

Preventive Health Framework

Overview

Purpose

This framework is a collaboration between local, state, & federal governments, health insurance companies, primary care physicians, and Preventive Health Initiative that will provide the preventive health support Americans need to realize the opportunity to achieve the best health possible.

Goals

Upon implementation, a significant decrease in obesity, chronic health conditions, disability and lifestyle related cancers will be realized. Full implementation of this preventive health framework across the United States is anticipated by 2029, with local and/or state pilot projects expected within the next three years.

Online audiovisual version available



preventive-health.org/framework

Approximately 30 minutes view time. Presentation provided by Preventive Health's director, Christopher May RN DC and provides additional information.



Why This Intervention Is Desperately Needed

Nothing has worked as health continues to decline

We've been doing it wrong for decades!
Piecemeal solutions **DO NOT WORK!**



Preventive health Interventions are not successful when administered alone! Examples include:



Primary Care Counseling



Cell Phone Apps



Weight Loss Programs



Exercise Personal Training



Internet Based Wellness Education



Community Wellness Programs



Wellness Exercise Classes

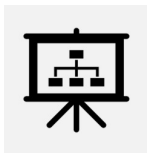


Anything left out? **It hasn't worked either!**

Statistics show the rates of obesity and chronic health conditions continue to rise in the United States, with each decade worse than the previous! The unfortunate truth is that piecemeal solutions are only successful for a very short period, if at all, and overall, have no lasting effect.

The solution is simple! **An organized, complete effort**

This framework details what it will take to finally get Americans healthy. From our experience, anything less dooms us to failure. All entities must work **together**, including federal, state, and city governments, health insurance companies, schools, and primary care physicians. **Together**, we will succeed!



Preventive Health Framework Development

Creation possible through years of clinical experience



Over 10 Years of Providing Preventive Health Services

Providing educational counseling & training as well as the development of online preventive health resources gave us insight to what is needed to finally get Americans healthy

