

Lifestyle Medicine & Health Care Transformation

June 13, 2019



Speakers



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AMERICAN COLLEGE OF
Lifestyle Medicine



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Who we are: Our mission to achieve results in value-based care



The **Health Care Transformation Task Force** is an industry consortium that brings together patients, payers, providers, and purchasers to align private and public sector efforts to clear the way for a sweeping transformation of the U.S. health care system. We are committed to rapid, measurable change, both for ourselves and our country.

We aspire to have 75% of our respective businesses operating under value-based payment arrangements by 2020.

Providers



Payers



Purchasers



Patients



Our members aspire to have 75% of their respective businesses operating under value-based payment arrangements by the end of 2020.





Addressing Social Determinants of Health: **The Consumer Perspective**

Sarah Coombs
Health Policy Analyst

Health Care Transformation Task Force
June 13, 2019



About us



The National Partnership for Women & Families is a nonprofit, nonpartisan advocacy group dedicated to promoting fairness in the workplace, access to quality health care, and policies that help women and men meet the dual demands of work and family.

More information is available at www.NationalPartnership.org.



The Social Determinants of Health



Consumer Coalition



APIAHF
ASIAN & PACIFIC ISLANDER
AMERICAN HEALTH FORUM



COMMUNITY CATALYST

FAMILIESUSA
THE VOICE FOR HEALTH CARE CONSUMERS

JUSTICE IN AGING
FIGHTING SENIOR POVERTY THROUGH LAW



LAKESHORE

MEDICARE RIGHTS
CENTER

Getting Medicare right



national partnership
for women & families



PIPC

Partnership to Improve Patient Care

Core Principles

- ▶ **Health equity must be an explicit goal**
- ▶ **Multi-sector and community-based partnerships are essential**
- ▶ **Must be a person-centered**

What policymakers and private sector can do.....

- ▶ Build and support multi-sector and community-based partnerships
- ▶ Leverage and build upon existing care delivery models and resources
- ▶ Require robust and privacy-preserving data collection
- ▶ Implement equity-driven measurement
- ▶ Protect and strengthen Medicaid and Medicare
- ▶ Acknowledge structural racism and other forms of discrimination

Build and support cross-sector and community partnerships



- ▶ **Consider who is NOT at the table**
 - ▶ Include additional perspectives and break down silos to help identify and address community needs, and develop solutions that are likely to better meet those needs
 - ▶ Collaborate with multiple sectors outside of health, including education, housing, labor, justice, transportation, agriculture, and environment
 - ▶ Empower community stakeholders and build on strengths/what is already working. Communities affected should have a voice in which SDOH factors to address and how to best address them.
- ▶ **Health care sector should also meaningfully engage with public health, behavioral health, and social services**
 - ▶ BUT each of these sectors is severely underfunded, and infrastructure must be adequately supported and strengthened
- ▶ **Ongoing investment to support and sustain community interventions is necessary**

Leverage and build upon existing care delivery models and resources



▶ **Examples include:**

- ▶ Integration of behavioral health in primary care
- ▶ Trauma-informed care
- ▶ Health home models
- ▶ Community health and peer support workers
- ▶ Comprehensive patient assessments
- ▶ Community needs assessments
- ▶ Medical coding for social and behavioral risks factors
- ▶ Patient- and family-facing health IT

Implement equity-driven measurement



- ▶ Measurement is an underused tool for reducing health disparities.
- ▶ Quality measures used to evaluate interventions should be disaggregated by demographic factors such as race, ethnicity, socio-economic status, sex, gender identity, and others.
- ▶ Quality measures should be publically reported to promote accountability for health equity.

Require robust and privacy-preserving data collection



- ▶ Efforts to address SDOH require robust data collection that includes social and behavioral risk factor data
- ▶ Stakeholders must invest in the necessary infrastructure to support data collection and sharing
- ▶ Security and privacy should be paramount to data collection
 - ▶ Consider sensitive information, such as immigration status or mental health diagnosis or treatment
 - ▶ Consider information acquired from sources that require no individual consent

Protect and strengthen Medicaid & Medicare



- ▶ **Harmful Medicaid waivers could reduce eligibility, benefits, and affordability under the guise of giving states more flexibility**
 - ▶ Work requirements
 - ▶ Block grants, per capita caps

- ▶ **Medicare consumer protections could be at risk**
 - ▶ Choice of providers
 - ▶ Access to medications
 - ▶ Financial protection

- ▶ **Should Medicaid/Medicare pay for social services?**
 - ▶ Should health system drive efforts to address SDOH?
 - ▶ What's the risk of medicalizing social problems?
 - ▶ Ex. Should housing security be tied to health plan?

