

Activating Employers as Agents of Change in the Implementation of Lifestyle as Medicine

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thank you

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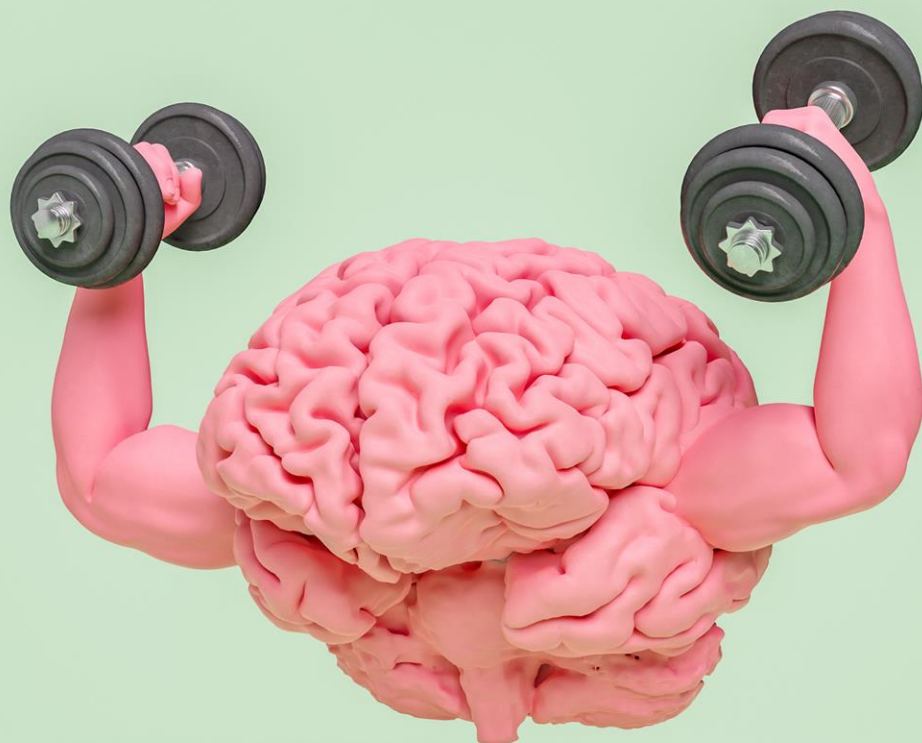
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Activating Employers as Agents of Change in the Implementation of Lifestyle as Medicine

Objectives:

- Facilitate and accelerate the implementation of Lifestyle as Medicine by identifying pathways for employers to:
 - Create the conditions for Lifestyle as Medicine to be integrated into employees' health and well-being offerings
 - Relate Lifestyle as Medicine to key business outcomes
 - Consider how they can extend the influence of their whole-person health initiatives into their communities
 - Advocate for Lifestyle as Medicine with their health plans, brokers, and government officials







Advisory Board Members, Key Expert Advisors & Employers

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Employers

- Carmel Clay Schools
- Rosen Hotels & Resorts
- Johns Hopkins Medicine
- Hasbro
- Victoria Secret
- Goodwill



September 20, 2022



December 7, 2022



December 8, 2022



Terminology

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions.



Terminology

Lifestyle as Medicine involves implementing a continuum of health-equity centered, comprehensive, integrated, evidence-based initiatives in multiple domains (including healthy eating as characterized by a whole-food, plant-predominant eating pattern; regular physical activity; adequate and restorative sleep; stress management; positive and meaningful social connection; time in nature; and avoidance of risky substances) as the foundational, first-line of efforts to promote whole health.



