

Take Action- How You Can Influence Healthcare



This resource is packed with actionable steps to make a real impact in the healthcare system. Whether you're looking to inspire others by example, host community events, or enhance your professional practice and educational environment, this guide offers practical advice and resources.

Health Enthusiasts/Patients

- Live by example: let your success inspire others (including your doctor)
- Share resources with your doctor, friends, and family from [The Plantrician Project](#) and [Moving Medicine Forward](#)
- Host a [Plantrician Potluck](#) for the community
- Discover physicians and clinicians who are using plant-based nutrition as a cornerstone in their practice through the [Plantrician Providers Directory](#)
- Ask your local hospital to adopt the Healthy Food Options in Hospitals policy issued by the [American Medical Association](#) (AMA)

Clinicians

- Join [Plantrician Providers](#) to help grow your practice
- Register for [The International Journal of Disease Reversal and Prevention](#) (IJDRP), a free open-access, peer-reviewed medical journal
- Take the [Moving Medicine Forward Master Class](#)
- Share [patient fact sheets and new articles](#)
- Sponsor a special interest group at your Alma Mater
- Attend the annual [International Plant-Based Nutrition Healthcare Conference](#) and bring a clinician in training with you
- Host a [Plantrician Potluck](#) for the community
- Live by example: let your success inspire others (including your patients)
- Ask your local hospital to adopt the Healthy Food Options in Hospitals policy issued by the [American Medical Association](#) (AMA)

Faculty

- Start a [Lifestyle Medicine Interest Group](#) at your school
- Integrate the [ACLM LMRC](#) into your residency program
- Host a regular lunch/dinner discussion for students and share [fact sheets and articles](#)
- Enroll in [Plantrician University](#) (Free) and share with your students and other faculty
- Share a lecture from [Moving Medicine Forward](#) or [Plantrician University](#)
- Live by example: let your success inspire others (including your students)
- Share [research](#) with colleagues, create a journal club

Students

- Enroll in [Plantrician University](#) (Free) and share with other students/faculty
- Start a [Lifestyle Medicine Interest Group](#) at your school
- Form coalitions with overlapping groups, like subspecialty interest groups (eg, cardiology, endocrinology) and public health groups (eg, climate and health, healthcare access)
- Be an inquisitive voice in the clinics by asking honest, science-based and non-threatening questions
- Share [research](#) articles and testimonials
- Invite Moving [Medicine Forward](#) to speak at your school
- Submit case reports and narrative medicine pieces to journals such as [IJDRP](#), [Intima](#) and [JAMA](#)

