

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

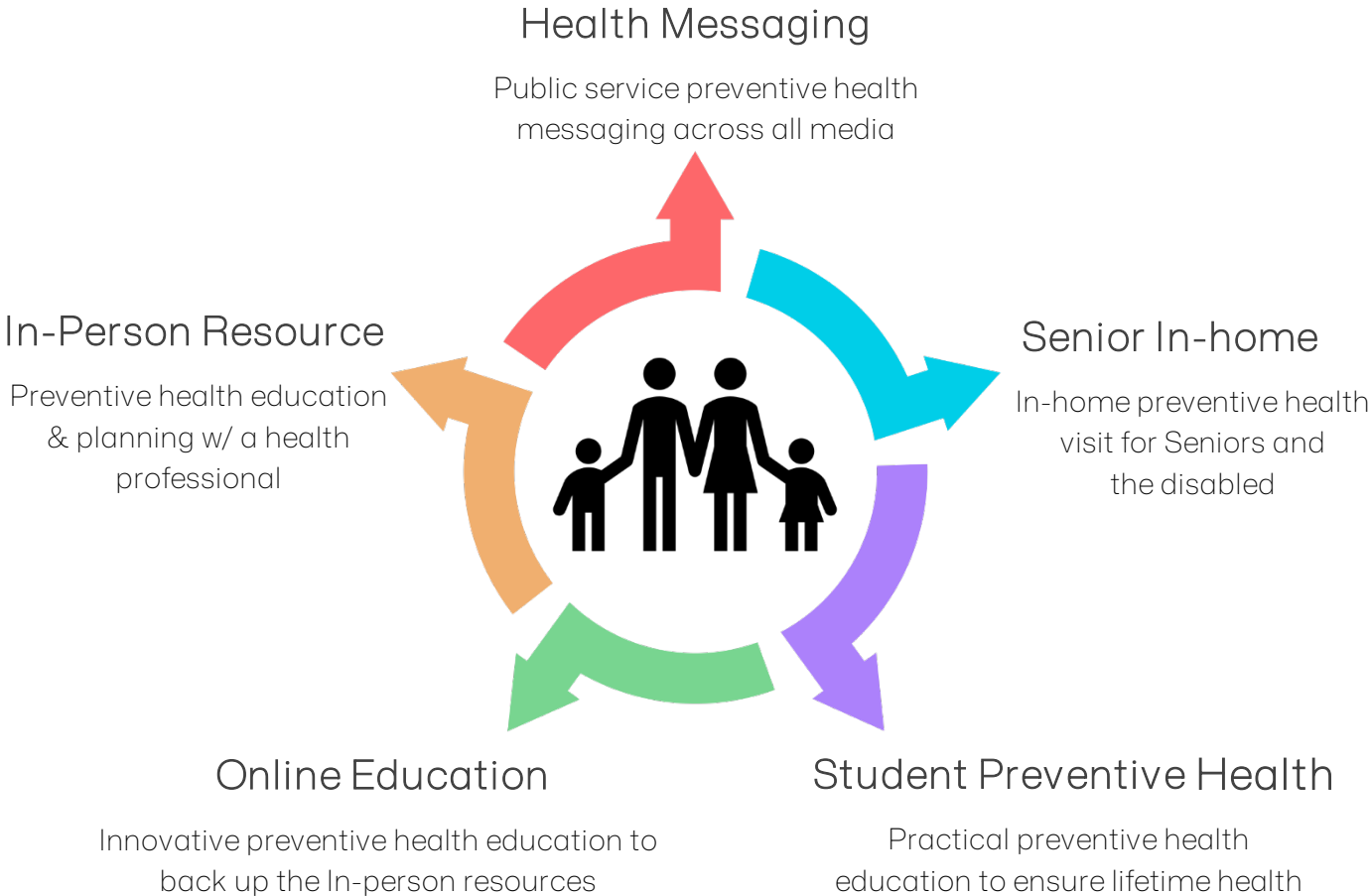


preventive-health.org/framework

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

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



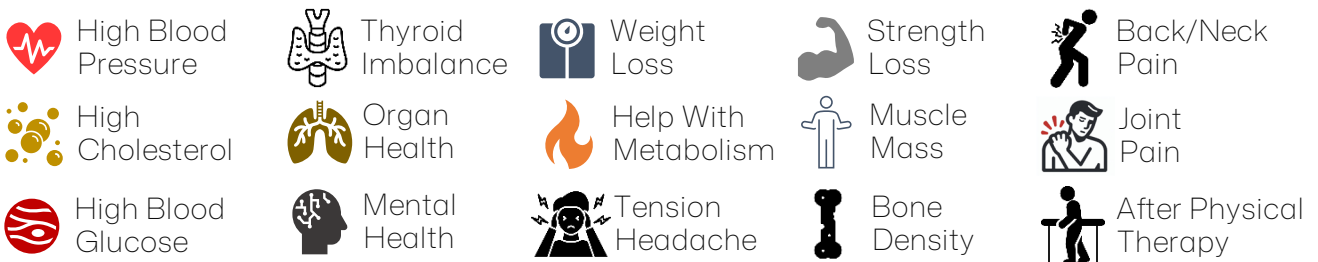
Adult & Teen In-Person Preventive Health Resource