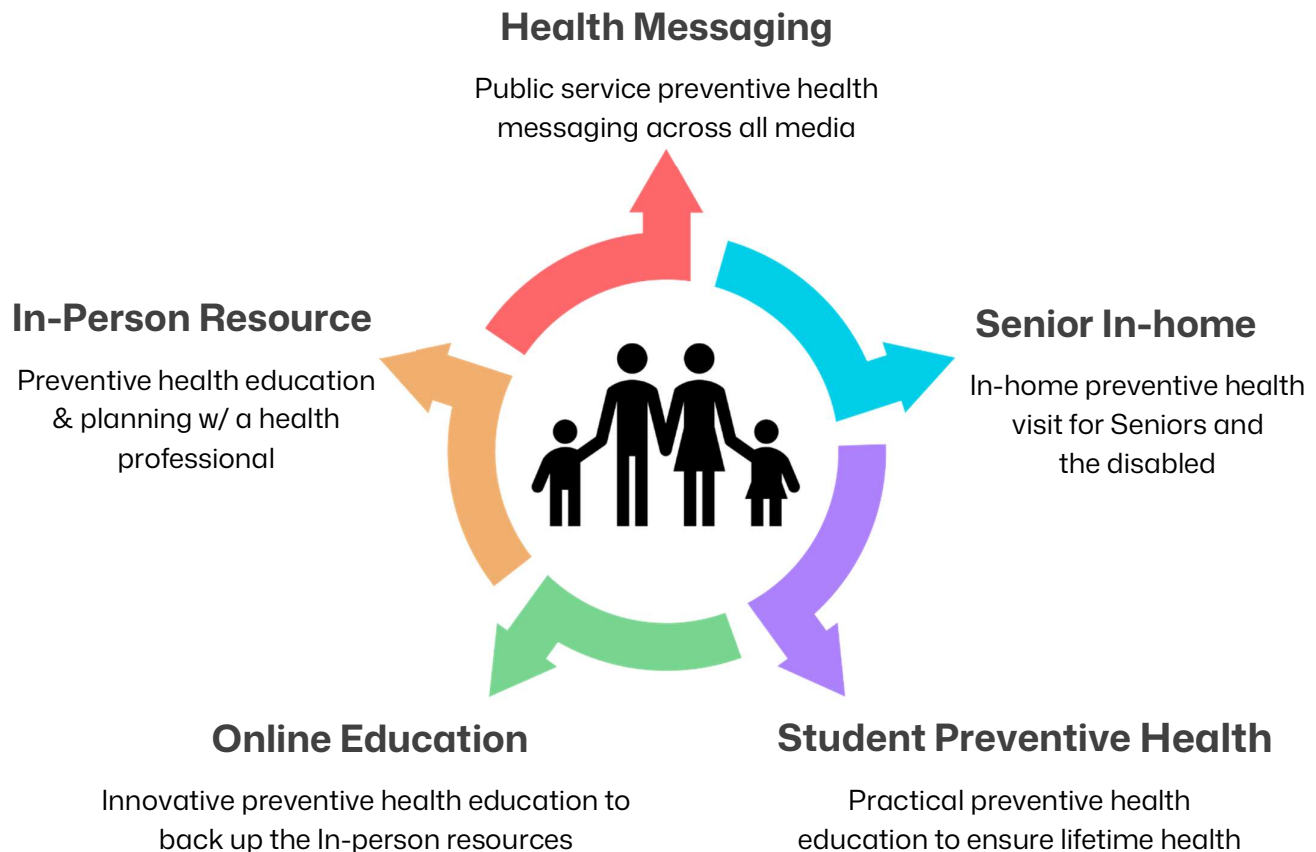


Clinical Experience Leading to Development

Over 25 years of direct patient care led to an understanding of patient preventive health needs and the organized effort necessary for individual success.

Framework Structure

Preventive health support across the lifespan



Additional Preventive Health Support



Health Insurance Financial Incentives

With full preventive health support available, it will be possible to reward those who maintain good health & make positive changes.



Exercise at Work Program

Employees encouraged to take 5 to 10 min, 3-4x during the workday to walk stairs or perform other exercise to encourage health & productivity. Dependent upon employer participation & workplace setting.

Framework Innovation

A New Approach to Wellness Education

The knowledge patients need for success

Our teaching model provides a body systems approach similar to medical education but kept simple and easy to understand - a physiological method to ensure patients understand what happens on a cellular basis inside their bodies in the absence of daily health maintenance. Simple & practical, time-based solutions are taught to fit any schedule. We simply cannot continue with the same, standard approaches that statistics show have not worked for decades!



Cost Effective In-Person Resource / Network

A perpetual, self-sustaining model



Preventive health professionals will be independent contractors who will submit unique CPT coded claims using the existing claims management system. Payers may include health insurance companies and/or governments. Preventive health professionals must qualify for participation, with the most important factor being the qualification of living what they teach in addition to experience & licensure. Ongoing participation is dependent on adherence to program guidelines and positive patient feedback.

Preventive Health Professionals:

MD, DO, DC, PT

Exercise Education Specialists:

Exercise Physiologist, Kinesiologist
(Directed by Preventive Health Professional)

Use of Existing Facilities

Community Wellness Centers / Gym facilities

Cities and towns across the United States already possess the infrastructure necessary for administration of the in-person preventive health resource. For best results, wellness resources should be provided separately from hospital-based systems. No or very low cost is anticipated for the use of these resources.



