5	4	4	5	5
Egin #3	4	5	4	5	5
Egin #4	5	4	4	5	5
Egin #5	5	4	4	5	5
Travis #1	5	4	3	5	5
Travis #2	3	3	3	4	3
Travis #3	4	4	3	4	4
Travis #4	3	3	3	4	3
Travis #5	5	5	5	5	5
Travis #6	5	5	4	5	5

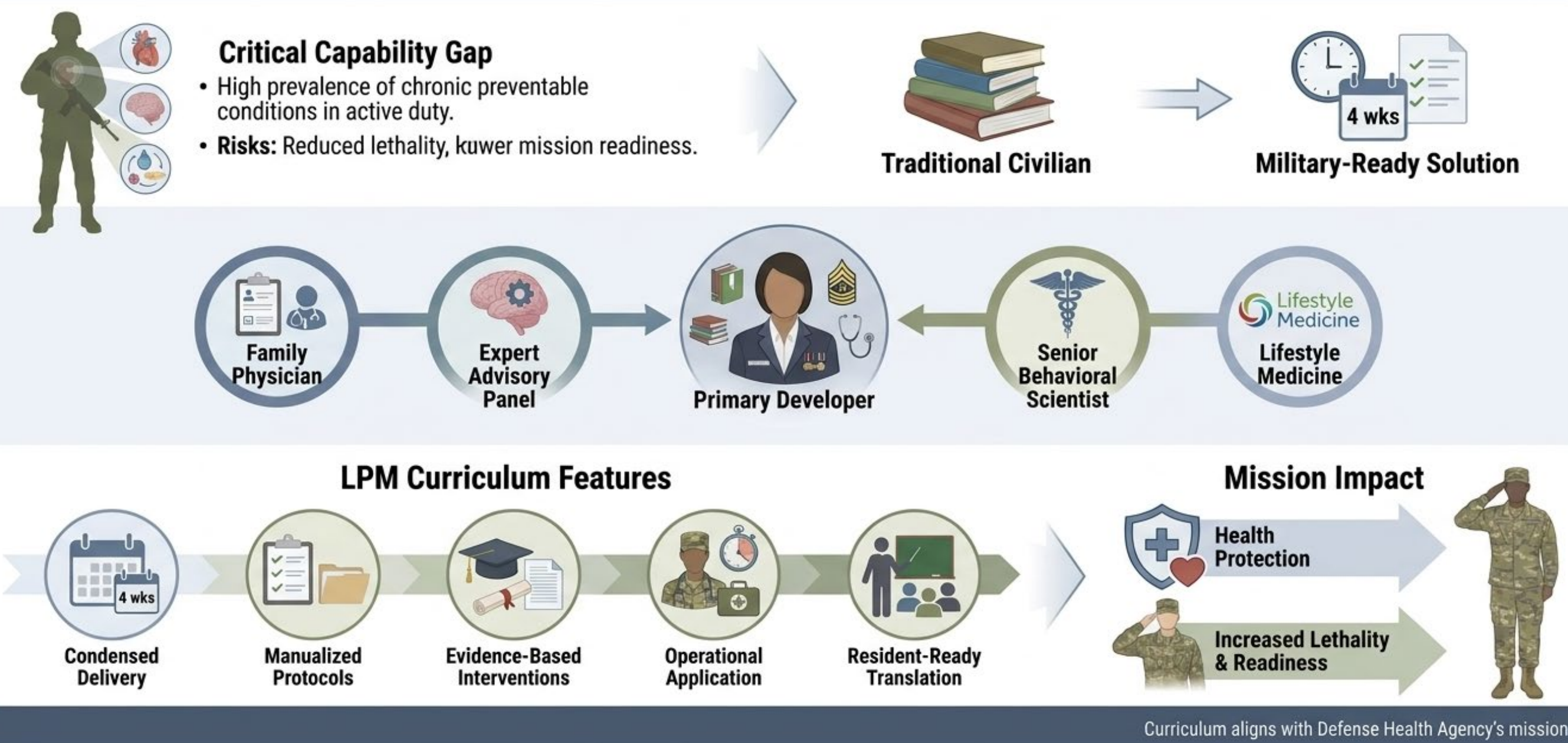
RESIDENT COHORT: RESIDENT CONFIDENCE HEAT MAP (1-5 SCALE)				
	FOUNDATIONAL & MEDICAL KNOWLEDGE	BEHAVIORAL INTERVENTION (BBT/SMART)	COMMUNICATION SKILLS (MOTIVATIONAL INTERVIEWING)	SYSTEM-BASED PRACTICE
Resident Egin #1	5	5	5	5
Egin #2	4	4	4	4
Egin #3	4	4	4	4
Egin #4	4	5	4	4
Egin #5	5	5	5	5
Travis #1	4	4	4	4
Travis #2	4	4	4	4
Travis #3	3	3	3	3
Travis #4	5	5	5	5
Travis #5	5	5	5	5
Travis #6	4	4	4	4

5= High Confidence 4=Moderate Confidence 3=Low Confidence

★ EXPERIENTIAL LEARNING CORRELATION
Full Shared Medical Appointment (SMA) Participation =Max Confidence (5.0) Limited (SMA) Participation=Low Confidence (3.0, 3.25) Experiential Component Critical for Mastery

CURRICULUM DESIGN

LPM Curriculum: Optimizing Warfighter Readiness



METHOD

Mixed Method Study: N=11 Family Medicine Residents (Travis & Eglin AFBs), pre/post knowledge surveys, semi-structured interviews with reflexive thematic analysis.

4-Week Experiential L&PM 101 Curriculum

- 6 Pillars of Lifestyle & Performance Medicine
- Centered on Shared Medical Appointment (SMAs)
- Integrated Kolb's Experiential Learning Cycle+ Mayers Cognitive Theory, & Bandura
- Maps to 2025 ACGME FM Milestones

CONCLUSION & POLICY IMPLICATIONS

This validated L&PM 101 Curriculum rotation provides a scalable, evidence-based model to embed root-cause medicine into military GME:

- Direct support NDAA FY26 mandate and DHA Quadruple Aim
- Targets \$3B annual chronic disease burden
- Hands-on experiential training is essential for force health, career preservation, and mission performance

The U.S. Military's operational readiness is critically undermined by an internal threat: over 40% of active-duty service members suffer from a chronic preventable condition. The L&PM 101 curriculum addresses the DHA Quadruple Aim and the chronic disease burden.