ACPM Member Highlights Best Practices and Emerging Trends for Developing Value-Based, Integrated Workplace Health Strategies

An article by Michael D. Parkinson provides an overview of evidence-based, integrated health care approaches that can be applied by providers and businesses to improve employee health and boost organizational competitiveness. Titled "The Healthy Health Care Workplace: a Competitive Advantage," the article is an essential guide of the latest science and practices available to practitioners responsible for ensuring a healthy, productive, ready, and resilient workforce—meeting the Quadruple Aim.

Published in Current Cardiology Reports, Dr. Parkinson discusses the importance of comprehensively addressing the core drivers affecting worker health, most critically through the six core elements of the Employer Health and Productivity Roadmap. Dr. Parkinson also highlights the promising value of epigenetics and lifestyle medicine to prevent, treat, and reverse the effects of common chronic diseases, stating that evidence-based interventions and programs addressing lifestyle, environment, and the root causes of disease represent the next generation of health care in the workplace. He concludes that health care leaders across ecosystems can create a common vision and deploy a measurable strategy to create a healthier, high performing workforce and achieve organizational success.

Dr. Parkinson is an ACPM Fellow and is Senior Medical Director, Health and Productivity at UPMC Health Plan and WorkPartners.

Teaching and Preparing Providers to Lead the Healthy Eating Revolution

The Healthy Eating in Practice conference last month provided a unique glimpse into the on-the-ground practices and interventions essential to effectively improve eating habits and health outcomes. Changing behavior of individuals and populations becomes more critical every day considering the state of modern food systems and because the World Health Organization estimates that by 2020 two-thirds of all death will be attributable to preventable chronic disease associated with lifestyle.

Sponsored by ACPM, the 4-day conference in Asheville, NC featured tools and resources that health care practitioners and community leaders can leverage to implement long-term, practical healthy eating habits. Attendees also had the chance to get their hands dirty with field trips to local farms and in cooking instruction workshops.

FEATURED TALK

Notably, Dr. Jennifer Trilk gave an inspiring keynote presentation highlighting the need to institutionalize nutrition education in medical schools and discussed the rise and importance of culinary medicine and its potential to improve overall health outcomes.

Dr. Trilk is program director of the Lifestyle Medicine curriculum at University of South Carolina School of Medicine in Greenville and co-founder and co-director of the Lifestyle Medicine Education Collaborative (LMEd), which provides leadership, guidance, and resources to medical schools.

As program director of Exercise is Medicine Greenville®, Dr. Trilk has also developed the first physician-referred, community-based, clinical exercise and lifestyle behavior
intervention program in the U.S. to partner a medical school, health care system, and fitness organization together to improve population health. Dr. Trilk is an ACPM member and an American College of Sports Medicine and Aspen Institute Health Innovators Fellow.

Real World Lessons on Establishing Diabetes Prevention Screening and Referral Models

Through a partnership with the CDC Division of Diabetes Translation, ACPM funded six health care organizations/practices in the fall of 2017 to develop and implement a practice protocol for screening, testing, and referring patients with prediabetes to a CDC-recognized diabetes prevention program, either through the EHR or by using another non-electronic approach.

To share information about the experiences and lessons learned through this demonstration project, ACPM will host a series of webinars this fall featuring the work of the project grantees. Webinar participants will have the unique opportunity during the live, interactive 90-minute sessions to ask questions and learn how to evaluate, develop, and operationalize screening and referral models that fight the diabetes epidemic.

The six grantees are organizations or practices from three different provider settings: integrated practice associations, integrated delivery systems, and federally qualified health centers. Each will share the results of their protocol models during the free webinars to be held at 12:00pm ET on September 25, October 23, and November 8.

There is no cost to attend, but you must register to participate.