Framework Resources



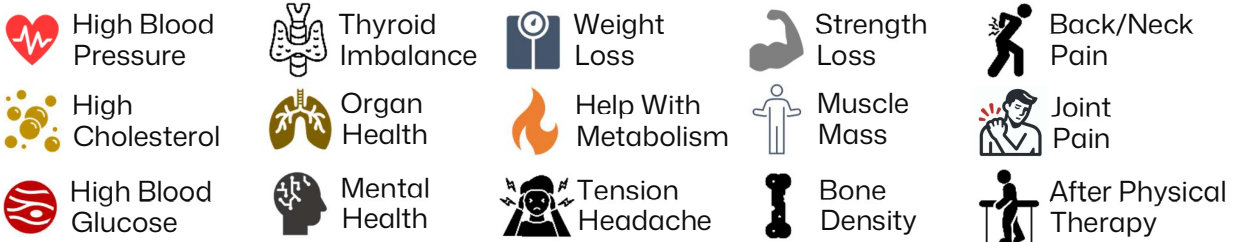
Adult & Teen In-Person Preventive Health Resource

Referral from primary care or self-referral

Purpose

Primary care physicians do not have time to address patient's wellness needs and many do not understand exercise methods such as strength training. By establishing this Innovative specialist referral resource, patients will realize a new, non-pharmaceutical, professionally provided approach for the prevention & treatment of health conditions. Intervention provided will be uniform & structured to ensure quality and consistency of care.

The preventive health professional will work in partnership with primary care to address:



WELLNESS ONLY VISIT! Primary care remains responsible for any vitamin or herbal medicine supplementation.

Visit Structure:

1. History / Physical & Lifestyle Assessment
2. Medical Condition / General Health Assessment
3. Patient Goals? What would the patient like to achieve?
4. Nutrition & Exercise needs assessment
5. Education provided based on individual needs
6. Development of individually based plan
7. Same day or appointment made for hands-on exercise education w/ exercise specialist
8. Exercise education provided based on health professional guidance & individual needs
9. Follow-Up to ensure success

Notes:

- ✓ Exercise guidance by a health professional is necessary due to physical limitations & individual health condition

Professionals Utilized:

- Preventive Health Professional
- Exercise Education Specialist

Location:

- Community Wellness Center
- Gym Facility



Senior In-Home Preventive Health Resource

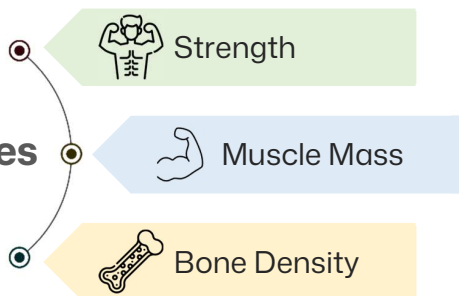
Referral from primary care or self-referral

Purpose

This intervention mirrors the In-person wellness center preventive health resource but will be provided in a home setting for Seniors and the disabled. Currently, there are no In-home preventive health resources available for Seniors. This resource will address Seniors greatest concern - *maintaining Independence for as long as possible.*

Function + Mobility = **Independence**

Priorities

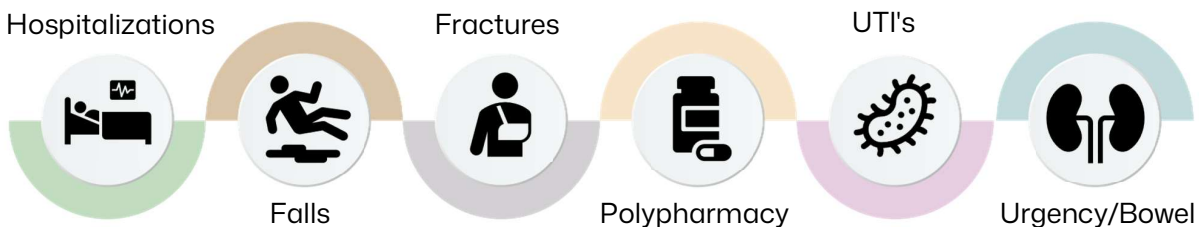


Progressive Resistance Exercise

Longer lifespans mean increased frailty in old age. The **only** way to combat this is with strength training. This education will give Seniors the best opportunity to age gracefully and must be normalized across the United States.

