

Prescribing Healthy Lifestyles

#LifestyleMedicine

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OBJECTIVES OF THIS TALK:

- ▶ WHAT IS LIFESTYLE MEDICINE?
- ▶ REVIEW KEY LIFESTYLE APPROACHES, STRICTLY BASED ON *EVIDENCE*
- ▶ HOW DO I PRESCRIBE A HEALTHY LIFESTYLE TO MY PATIENT IN A 20 MINUTES APPOINTMENT?
- ▶ DOES MY OWN HEALTH MATTER? (A LITTLE REFLECTION ON SELF-CARE)

My story

WHAT IS LIFESTYLE MEDICINE?



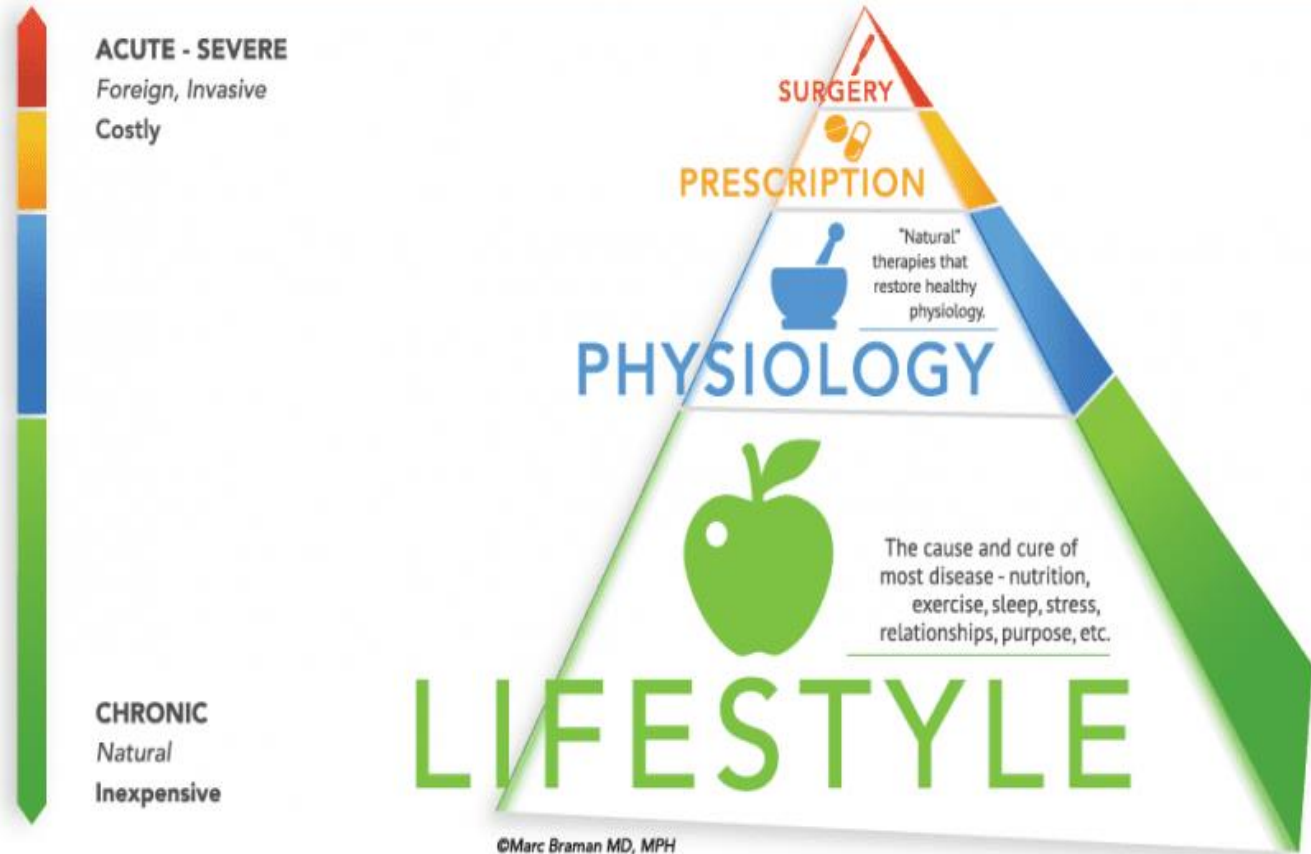
LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH

LIFESTYLE MEDICINE

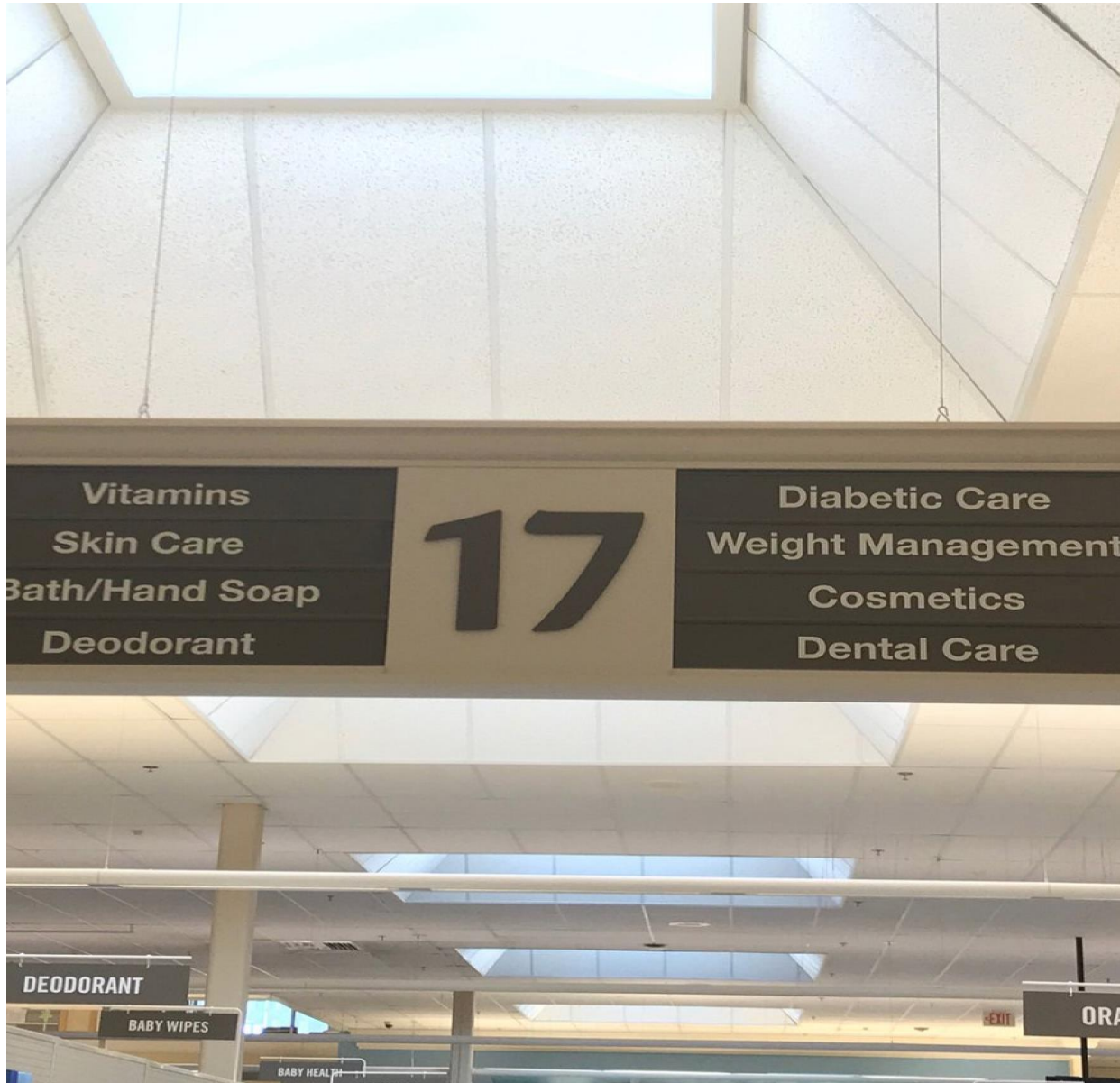
Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

WHY LIFESTYLE MEDICINE?

WHOLE HEALTH - TREATMENT







Vitamins
Skin Care
Bath/Hand Soap
Deodorant

17

Diabetic Care
Weight Management
Cosmetics
Dental Care

DEODORANT

BABY WIPES

BABY HEALTH

EXIT

ORA

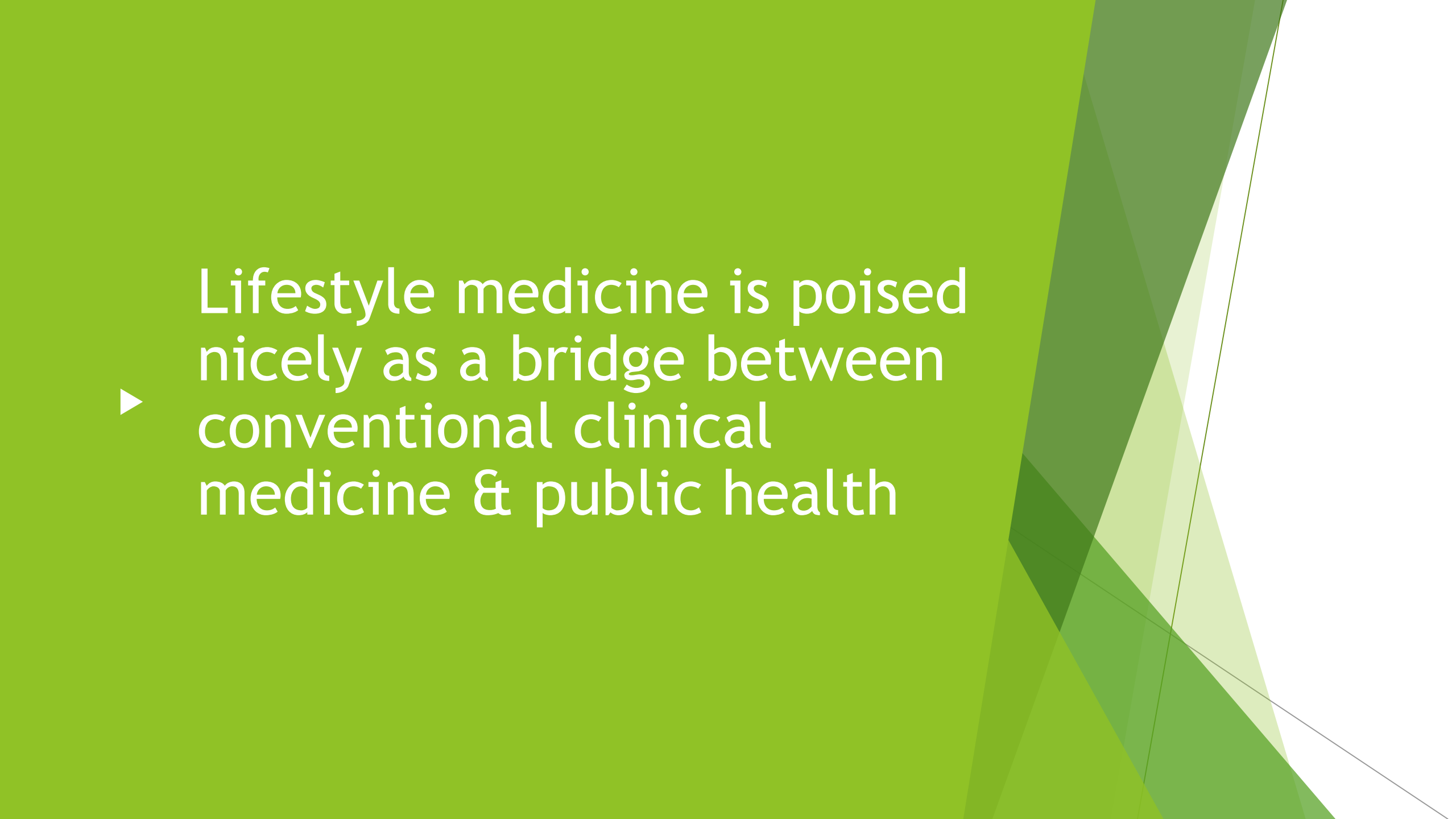
**Frequently, more is
accomplished by treating the
person rather than only the
disease the patient has.**

