

There is a growing body of basic science, clinical practice, and population health evidence for applying healthy behaviors and lifestyles to prevent, treat and reverse common chronic diseases. To showcase these advances, The Lifestyle Medicine Research Summit will take place at the University of Pittsburgh University Club, Dec 4-5, 2019.

The Summit is made possible through the generous support of the Ardmore Institute of Health and collaboration with the University of Pittsburgh and the University of Pittsburgh Medical Center (UPMC). Importantly, the meeting will be held in close conjunction with a joint University of Pittsburgh/Department of Defense (DOD) meeting on Human Performance Enhancement on December 2-3, with a “bridge” day on December 3 that will present synergies in content and approach.

The Summit’s goal is to define research priorities in the core areas of lifestyle medicine namely *nutrition, physical activity, mindfulness/stress/resilience, social relationships, addictions and sleep*. Specifically, the attendees will review existing knowledge and gaps relating lifestyle behaviors to common chronic diseases such as cardiovascular disease, diabetes, many cancers, inflammatory- and immune-related disorders and other conditions. By convening Subject-Matter Experts from an array of disciplines, the 2-day process will outline major research questions related to:

- Lifestyle-induced or -associated inflammation
- Immune dysfunction
- Cellular dysbiosis
- Microbiome alterations
- Genomics, epigenetics, proteomics, metabolomics, and other systems approaches for assessing health and disease
- Neuroplasticity and other physiologic pathways to health and disease
- Emerging innovative approaches to clinical trials design
- *In silico* modeling
- Opportunities for population-based and/or banked serological/specimen investigations using existing cohorts

A summary Summit white paper of findings and research recommendations will be published in one or more nationally prominent peer-reviewed journal(s). The paper will inform both public and private funding agencies and the research community how to “close the gap” between what is known and what needs to be discovered in order to accelerate the further development and deployment of lifestyle medicine practices. Notably, the summary paper will define new research themes and hopefully lead to new federally- and foundation- sponsored research solicitations.

As noted above, the Lifestyle Medicine Research Summit will be held in coordination with the Pitt/DOD Human Performance Enhancement Meeting which will address prevention, fitness, recovery, resiliency, and performance optimization of military operational significance with leading DOD, Pitt and UPMC experts.