

THE JOHN LINGENFELTER LECTURE

Healthcare and Healthy Aging in the 21st Century

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Co-Founder and Chair
The **STRIVE** Wellness Corporation**

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www.strivealive.com

Questions

- **Where are we now in Healthcare and Healthy Aging?**
- **What do we know and what do we need to know to move us forward in 'Health Care and Healthy Aging?'**
- **How do we implement this knowledge?**

1. Where are we now?

'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.'

World Health Organization, 1948

Successful Aging

"Every
baby boomer—
and their parents—
should read this book!"
—Daniel Goleman,
author of *Emotional
Intelligence*

The MacArthur Foundation Study shows you how the lifestyle choices you make now—more than heredity—determine your health and vitality

John W. Rowe, M.D.
President, Mount Sinai Hospital and School of Medicine

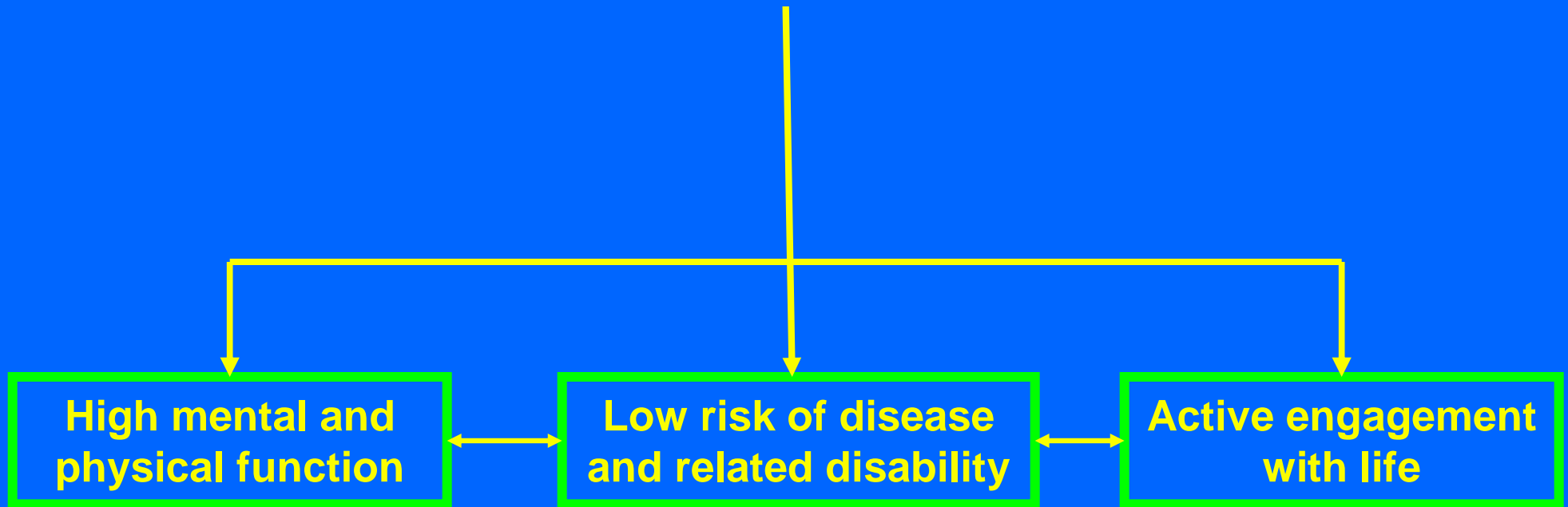
and **Robert L. Kahn, Ph.D.**
Professor of Psychology and Public Health, University of Michigan

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What is Successful Aging?

- To be able to do what is necessary, meaningful and important to you in your own particular life without a sense of limitationto feel good about this, and about yourself

Successful Aging Defined



Rowe and Kahn 1998

2. What do we know and need to know

- **What do we know and what do we need to know to move us forward in ‘Health Care and Healthy Aging?’**