**-JAMES EDGAR
PAULLIN, 1947**

WHOLE HEALTH, NOT REDUCTIONIST MEDICINE



“Heal”:
etymology:
literally “to make
whole,” this is also
the root of the
word “health”

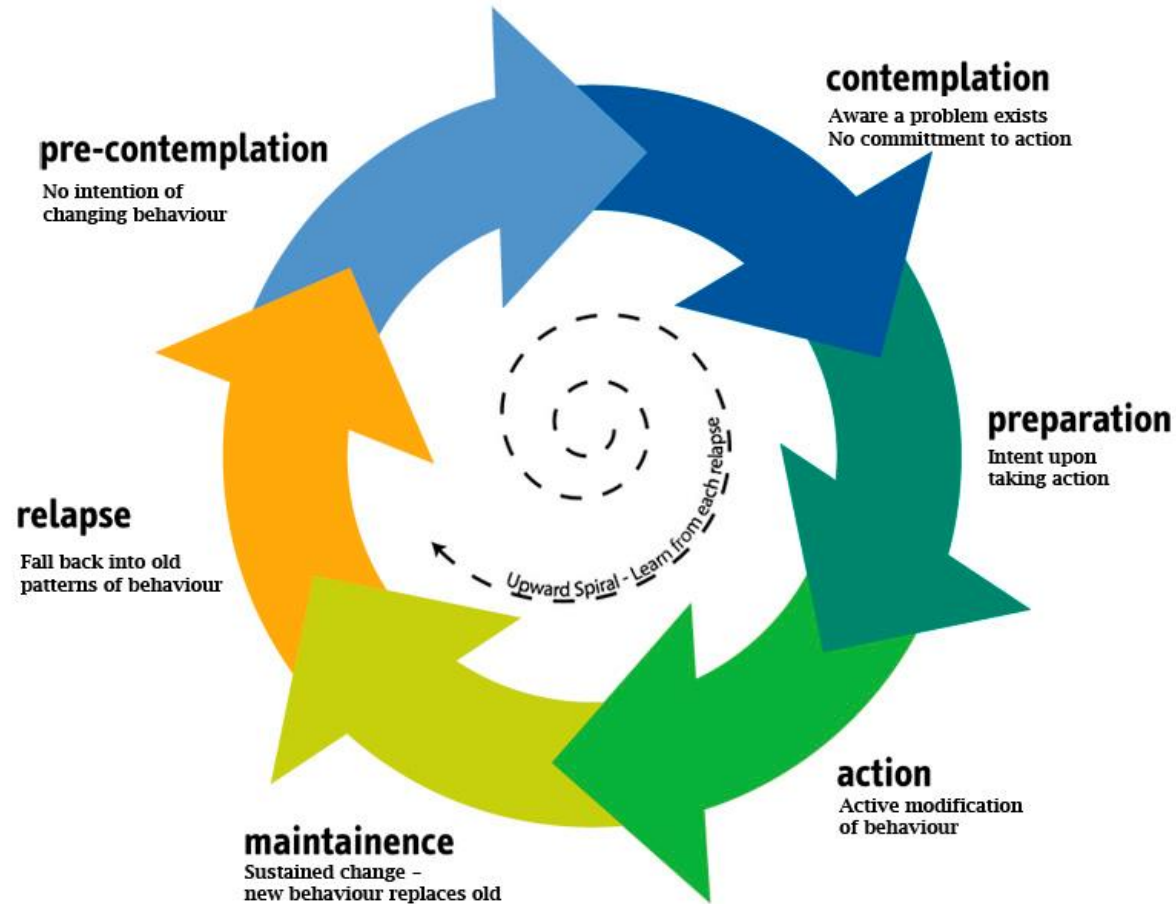


▶ Lifestyle medicine is poised nicely as a bridge between conventional clinical medicine & public health

APPROACHING PATIENTS TO MAKE LIFESTYLE CHANGES

How to talk so patients will
listen, and how to listen so
patients will talk?

TRANSTHEORETICAL MODEL



Transtheoretical Model of Change
Prochaska & DiClemente

MULTIPLE TOOLS THAT PRACTITIONERS HAVE

- ▶ Being an “expert” is different than being a “coach”.
- ▶ When making long term, sustainable lifestyle changes, the patient has to co-create their goals with you, the coach.
- ▶ Patient is the player of the game.

Tools in a practitioner's toolkit:

- ▶ Asking for permission;
- ▶ empathy;
- ▶ establishing a respectful relationship (non-preachy, non-judgmental): this takes multiple visits & for the patient to get to know the provider over time;
- ▶ listening with active intent and mindfulness (“whole body listening”) which involves making eye contact;
- ▶ understanding what drives the patient (“intrinsic motivator”);
- ▶ let them say why they make the choices they do (what *void* does that unhealthful choice fill in their life?): and then let them troubleshoot what they could do to replace the unhealthful behaviors with a more healthful behavior
- ▶ Resist the “righting reflex” (try not to preach)

EVIDENCE BASED NUTRITION ("NOURISHMENT")



AUDIENCE RESPONSE:

How many servings of fresh/ frozen vegetables & fruits do you eat daily? (1 serving = 1 cup raw or half cup cooked)

1. >5
2. 4-5
3. 1-3
4. <1

Compare this with the average American adult's fruit & vegetable intake:

