

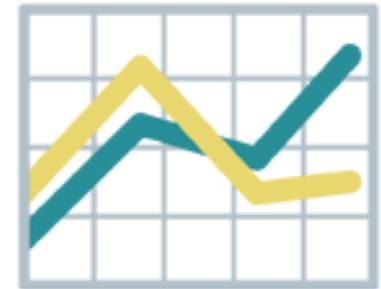


NATUROPATHIC
MEDICINE WEEK

OCTOBER 10-16, 2016

The Big Picture: Health

- 75% of all health care spending in the US is for the treatment of preventable chronic illnesses – such as high blood pressure, diabetes, cardiovascular disease, obesity, and arthritis
- The overall trend is poor. From 2000-2009:
 - Cases of heart disease have risen 25%
 - Cases of diabetes have risen 32%
 - Cases of stroke have risen 27%



Source: US Department of Health and Human Services, Centers for Disease Control and Prevention, 2010

The Big Picture: Spending

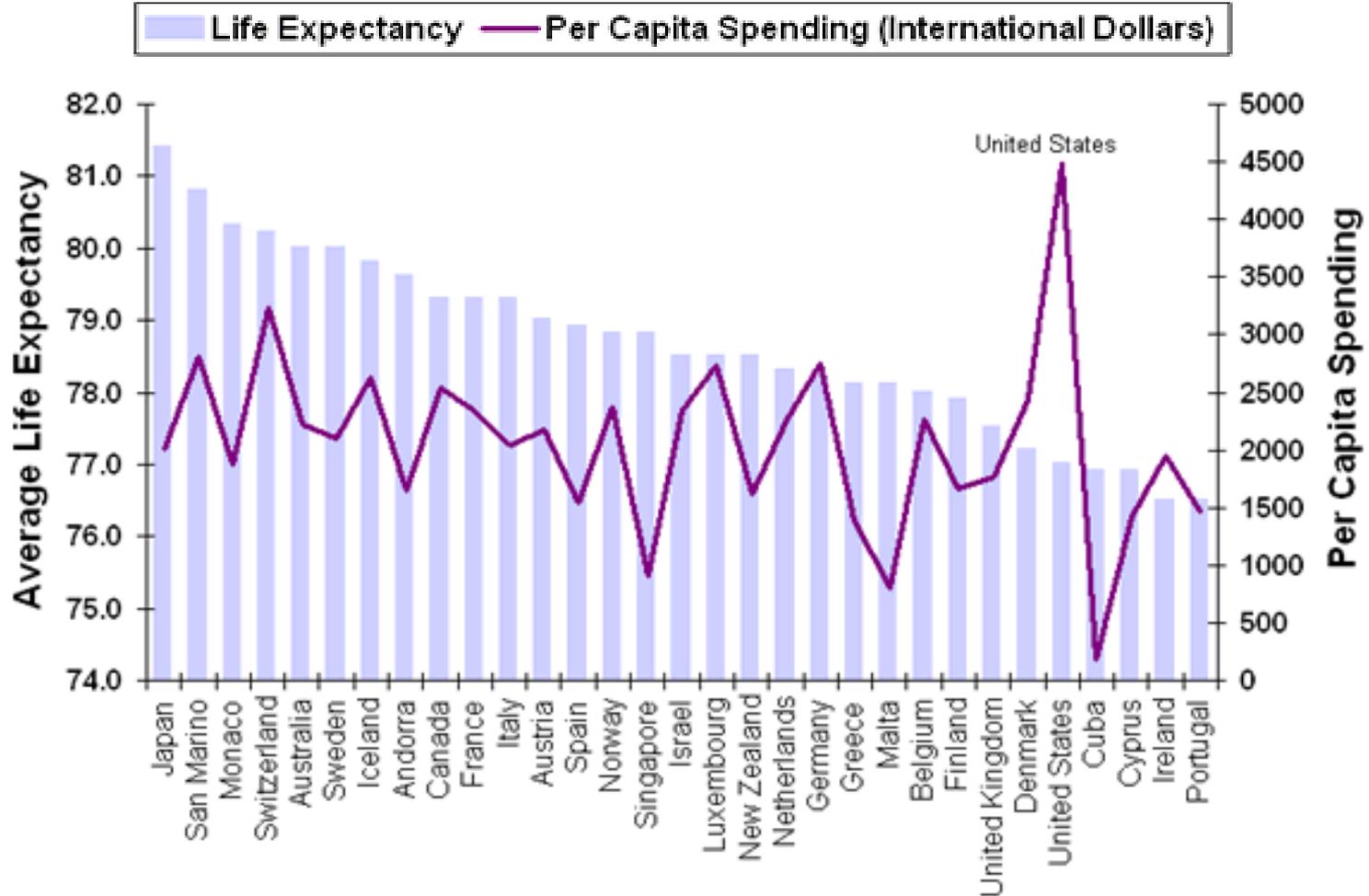
- Health care in the US is aimed at the high-tech treatment of disease; much less on lifestyle counseling and wellness promotion
- A modest focus on prevention and behavioral change could save between \$217 billion and \$1.6 trillion over the next 10 years.
- Proof of the problem: the US spends more than any country for health care – yet we rank 37th in health quality among developed nations

