

LIFESTYLE REDO

A Program to Prevent, Arrest & Reverse Chronic Diseases

Week 1 – Lifestyle Is Medicine



Lifestyle Medicine Solutions
Accredited Service Provider of the
Philippine College of Lifestyle Medicine
www.lmedsolutions.com



FOCUS

This is an introduction to Lifestyle Medicine that sets the participants to transition from practices that increase chronic disease risk to optimal lifestyle that will address their health concern and improve overall health outcome.

LEARNING OBJECTIVES

By the end of the session participants are expected to:

- Define Lifestyle Medicine
- Review Evidence Supporting Lifestyle Interventions
- Introduce **Lifestyle REDO** program.
- Present the program phases and schedules.
- Discuss about the program preparation
- Introduce the LM Solutions Interface
- Provide request for blood draws

MATERIALS CHECKLIST

- Participant workbook
 - Participant guide (should be distributed in each session)
 - Food Logs
 - Activity Logs
 - Clinical Data Logs
 - Vitals and Body Composition Logs
 - Task sheet and other materials
 - Provider Logs
 - Nametags for participants, provider, and support staff
 - Pens
 - White board markers, Flip chart, Flat screen monitor or overhead projector
 - Laptop



THINGS TO DO

Before the Session

- Prepare your meeting room and secure a room for assessment.
- Make sure the needed supplies for the session are available.
- Review the Provider guide and make sure that you understood the module thoroughly so you can facilitate efficiently.

During the Session

- Facilitate participant’s assessment or delegate this task to your staff (ensure the recording of data using the LM Solutions Interface).
- Remind the participants to wear their nametags.
- Begin the session with a welcome introduction.

After the Session

- Take down notes and highlight items that went well and what needs to be improved. List down concerns that participants have that may need to be addressed in the next sessions.

SESSION OUTLINE

This session is designed to last for 90 to 120 minutes.

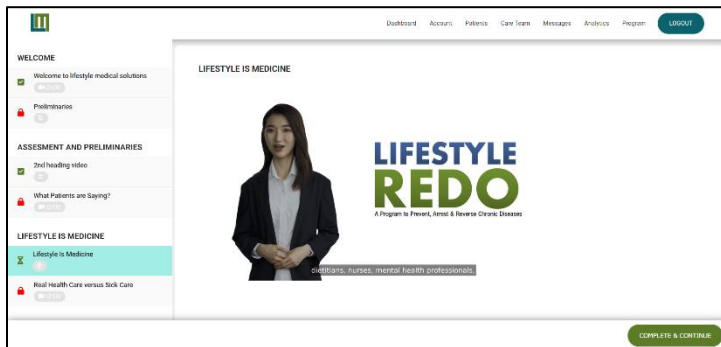
Session Welcome and Introductions	10 min
Program Overview	3 min
Lifestyle Is Medicine	30-40 min
Exercise Break	5-10 min
The Burden of Chronic Disease	15-20min
Goal Setting	5-10 min
Action Planning	5-10 min
Summary	5 min
Session Closing	3 min

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Session 1

This explainer video is about 20 minutes.



You should give an overview of what the explainer video will discuss using the outline below. You may also need to pause the video at certain point or summarize emphasize on important key points and ask the participants.



You may pause the video and ask the participants to describe what they see in the figure. "Health care providers mopping up the floor with sophisticated instruments and techniques. They could've turned off the faucet and solve the issue." We currently use the same system in our healthcare today.



Only 20% of our health outcomes are directly related to clinical care (the quality of providers and services). Social determinants of health explain up to 80% of individual's health status.

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The infographic consists of two vertical bars. The left bar, titled 'What Makes Us Healthy', is shaped like a person and is divided into three sections: 'GENETICS 20%' (top, yellow), 'ENVIRONMENT 20%' (middle, blue), and 'HEALTHY BEHAVIORS 50%' (bottom, green). The right bar, titled 'What We Spend On Being Healthy', is a red vertical bar with a white cross in the center. It is divided into two sections: '88% MEDICAL SERVICES' (top, red) and 'OTHER 8%' (bottom, grey). Icons for a DNA helix, a mountain, a bicycle, and a person walking are used to represent the categories.