U.S. FOOD CONSUMPTION AS A % OF CALORIES

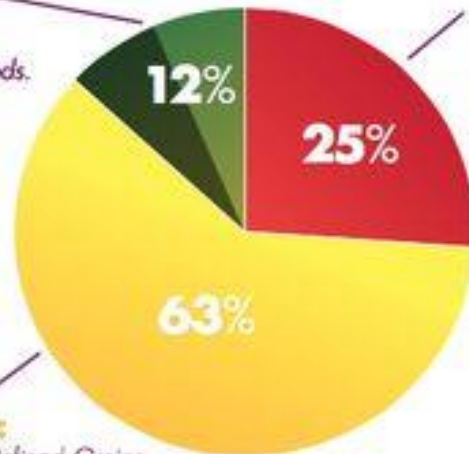
PLANT FOOD:

Vegetables, Fruits, Legumes, Nuts & Seeds, Whole Grains
Fiber is only found in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains



ANIMAL FOOD:

Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is only found in animal foods. Animal foods are the PRIMARY source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.

March 7, 2017

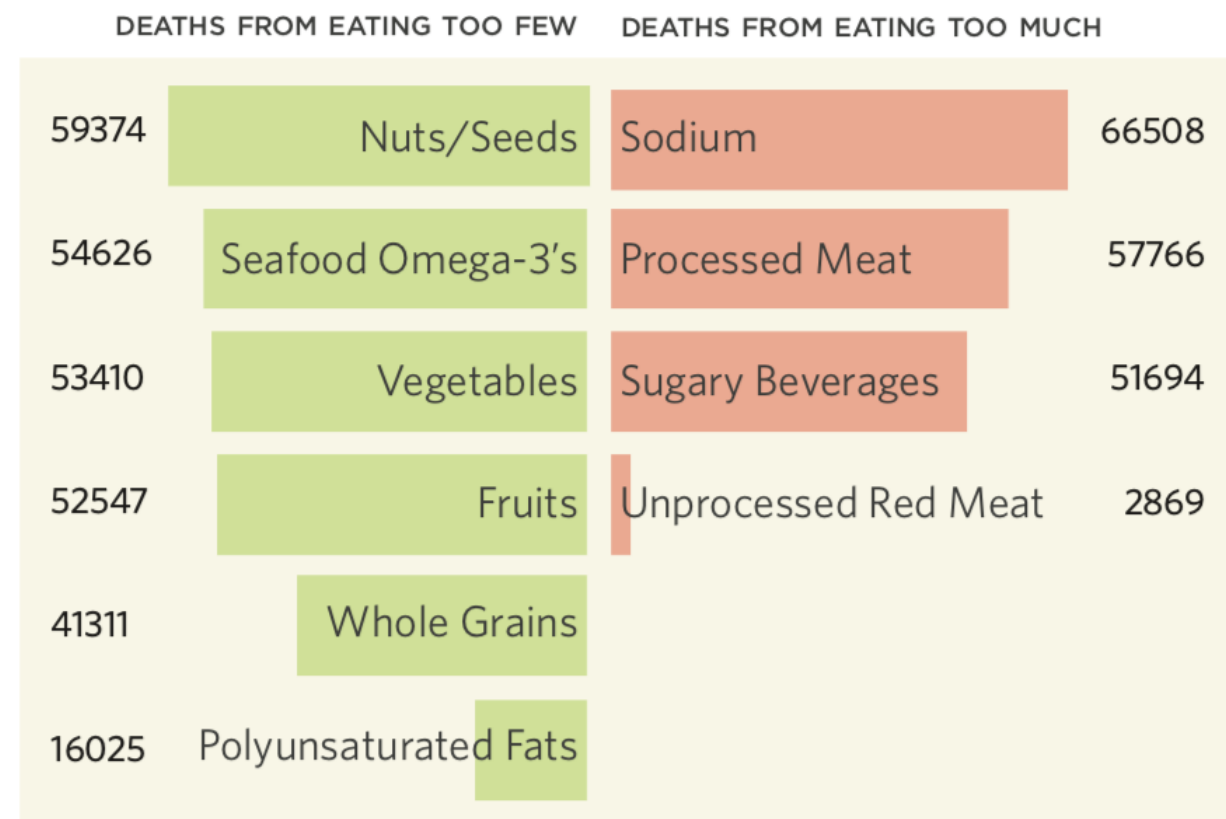
Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States

Renata Micha, RD, PhD¹; Jose L. Peñalvo, PhD¹; Frederick Cudhea, PhD¹; [et al](#)» [Author Affiliations](#) | [Article Information](#)

JAMA. 2017;317(9):912-924. doi:10.1001/jama.2017.0947

53410 Americans are dying every year due to not eating enough vegetables, that means 1 person will die every 10 mins (6 people every hour) due to not eating enough vegetables. That's right: 1 person every 10 mins.