Here’s what we know

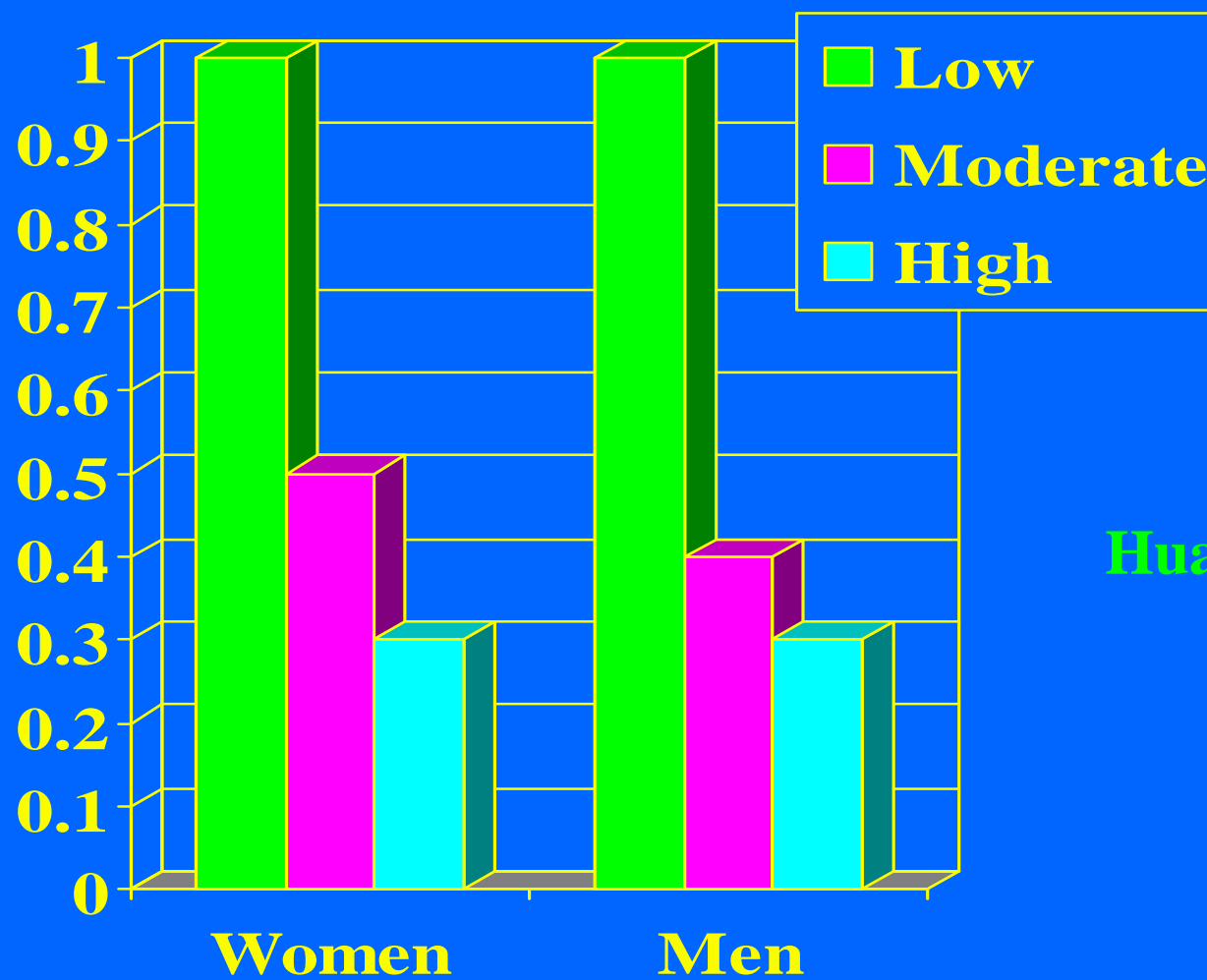
Successful Aging

- *Lifestyle Factors* -

- **Be Active!**
- **Be Strong!**
- **Be Lean!**
- **Be Rested!**

- **Be Social!**
- **Be Thinking!**
- **Be Vigilant!**
- **Be Engaged!**

Fitness and Functional Limitations, Women and Men, ACLS



Huang et al. 1998

3. How do we implement this knowing?

- **‘Trickle Down’ Approaches**
- **‘Bubbling Up’ Approaches**
- **Focus on Strong, Active Lifestyles**

'Trickle down' Approach

- **National Guidelines and Recommendations**
 - ACSM, AMA, CDC, Surgeon General Report
- **“Tell and Show”**
 - Tell them what to do and show them how to do it
- **‘Benevolent expertism’**
 - The expert is in and knows what’s best for you

“Bubbling Up” Approach

- **Individualized Behavioral approach**
- **Collaboration, partnerships and alliances**
- **Community involvements**

The Evidence

- **Stanford and Cooper Clinic Evidence**
- **Best Practices**
- **Behavioral approaches – National**
- **Successful Approaches - Local**

Senior Risk Reduction Demonstration

The Centers for Medicare & Medicaid Services (CMS) announced awards for the Medicare Senior Risk Reduction Demonstration, seeking ways to promote health and wellness for seniors
(Dec 2007)



