

CME: Lifestyle Medicine

Edward Phillips, MD

Lifestyle Medicine

Integrative Healthcare Symposium

February 15, 2024

Edward M Phillips, MD

Associate Professor, Physical Medicine & Rehabilitation Hospital, Harvard Medical School

Director, Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital



Edward M Phillips, MD

- Associate Professor, Physical Medicine & Rehabilitation, Harvard Medical School
- Founder and Director, Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School
- Whole Health Medical Director, VA Boston Healthcare System
- National Whole Health Education Champion for Health Professions Trainees, VA Office for Patient Centered Care and Cultural Transformation



■ Disclosures:

“Food, We Need to Talk” LLC, Member

Dr. Phillips receives royalties as Co-Author of ACSM’s Exercise is Medicine: A Clinician’s Guide to Exercise Prescription, (Wolters-Kluwer, 2009)

Dr. Phillips receives royalties as Co-Author with Margaret Moore of Organize Your Emotions, Optimize Your Health: Decode Your Emotional DNA and Thrive (William Morrow/ Harvard Health Publications, 2016)



Learning Objectives

- 1) Review evidence for Health Behaviors as root cause of premature death, chronic disease and health care costs.
- 2) Engage with the Lifestyle Medicine response
- 3) Explore our Self-Care



“ Mindfulness Exercise”



We die too soon

The combined impact of lifestyle factors such as **physical inactivity, obesity, poor diet, cigarette smoking, and excess alcohol consumption** have a significant impact on morbidity and mortality from the resulting chronic disease¹
↑66% all cause mortality²

Footnote / Source placeholder.

1) Hu FB et al. *N Engl J Med*.

2001;345:790-797; 2) Loef M and Walach H. *Prev Med*. 2012;55:3:163-170



We are sicker than we need to be

70% of cardiovascular disease can be prevented or delayed with dietary choices and lifestyle modifications¹

According to the World Health Organization, by 2020,
two-thirds of all global disease will be lifestyle related²

¹Forman D, Bulwer BE. *Curr Treat Options Cardiovasc Med.* 2006;8:47-57;

²Chopra M et al. *Bull WHO.* 2002;80:953-958.



We spend too much

Health care spending in the United States reached \$3.5 trillion¹
78% of health care expenditures are consumed by the
management of chronic disease²

¹Centers for Medicare and Medicaid Services.
National Health Expenditure Data.

https://www.cms.gov/NationalHealthExpendData/25_NHE_Fact_Sheet.asp;

²Anderson G, Horvath J. *Public Health Report*. 2004;119:263-270



Factors that Contribute to Our Health

- Social & Economic Factors 40%
- Health Behaviors 30%
- Genes & Biology 10%
- Physical Environment 10%
- Clinical Care 10%
- Why do we primarily focus on this small piece of the pie?
- What can we do?

Social Determinants of Health:
Developing Healthy People 2020.
CDC Health Disparities and
Inequalities Report- US, 2011.
MMWR Jan 14, 2011, Vol 60.



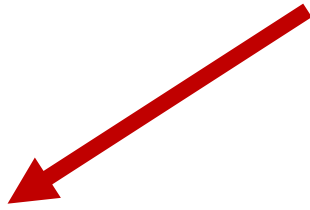
The Economics and the Outcomes of this Focus

- Life expectancy vs health expenditure, 1970-2015
- United States spends >2x as much in per capita healthcare than any other country.
- But ranks >30th in life expectancy.



We Touch Only the Tip of the Iceberg

Physical



We Touch Only the Tip of the Iceberg

Physical

Life Story

Mind

Culture

Relationships

Values

Emotions

Meaning and Purpose

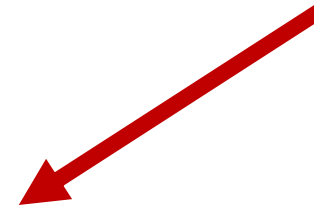


JNC-8 2014 Guideline for Management of High Blood Pressure

Specifies use of BP medications based on age, diabetes, chronic kidney disease.

Diuretics vs ACE vs CCB, etc. But first:

**“Implement Lifestyle Interventions:
Continue throughout management”**



A Call to Arms (and Legs)

An evolving model promoting health and wellness needs to be initiated immediately.

The new paradigm needs to appropriately train and incentivize clinicians to improve the behaviors and the health status of their patients.