Acknowledge structural racism and other forms of discrimination



- ▶ Structural racism and other forms of discrimination underlie many adverse SDOH that cause persistent health inequities
- ▶ Conversations about SDOH are incomplete without discussing racism
- ▶ Must address racism in order to achieve social justice and eliminate health disparities

Key Takeaways



- ▶ **Want to be treated as a whole person**
 - ▶ “Social determinants” are the reality – the day-to-day texture and atmosphere of lives
- ▶ **Strong concerns about motivations, opportunity for misuse, and unintended consequences**
- ▶ **Emphasize the importance of health care, public health and social services collaborating (in lieu of medicalizing social services or having health care entities providing those services)**
- ▶ **Strong desire to partner in development of policies and programs**

For more information



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CAMPAIGN FOR
Better Care



www.NationalPartnership.org
www.CampaignforBetterCare.org | www.PaidSickDays.org



AMERICAN COLLEGE OF
Lifestyle Medicine



HOW IS HEALTH PRODUCED?

with **Dexter Shurney, MD, MBA, MPH, FACLM**

All of these Diseases are Related

- Obesity
 - Sleep Apnea and Insomnia
 - Gallbladder Disease
- Type 2 Diabetes and Metabolic Syndrome
 - Kidney Disease
 - Blindness
 - Leg Amputations
- Coronary Heart Disease, High cholesterol, and Heart Attacks
- High Blood Pressure and Stroke
- Osteoporosis
- Impotence
- Depression
- Cancer
 - Lung Cancer
 - Endometrial Cancer
 - Breast Cancer
 - Prostate Cancer
 - Colon Cancer



WHY NOW

Chronic Disease Epidemic:

- Healthcare in US costs \$3.3 trillion annually
- 90% of these costs are attributed to the treatment of chronic conditions
- Lifestyle Medicine addresses the **root cause** to both improve health & reduce costs

Six in ten adults in the US have a chronic disease and **four in ten adults** have two or more.



HEART
DISEASE



CANCER



CHRONIC LUNG
DISEASE



STROKE



ALZHEIMER'S
DISEASE



DIABETES



CHRONIC
KIDNEY DISEASE



Source: <https://www.cdc.gov/chronicdisease/about/costs/index.htm>

Lifestyle Medicine

Lifestyle Medicine is the use of evidence-based lifestyle therapeutic approaches, such as a whole-food, plant-predominant dietary lifestyle, regular physical activity, adequate sleep, stress management, avoiding use of risky substances and pursuing other non-drug modalities, to treat, reverse, and prevent chronic disease.

- **Validated as highly effective**
- **Addresses the root-cause of disease**
- **Better outcomes and lower cost ... value-based care**
- **Engaging / affordable / patient-centered / healing**



Less than 3 Percent of Americans Live a ‘Healthy Lifestyle’

Depressing statistics from a new Mayo Clinic study

The study authors defined a “healthy lifestyle” as one that met four qualifications:

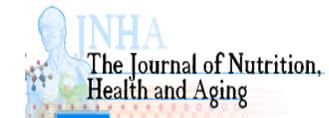
1. Moderate or vigorous exercise for at least 150 minutes a week
2. A diet score in the top 40 percent on the Healthy Eating Index
3. A body fat percentage under 20 percent (for men) or 30 percent (for women)
4. Not smoking

The researchers looked at data from a representative sample of 4,745 people who participated in the National Health and Nutrition Examination Survey.



Abundant Evidence

- Evidence-based peer-reviewed literature
- Reviewed 320 published medical and health articles on lifestyle (2000-2012)
- Government e.g. CDC, FDA, and USDA
- Other e.g. Gallup-Healthways Wellbeing Survey and Blue Zones, and The China Study.