Source: World Health Organization. *Health Systems: Improving Performance*. Geneva, 2000.

Source: Samuelli Institute. *Wellness Initiative for the Nation*. Alexandria, VA, 2009.



The World's Least Cost-Effective Health Care





A Great Need for Primary Care Physicians

- Projected shortage of 45,000 PCPs over the next decade
- Reasons for this increased demand:
 - Population growth
 - Aging population
 - Increased insurance coverage (30 million Americans will be covered via the Affordable Care Act)

Source: Association of American Medical Colleges Center for Workforce Studies. "The Impact of Health Care Reform on the Future Supply and Demand for Physicians Updated Projections Through 2025." Washington, DC, 2010.

Source: Congressional Budget Office, 2010

What is Naturopathic Medicine?

- A distinct system of medicine based on Naturopathic Philosophy/Principles:
 - First, Do No Harm (like all health care providers)
 - The Healing Power of Nature
 - Treat the Whole Person
 - Identify and Treat the Causes
 - Doctor as Teacher
 - Prevention



What is a Naturopathic Physician?



- **An expert in natural medicine**
- Employs an approach that views the body as an integrated whole
- Searches for the underlying causes of disease, or obstacles to cure
- Utilizes a hierarchy of therapeutics, from least to most invasive, as appropriate
- Emphasizes patient education as a primary objective
- Excels at health promotion, wellness, disease prevention, and disease management



Federal Government Definition of Naturopathic Practice

- **US Department of Labor**

2009 definition of Naturopathic Physicians:

“Diagnose, treat, and help prevent diseases using a system of practice that is based on the natural healing capacity of individuals. May use physiological, psychological, or mechanical methods. May also use natural medicines or legend drugs, foods, herbs, or other natural remedies.”

Occupational Information Network. (2009). 29-1199.04 - Naturopathic Physicians. Retrieved December 1, 2009, from the Occupational Information Network website: <http://online.onetcenter.org/link/details/29-1199.04#Education>

What Types of Treatments are Used?



- Physical medicine
(therapeutic manipulation)
- Oriental medicine (acupuncture)
- Homeopathy
- Natural childbirth (midwifery)
- Minor office procedures
- Prescription legend drugs

- Dietary and therapeutic nutrition
- Lifestyle counseling and stress management
- Botanical medicine
- Mind-body medicine



Naturopathic Medical Education

- 4 year, full-time, doctoral level, residential programs
- Accredited programs offered at 7 schools in North America:
 - Bastyr University (Seattle & San Diego), NCNM (Portland), NUHS (Chicago), SCNM (Phoenix), UB (Bridgeport, CT), CCNM (Toronto), Boucher (Vancouver)
- 4100 total hours, 1200 clinical training hours
- 2 years basic sciences, 2 years clinical sciences
- Clinical training in ambulatory care settings





Naturopathic Medical Accreditation

- All programs are accredited by agencies recognized by the US Department of Education
- Council on Naturopathic Medical Education (CNME) is the national accrediting agency for programs leading to the Doctor of Naturopathic Medicine (ND or NMD) or Doctor of Naturopathy (ND) degree
- Graduates must pass the NPLEX (Naturopathic Physicians Licensing Examination) to be eligible for state licensing
- Licensed NDs must complete continuing medical education (CME) annually