A Call to Arms (and Legs)

The existing model of medical care is no longer viable.

The rapidly evolving health care landscape provides new opportunities for Lifestyle Medicine to become a standard of care.

Lifestyle Medicine is our best hope to redirect health care worldwide.

Overview

30,000 feet: Health Behaviors as Root Cause

3,000 feet: Lifestyle Medicine response

On the ground: Explore our Self-Care

Overview

30,000 feet: Health Behaviors as Root Cause

3,000 feet: Lifestyle Medicine response

On the ground: Explore our Self-Care

What is Lifestyle Medicine?

Evidence based practice of assisting individuals and families to adopt and sustain behaviors that can improve health and quality of life.

Lianov L. & Johnson M. JAMA 2010;304(2): 202-203

What is Lifestyle Medicine?

Evidence based practice of assisting individuals and families to adopt and sustain behaviors that can improve health and quality of life.

Lianov L. & Johnson M. JAMA 2010;304(2): 202-203

Branch of evidence-based medicine in which comprehensive lifestyle changes (including nutrition, physical activity, stress management, social support and environmental exposures) are used to **prevent, treat, and reverse the progression of chronic diseases by addressing their underlying causes.**

Int J Clin Pract, Nov 2014, 68:11, 1289-1292

Six Powerful Interventions



AMERICAN COLLEGE OF
Lifestyle Medicine



WHOLE FOOD, PLANT-BASED NUTRITION

Extensive scientific evidence supports the use of a wholefood, predominantly plant-based diet as an important strategy in prevention of chronic disease, treatment of chronic conditions and, in intensive therapeutic doses, reversal of chronic illness. Such a diet is rich in fiber, antioxidants, and nutrient dense. Choose a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



RESTORATIVE SLEEP

Sleep delays/interruptions have been shown to cause sluggishness, low attention span, decreased sociability, depressed mood, decreased deep sleep, decreased caloric burn during the day, increased hunger and decreased feeling of fullness, insulin resistance and decreased performance. Strive for 7 or more hours per night for optimal health



STRESS MANAGEMENT

Stress can lead to improved health and productivity - or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.



AVOID RISKY SUBSTANCES

Use of tobacco and excessive alcohol consumption have been shown to increase the risk of chronic diseases and death. Treatments often take time, different approaches and many attempts. Patience and support are an important part of breaking risky substance habits.



SOCIAL CONNECTION

Positive social connections and relationships affect our physical, mental and emotional health. Leveraging the power of relationships and social networks can help reinforce healthy behaviors.



PHYSICAL ACTIVITY

Regular and consistent physical activity combats the negative effects of sedentary behavior. It is important that adults engage in both general physical activity as well as purposeful exercise weekly as part of overall health and resiliency.



PHYSICAL ACTIVITY

Regular and
combats t
behavior. I
engage in
well as pu
of overall

Time to
Exercise!



What did you just experience?
Please share in the chat box.

What did you just experience?

Please share in the chat box.

Novelty

Challenge

Reminder of your physicality

Relief of physical discomfort

Neurotransmitter release

Fun

Lifestyle Medicine: Assumptions

- Modifiable lifestyle choices are the root cause of most disease, premature deaths and health care costs.

Lifestyle Medicine: Assumptions

- Modifiable lifestyle choices are the root cause of most disease, premature deaths and health care costs.
- Potency of physician counseling on lifestyle

Lifestyle Medicine: Assumptions

- Modifiable lifestyle choices are the root cause of most disease, premature deaths and health care costs.
- Potency of physician counseling on lifestyle
- Dearth of counseling by physicians on lifestyle choices

Lifestyle Medicine: Assumptions

- Modifiable lifestyle choices are the root cause of most disease, premature deaths and health care costs.
- Potency of physician counseling on lifestyle
- Dearth of counseling by physicians on lifestyle choices
- **Lack of LM education at all levels of training for healthcare trainees and practitioners.**