What works and what doesn't work

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2013 ACC/AHA Guideline

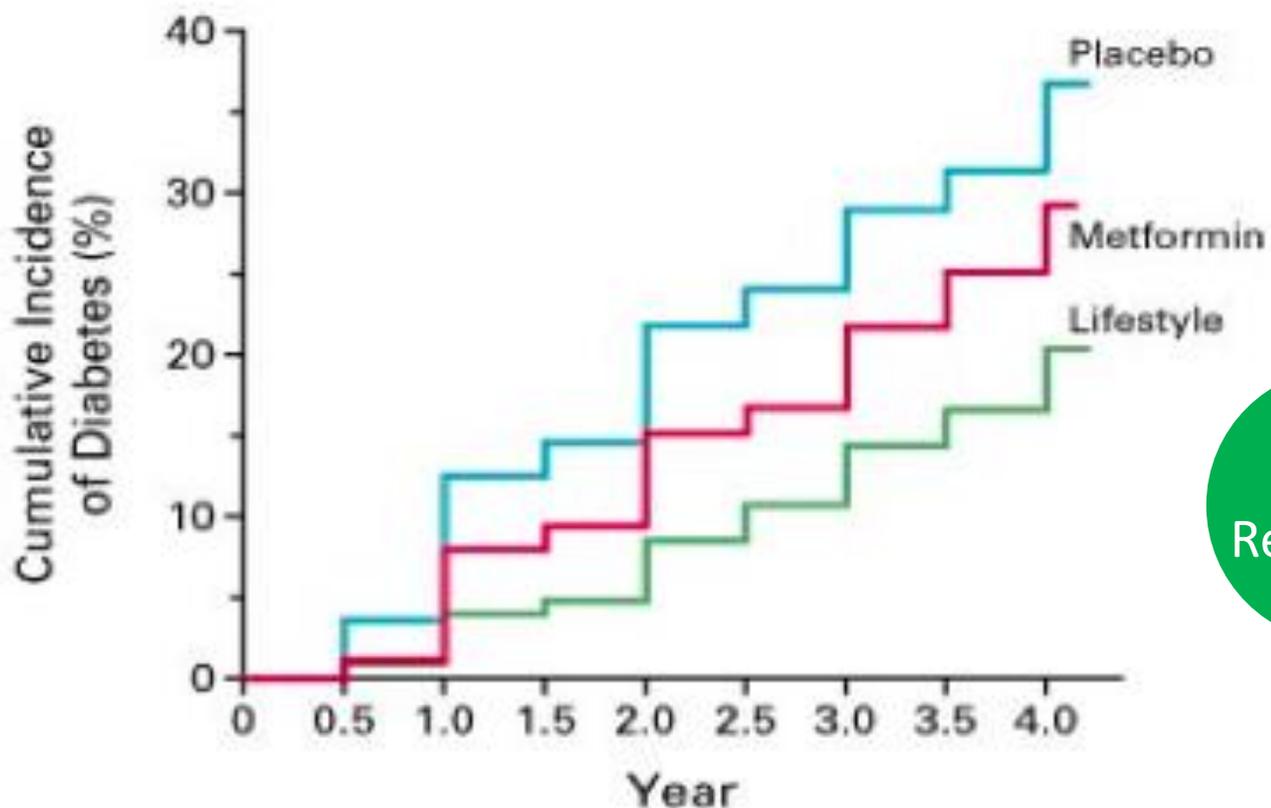
On the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines

2.1 “Lifestyle as the Foundation for ASCVD Risk Reduction Efforts”



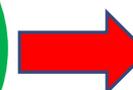
The Evidence Is Convincing ---

Diet and Lifestyle have the power to prevent and reverse disease



Diabetes Prevention Program (DPP) “science in action)

58%
Reduction



Real Life Example of Food as Medicine



Traditional Preventive Services often do not address root cause

Covered Preventive Care (Adults 19-64 Years)

Height & Weight

Prostate-specific antigen (PSA)

Pap smear, Cervical cancer screening

Mammogram-Breast screening

Colonoscopy

Bone mineral density screening

FOBT

Flexible sigmoidoscopy

Total blood cholesterol

Blood pressure screening for hypertension

Sexual practices counseling

Osteoporosis prevention counseling

Hormone prophylaxis

Influenza vaccination

Tetanus & diphtheria immunization

Exception →



Different Disciplines

“One of the most powerful aspects of Lifestyle Medicine is that patients become more engaged, active participants in their own self-care, disease prevention and management, and overall well-being.”

- Cindy Geyer, MD

| Medical Discipline | Key Care Approach |
|-----------------------|--|
| Lifestyle Medicine | 6 to 9 key lifestyle modalities to treat/reverse/prevent disease; Promotes a whole-food, plant-predominant diet |
| Preventive Medicine | Early detection/Screening; Environmental safety/public health |
| Functional Medicine | Emerging diagnostics; Gut health; Nutraceuticals/Supplements |
| Naturopathic Medicine | Manipulation; Herbal remedies |
| Integrative Medicine | Combined use of complementary & conventional medicine approaches to care & treatment |

#RealHealthcareReform

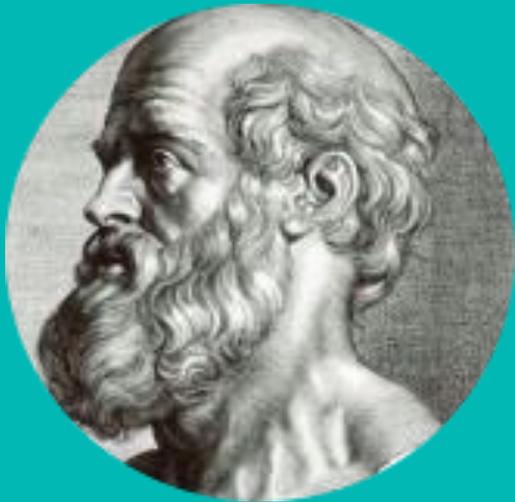
- Team-Based Care
- Group Visits & Support Groups
- Value-Based Care
- Proven Outcomes
- Improved Patient Satisfaction
- Renewed Physician Passion

“We have long known what behaviors promote health and prevent disease. Lifestyle medicine embodies this idea of true 'health' care. Rather than pills and procedures, the focus is on the lifestyle choices we make every day.”