Benefits of Lifestyle Medicine

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

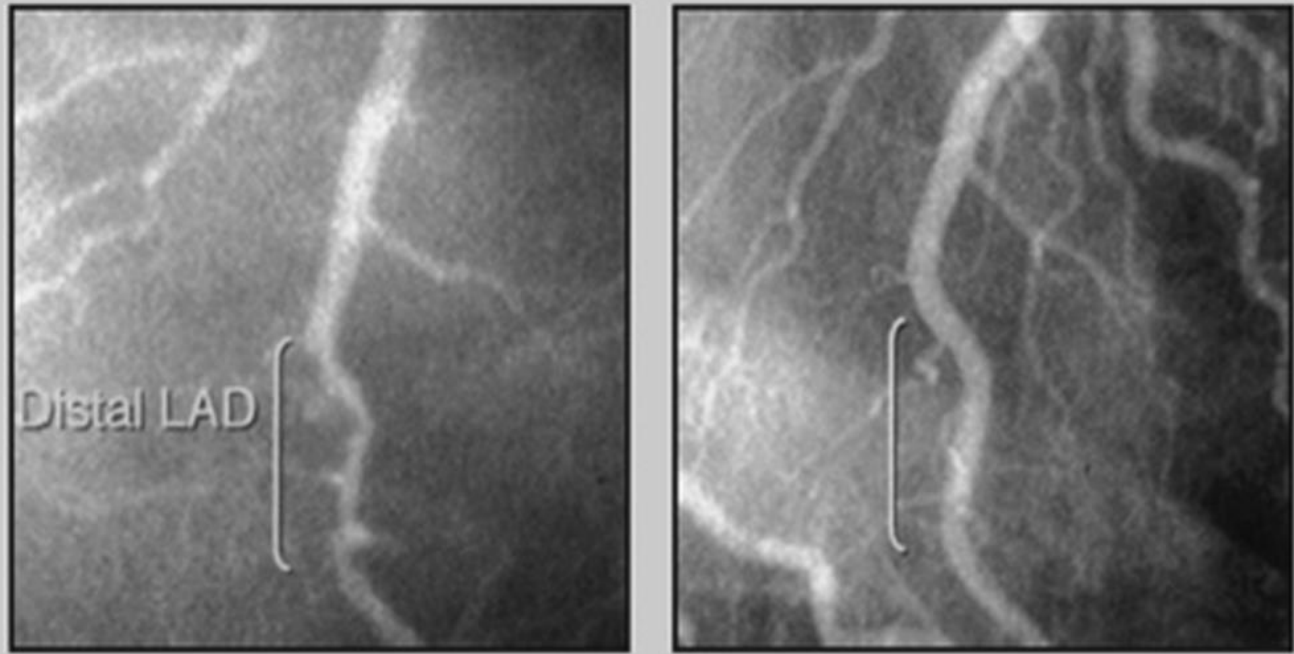


90% of the nation's \$4.1 trillion in annual health care expenditures are for people with chronic and mental health conditions.^{1,2}



Diet and Disease Reversal

Reversal of Coronary Disease Achieved with Plant-Based Diet



Coronary angiograms of the distal left anterior descending artery before (left bracket) and after (right bracket) 32 months of a plant-based diet without cholesterol-lowering medication, showing profound improvement. Used with permission from Dr. Caldwell B. Esselstyn, Jr. (Source: *Prevent and Reverse Heart Disease* by Dr. Esselstyn.)

Position Paper

Research now reveals that sufficiently intensive lifestyle interventions can produce remission of T2D with similar success to bariatric surgery, but with substantially fewer untoward side effects.

Type 2 Diabetes Remission and Lifestyle Medicine: A Position Statement From the American College of Lifestyle Medicine

Abstract: Objectives. *The present review represents the position of the American College of Lifestyle Medicine on type 2 diabetes (T2D) and remission treatment.* Background. *Research now reveals that sufficiently intensive lifestyle interventions can produce remission of T2D with similar success to bariatric surgery, but with substantially fewer untoward side effects.* Methods. *A literature review was conducted to examine lifestyle modifications targeting T2D remission, with most studies using a combination of blood glucose markers and treatment history.* Results. *There were notable differences in the dosing intensity of lifestyle interventions between therapeutic interventions and subtherapeutic interventions. Studies with therapeutic dosing typically used very low energy diets (600-1100 kcal/day) with a weighted mean remission rate of 49.4%, while studies with subtherapeutic dosing typically used more moderate caloric restrictions (reducing energy intake by 500-600 kcal/day) and the weighted mean remission rate was 6.9%.* Conclusions. *Remission should be the clinical goal in T2D treatment, using properly dosed intensive lifestyle*

interventions as a primary component of medical care for T2D patients.