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



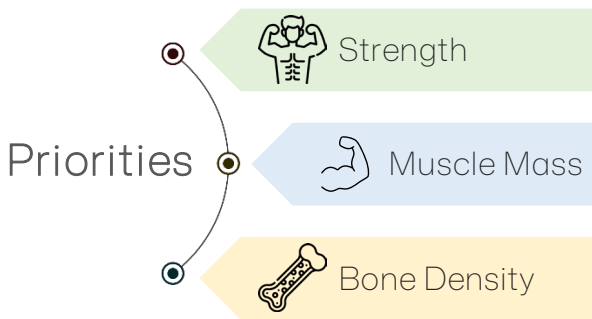
Senior In-Home Preventive Health Resource

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

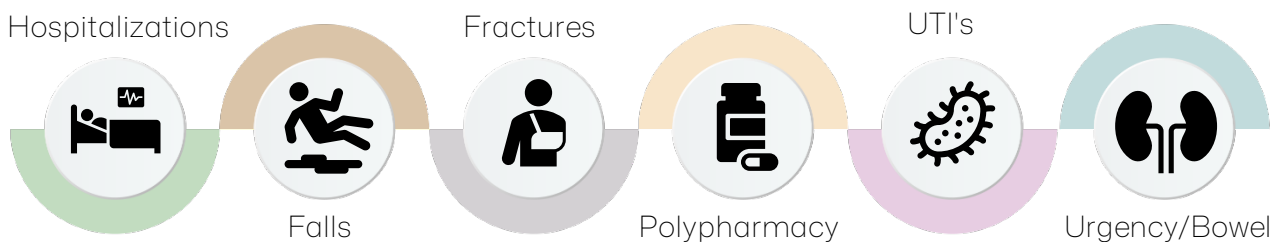


Progressive Resistance Exercise

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

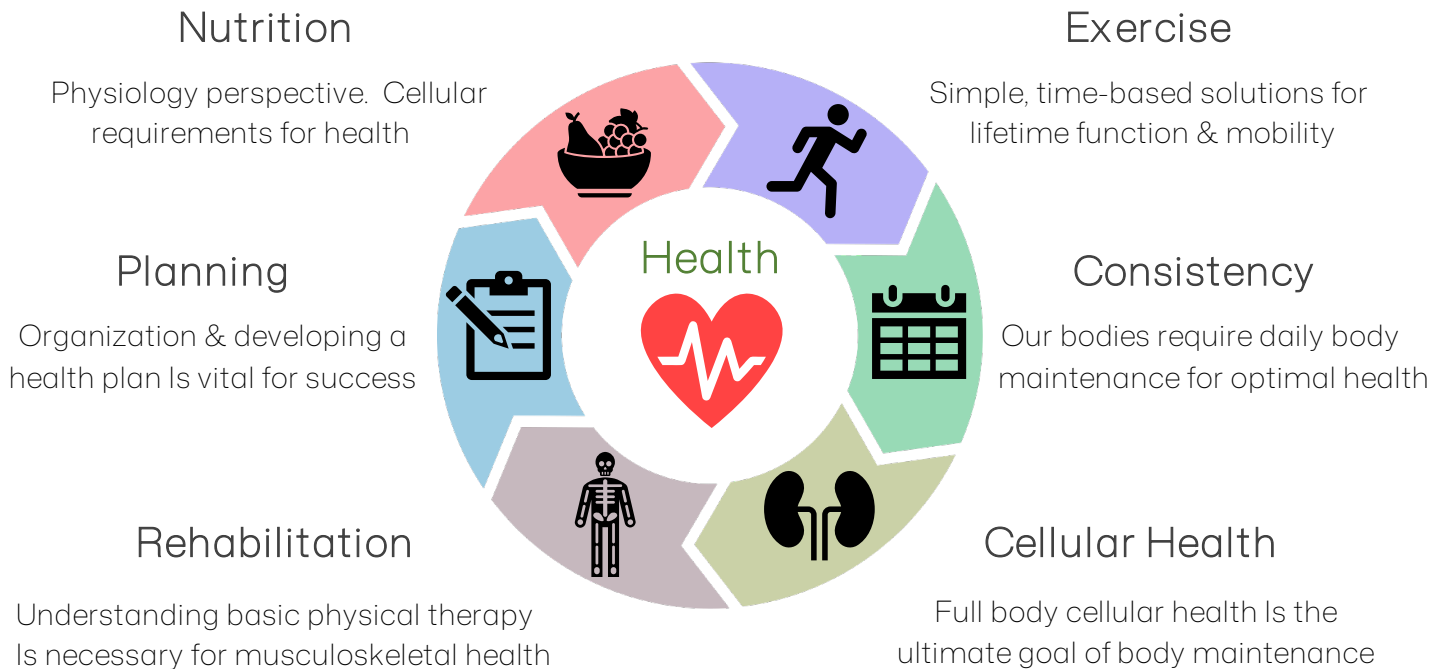
Location:

- 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

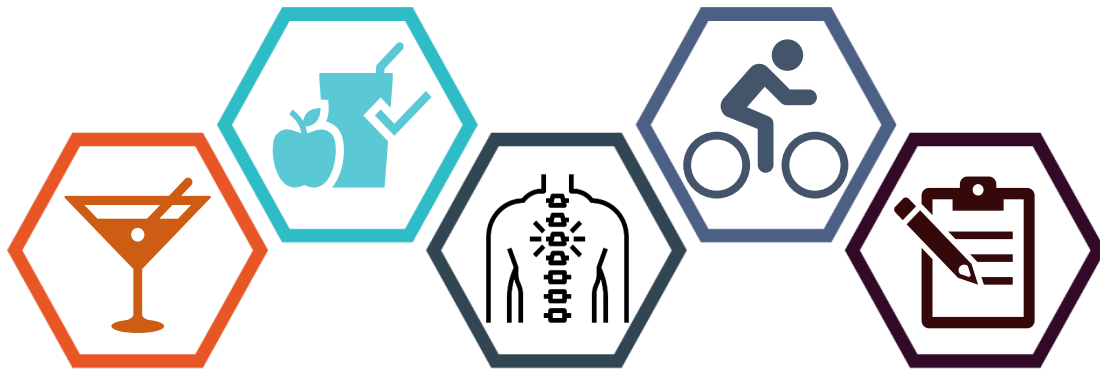
Types of foods & amounts effects on:

- ❖ 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

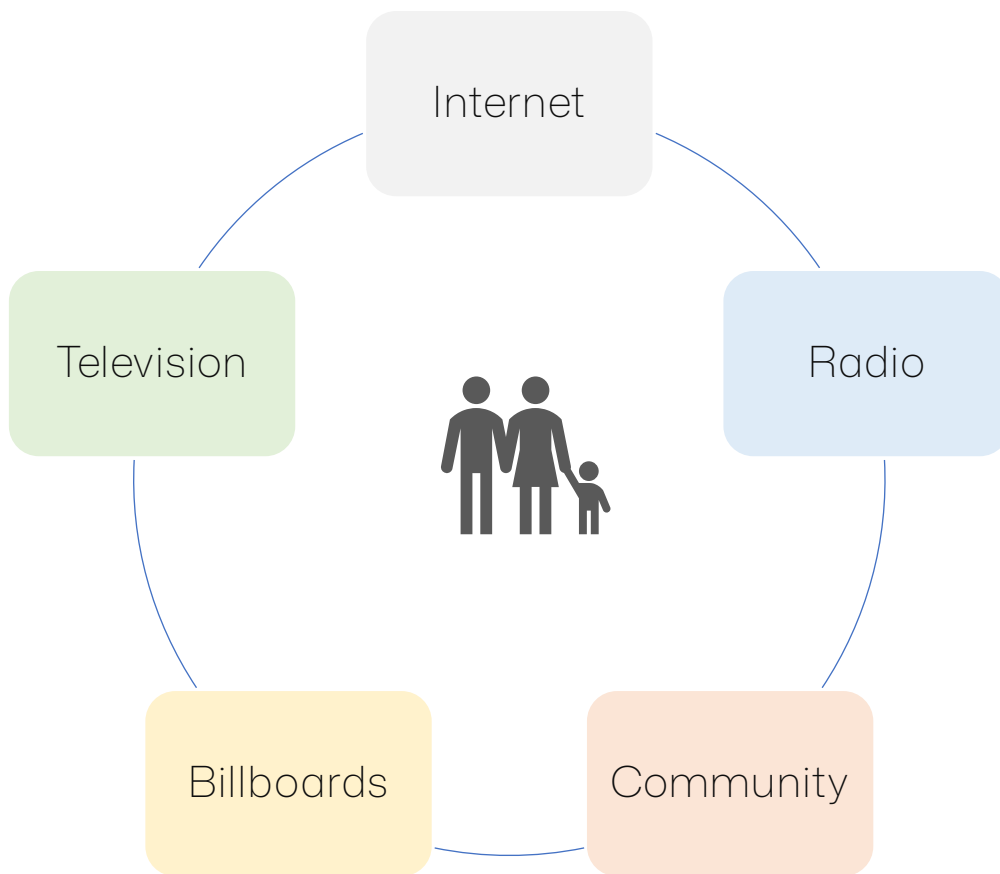
Students should understand how to differentiate between advertisements and good sources of health information including how to locate and read health related scientific research.



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 which ultimately results in regaining to the original weight and more.

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.

Email & Phone

christopher.may@preventive-health.org
(615) 200-7122

Director

Christopher May DC RN
(615) 738-7370

Mailing Address

Preventive Health Initiative
2933 Berry Hill Dr, Ste A
Nashville, TN 37204

Website Donation Link

<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.