- Jonathan Bonnet, MD



“Let food be thy
medicine...”



Hippocrates

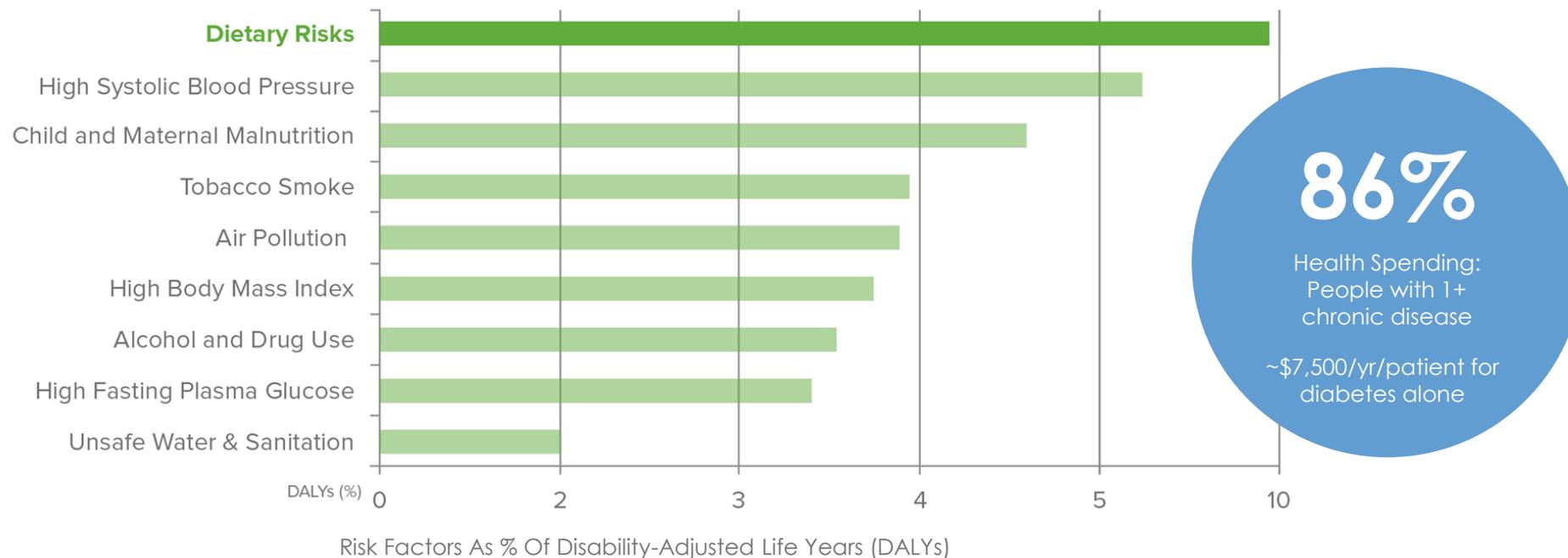
-The Father of Medicine-

460 BC – 370 BC



Diet is the Leading Cause of Chronic Disease and Disability

- *“The most important dietary risks in the United States are diets low in fruits, low in nuts and seeds, high in sodium, high in processed meats, low in vegetables, and high in trans fats”¹*
 - These risks are the leading cause of chronic disease, not other common culprits



75 Percent of Americans Say They Eat Healthy — Despite Evidence to the Contrary

- NPR poll conducted with Truven Health Analytics, which surveyed a nationally representative sample of 3,000 U.S. adults in May, 2016.
- One question they asked: How healthy would you consider your eating habits to be? About 75 percent of respondents ranked their diets as good, very good or excellent.
- **Fact:** More than 80 percent of Americans fail to eat the recommended amounts of fruits and vegetables.



Food and health

- It is estimated that nearly one half of all death due to heart disease, stroke, and type-2 diabetes in the United States are linked to diet and poor nutrition
 - JAMA March 2017
- This makes diet the largest risk factor (root-cause), overtaking other causes such as tobacco, for driving chronic disease rates and death in the U.S.

Food as medicine

- Goes **beyond healthy eating** for preventing disease and promoting general wellness
- It is food used along with (or in some cases without medicines or surgery) as a **prescribed intervention**, for the treatment and cure of many diseases, thereby placing it within an accepted standard of care, introducing the concept of **Food Benefits Management**.

