How Do I Apply?

The residency currently accepts four residents per year through the National Resident Match Program. Rotations at Loma Linda University are encouraged prior to the match. Further questions and information requests can be directed to the residency program office.

Residency Program Office
Family and Preventive Medicine
Loma Linda University
Evans Hall
24785 Stewart Street, Room 101
Loma Linda, CA 92350

909-558-7622
Fax 909-558-4838
E-mail: FMPM@llu.edu
Opportunity

Nutrition, physical activity, rest. Becoming a national expert at prescribing these natural methods of preventing and treating disease to individuals and to communities is what Loma Linda University’s Lifestyle Medicine Track is all about.

What is Family and Preventive Medicine?

We are the only program in the country approved by both the American Board of Family Medicine and the American Board of Preventive Medicine for our unique residency program. We combine the three years of clinical training in a Family Medicine Residency and the three years of population-based training in a Preventive Medicine Residency into an integrated four-year educational program. At the end of their four years, residents will have completed an MPH at the Loma Linda University School of Public Health with a focus on Lifestyle Medicine and will be board eligible in both Family Medicine and Preventive Medicine. Our innovative training approach has led us to be designated as one of the fourteen P4 residencies recognized nationally as a program of the future by residency educators.

If you want to impact the health of individuals, as well as communities and populations, if you want to be a servant leader, if you’re called to excellence, compassion and wholeness, then the Loma Linda University Family and Preventive Medicine Residency may be for you.

Who Will I be Working With?

Loma Linda University is a private, church-affiliated health sciences university located in Southern California. The Loma Linda University vision “To Make Man Whole” has brought together a unique group of faculty and residents who are genuinely interested in your success and in making the residency not only survivable but enjoyable. There are over 50 Family Medicine and over 40 Preventive Medicine faculty. Resident colleagues include those in the 10-8-8 Family Medicine Residency and those in the 3-6-6 Preventive Medicine Residency. Loma Linda University is the tertiary referral center for a highly diverse population of four million individuals.

What Will My Life Be Like?

Longitudinal clinics, hospital-based rotations, population-based projects, and MPH classwork are integrated throughout the four-year training program. Call responsibilities occur mostly during the first two and a half years and become progressively more infrequent afterward. We are dedicated to providing both an excellent and intense training program, as well as encouraging connection and life balance, within a bio-psycho-social-spiritual care model.

Why Lifestyle Medicine?

Lifestyle Medicine is the recommended foundational approach to treating most chronic diseases, such as diabetes, hyperlipidemia, hypertension and obesity. Most doctors are great at offering medications, but not so good at prescribing focused nutrition or physical activity regimens to their patients using behavior change science to actually make this work. We have built on Loma Linda University’s 100 year history of leadership in the Lifestyle Medicine movement to create a focused training program that ensures our residents will be experts at lifestyle change in multiple settings.

What Is Unique About the Lifestyle Medicine Track?

Besides an MPH in Lifestyle Medicine, rotations in the second through fourth years incorporate lifestyle medicine training experiences in inpatient, outpatient, community and residential settings. Continuity clinics provide residents with hands-on skills in individual and group lifestyle medicine interventions and expose them to tools and resources that maximize their success in facilitating healthy behavior change.