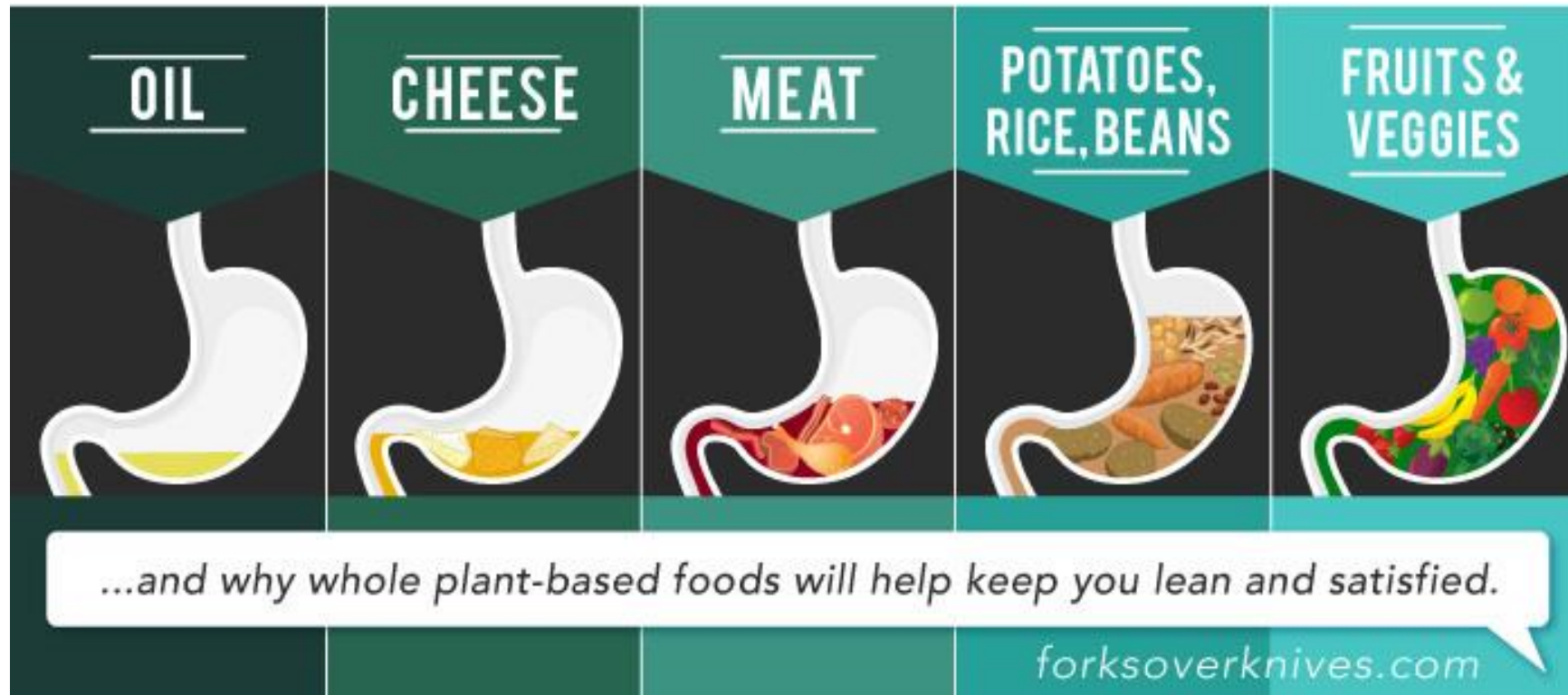
10 foods are estimated to cause nearly half of all US deaths from heart disease, stroke, and type 2 diabetes each year.



MAXIMUM NUTRIENT BANG FOR THE CALORIE BUCK:

CALORIE DENSITY

WHAT 500 CALORIES LOOK LIKE

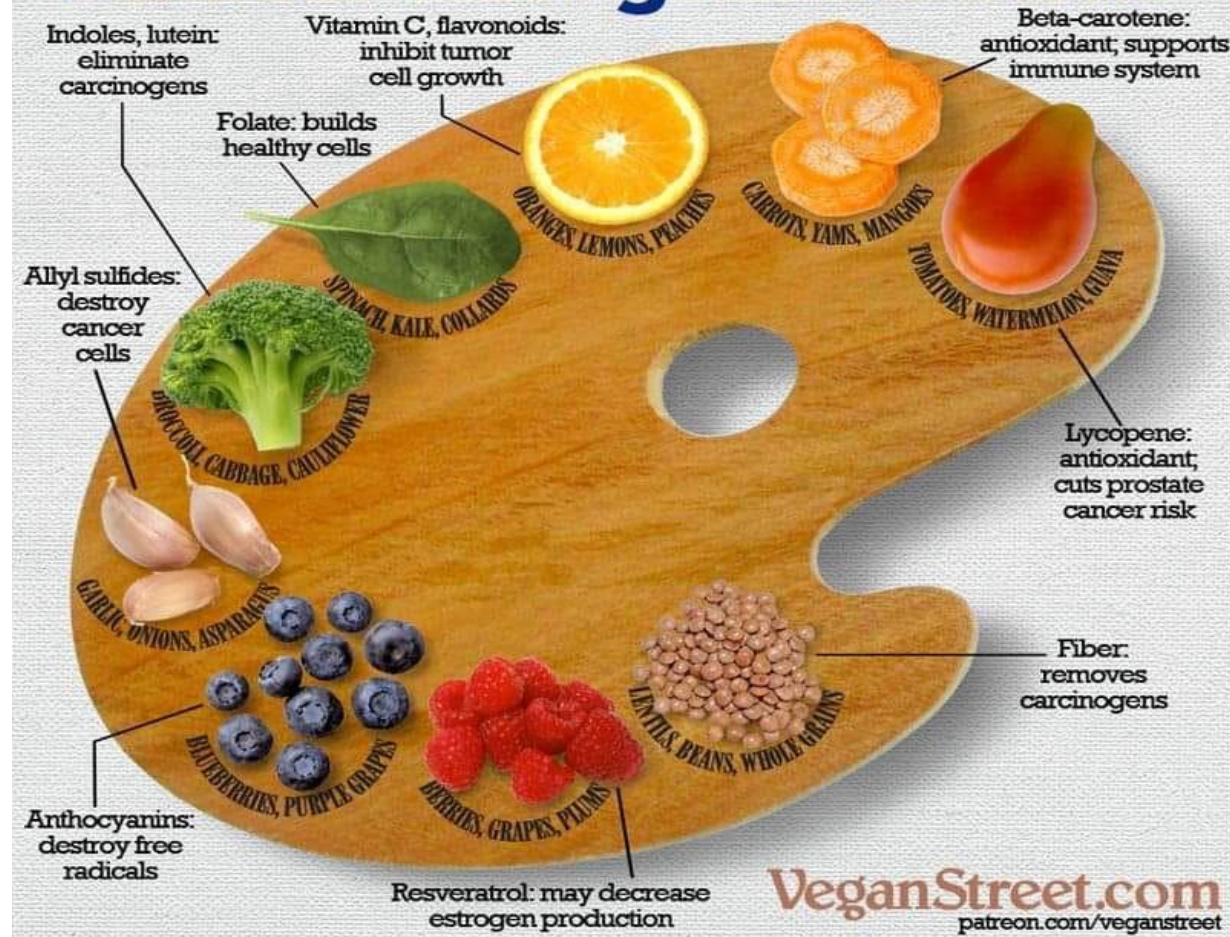


LET YOUR **FOOD**
BE YOUR **MEDICINE**

-HIPPOCRATES



Your body is a work of art. Feed it with great colors.