Obesity Rates Remain High Across the Nation in CDC Prevalence Report with Geography and Race/Ethnicity Breakdowns

The Centers for Disease Control and Prevention (CDC) released new data on self-reported adult obesity prevalence by state and territory. The data from 2017 showed that all states and Puerto Rico had more than 20 percent of adults with obesity and seven states had adult obesity prevalence at or above 35 percent, including Alabama, Arkansas, Iowa,
Louisiana, Mississippi, Oklahoma and West Virginia. Compare that with five states in 2016 and no states five years ago at or above 35 percent adult obesity prevalence.

High rates of obesity put millions of American adults at an increased risk for many serious health conditions such as heart disease, stroke, type 2 diabetes, some cancers, poorer mental health, and more. Turning the tide on obesity will take a comprehensive effort by state and community leaders, employers, government agencies, healthcare providers, and individuals. Review the obesity prevalence maps released with this report and learn more about CDC's strategies to address obesity.

**EDUCATION / WEBINARS**

**Bi-Directional Referrals to the National Diabetes Prevention Program**  
Monday, September 24 (1:30–3:00pm EDT)  
CDC / Y-USA / AMA

**Diabetes Prevention Program Demonstration Projects Webinar Series**  
September 25 + October 23 + November 8 (12:00–1:30pm EDT)  
American College of Preventive Medicine

**Empowering Patients to Engage in (and Actually Enjoy) Exercise**  
Thursday, September 27 (2:00–3:00pm EDT)  
American College of Lifestyle Medicine

**RESEARCH / REPORTS / NEWS**

**Why Hospitals Are Getting Into The Real Estate Business** – "A body of evidence points to a link between living in areas of concentrated poverty and health. It's something doctors at Nationwide Children's were seeing first-hand. 'It's remarkably frustrating as a physician to see patients over and over and again from these very high-risk communities,' says Dr. Kelly Kelleher, director of the Center for Innovation in Pediatric Practice at Nationwide Children's Hospital. 'Houses that are falling apart, plumbing problems, mold, rat infestations, violence. You see 25 kids a day, and maybe two-thirds of them are in these desperate straits.'" – Paul Chisholm (NPR)

**Implementing Optimal Team-Based Care to Reduce Clinician Burnout** – A new discussion paper explores optimal team-based care and its role in reducing clinician burnout and achieving better patient outcomes. The authors describe key features of successful health care teams, review existing evidence that links high-functioning teams to increased well-being, and recommend strategies to overcome barriers to optimal team-based care. – Cynthia D. Smith, et al. (National Academy of Medicine)
Final Research Plan: Diet and Physical Activity Counseling for CVD Prevention in Adults at Increased Risk – The Task Force reviewed all of the comments that were submitted June 14–July 11 and took them into consideration as it finalized this research plan. A draft recommendation statement and draft evidence review will be forthcoming. – U.S. Preventive Services Task Force

New Resources Available on the Medicare Diabetes Prevention Program – CMS recently added a Billing and Claims Factsheet and Supplier Crosswalk Guidance resources to the frequently asked questions page of the Medicare Diabetes Prevention Program. – Centers for Medicare & Medicaid Services

Why modern medicine is a major threat to public health – "Modern medicine, through over prescription, represents a major threat to public health. Peter Gøtzsche, co–founder of the reputed Cochrane Collaboration, estimates that prescribed medication is the third most common cause of death globally after heart disease and cancer. In the UK, use of prescription drugs is at an all-time high, with almost half of adults on at least one drug and a quarter on at least three – an increase of 47% in the past decade." – Aseem Malhotra (The Guardian)

Preventing Type 2 Diabetes with Home Cooking: Current Evidence and Future Potential – Rani Polak, et al. (Current Diabetes Reports)

We spend too much effort treating diseases, not preventing them – Christina Farr (CNBC)

Healthy lifestyle can prevent diabetes (and even reverse it) – Monique Tello (Harvard Health Blog)

Dying for a vacation? Scientists discover skipping holidays can shorten your life – Kashmira Gander (Newsweek)

Lifestyle changes reduce the need for blood pressure medications – American Heart Association (EurekAlert)

Is this $150-a-month holistic primary care service the future of medicine? – Parsley Health hires traditional doctors who specialize in internal and family medicine. They also receive certification training at the Institute of Functional Medicine, where they learn alternatives beyond the prescription pad. “Functional medicine is not Eastern medicine, it’s not integrative medicine,” stresses founder Dr. Robin Berzin. "It’s just taking best practices for conventional medicine but focusing on the root causes of disease." – Rina Raphael (Fast Company)

Share your lifestyle medicine news, research, and upcoming events with your colleagues. Submit information to ACPM’s Dani Pere at dpere@acpm.org.