Goals

Prevention of Injuries, Infections, polypharmacy & chronic health issues



Visit Structure:

1. History / Physical & Lifestyle assessment
2. Medical condition / General health assessment
3. Home safety / Falls assessment
4. Nutrition & Exercise needs assessment
5. Education provided based on individual needs
6. Exercise demonstration & training based on individual needs
7. Development of individually based plan
8. Follow-Up to ensure success

Notes:

- ✓ A single preventive health professional will provide all required In-home preventive health education, training, and planning.

Professionals Utilized:

- Preventive Health Professional

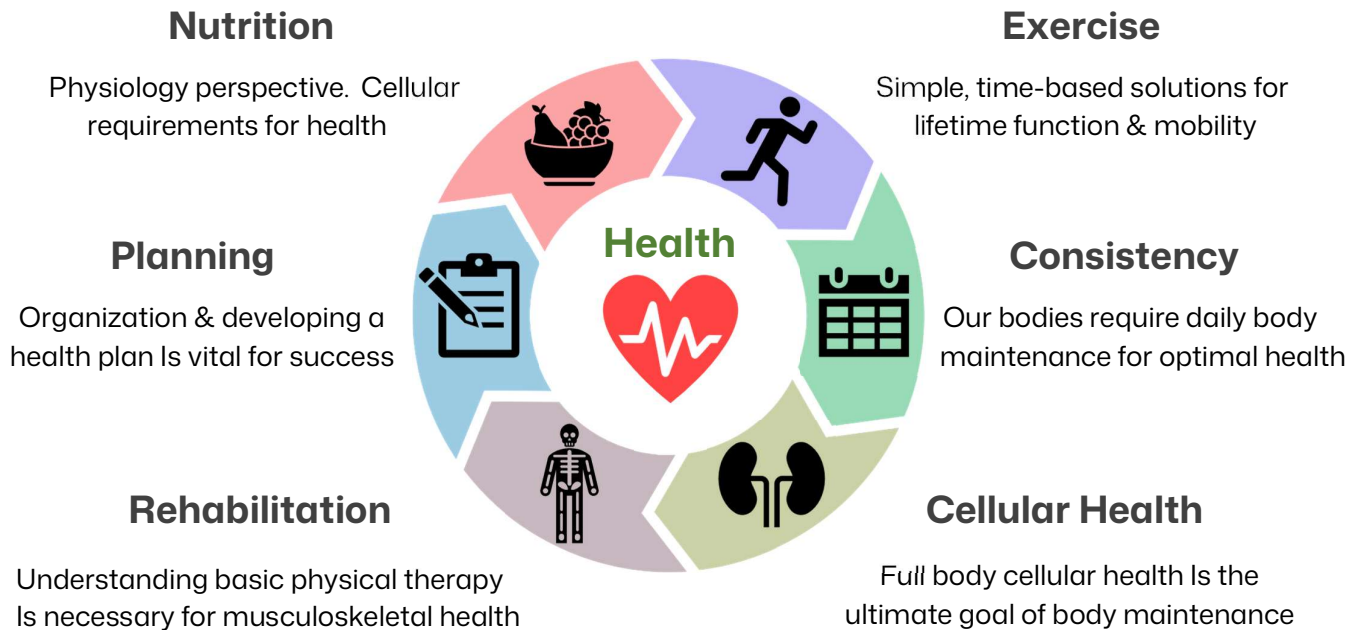
Location:

- Patient's home



Online Education Preventive Health Resource

Publicly available & backs up in-person resources



Education Examples

Nutrition:

Oxidative stress from excess food consumption & processing of nutrients contributes to Inflammation, aging, and chronic diseases. The education focus being that we should obtain the maximum amount of nutrients in the lowest quantity of food. Simply stated, excess food intake causes cellular damage, aging us in real time, with each extra bite!

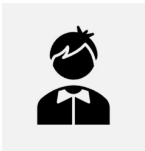
"Nutrients and Oxidative Stress: Friend or Foe?" *Oxid Med Cell Longev*, . 2018 Jan 31, Tan, Norhaizan, Pui Liew

Exercise:

Time based interval training can fit into any schedule or lifestyle and has received the highest satisfaction ratings and better adherence from participants who are educated and introduced to this method of exercise.