Lifestyle Medicine

THIRD EDITION

Edited by
James M. Rippe, MD

CRC Press
Taylor & Francis Group

American College of Lifestyle Medicine



Membership increased 600% since 2015

>10,000 members



Lifestyle Medicine

GLOBAL ALLIANCE



AMERICAN COLLEGE OF
Lifestyle Medicine



Australasian Society of
Lifestyle Medicine



British Society of
lifestyle
medicine



KOREAN COLLEGE OF
LIFESTYLE MEDICINE
대한 생활습관의학 교육원



POLISH SOCIETY OF
lifestyle medicine



PHILIPPINE COLLEGE OF
Lifestyle Medicine



Malaysian
Society of
Lifestyle
Medicine



Society of
Lifestyle
Medicine
of Nigeria



CHILEAN SOCIETY OF
Lifestyle Medicine



Lithuanian
Lifestyle
Medicine
Association



IRAN Association of
Lifestyle Medicine



ALBANIAN LIFESTYLE MEDICINE
Bashkëpunimi dhe jetëgjatësi përmes jetës shëndetshme



PAKISTAN SOCIETY OF LIFESTYLE MEDICINE



Romanian
Society of
Lifestyle
Medicine



JAPANESE SOCIETY OF
LIFESTYLE MEDICINE



MEDITERRANEAN SOCIETY
of Lifestyle Medicine



ASOCIACIÓN MEXICANA DE MEDICINA DE ESTILO DE VIDA



CHINESE SOCIETY OF
LIFESTYLE MEDICINE
中华生活方式医学会



Portuguese Society of
lifestyle medicine
Portugal free of non-communicable diseases