But I'd like you to take note that the remaining 80%

But in reality, we spend almost all our healthcare resources on medical services, and very little on lifestyle programs that emphasize healthy behaviors.

The infographic features a central illustration of a man in a red shirt and blue pants, surrounded by various icons representing unhealthy lifestyle choices: a hand holding a stethoscope, a hand holding a smartphone, a hand holding a burger, a hand holding a beer, a hand holding a cigarette, and a hand holding a slice of pizza. The text 'Lifestyle Diseases: Impact of Unhealthy Living' is written in a bold, sans-serif font above the illustration.

accumulative effect of the lifestyle choices that we make every single day.

Lifestyle diseases resulted in accumulative effect of lifestyle choices that we make.

The text 'by choice not by chance' is displayed in a bold, sans-serif font. The word 'choice' is significantly larger and bolder than 'not by chance'. A thick teal horizontal line is positioned below the text.

For the most part, these lifestyle diseases happen by choice and not by chance. And most of the medical procedures we provide only retards impending complications instead of addressing the root cause. And rarely restore health, vitality, resilience and well-being.

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Ad Campaigns

Compared with the tsunami of competing messages that patients are exposed to every day in our society.

Non-specific health advice are found ineffective compared to the tsunami of ad campaigns we see everywhere. These ads tend to play a role in our eating behaviors and physical fitness.



Chronic Disease Management

CONTROL DIABETES

conditions are only managed, and there was never an emphasis on potentially reversing these problems.

Looking at our usual approach to chronic diseases, it is obvious that these conditions are only managed, and there was never an emphasis on potentially reversing these problems. Patients often found themselves having the need to increase medication dose or the addition of a new pill to control symptoms.



Instead of only reacting to disease, a proactive healthy lifestyle can help reduce the risk and prevent it.

These procedures failed to reverse lifestyle-related conditions because we rarely address the root cause. We only react to the disease instead of being proactive in emphasizing on behaviors that will reduce the risk and prevent the disease.

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Sick Care -vs- Health Care

What's the Difference?

Damage Control:
Reactively managing sickness and the results of poor lifestyle choices

Wellness:
Proactively creating true health and preventing disease

Instead of focusing only on sick care, why can't we go back to the pure essence of healthcare?

In lifestyle medicine, we focus on proactively creating true health care and preventing disease, instead of sick care or damage control that reactively manage sickness and results of poor lifestyle choices.

4 Healthy behaviors

Heart disease
Hypertension
Diabetes
Cancer

80%

disease, hypertension, diabetes, and even cancer by a significant 80%.

4 lifestyle factors were identified to decrease the most common chronic disease we see in our clinics by 80%. It's the healthy weight, not smoking, physical activity, and plant-predominant diet.

SURGERY

PRESCRIPTION

PHYSIOLOGY

LIFESTYLE

The cause and cure of most disease - nutrition, exercise, sleep, stress, relationships, purpose, etc.

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surgical capacity, that comes close to decreasing the

There's nothing in our pharmaceutical or surgical capacity that comes close to decreasing the risk of chronic disease like the lifestyle factors evaluated in studies.

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will see that the first line and cornerstone

Looking at the clinical practice guidelines, we will see that the first line and cornerstone management for chronic conditions is also lifestyle modification.

But looking at surveys, studies found that only 3-6% of people are engaged in those healthy behaviors.

There is indeed a longevity solution.

Social Determinants and Health Behaviors: Conceptual Frames and Empirical Advances
 Susan E. Short* and Stefanie Moliborn*
 *Department of Sociology, Brown University, Box 1916, Providence, RI 02912, USA
 *Institute of Behavioral Science and Department of Sociology, University of Colorado Boulder, UCB 483, Boulder, CO 80309-0483, USA

3-6%
 engage in healthy behaviors

therapeutic lifestyle behaviors, that changed the

But looking at surveys, studies found that only 3-6% of people are engaged in those healthy behaviors. People seem to know what to do and what not to do. But it's easy enough to do these healthy behaviors on their own, and largely, more collective efforts are required. And that's what the Lifestyle REDO Program is made for. To assist you in the transition process.