"High-Intensity Interval Training Elicits Higher Enjoyment than Moderate Intensity Continuous Exercise"

<https://doi.org/10.1371/journal.pone.0166299>, 2017 Jan 11, Thum, Parsons, Whittle, Astorino



Middle & High School Student Preventive Health Education

Giving our kids the skills necessary for a healthy life

Nutrition Physiology & Guidance

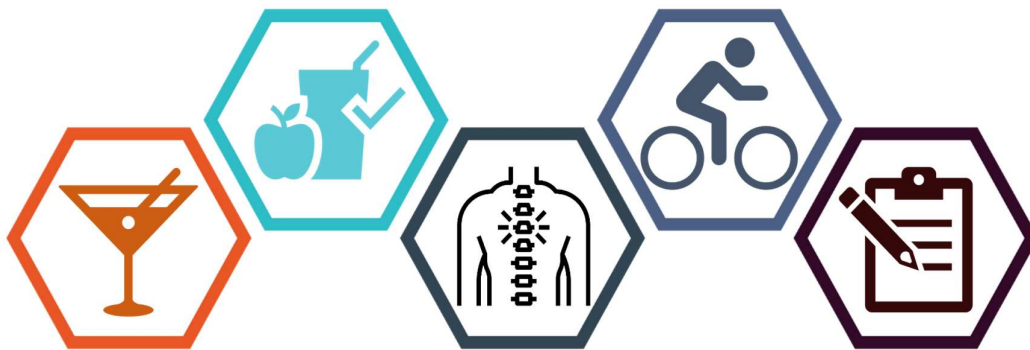
Types of foods & amounts effects on:

- ❖ Cellular health & hormones
- ❖ Blood sugar
- ❖ Energy levels / mitochondria
- ❖ Oxidative stress / DNA damage

Exercise Physiology & Guidance

Cellular effects & simple solutions:

- ❖ Natural anabolic hormones
- ❖ Ligaments, tendons, bones, joints
- ❖ Simple, time-based, Interval cardio
- ❖ Simple time-based strength training



Substance / Drug Physiology

Physical & mental health

- ❖ Cellular effects
- ❖ Organ effects
- ❖ Real time effects
- ❖ Resulting diseases

Musculoskeletal Rehabilitation

Education & solutions

- ❖ Back / neck pain
- ❖ Sprains / strains
- ❖ Basic physical therapy
- ❖ Strength training

Body Maintenance Importance

Education & guidance

- ❖ Planning
- ❖ Consistency
- ❖ Techniques
- ❖ Resources

Additional Support

Health Information Search Skills

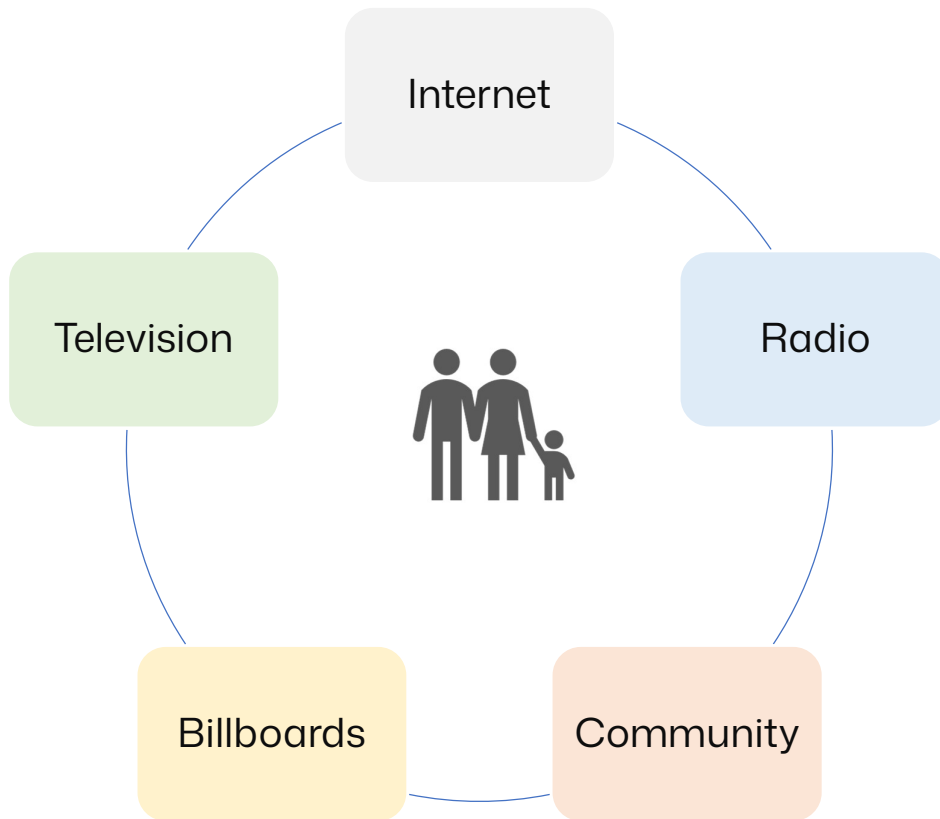
Students should understand how to differentiate between advertisements and good sources of health information including how to locate and read health related scientific research.