Keywords: lifestyle medicine; type 2 diabetes; remission; reversal; plant-based diet

Objectives

The objectives of this position paper are to (1) present the position of the American College of Lifestyle Medicine

(1) sufficiently intensive lifestyle modifications are capable of producing significant clinical improvements in patients with T2D and (2) that the optimal treatment to bring about remission (defined below) includes a whole food, plant-based (WFPB) dietary pattern coupled with moderate exercise. A WFPB diet emphasizes fruits and vegetables, legumes, and whole grains, and includes nuts and seeds while eliminating or minimizing animal foods

... sufficiently intensive lifestyle modifications are capable of producing significant clinical improvements in patients with T2D.

(ACLM) on type 2 diabetes (T2D) treatment and remission, (2) provide support for this position by reviewing the evidence base and key intervention studies on T2D remission, and (3) issue a call to action for adopting remission as the appropriate treatment goal.

The position of the ACLM, informed by current best research evidence, is that

such as red and white meat, poultry, fish, eggs, and dairy, as well as refined foods that include added sugars and oils. ACLM is in agreement with the position stated by the group who conducted the Counterpoint Study on the reversibility of T2D, "Diabetes reversal should be [the] goal in the management of Type 2 diabetes."¹

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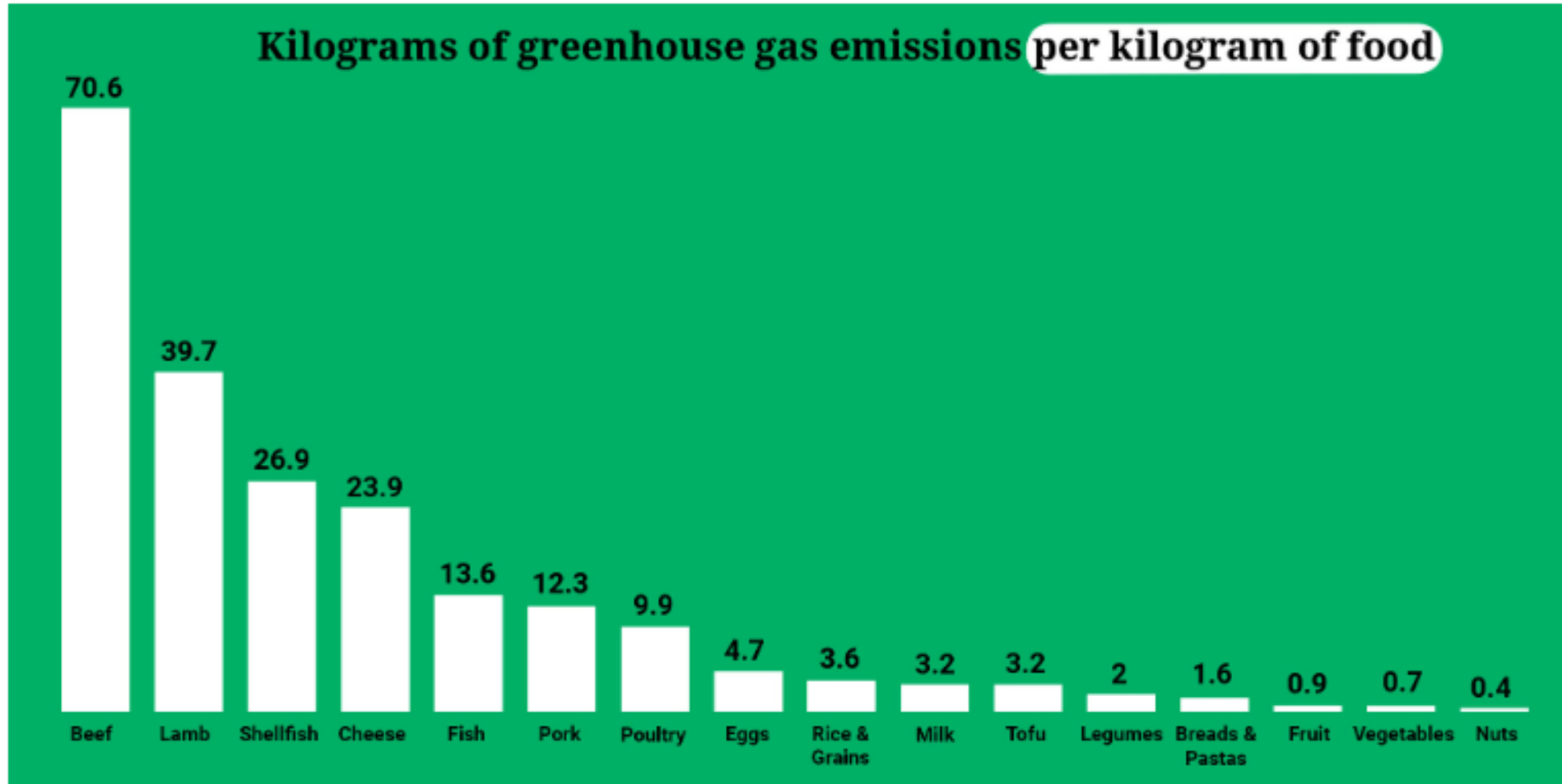
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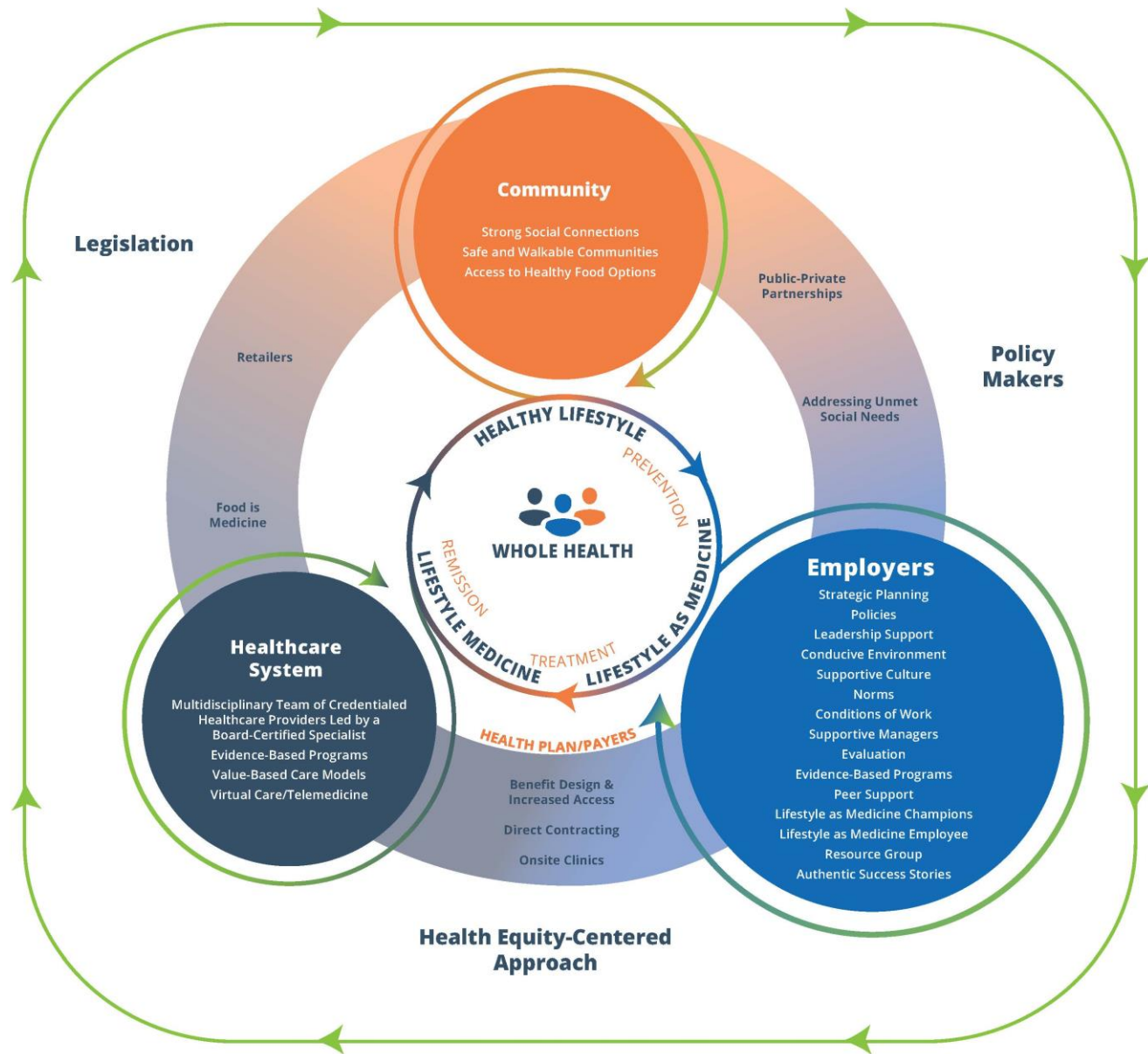
Achieving the
Quintuple
AIM with a
lifestyle
medicine-first
approach to
real health
care