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Lifestyle Practices are contagious

maybe they share plant-based potlucks, you are likely to be doing those sorts of activities too.

Lifestyle practices are also found contagious whether it's health or not.

Better Choices not Perfection!

✓ Family intervention

health journey and choose your friends by their healthy habits to help you stay on track.

In Lifestyle REDO we put emphasis on better choices rather than perfection. We celebrate every small changes, and we encourage your family members to join you in this health journey.

Nudging Promote Healthy Lifestyle

domain, one area of interest is the usage of nudges as a means of promoting healthier lifestyle choices.

This is the power of social nudges, which means people will follow along with what the rest of the group is doing. So, it's important to chose peer that will help you sustain your healthy behaviors.

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Healthy Choice Architecture

Default

So choice architecture is more about the default option impacting any situation.

Choice architecture alters people's behavior in a predictable way. This is when we live with people or in an environment where healthy choice is the default choice.

Ask some participants to share their default choice architecture at home.

Move Naturally

Right Outlook

- Purpose Now
- Downshift

Eat Wisely

- 80% Rule
- Plant Slant
- Wine@5

Belong

- Right Tribe
- Community
- Loved Ones First

It's all about the lifestyle choices that are part of the social fabric of these communities' lives.

The Blue zones are 5 areas in the world where people live long and healthy. This is where we can find the highest percentage of centenarians than anywhere else in the world. And this is where healthy social nudges and choice architecture are found.

Read their common practices.

20% Genes

80% Lifestyle

20% of our life expectancy is influenced by genes, while the other 80% comes down to lifestyle choices.

Studies found that only around 20% of our life expectancy are influenced by genes while 80% comes down to lifestyle choices.

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This is when our lifestyle choices affect how our genes are expressed.

Genes and lifestyle can work together, and this is called Epigenetics. This is where our lifestyle choices affect how our genes are expressed. Our lifestyle will either turn on or off our diabetes, hypertension, or cancer gene expressions.

LIFESTYLE DISEASES: An Economic Burden on the Health Services



Lifestyle diseases share risk factors similar to prolonged exposure to three modifiable lifestyle behaviours – smoking, unhealthy diet, and physical inactivity – and result in the development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, and some types of cancer.

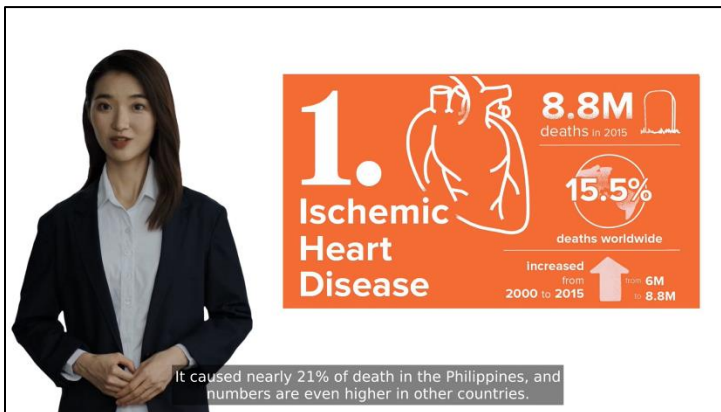
These illnesses used to be considered the diseases of industrialized countries, so-called "Western diseases" or "diseases of affluence", however, internationally they are known as non-communicable and chronic diseases, part of the degenerative diseases group. Chronic disease can result in loss of independence, years of disability, or death, and impose a considerable economic burden on health services.

Today, chronic diseases are a major public health problem worldwide. In 2005, the World Health Organization (WHO) estimated that 61 per cent of all deaths – 35 million – and 49 per cent of the global burden of disease were attributable to chronic diseases. By 2030, the proportion of total global deaths due to chronic diseases is expected to

About the author

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Studies show that the key secret to address this lifestyle disease burden are simple, low-technology practices, and it's not something we can turn into a supplement or a pill. It's how we move, what we eat, how we handle stress, and whether or not we feel as sense of belonging and purpose.