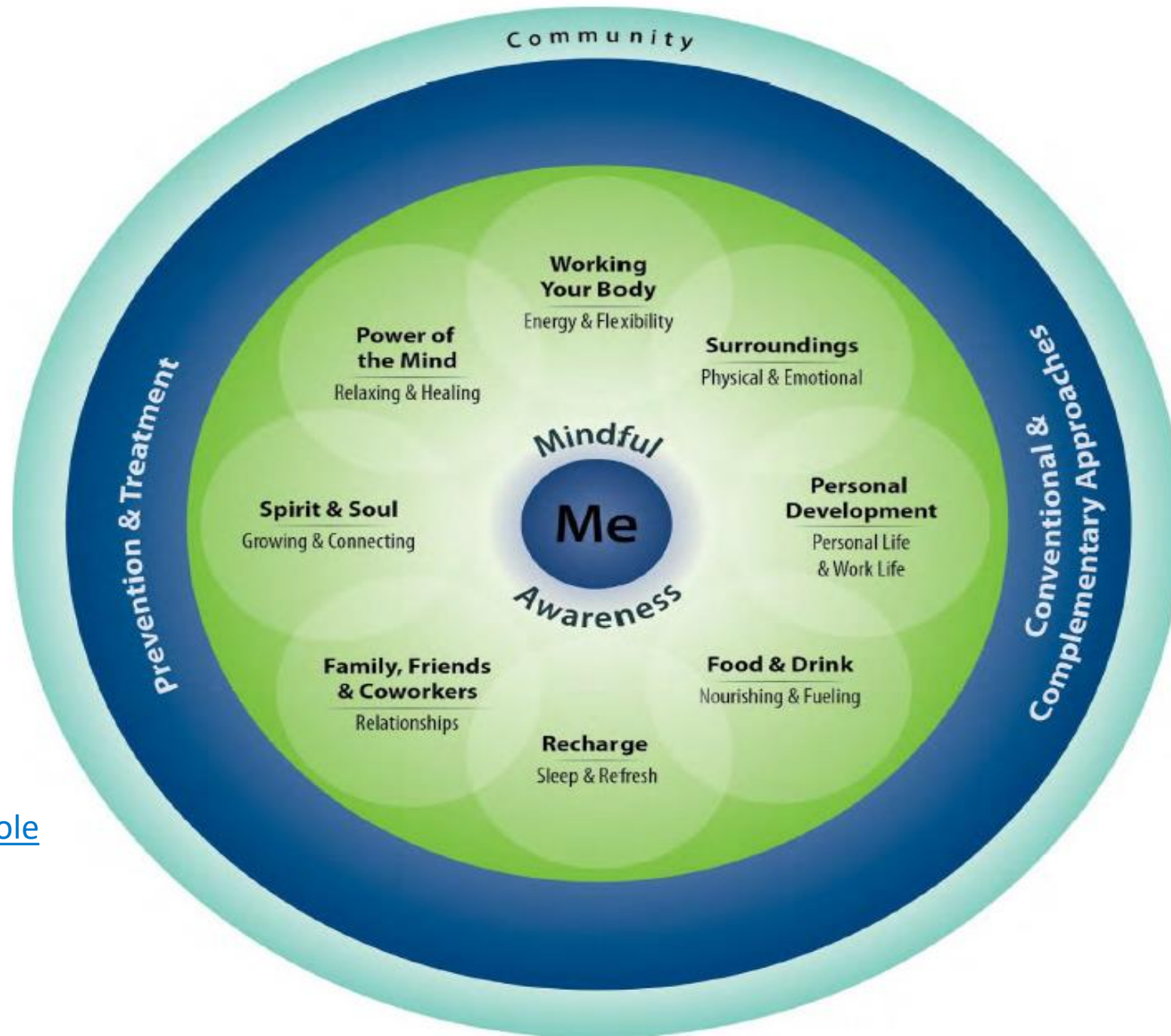


AMERICAN BOARD OF
LIFESTYLE
MEDICINE

ABLM.org

>5,000 diplomates since 2017





[The Circle of Health - Whole Health \(va.gov\)](http://va.gov)

Lifestyle Change: Getting started

- Most individuals have multiple lifestyle goals.

Lifestyle Change: Getting started

- Most individuals have multiple lifestyle goals.
- Your agenda and excitement about food, exercise, stress, etc. is not the most important.

Lifestyle Change: Getting started

- Most individuals have multiple lifestyle goals.
- Your agenda and excitement about food, exercise, stress, etc. is not the most important.
- **The patient-driven agenda is paramount.**

Lifestyle Change: Getting started

- Most individuals have multiple lifestyle goals.
- Your agenda and excitement about food, exercise, stress, etc. is not the most important.
- The patient-driven agenda is paramount.
- Don't ask **“What's the Matter with you?”**

Lifestyle Change: Getting started

- Most individuals have multiple lifestyle goals.
- Your agenda and excitement about food, exercise, stress, etc. is not the most important.
- The patient-driven agenda is paramount.
- Don't ask "What's the Matter with you?"
- Rather: **"What Matters to you?"**

Lifestyle Change: Getting started

- “What changes are you willing to make to reach your goals?”

Lifestyle Change: Getting started

- “What changes are you willing to make to reach your goals?”
- “Where would you like to get started?”

Lifestyle Change: Getting started

- “What changes are you willing to make to reach your goals?”
- “Where would you like to get started?”
- **Success in one goal improves self-efficacy and the opportunity to attempt further goals.**

Overview

30,000 feet: Health Behaviors as Root Cause

3,000 feet: Lifestyle Medicine response

On the ground: Explore our Self-Care

Self-Care

- “Put on your own oxygen mask first.”
- Self-care is not selfish
- Improves the care of our patients
- Helps transform your office into a happier and healthier place to work
- Even more important with COVID

Self-Care

- Role model for patients
- Familiarity with challenges and rewards
- Self-care for your health and happiness
- Burnout prevention and remediation
- Make a commitment to a small personal and professional change

Self-Care

- Role model for patients

- Fair

- Self

- Buy

- You

that you don't do

- Make a commitment to a small personal

What goals do you want to set for
your personal health and
professional practice?

Assess Your Health Habits

- No Smoking

Assess Your Health Habits

- No Smoking
- Alcohol \leq 1 drink/day

Assess Your Health Habits

- No Smoking
- Alcohol \leq 1 drink/day
- Eat \geq 5 servings of fruits and vegetables/day

Assess Your Health Habits

- No Smoking
- Alcohol \leq 1 drink/day
- Eat \geq 5 servings of fruits and vegetables/day
- Physical Activity/Exercise \geq 150 minutes/week

Assess Your Health Habits

- No Smoking
- Alcohol \leq 1 drink/day
- Eat \geq 5 servings of fruits and vegetables/day
- Physical Activity/Exercise \geq 150 minutes/week
- \geq 7 Hours of sleep per night

Assess Your Health Habits

- No Smoking
- Alcohol ≤ 1 drink/day
- Eat ≥ 5 servings of fruits and vegetables/day
- Physical Activity/Exercise ≥ 150 minutes/week
- ≥ 7 Hours of sleep per night
- Resistance training ≥ 2 x per week (20-30 minutes/ session)