Benefits of Lifestyle Medicine



Employers Can Play an Important Role in Advancing Lifestyle as Medicine



AHA CEO Roundtable: Health Equity in the Workplace

Guiding Principles: Driving Health Equity in the Workplace

Here's a look at the principles that can guide organizations wherever they are in their health equity journey with commentary from the report's authors.



Practice intentional inclusion at all levels of the organization, including but not limited to shared decision-making, ensuring participation and listening to perspectives of individuals from historically excluded populations.



Adopt policies, practices and programs that address the historical legacies of structural inequities and how current systems, practices and norms may perpetuate inequity. Explore and acknowledge the organization's role in these histories and systems.



Eliminate structural racism and bias to promote health equity and improve employee health and well-being.



Commit to practicing allyship, modeled and supported by leadership, to promote health equity.



Adopt a common language guiding dignity and culturally sensitive language.



Guiding Principles

- Employ an Equity-Centered Approach that Optimizes Whole Health for All
- Collaborate with Aligned Stakeholders to Advance Lifestyle as Medicine
- Recognize that Lifestyle as Medicine is a Continuum
- Treat Lifestyle as Medicine as a Team Sport
- Be Inspired by Success Stories
- Rely on Evidence-Based Interventions
- Make a Compelling Business Case (Based on More than Cost Savings)



Internal Strategies

- Elevate Lifestyle as Medicine to a Strategic Objective
- Create and Enforce Supportive Policies
- Provide Visible Leadership Support for Lifestyle as Medicine
- Create a Conducive Environment & Supportive Culture
- Consider Whether Conditions of Work are a Social Determinant
- Deploy Strategic Communications
- Create Organizational Norms
- Enable Supportive Managers



Internal Strategies

- Align All Internal Stakeholders
- Conduct Rigorous, Multi-Level Evaluations
- Implement Tailored, Evidence-Based Programs
- Involve Lifestyle as Medicine Champions
- Build In Peer Support
- Use Storytelling
- Start Small and Build Momentum



External Strategies

- Modify Benefit Design to Increase Access to Lifestyle as Medicine
- Actively Engage in Advocacy
- Create Consortiums or Multi-Employer Trusts to Increase Purchasing & Negotiating Power
- Address the Individual and the Collective (Community)
- Create a Mechanism for Sharing Employer Best Practices
- Shift Quality Standards
- Seek out Partners in The Community



How Can We Support Employers' Efforts to Advance Lifestyle as Medicine?

