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Lifestyle medicine assessment: improvement areas and associations with health parameters in a health campaign

Introduction: The Lifestyle Medicine Assessment (LMA) questionnaire, developed by the American Academy of Family Physicians, evaluates five key lifestyle domains in a concise tool consisting of 21 questions. The Spanish health campaign "The Time Machine: Get Ahead of the Future and Gain Years of Life" used the LMA to assess lifestyle habits across 39 cities, involving 14,323 participants from 2022 to 2024.

Objective: To describe lifestyle patterns using the LMA, identify key areas needing improvement for longevity promotion, and explore associations between lifestyle categories and metabolic health parameters.

Methods: Retrospective cross-sectional study analyzing 2022 campaign data. The primary variables were lifestyle domains (nutrition, physical activity, social connection, substance use, recovery/rest). Secondary variables included clinical health parameters. Descriptive statistics and bivariate analyses were performed.

Results: Preliminary data from 3,771 participants (59.4% women, mean age 56.9 ± 13.2 years) revealed lifestyle distributions as follows: below average (6.36%), average (23.8%), very good (51.05%), and excellent (18.7%). Domains needing improvement included recovery/rest (66.7%), physical activity (62.42%), nutrition (51.5%), social connection (32.8%), and substance use (24.9%). Bivariate analysis showed significant associations: higher lifestyle categories correlated with lower Body Mass Index (BMI) ($p < 0.01$) and better cholesterol levels ($p < 0.05$). No significant associations were found with blood pressure.

Conclusions: The LMA questionnaire effectively identifies key lifestyle areas requiring intervention. Significant correlations between better lifestyle categories and favorable health parameters (BMI, cholesterol) underscore its clinical importance. Prioritized domains for improvement include recovery/rest, physical activity, and nutrition. The LMA proves valuable for personalized lifestyle assessment and targeted health promotion.