It caused nearly 21% of death in the Philippines, and numbers are even higher in other countries.

Ischemic heart disease is the top killer causing about 21% of deaths in the Philippines is one of them most common reasons why patients are referred to a lifestyle medicine program.

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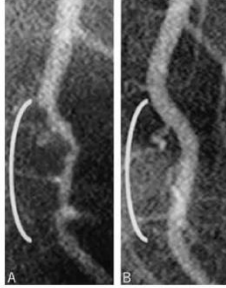
THE JOURNAL OF FAMILY PRACTICE

ORIGINAL RESEARCH
A way to reverse C

Though current medical and su coronary artery disease, they do it. Nutritional intervention, as s others, has halted and even rev

ABSTRACT

FIGURE 2
Reversal of coronary artery disease¹



Coronary angiography reveals a diseased distal left anterior descending artery (A). Following 32 months of a plant-based nutritional intervention without cholesterol-lowering medication, the artery regained its normal configuration (B).

tes

But remember that many individuals may already have narrowing on the coronaries but are apparently well without any disturbing symptoms. We will discuss this further in one of our upcoming sessions. Fortunately, evidence show that there is a possibility of reversing or improving outcomes of coronary artery disease.



3 Weeks
Improvement in Symptoms
Lifestyle Intervention

That's right, it only took three weeks for this transformation to occur.

Patients are even found to have improved blood flow that makes their symptoms disappear in only three weeks of lifestyle intervention.



16 DAYS
Whole-Food Plant-based

60% ↓ insulin shots

50% → Eliminated Insulin

It's only 16 days of having a plant-based diet for

Similar dramatic results were seen in Type 2 Diabetes. Patients can reduce or even stop their medications entirely in just few weeks.

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Because we have to learn to make the healthy choice, the easy choice.

LIFESTYLE IS MEDICINE. We don't have to wait for new study or new pill to say it is working.

Food, physical activity, sleep, stress reduction, social connections, and avoiding risky substances can be included in our choice architecture and create an environment to nudge into healthy behaviors.



In the same way, that you're taking your medication at

But it's not as easy as it can be, as we have to learn to make the healthy choice the easy choice. And by doing so, these lifestyle interventions can be given in effective therapeutic doses to cause remission or reversal of disease.

Exercise Break



Invite participants to join the seated exercise and play the provided video. Give a short break after the exercise and encourage participants to drink water.

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Session 1 Activity

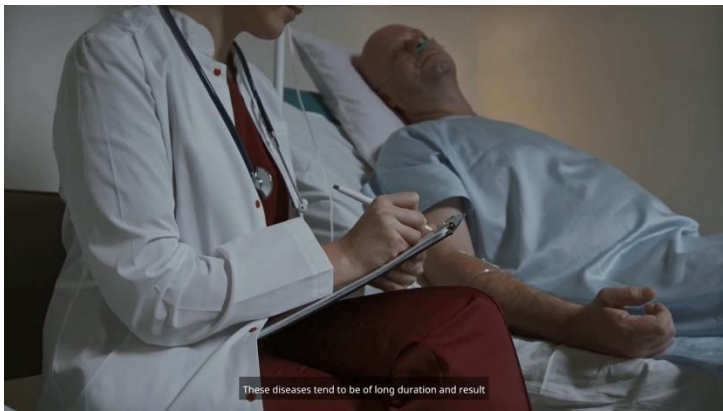
This activity can run for 10-20 minutes.

The slide features a sidebar on the left with a navigation menu. The main content area includes a title, a quote from the WHO, a patient case study for 'JOE, 42 YEARS OLD', a list of 'Most common global conditions', and sections for 'WHAT CHRONIC CONDITION ARE YOU DEALING WITH?', 'CONNECT WITH YOUR LIFESTYLE MEDICINE PROVIDER', and 'LIFESTYLE PROGRAMS FOR TREATMENT & WELLNESS'.

Shortly discuss about the chronic disease burden and share given case. Then ask at least 2 volunteers who wanted to share their own experience on how chronic disease has affected their personal lives and their family. Then orient the participants on how to connect with you.