MEETINGS / EVENTS

See the Community Calendar for a complete list and links to upcoming events focused on lifestyle medicine, preventive medicine, population health, and more.

ASTHO Annual Meeting 2018
Building Healthy and Resilient Communities
Association of State and Territorial Health Officials
September 26-28; Alexandria, VA
PHA Capitol Caucus and Innovation Summit 2018
Population Health Alliance
October 11; Washington, DC
ACPM is sponsoring the PHA Capitol Caucus and encourages practitioners to participate.

Population Health Academy
Thomas Jefferson University
October 15-19; Philadelphia, PA
This 5-day continuing education program, October 15-19 in Philadelphia, provides a high-level overview of the concepts covered in Jefferson’s Population Health Graduate Certificate program. Through case studies and real-life workplace applications, participants review and analyze key areas of Population Health. ACPM members may take 20% off the cost of registration for this academy—a $600 discount. Apply the 'ACPM' discount code when registering.

Lifestyle Medicine 2018
American College of Lifestyle Medicine
October 21-24; Indianapolis, IN
As a conference sponsor, ACPM supports the Lifestyle Medicine 2018 meeting and the part it plays in promoting evidence-based interventions and behavior modification that are essential in the wholistic shift toward value-based care. To be held October 21-24 in Indianapolis and themed ‘Real Health Care Reform,’ the event provides an opportunity for clinicians to follow up on lessons learned through the Lifestyle Medicine Core Competencies Program. ACPM Executive Director Donna Grande and Associate Executive Director Dani Pere will be in attendance and encourage you to visit the ACPM booth.

Lifestyle Medicine Certification Exam
American Board of Lifestyle Medicine
October 25; Indianapolis, IN

1st European Lifestyle Medicine Congress
European Lifestyle Medicine Organization
November 10-11; Geneva, Switzerland
The meeting program has been released for the 1st European Lifestyle Medicine Congress to be held November 10-11 in Geneva, Switzerland. We encourage you to review the full schedule of events and list of confirmed speakers. ACPM is an affiliate partner of the European Lifestyle Medicine Organization and will be in attendance to organize a poster session.

ObesityWeek 2018
American Society for Metabolic & Bariatric Surgery / The Obesity Society
November 11-15; Nashville, TN

Lifestyle Medicine in Day-To-Day Practice
Institute of Lifestyle Medicine
December 6-8; Waltham, MA

Community Integrated Health Conference 2018
Creating a Culture of Health by Integrating Community and Health Care
YMCA of the USA / Robert Wood Johnson Foundation
December 10-12; Washington, DC
ACPM Associate Executive Director Dani Pere will be in attendance and presenting.

Lifestyle Medicine Tools for Promoting Healthy Change
Institute of Lifestyle Medicine
May 3-4, 2019; Boston, MA

See the Community Calendar for a complete list and links to upcoming events focused on lifestyle medicine, preventive medicine, population health, and more.
Calling for Practice Examples in Lifestyle Medicine – We want to share your success stories. Tell us how you, your practice, organization or agency have implemented lifestyle and behavior interventions to improve the health of your patients, communities and populations. Submit your stories to Dani Pere (dpere@acpm.org).

Lifestyle Medicine is distributed by the American College of Preventive Medicine. If forwarded to you, please subscribe to receive future newsletters and emails.

Using the unsubscribe link below will stop delivery of all ACPM emails to the address listed, not just this newsletter or emails involving this topic.