If a poor diet caused the problem...



A healthy diet can *correct* the problem

National Health and Nutrition Examination Survey

Findings

U.S. adults with a diet high in trans fatty acids are more than 2x as likely to develop type 2 diabetes than adults with a diet low in trans fatty acids

- 3,801 adults; mean age of 50
- No differences after adjusting for age, race or sex

Journal of Diabetes:

Trans fatty acid concentration independently
linked to diabetes in US adults



Journal of Diabetes | February, 2018
Liu B, et al. J Diabetes. 2018;doi:10.1111/jdb.12652



Blueberry extract on human cancer cell lines for their latest study. The extract was tested both alone and in combination with radiation therapy.

Findings

Blueberry extract makes cancer cells more sensitive to radiation and also reduces the abnormal cell growth that fuels cancer development.

- Radiation therapy alone = cancer cell reduction by **20%**
- Blueberry extract + radiation therapy = cancer cell reduction by roughly **70%**

The researchers say further studies are needed, but their findings indicate blueberries may be a promising treatment strategy for cervical cancer and other cancer types.

Journal of Pathology and Oncology Research:

New Study shows that adding blueberry extract to radiation therapy can boost treatment outcomes

School of Medicine at the University of Missouri-Columbia
December 29, 2017
<https://www.ncbi.nlm.nih.gov/pubmed/28963664>



Findings

Vitamin and mineral supplements have not demonstrated clear benefits for primary or secondary prevention of chronic diseases.

Clinicians should counsel their patients that **supplementation is not a substitute for a healthful and balanced diet**, and, in most cases, provides little if any benefit beyond that conferred by a healthy diet.

Some trials suggest that micronutrient supplementation may have harmful effects

JAMA:
Vitamin and mineral supplements

JAMA The Journal of the
American Medical Association

JAMA. Published online February 5, 2018.
doi:10.1001/jama.2017.2101



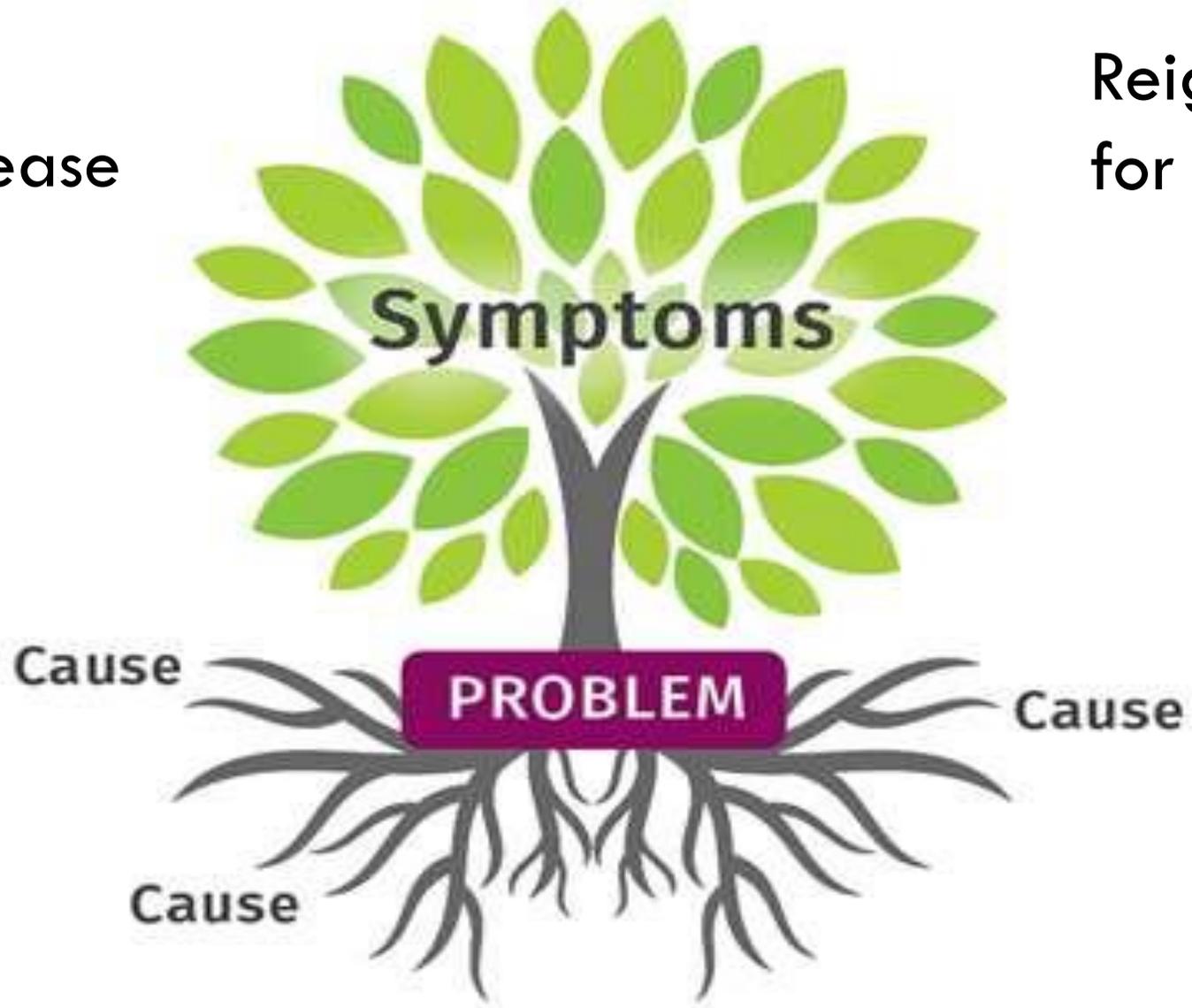
The fastest growing medical professional association in the nation, representing physicians, allied health professionals and healthcare executives who are dedicated to treating root causes of disease—a Lifestyle Medicine-first approach to true ‘health’ care.