Preventive Health Messaging

Health maintenance reminders & direction to resources

Preventive health public service messaging will be a vital part of the framework. The Importance of the need for daily body maintenance should be persistently present throughout all media and public community spaces. Constant encouragement & reminders have the power to change behaviors that will finally ensure better health for Americans.





Further Insight Into Preventive Health Education

Patients need to understand the how, what, when, and why

Skin Condition Example (Eczema, Acne, Chronic Rash, etc.)



Doctor 1 tells the patient not to use anti-bacterial soaps and to limit showers / shower time and provides prescriptions for crèmes & medications.



Doctor 2 gives the patient the same guidance and treatment as Doctor 1, but also takes the time to explain how good skin microbial flora can be adversely affected by anti-bacterial soaps. The normal pH of skin is between 4.5 and 5.5 which is mildly acidic and favors good bacteria. Higher pH soaps (alkaline), strip oils from the skin and alter the normal skin pH favoring more pathogenic bacteria that flourish at a higher pH such as the type that causes acne & contributes to eczema & rashes. Long, hot showers can cause the same disruption. Taking a probiotic orally can also help with skin issues. (Gut-Skin Axis)

Which Doctor intervention provides the best outcome for the patient?



Doctor 2 clearly gives the patient the best chance for success by explaining the physiological aspect of treatment (the Why).

Unfortunately, Doctors don't have time for why!

thus, contributing to poor patient health outcomes & chronic disease demonstrating the need for additional preventive health resources.

Examples of common primary care scenarios that lead to bad outcomes



Patient counseled to exercise

Result: Patient takes a daily tenth of a mile stroll around the block as health continues to deteriorate.



Back pain treatment focused on pain relief

Result: Patient doesn't understand how to improve the health of the spine or the importance of strengthening supporting muscles resulting in increased risk of disability.



Patient counseled to lose weight

Result: Patient begins dieting & does long duration cardio on a treadmill burning lean muscle mass along with fat detrimentally affecting metabolism. The patient ultimately regains all the lost weight and more because of the detrimental impact of the loss of lean muscle mass on metabolism.



Further Insight Into Preventive Health Education

Patients don't understand exercise or nutrition (but think they do!)

Past Experiences Can Cause Failure

Common scenario in primary care

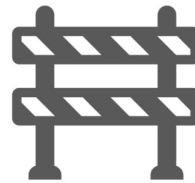
Teenager / Low 20's Male - Athletic, plays sports, and body builds in the gym.

Fast forward 25 years - 45-year-old, - married w/ kids at home, works 50 hours a week, 30 lbs. overweight, unhealthy lifestyle. Makes a New Years resolution deciding to get healthy. He joins a gym and tries the old way he knew as a 20-year-old and gives up within a few weeks deciding it will be too difficult to get back in shape and he doesn't have time.