VeganStreet.com
patreon.com/veganstreet

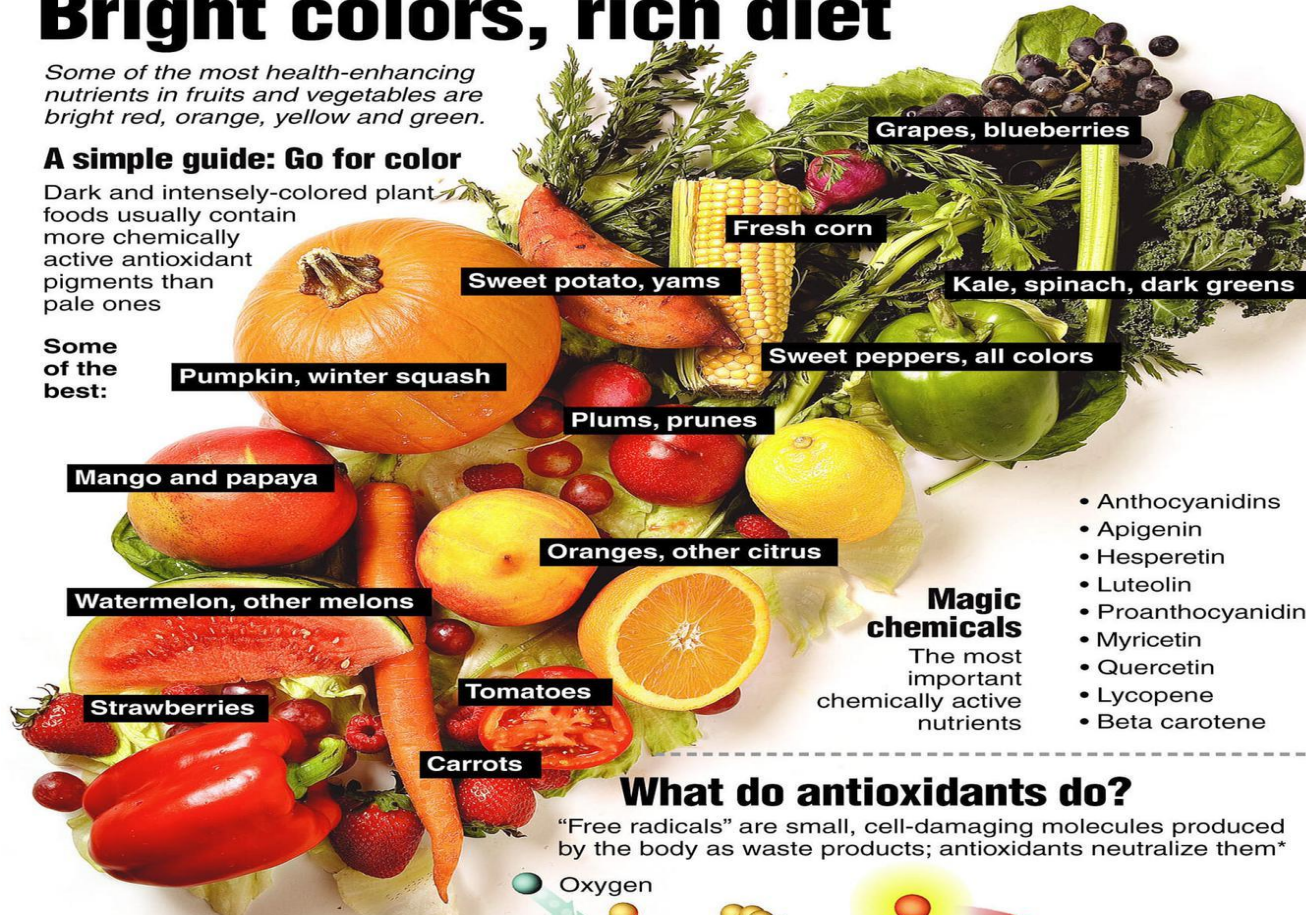
Bright colors, rich diet

Some of the most health-enhancing nutrients in fruits and vegetables are bright red, orange, yellow and green.

A simple guide: Go for color

Dark and intensely-colored plant foods usually contain more chemically active antioxidant pigments than pale ones

Some of the best:



Pumpkin, winter squash

Sweet potato, yams

Fresh corn

Grapes, blueberries

Kale, spinach, dark greens

Sweet peppers, all colors

Plums, prunes

Mango and papaya

Oranges, other citrus

Watermelon, other melons

Tomatoes

Strawberries

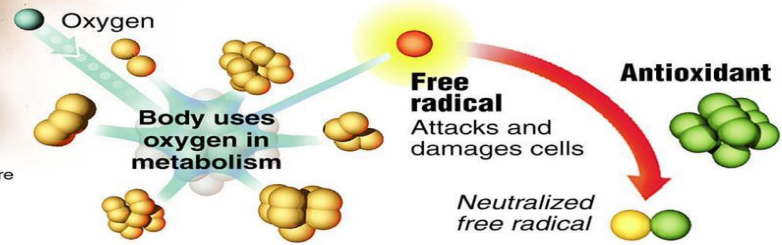
Carrots

- Anthocyanidins
- Apigenin
- Hesperetin
- Luteolin
- Proanthocyanidin
- Myricetin
- Quercetin
- Lycopene
- Beta carotene