Session 2

This explainer video is about 6 minutes.



Emphasize on the identified causes of chronic disease, including genetic, physiological, environmental, and behavioral factors.

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World Health Organization | Health Topics | Countries | Newsroom | Emergencies

Key facts

- **Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally.**
- **Each year, 17 million people die from a NCD before age 70; 86% of these premature deaths occur in low- and middle-income countries.**
- Of all NCD deaths, 77% are in low- and middle-income countries.
- Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million including kidney disease deaths caused by diabetes).
- These four groups of diseases account for over 80% of all premature NCD deaths.
- Tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets all increase the risk of dying from an NCD.
- Detection, screening and treatment of NCDs, as well as palliative care, are key components of the response to NCDs.

groups, but recent evidence shows that 17 million

86% of premature deaths (below age 70) due to chronic diseases occur in low- and middle-income countries.

These diseases are known to be a disease of old age, but now, even early adults are already taking medications for these conditions.

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Risk factors

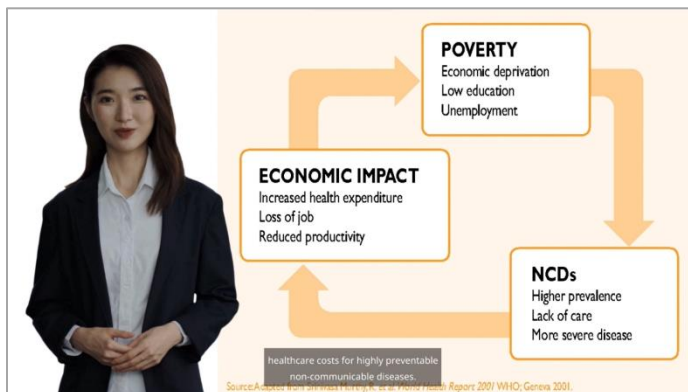
Modifiable behavioural risk factors

Modifiable behaviours, such as tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol, all increase the risk of NCDs.

- Tobacco accounts for over 8 million deaths every year (including from the effects of exposure to second-hand smoke) (1).
- 1.8 million annual deaths have been attributed to excess salt/sodium intake (1).
- More than half of the 3 million annual deaths attributable to alcohol use are from NCDs, including cancer.
- 830 000 deaths annually can be attributed to insufficient physical activity (1).

tobacco smoke, which are all modifiable lifestyle behaviors.

The good news is that the risk factors for chronic disease are modifiable, that means we can do something about it.



You can ask your attendees about how they see the economic impact of their disease in their family. And ask if changing the modifiable factors is worth something.

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Lifestyle interventions are excellent economic investment that patients should receive to reduce the need for more expensive medical management.



Ask the participants which modern lifestyle could be affecting their condition and reflect why “Lifestyle Is Medicine”. Then end by asking if they have other things to share.

Session 2 Activity

Orient the participants on the Lifestyle medicine assessment using the LMS portal. Make sure they can fill out the collection hub. Assist patients when needed and encourage them to use the portal for constant connection with the provider.

Session 3

This explainer video is about 6 minutes.

changes is not the same for everyone, and it is highly dependent on each individual.

Evidence show that it takes an average of 66 days for a newly formed habit to be spontaneously automatic. Remind participants that changes are not the same for everyone. So, they have to find the easiest rhythm that works for them and sustain the change.

Looking at the Whole Picture

HEALTHY EATING
PHYSICAL ACTIVITY
MANAGE STRESS
SLEEP
RELATIONSHIPS
TOBACCO

LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH

Your physical, mental, and emotional health all work

Working on all domains of lifestyle all work together to either make or break lifestyle changes. Emphasize on how they all interact when setting up their lifestyle change plan.

Irritability
Cravings
Fatigue

Non-restorative sleep can derail dietary preference, physical activity, resilience and mood.