- Garner national media attention
- Create recognition strategies
- Connect them with resources





Full Plate Living Nutrition Programs

A Free Service of Ardmore Institute of Health



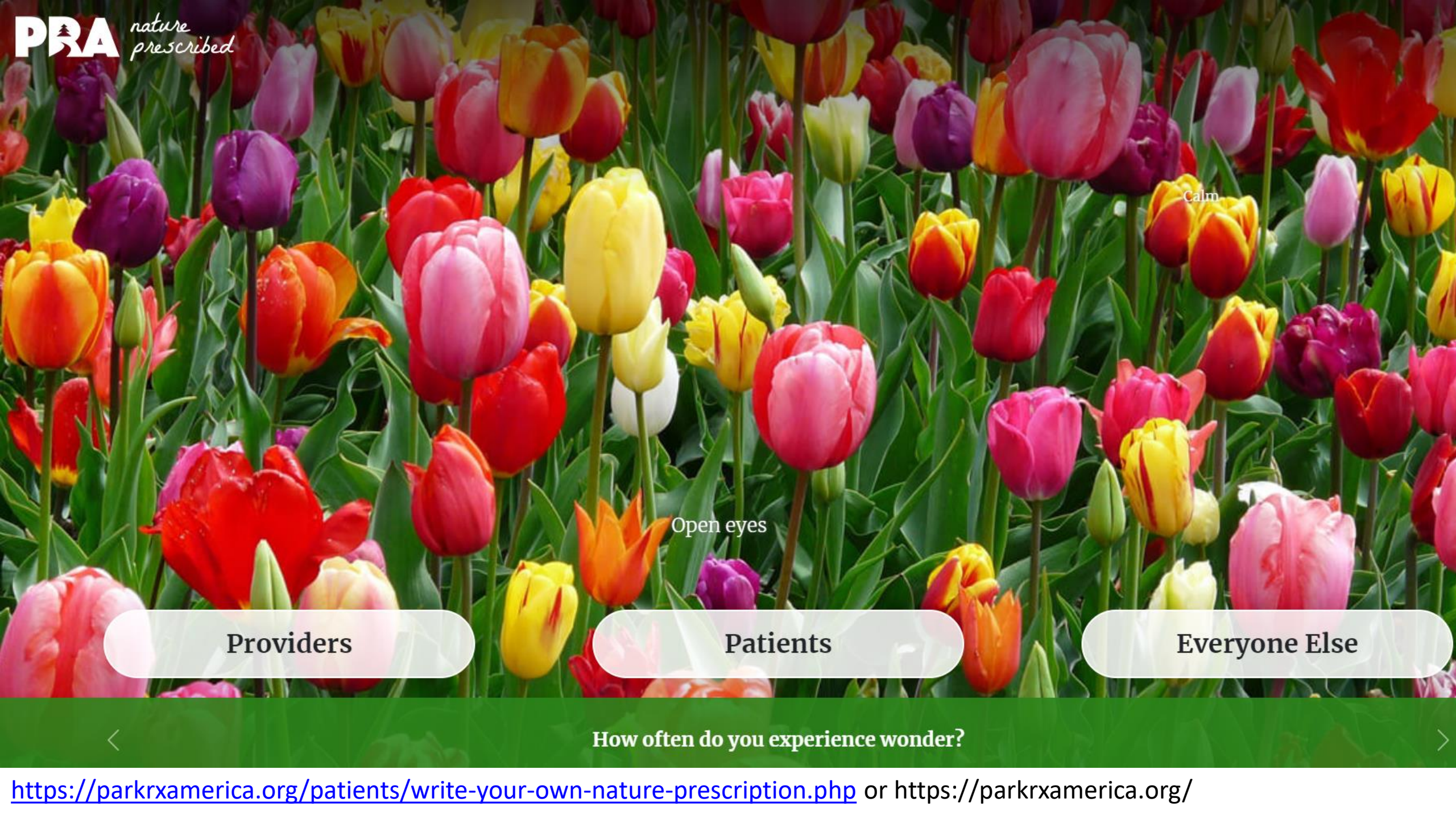
Lifestyle Medicine & Food as Medicine Essentials Bundle



The CEO Pledge for Physical Activity - a signature initiative of the Physical Activity Alliance - proudly supports the Active People, Healthy Nation goal to help 27 million Americans become more physically active by 2027



<https://portal.lifestylemedicine.org/ACLM/Education/Campaigns/White-House/WHconference>
<https://paamovewithus.org/ceopledge/>



Calm

Open eyes

Providers

Patients

Everyone Else



How often do you experience wonder?