Assess Your Health Habits

- No Smoking
- Alcohol ≤ 1 drink/day
- Eat ≥ 5 servings of fruits and vegetables/day
- Physical Activity/Exercise ≥ 150 minutes/week
- ≥ 7 Hours of sleep per night
- Resistance training ≥ 2 x per week
- All of the above

Assess Your Health Habits

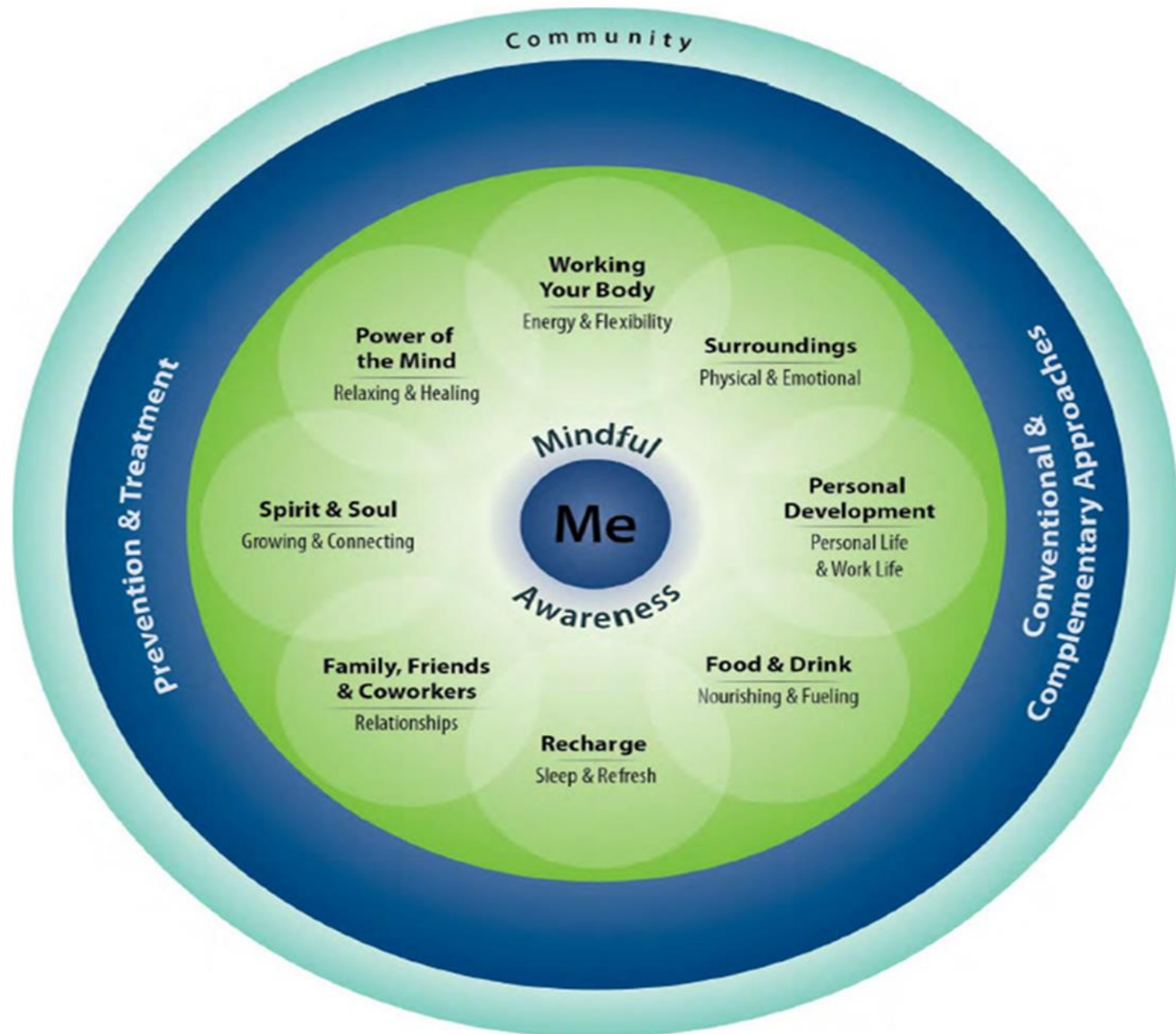
- No Smoking
- Alcohol < 1 drink/day

If you answered:

“All of the Above”

please type in the chat box and share who or what inspires you to follow good health habits.