Discussion: Understanding time-based Interval exercise, both strength training and cardio would give the 45-year-old the best chance of success. There are specific techniques & exercises that would work best for his situation. He would greatly benefit from a lifestyle assessment to include nutrition & exercise, time management, and planning that a visit with a preventive health specialist could provide. Having this resource available could significantly change his future health outcome as well as his family's.



Barriers to Understanding



- ❖ Advertising
- ❖ Complication
- ❖ Peer Misinformation
- ❖ Internet Misinformation
- ❖ Time Management



Physical Therapy

Unprepared for before & after

Many patients have never stepped foot in a gym or fitness facility. Many have never played sports and yet it is expected that a few weeks of physical therapy is all they need to fully recover from an injury or other health event! Most do fine with simple stretching exercises, but what about strengthening? Without a minimal understanding of progressive resistance exercise, physiological tissue healing, and the length of time that is really required for the body to return to a healthy state, failure is all too common. Surgical procedures, loss of function, and disability are often the result costing patient's quality of life. In addition, so much money is spent needlessly as far too many patients continue a downward health spiral.

Nutrition Education

The old ways don't work!



High school and even nursing school nutrition coursework is largely devoted to the standard calorie, protein, carbohydrate, and fat aspects of food. With this education, patients may view candy or soda as just another carbohydrate. Nevertheless, patients typically know what they should be eating but they continue to eat a western style diet causing disease & disability. A physiological approach is needed to help patients understand how food is affecting their bodies in real time.



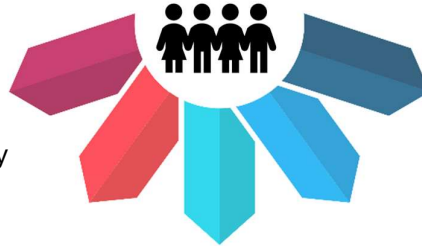
Preventive Health Professional Network Overview

Easily developed, cost effective, minimal administration

Development

State notifies of opportunity

- ❖ Specific professions
- ❖ State/Insurance company maintains list of providers
- ❖ Primary care notified
- ❖ Public notified



Qualification

Must live what they teach

- ❖ Professional Licensure
- ❖ MD, DO, DC, PT
- ❖ Experience, Wellness oriented
- ❖ Deep knowledge of exercise

Claims System

Existing payment network

- ❖ Unique CPT codes
- ❖ Clearinghouse
- ❖ Existing software
- ❖ Government or insurance company payers

Reimbursement

Much lower cost network

- ❖ Full payment to provider
- ❖ No facility or supply cost
- ❖ Half the standard 99205 reimbursement rate
- ❖ Business expense transportation costs for In-home providers

Classification

Independent Contractor

- ❖ Choice of work hours/days
- ❖ Makes own appointments
- ❖ Coordinates location w/ city / participating facility
- ❖ Submits own billing

Additional Information

Organized patient visits & liability requirements

A standardized visit structure will be followed by providers who will provide Individualized care based on the needs of the patient. As Independent contractors, providers will maintain their own professional liability Insurance.

Administration Requirements

Qualification for preventive health and exercise education providers will be assessed prior to approval for network participation. Ongoing participation will be assessed through after visit patient questionnaires to ensure quality of care and that guidelines are followed.

Exercise Education Specialists

These specialists will be independent contractors filing their own claims and be subject to similar qualification, licensure, and liability Insurance requirements as preventive health providers. Guidance for individual patient exercise needs will be directed by the preventive health provider.

How You Can Help!

We need your support to make this preventive health framework reality across the United States!



Donate to support our work!

Preventive Health Initiative is a 501(c)(3) nonprofit organization. Your donation is up to 100% tax deductible.

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<https://preventive-health.org>



Share this information!

Please forward this framework proposal to your government representative or any organization who would be interested in supporting this effort.