Overview

- Imperative for Lifestyle Medicine
- Obligation of physician to address lifestyle issues
- Behavior Change Pyramid applied to case study
- Resources

Imperative for Lifestyle Medicine

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

Obligation of Physician

- The physician is obligated to broach critical lifestyle areas
- The physician has an important opportunity to promote behavior change and be supportive of the change process
- Need to assess physical activity levels and to prescribe exercise and advise on other lifestyle changes.

Obligation (cont’d)

- The physician can personalize the known threats of inactivity
- The physician also can help patients commit to modest behavioral steps which will at minimum modestly increase daily physical activity and other health behaviors.
Assessment Skills

5. Assess the social, psychological and biological predispositions of patients’ behaviors and the resulting health outcomes
6. Assess patient and family readiness, willingness, and ability to make health behavior changes
7. Perform a history and physical examination specific to lifestyle-related health status, including lifestyle ‘vital signs’ such as tobacco use, alcohol consumption, diet, physical activity, body mass index, stress level, sleep and emotional well-being, and then order and interpret appropriate tests to screen, diagnose and monitor lifestyle-related diseases

Management Skills

8. Use nationally recognized practice guidelines (such as those for hypertension and smoking cessation) to assist patients in self-managing their health behaviors and lifestyles
9. Establish effective relationships with patients and their families to affect and sustain behavioral change using evidence-based counseling methods and tools and follow up
10. Collaborate with patients and their families to develop evidence-based, achievable, specific, written action plans such as lifestyle prescriptions
11. Help patients manage and sustain healthy lifestyle practices, and refer patients to other health care professionals as needed for lifestyle-related conditions

Ask open ended questions:

▪ What do you think would make it easier to accomplish your goals and lose some weight?

Ask permission to give advice.

▪ Would it be helpful for me to offer some specific advice?
Focus on Physical Activity rather than just weight loss

- Much easier to add modest amounts of physical activity than restrict for a diet.
- Physical activity has benefits correcting for other lifestyle problems.

Personalize the Message

- He has strong FH of type 2 diabetes (mother, 2 sisters and several aunts and uncles from both sides).
- FH CAD: His mother died of MI at age 76 and his father died after hypertensive crisis at age 49.
- Americans see the obesity crisis everywhere except... The mirror.

The Behavior Change Pyramid

- Vision
- Preparation
- Action
- Results
- Real Me

Acknowledgement

- Developed with Margaret Moore, CEO, Wellcoaches
- Presented in “Prescribing Lifestyle Medicine for Weight Management” Harvard Medical School Department of Continuing Education
- http://www.harvardlifestylemedicine.org

Responsibility and Self-Discovery

- He came to you because he is desperate to lose weight and to get his diabetes under good control without the need to increase his medications or better get off them altogether.
- Is he ready to take responsibility?
- Are you ready to give up control?
- “We can attempt to control your blood sugar through medications or we can work to reverse the problem with lifestyle change. What is your choice?”
Focus on his Strengths

- Noticed improvement in blood glucose with physical activity and with reduction of carbohydrates in his evening meal
- He is trying to lose weight and is becoming more mindful
- What other strengths does he exhibit at home and work?

Benefits and Information

- Provide objective data in non-judgmental fashion
- Information is necessary but not sufficient to engender lifestyle change
- Chart trajectory of his Health outcomes: weight, blood values,
  Health behaviors: step counts, dietary logs

Preparation Level Summary

- Written plans, organized support, firm commitment and appropriate, achievable goals lay the foundation for taking action.

Goals and Plans

- Help him abandon the “All or Nothing” mentality
- “Even losing just 5-10% of your body weight, about 12-24 pounds would have significant benefit for your overall health.”
- Let’s start with a small, achievable, 2% change.

Make appropriate referrals for additional support

- Certified Diabetes Educator (CDE)
- Exercise Physiologist (EP)
- Physical Therapist (PT)
- Health or wellness coach

Confidence

- His friend recently completed a non-surgical weight management program at Joslin and lost 24 lbs and got his A1c down to 6.5%.
- Need to explore his confidence level regarding initial changes.
- “On a scale of 1-10, how confident are you that you will bring your lunch to work twice per week?”
Action Level Summary

- After all the thinking and planning taking action follows. As interim small goals are achieved rewards are taken. Flexibility to deal with problems along the road is employed.

Results Level Summary

- Even as a new habit becomes engrained the threat of relapse remains. Appropriate planning prevents loss of the new behavior.

Self-image

- One of the big bonuses of lasting change is that our self-image improves – we get closer to the person that we want to be – the new me!
- Take time to notice, embrace, and enjoy our new self-image.

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Surgeon General Regina Benjamin

Work to improve your personal health behaviors

- Physicians will more readily counsel on health behaviors that they personally pursue.
- Patients will more readily follow advice from a physician who does the same behavior.
- Become a good role model.
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ILM currently offers seven Online Harvard Lifestyle Medicine CME courses
Over 6,600 clinicians globally

- The Exercise Prescription
- Weight Management
- Stress Management
- Metabolic Syndrome
- Osteoporosis
- Back Pain
- Competencies

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