NDs' Role in Health Care

- 8,000 graduates from accredited colleges in North America
- 4,400 NDs are licensed and practice throughout the US
- 20 states and territories license NDs
- Scope of practice varies by state



- Most NDs are women; most patients of NDs are women
- Majority are in solo practice or are principals in a clinic
- Half work with underserved populations

How NDs Work

- Most NDs work in solo or group private practice outpatient settings
- General practice docs with some specialization
 - **Diagnose** through standard methods of physical, clinical, laboratory and diagnostic imaging
 - **Treat** through a variety of modalities (including counseling)
 - **Refer** and co-manage patients with other medical specialists
- Work with other NDs, MD/DOs, NPs, DCs, LAcS
- Community health clinics





NDs' Role in Insurance

- Insurance coverage varies by state – but naturopathic services are intended, under Section 2706 of the Affordable Care Act, to be included in health insurance in licensed states
- Not all NDs choose to bill insurance
- Not currently eligible for Medicare
- Eligible providers under Indian Health Service Loan Repayment Program

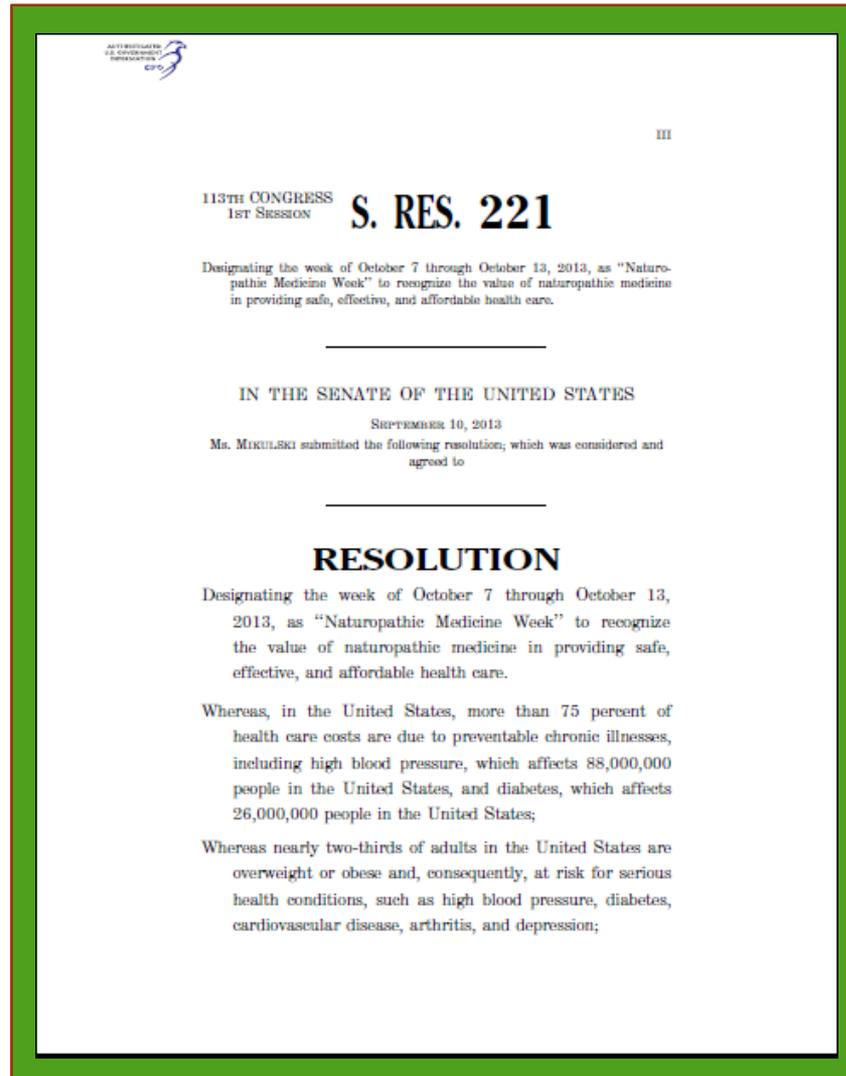


Congressional Resolutions to Create Naturopathic Medicine Week

- Senate Resolution 420 and House Resolution 508 would designate October 6-12, 2014 as Naturopathic Medicine Week to recognize the value of naturopathic medicine in providing safe, effective, and affordable health care
- The first such Week was created one year ago when the Senate unanimously passed Resolution 221
- “Whereas naturopathic medicine reduces health care costs because of its focus on patient-centered care, the prevention of chronic illnesses, and early intervention in the treatment of chronic illnesses;...”