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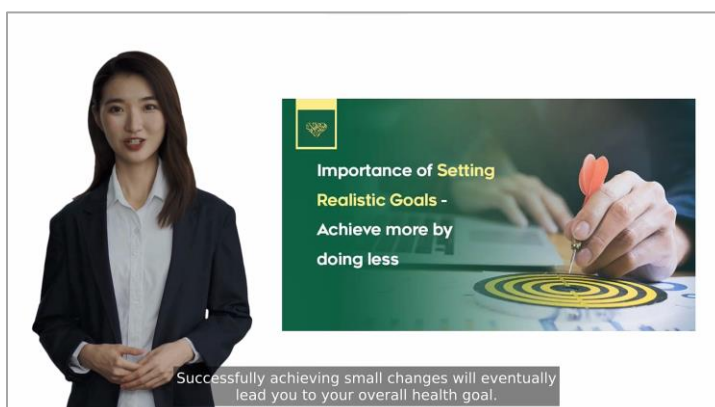
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Hydration is important. Thirst is always misunderstood as hunger. So drinking water first will be valuable when working on calorie deficit.



Moving more and sitting less is very important while preparing for a structured exercise program. Any amount of physical activity will positively impact other domains of lifestyle change.



Focus on setting small changes that are realistically achievable and celebrate every small success. Instead of trying to reach a huge step that may result to failure and discouragement.

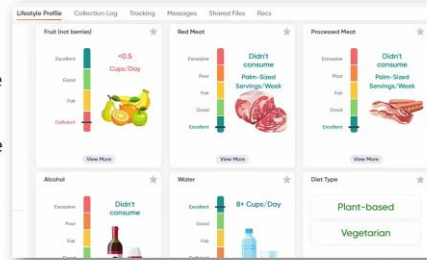
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TRACKING PROGRESS



Participants track progress with lifestyle assessments and blood tests through the Lifestyle Medicine Solutions Interface



Tracking progress is crucial as it shows patients how far they've come from where they started and where they want to go.

Remind them of the importance of using the LMS interface to make sure tracking progress is successful.

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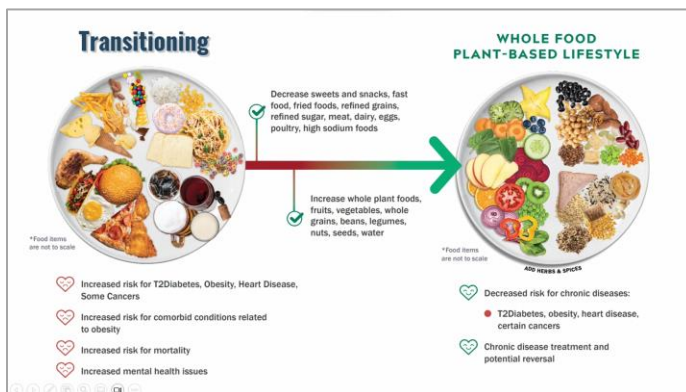
Making lifestyle changes that last

Starting small, focusing on one behavior at a time and support from others can help you achieve your exercise or other health-related goals.

Change one behavior at a time. Unhealthy behaviors develop over the course of time, so replacing unhealthy behaviors with healthy ones requires time. Many people run into problems when they try to change too much too fast. To improve your success, focus on one goal or change at a time. As new healthy behaviors become a habit, try to add another goal that works toward the overall change you're striving for.

Studies show that individuals who make lifestyle changes that last are those who work on one behavior at a time.

The brain is learning new skill and needs time on building new neurological pathways for those new behaviors.



Transitioning has been proven to assist individuals in changing their dietary preferences. Flipping the plate is a good start. You still enjoy the chicken, but this time there are more vegetables that comes with it when served.

Preloading with water, fruits, and vegetables are also helpful.



External motivator can be of help, but finding their “Why” and discovering their inner goal will help them stay motivated during the process.

Session 3 Activity

Guide your participants in opening the Session 3 activity using their gadgets. Discuss briefly what the SMART goal means and assign them to create their SMART goal. Inform participants that you will collect their assignment at your next meeting. Ask any 2 participants who wanted to share their output so they can prepare for it.

End the session by opening the Lifestyle REDO Session 3 and give a brief description of what they will learn in the next session. Remind them to start figuring out what they can do to get their kitchen ready for the next session – Culinary Medicine.