Magic chemicals
The most important chemically active nutrients

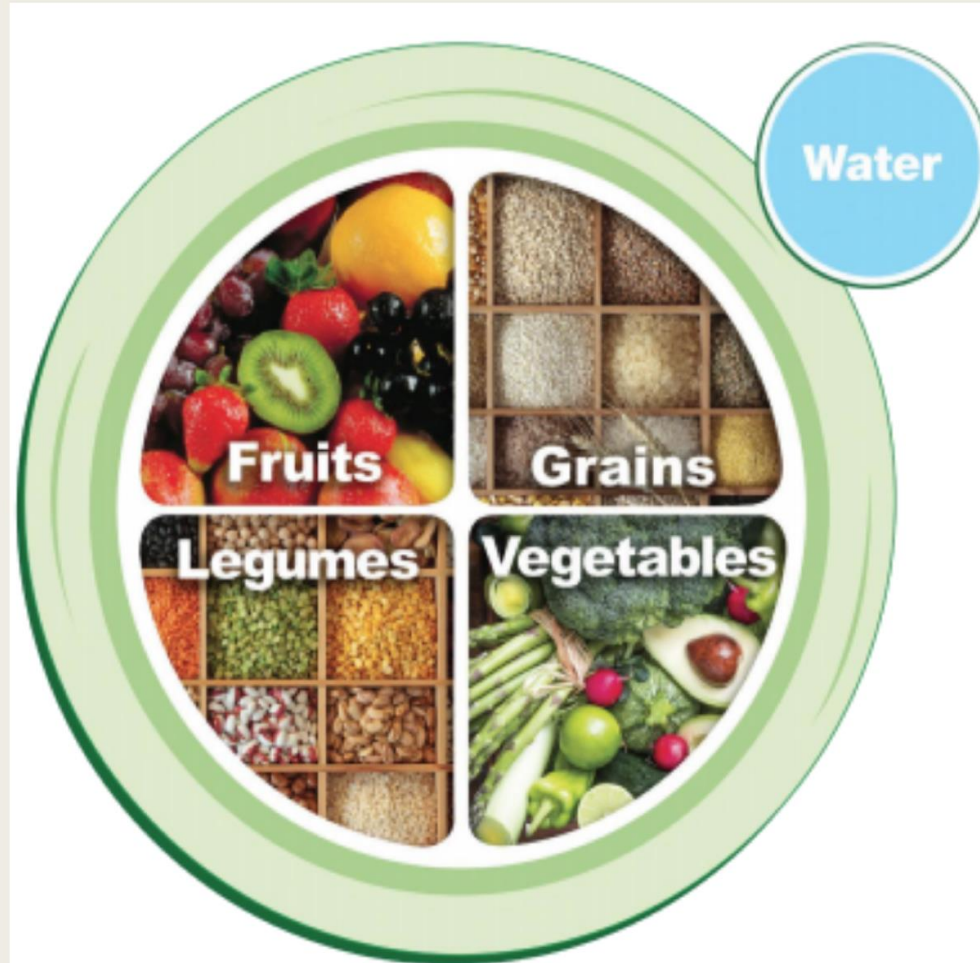
What do antioxidants do?

"Free radicals" are small, cell-damaging molecules produced by the body as waste products; antioxidants neutralize them"



*Environmental factors like pollution, sunlight, X-rays and smoking also create free radicals
© 2007 MCT
Source: Produce for Better Health Foundation, Dole Food Company, Florida Department of Agriculture and Consumer Services, Oregon State University, "Understanding Free Radicals and Antioxidants"
Graphic: Cindy Jones-Hulfachor, Sun Sentinel

A PLANTASTIC, RAINBOW COLORED, PLANTIFUL PLATE!



WHAT IS PROCESSED FOOD?



NUTRITIONALLY EMPTY CALORIES

Empty Calories



323Cals

No Micronutrients



32 Cals

Vitamin K, Vitamin B, Choline,
Iron, Folate, Phosphorus,
Manganese, Vitamin A

HOW MUCH TO EAT?

80% Rule "Hara hachi bu"



Stop eating when
our stomachs are
80% full.

Stop when satisfied, not stuffed.

WHEN TO EAT?

- ▶ EAT AT 3 REGULAR TIMES e.g. 8 am, 1 pm, 6 pm.
- ▶ EAT SEATED WITHOUT DISTRACTIONS.

WHEN NOT TO EAT?

- ▶ PAST 7 PM
- ▶ WHILE DRIVING, CHARTING, WATCHING TV, CHECKING SOCIAL MEDIA, “MULTI-TASKING”
- ▶ SNACKING/ GRAZING CONTINUOUSLY.

HOW ABOUT BEVERAGES?

NUTRITION FACT

If you drink a gallon of water per day, you won't have time for other people's drama because you'll be too busy peeing. Stay hydrated my friends.

**BUT I DON'T LIKE THE TASTE OF
WATER, DOCTOR..**



BUT I DON'T LIKE THE TASTE OF “REAL” FOOD/ “PLANTS”..

RE-PROPORTIONING 101:



SPIN ON THEIR FAVORITE ENTREES/ COOKBOOK METHOD..



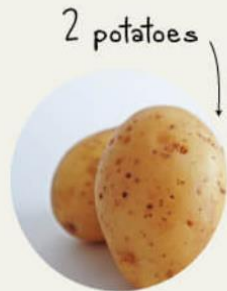


MIX AND MATCH



AFFORDABILITY?? How I ate well on \$5 a day: Darshana Thacker, Forks Over Knives

Day 3



total cost:
\$5.43

All human tastes are acquired except mother's breastmilk. It is possible to acquire new tastes even at an old age.

**DR ELLSWORTH WAREHAM,
PLANT BASED CARDIOTHORACIC SURGEON,
DIED AT AGE 104 YEARS OLD**

**EVIDENCE BASED PHYSICAL ACTIVITY
(MOVEMENT)**

STRETCHING BREAK

Got up to 40 minutes
on the exercise bike!

Next week I'm going to
try turning the pedals.



ROTTENeCARDS USER
CARD

HOW OFTEN DO YOU EXERCISE?