- Resistance training ≥ 2 x per week
- All of the above





Social Determinants

Living conditions, social environment, economic environment, service environment

Structural Determinants

Institutional power, including laws/policies/regulations, education, corporations and businesses

Root Cause Inequities/Systemic Determinants

Systems of power, including racism, classism, sexism, homophobia, ableism, xenophobia

PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- "Me" at the center of the circle: This represents what is important to you in your life, and may include your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is about noticing what is happening when it happens.
- Your everyday actions make up the green circle. Your options and choices may be affected by many factors.
- The next ring is professional care (tests, medications, treatments, surgeries, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people, places, and resources in your community. Your community has a powerful influence on your personal experience of health and well-being.



Rate where you feel you are on the scales below from 1–5, with 1 being not so good, and 5 being great.

Physical Well-Being

☐ 1 NOT SO GOOD
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 GREAT

Mental/Emotional Well-Being

☐ 1 NOT SO GOOD
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 GREAT

Life: How is it to live your day-to-day life?

☐ 1 NOT SO GOOD
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 GREAT

What matters most to you in your life right now? Write a few words to capture your thoughts:

Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be.” Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Building Blocks of Health and Well-being	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do.		
Recharge: Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.		
Food and Drink: What we eat, and drink can have a huge effect on how we experience life, both physically and mentally.		
Personal Development: Our health is impacted by how we spend our time. We feel best when we can do things that really matter to us or bring us joy.		
Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being.		
Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Spiritual connection can take many forms.		
Surroundings: Surroundings include where we live, work, learn, play, and worship—both indoors and out. Safe, stable, and comfortable surroundings have a positive effect on our health.		
Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.		
Professional Care: Partnering with your health care team to address your health concerns, understand care options, and define actions you may take to promote your health and goals.		

Reflections

Now that you have thought about what matters to you in all of these areas, what would your life look like if you had the health you want? What kind of activities would you be doing? Or how might you feel different? What area might you focus on?

What might get in the way? How might you start?

■ What are your **strengths and accomplishments** right now?

■ What area are you **most proud** of right now?

■ What does that **look like** in your life right now?



Opportunities for Optimizing Your Well-Being

- Where do you see **opportunities** to feel more well or fulfilled?
Perhaps...
- You're **lower than you'd like** to be
- Making a small shift would help **improve other areas**
- Making a small shift would **energize you**



Check-In: What is not in my control?

What can't I change?

How can I remain aware of those things, and still feel a sense of wellness?



Check-In: What is in my control?



The background features a faint, large circular diagram known as the Wheel of Life. It is divided into eight segments, each representing a different area of life. Starting from the top and moving clockwise, the segments are: Community, Surroundings, Physical & Emotional, Personal Life & Work Life, Food & Drink, Family, Friends & Co-workers, Growing & Connecting, and Relaxing & Healing. The center of the wheel is labeled 'Awareness'. The outer ring of the wheel is labeled 'Prevention & Recovery' on the left and 'Complementary' on the right.

What can I change?
What do I want to work on?

What will I try, if anything?
What resources and strategies could help me?

Key Points for Primary Care Clinicians

Patient health behaviors are the root cause of most premature death, chronic disease and healthcare costs.

Clinician self-care matters to our personal health and the health of our patients.

(We all have something to work on.)

Lifestyle Medicine is our best hope to redirect healthcare toward a sustainable future.

Next best steps for Primary Care Clinicians

Counsel patients about improved health behaviors.

Try asking “What Matters most to you?”

Commit to a couple of achievable self-care behavior changes.

Explore the field of Lifestyle Medicine.

Try Whole Health in your practice: [Whole Health Library Home \(va.gov\)](https://www.va.gov/wholehealthlibrary/)

Follow Up: Connect with Each Other

Email: ephillips1@mgh.harvard.edu

Website: www.InstituteofLifestyleMedicine.org/

Facebook:

<https://www.facebook.com/InstituteofLifestyleMedicine>

LinkedIn: <http://www.linkedin.com/groups/Institute-Lifestyle-Medicine-4598141>

Twitter: @ILMLifestyleMed
#HarvardLifestyleMedicine



Mass General Brigham



Thursday 1:30pm – 2:30pm

CME: Lifestyle Medicine

Please scan this QR code on you mobile
or tablet device to access the session feedback survey



CME: Lifestyle Medicine