Congressional Resolution that Created Naturopathic Medicine Week





Congressional Resolution Creates a Naturopathic Medicine Week

- “Whereas naturopathic physicians attend 4-year, graduate level programs with rigorous admission requirements at institutions that are recognized by the Department of Education;...”
- “Whereas naturopathic physicians are especially skilled in treating chronic illnesses, such as diabetes, asthma, autoimmune disorders, and gastrointestinal disorders, because of their focus on whole-body medicine rather than symptom management;...”



Naturopathic Medicine: Right Approach for Today

- Focuses on disease prevention and wellness
- Employs less invasive, less expensive treatments
- Decreases prescription drug costs
- Decreases adverse reactions & side effects to medications
- Lowers malpractice rates
- Reduced insurance costs (where NDs bill insurance)



Naturopathic Medicine Cost Savings

Study

- State of Hawaii
- British Columbia
- Integration strategies for natural health care
- Germany comparison with conventional

Result

- No increase in costs
- Cost savings
- ↓48% in prescription drugs
- ↓68% in prescription drugs
- Lower drug costs and disability claims

Sources:

- Legislative auditor of State of Hawaii. *Study of Proposed Mandatory Health Insurance for Naturopathic Care*. Report # 89-25, 1989.
- British Columbia Government Medical Services Plan, 1988.
- Weeks, J. "Is Alternative Medicine More Cost Effective?" *Medical Economics*. March 2000, 139-42.
- Wiesenauer M, et al. "Naturopathy as a Contribution to Cost Control." *Fortschr Med*. 1992 (110): 311-14.



Documented Benefits

- “...an effective ND PCP centered managed care program could cut the costs of chronic and stress related illness by up to 40% and lower the cost of specialist utilization by 30%.”

Henny, Geoffrey. *Final Report Alternative Healthcare Project Executive Summary*, King County Medical Blue Shield, 1995.

- The addition of naturopathic care on top of usual care significantly reduced the 10-year risk of cardiovascular disease among adults at high risk.

Seely, et al. **Naturopathic medicine for the prevention of cardiovascular disease: a randomized clinical trial.** *CMAJ* 2013; 185(9): E409–E416.



More Documented Benefits

- The naturopathic emphasis on lifestyle modification counseling prevented more cases of diabetes than drug treatment.
Williamson DF. **Primary prevention of type 2 diabetes mellitus by lifestyle intervention: implications for health policy.** *Ann Intern Med* 2004; 140(11):951-7.
- A naturopathic wellness program instituted in 2005 for the Vermont Automobile Dealers Association resulted in cases of high blood pressure cases dropping by 36%, high-risk stress by 24%, high cholesterol by 17%, and obesity by 15%. Combined direct and indirect savings totaled over \$1.4 million – a return on investment of 21-1.

Noe W. **“Jump start to better health.”** Presentation to annual convention of the American Association of Naturopathic Physicians. Portland, OR, 2006.

The Future of Medicine

Disease Treatment



Health Promotion

Generic Care



Personalized Care

Symptom Relief



Whole person Health

Reliance on Doctors



Self-empowerment

Dependence on Drugs



Healing Power of Nature

Nutritional Deficiencies



Healthy Diet

Health Care Silos



Integrated Healthcare



Transformative Medical Care

- Naturopathic medicine is effective, safe, and affordable
- Its focus on prevention dramatically reduces the incidence of chronic illness
- Treatment of “the whole person” fosters trust and patient empowerment
- Demonstrated cost reductions a boon to the health care system
- NDs are well trained to serve as primary care physicians

In sum – transformative medicine whose time has come!



For Further Information

- American Association of Naturopathic Physicians (AANP)
www.naturopathic.org
- Association of Accredited Naturopathic Medical Colleges (AANMC)
www.aanmc.org
- Council on Naturopathic Medical Education (CNME)
www.cnme.org
- Naturopathic Physicians Research Institute (NPRI)
www.nprinstitute.org



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