Vision: Lifestyle Medicine as the foundation of a transformed and sustainable system of health care delivery, in which all physicians and allied health professionals have been effectively trained in the field, integrating it into their own lives and into their clinical practices.



Treating root
causes of disease



Reignites passion
for medicine

Simple, powerful therapy



NUTRITION

Choose predominantly whole, plant-based foods that are fiber-filled, nutrient dense, health-promoting and disease-fighting



SLEEP

Identify dietary, environmental and coping behaviors to improve sleep health



EXERCISE

Regular and consistent physical activity is an essential piece of an optimal health equation



SUBSTANCE ABUSE

The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease



STRESS MANAGEMENT

Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improved wellbeing

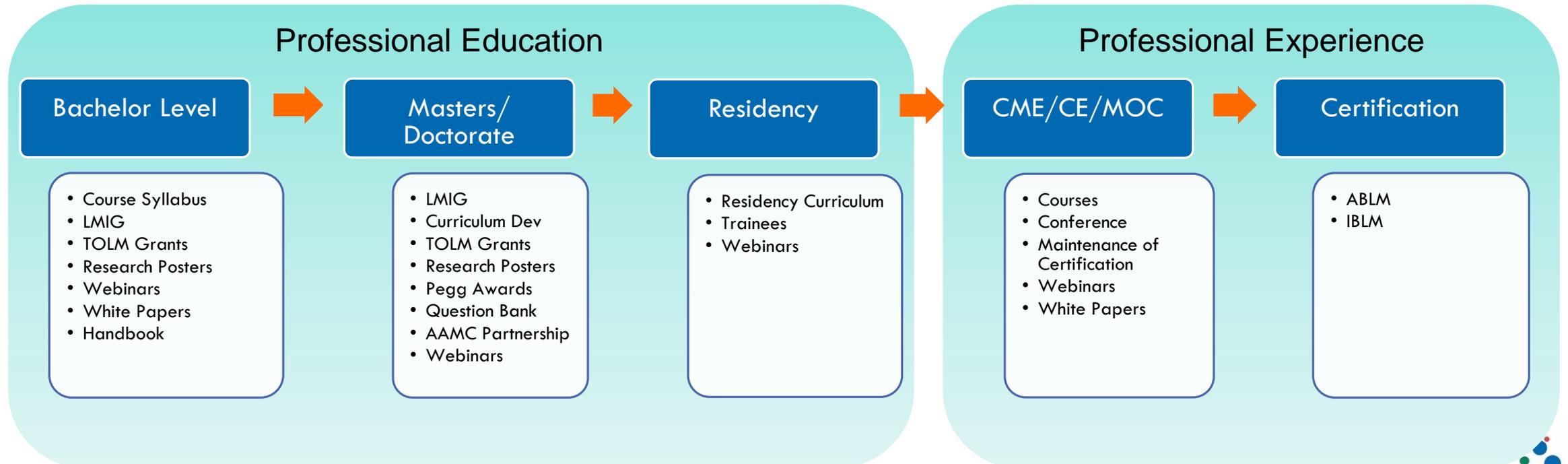


HEALTHY RELATIONSHIPS

Social connectedness is essential to emotional resiliency and overall health



Education Pathway



ACLM supports all levels of Lifestyle Medicine Education: Filling the gaping void that currently exists.