AUDIENCE RESPONSE

1. Minimum 150 mins a week of moderate intensity/ 75 mins of vigorous intensity aerobic exercise + 2 sessions a week of strength training (upper and lower body) (US DHHS Guidelines).
2. Some exercise but not full 150 mins of moderate/ 75 mins of vigorous.
3. Always walking at my job/ no formal routine outside of work
4. Thinking about getting equipment/ enrolling in a gym membership. Mostly sedentary.
5. Not on my radar: I'm very busy. Sedentary.

2018 National Health Interview Survey

- Aerobic physical activity:
 - 53.3% (men 56% and women 49%)
- Both aerobic and muscle-strengthening activity:
 - 23.2% (men 27% and women 19%)



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

National Center for Health Statistics

FITT: Your Exercise Prescription

Frequency: how often you work.

Intensity: how hard you work.

Time: the length of time, or duration, that you work.

Type: the specific type or mode of activity you choose.

Name: _____ Date: _____

2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



Aerobic Activity *(check)*

Frequency (days/week): 1 2 3 4 5 6 7

Intensity: Light (casual walk) Moderate (brisk walk) Vigorous (like jogging)

Time (minutes/day): 10 20 30 40 50 60 or more

Type: Walk Run Bike Swim/Water Exercise Other _____

Steps/day: 2,500 5,000 7,500 10,000 or more Other _____

The Physical Activity Vital Sign

1. On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)? _____ days

2. On average, how many minutes do you engage in exercise at this level? _____ minutes

Total minutes per week of physical activity (multiply #1 by #2) _____ minutes per week

How many days a week do you perform muscle strengthening exercises, such as bodyweight exercises or resistance training? _____ days

RESILIENCE/ STRESS MANAGEMENT:

- ▶ 70% of all primary care visits are related to stress & lifestyle (Feldman, et al, 1997)

MAGNITUDE OF THE PROBLEM:

- ▶ According to American Psychological Association's "Stress in America" survey: when stress occurs, only 29 percent say they are doing an excellent or very good job at managing or reducing it.
- ▶ Chronic stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

- ▶ Evidence shows loneliness and depression are associated with shorter lifespan.
- ▶ Conversely, multiple studies now show that positive emotions & meaningful social connections (i.e. loving relationships) are associated with longer lifespan.
- ▶ The most notable example is Harvard's Study of Adult Development, set up in 1938: perhaps the world's longest-running longitudinal study of adult life.
- ▶ After following the 724 Boston men from adolescence to retirement, researchers have identified several factors that predict healthy ageing.
- ▶ "Warm, intimate relationships"/ good marriage/ "mature coping skills" like altruism were identified as the most important predictors of healthy ageing.

HAVE PATIENTS WRITE THEIR “CONNECTION” PRESCRIPTION

- ▶ ENABLE, EMPOWER, EXPECT THEM TO MAKE S.M.A.R.T. GOALS FOR THEIR LIFESTYLE BEHAVIORS
- ▶ Specific
- ▶ Measurable
- ▶ Actionable
- ▶ Realistic
- ▶ Time oriented
- ▶ E.g. “I will spend 10 minutes (measurable) of time daily playing catch with my dog (specific & actionable) indoor or outdoor (realistic) for the next 10 days (time oriented)”.

WHY SELF CARE?

Self-care is not selfish.
You cannot serve from
an empty vessel.



WALK THE TALK

▶ **DO WE PREACH WHAT WE
PRACTICE?**

Personal Exercise Habits and Counseling Practices of Primary Care Physicians: A National Survey

Scott Abramson;Joel Stein;Michael Schaufele;Elizabeth Frates;Shannon Rogan;

Clinical Journal of Sport Medicine.
10(1):40-48, JANUARY 2000
PMID: [10695849](https://pubmed.ncbi.nlm.nih.gov/10695849/)

298 randomly selected US primary care physicians were sent a cross-sectional survey.

Physicians who perform aerobic exercise regularly were found more likely to counsel their patients on the benefits of these exercises, as were physicians who perform strength training.

TO SUMMARIZE

- ▶ Physicians/ nurses/ healthcare providers are humans.
- ▶ We have to stop martyring ourselves.
- ▶ Neglecting our own health and body's needs is not “professional”.
- ▶ Patients are first of course. But so are our families, our spouses/ partners, our children, our parents, our friends. There's no need to prioritize one over the other.
- ▶ You don't have to choose. You have to **BALANCE**.
- ▶ Pace yourself for a long, fulfilling career.

**A word about some hot buzzwords in
modern medicine that are very
Lifestyle based**

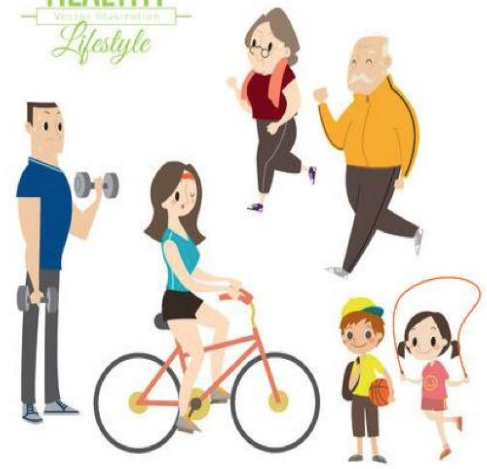
- ▶ **GUT MICROBIOME**
- ▶ **EPIGENETICS**
- ▶ **DISEASE REVERSAL**

LIFESTYLE MEDICINE HAS TAUGHT ME:

- ▶ The skill of *prescribing* “Lifestyle” as a **co-drug**, to my prescriptions for insulins, GLP-1 agonists, etc.
- ▶ I am more confident I can deliver sound, cost effective, evidence-based, individualized easy to follow lifestyle advice to a patient in a gentle, non-judgmental way, after assessing what intrinsically motivates them.



HEALTHY
Lifestyle



GRATITUDE 🙏

