

Dr. Sunghyun Lee is a pioneering educator, researcher, and global leader in Lifestyle Medicine (LM), with a distinctive interdisciplinary background spanning neuroscience, health science, medical education, and public health. Beginning her career as a high school English teacher in Korea, her passion for health, behavior science, and wellness life led her to earn multiple advanced degrees in the U.S., including a PhD in neuromotor/behavior science and a postdoctoral specialization in health behavior and promotion.

As a medical professor—including her current role at Loma Linda University School of Medicine (Preventive Medicine)—Dr. Lee has trained and mentored medical students, residents, and clinicians in LM, health promotion, disease prevention, and wellness coaching. As a researcher, she created the *GoodNEWS* lifestyle intervention program and led its implementation with the team using a community-based participatory research model, earning multiple NIH grants (RO1, RO3, P20).

Dr. Lee is the founding chair of the **Korean College of Lifestyle Medicine (KCLM)**, Korea's national LM board and professional society, officially affiliated with the International Board of LM (IBLM) and the LM Global Alliance. She is the first Korean certified by both U.S. and International LM boards. Since 2019, KCLM has trained over 350 healthcare professionals, with 282 board-certified—one of the highest national totals globally after ACLM. KCLM has become a globally recognized organization advancing LM through education, clinical programs, research, and media-based health advocacy.

Dr. Lee also serves as a Fellow of ACLM and contributes to its research, positive health, and happiness science committees. As a country chapter leader for the Paving the Path to Wellness Program in Korea, Dr. Lee has led annual training cohorts since 2023 through KCLM, successfully preparing 22 LM-certified professionals across clinical and academic sectors. Dr. Lee is the author of 8 translated books on LM and wellness and holds multiple leadership roles, including Advisory Board Member of the LM Global Alliance and Global Positive Health Institute, Editorial Board Member of the *Lifestyle Medicine Journal* (UK), and Council Member of the *True Health Initiative*.

With a long-term vision for future-ready healthcare, she remains committed to building Korea's national infrastructure for Lifestyle Medicine, wellness movement, social prescribing, and population health through education, innovation, and public engagement. [🔗 lifestylemedicinekorea.org](https://lifestylemedicinekorea.org)