Lifestyle Medicine

The Foundation of Health Care

2019

October 27-30

Rosen Shingle Creek

Orlando, Florida



www.lmconference.org

- Systems change for sustainable health care.

ATTEND
LEARN
CONNECT



CERTIFICATION IN LIFESTYLE MEDICINE

Lifestyle Medicine Physician
(MDs & DOs)
Certification issued by ABLM& IBLM

Lifestyle Medicine Professional
(PhD, Masters Level Health Professionals)
Certification issued by ACLM & IBLM

Lifestyle Medicine Practitioner*
(Bachelor Level Health Professionals)
Certification issued by ACLM



A world free of
non-communicable
disease.

Creating a New, Global Vision of True Health Care for the 21st Century — Medical Professionals Prescribing Lifestyle for Prevention, Treatment and Reversal

The Lifestyle Medicine Global Alliance represents the convergence of lifestyle medicine professional associations from around the world, uniting under one banner for the purpose of collaboration, shared knowledge and best practices, to manifest the vision of a world without non-communicable disease. Identifying and eradicating the cause of disease is our mission. Together, we can!

Lifestyle Medicine:

Evidence-based Lifestyle
Medicine uses

Upcoming Events:

Live and virtual educational
events and opportunities

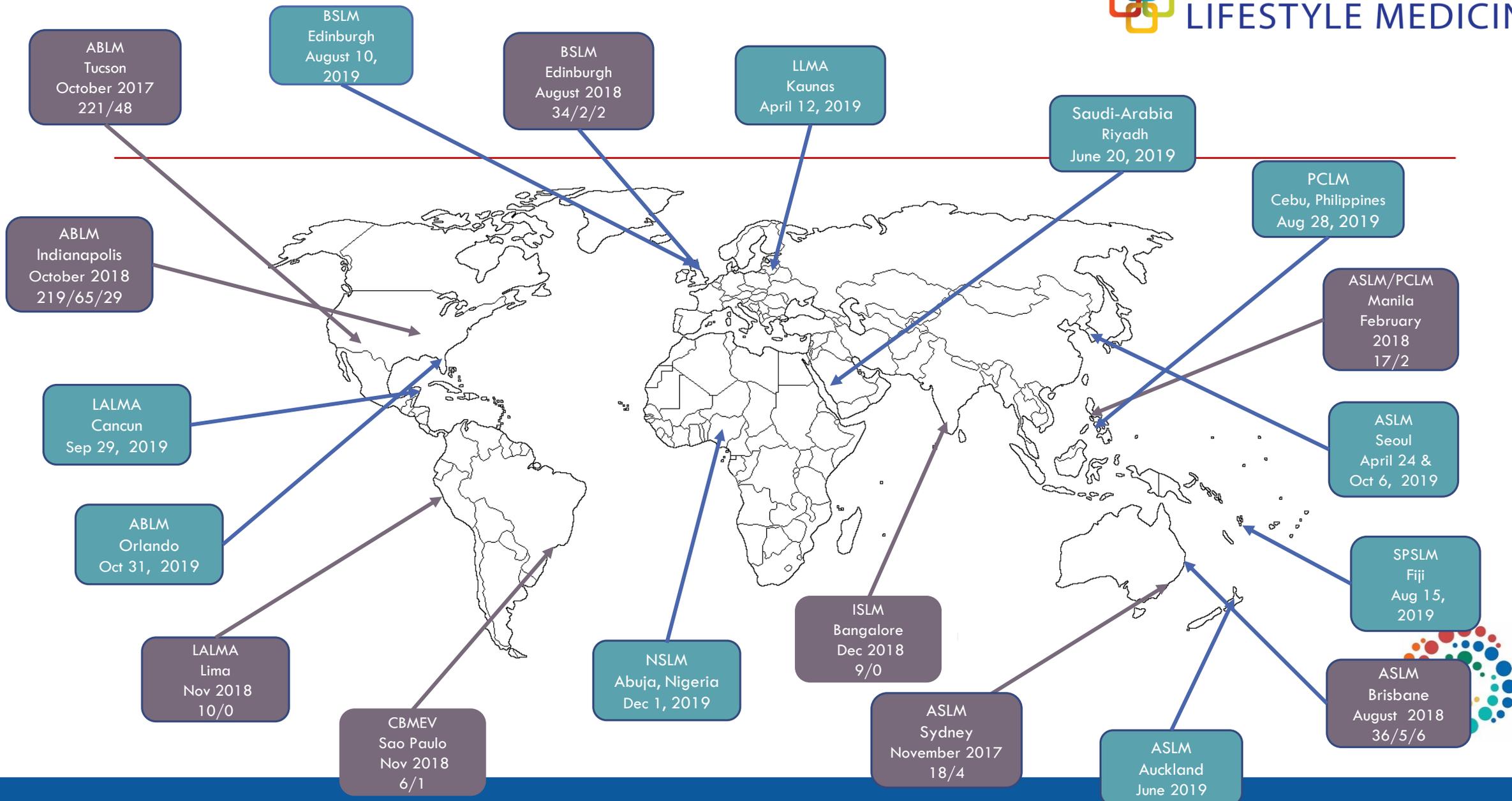
Recent News:

The world is awakening to
the urgent need to redefine

Around the Globe:

From Canada to Australia,
the United States of

Global Exam Locations



It's time to do something about healthcare costs:

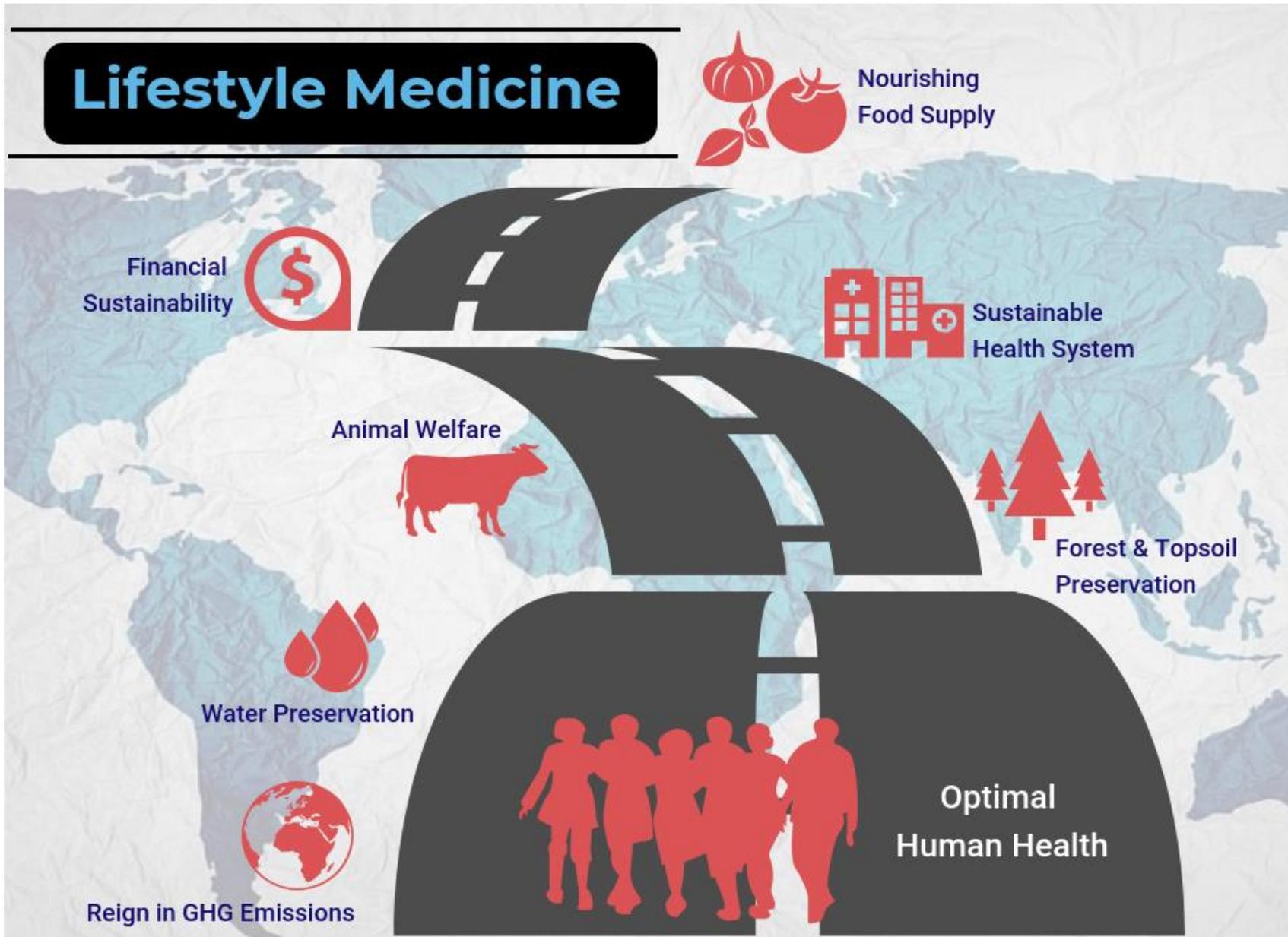
OVERALL CHRONIC DISEASE PREVALENCE + COST:

Rates of chronic disease have never been higher, with cost of chronic conditions eating up

86%

of all healthcare dollars spent.

Worldwide benefits



Thank you

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Questions?