Your Prescription for Health

Exercise  is Medicine™

The central graphic is enclosed in a large, light blue oval with a dark blue border. The word 'Exercise' is written in a green, sans-serif font, with the letter 'R' in a larger, blue, cursive script. To the right of 'Exercise' is a small, dark blue icon of a pill bottle. Below 'Exercise' is the word 'is' in a smaller, green, sans-serif font, followed by the word 'Medicine' in a large, green, sans-serif font. A small 'TM' trademark symbol is located to the right of 'Medicine'.

www.ExerciselsMedicine.org



AMERICAN COLLEGE
of SPORTS MEDICINE®

Exercise is Medicine™ initiative

A shared vision of ACSM and AMA

- 1. Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases**
- 2. More should be done to address physical activity and exercise in healthcare settings**
- 3. ACSM and AMA are making efforts to bring a greater focus on physical activity and exercise in healthcare settings**

Exercise is Medicine™ Goal

- **To encourage physicians to record physical activity as a vital sign during patient visits..**

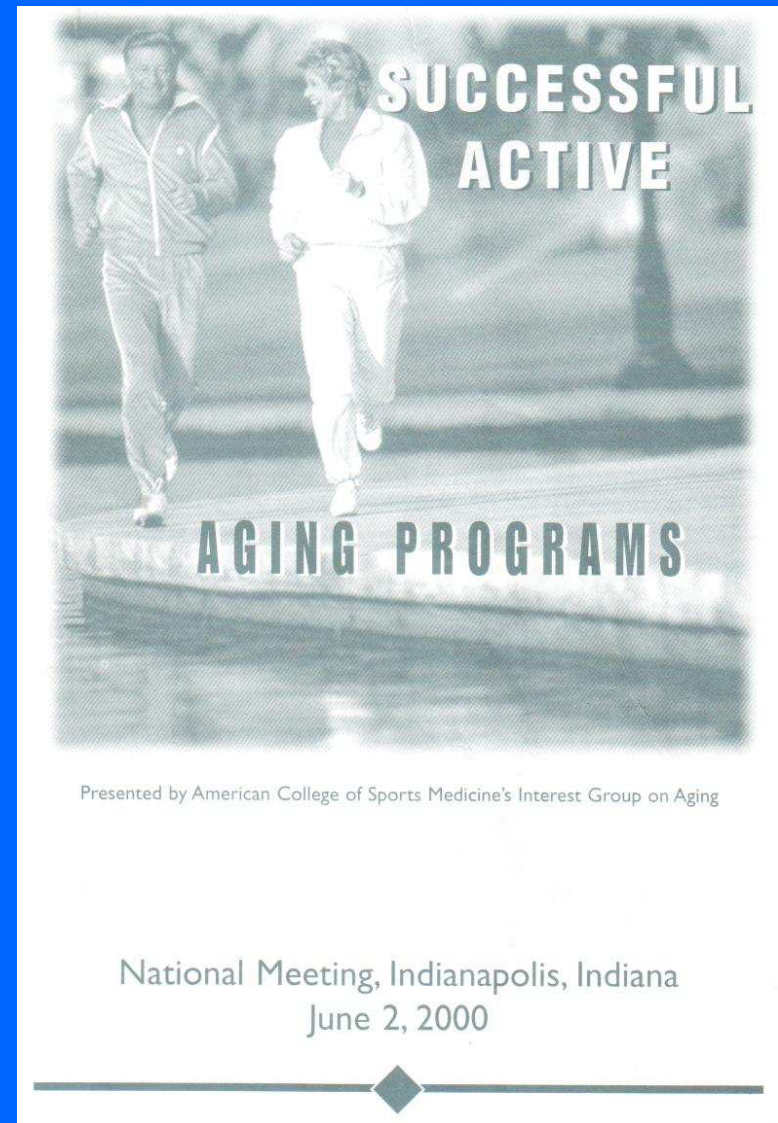
Exercise is Medicine™ Actions

1. Either write an exercise prescription yourself - OR
2. Refer your patient to a qualified health and fitness professional or organization

<http://www.exerciseismedicine.org/index2.htm>

The **strive** Wellness Corporation

- **strive** is a fun, socially active, group strength training and behavioral wellness program specifically designed for older adults.



Improved Outcomes Include

- Strength
- Functional Fitness
- Cholesterol
- Blood Glucose
- Self Efficacy
- Quality of life

Summary - Success Options

- **EXERCISE IS MEDICINE – SIGN UP!!**
 - Form collaborations, partnerships and alliances
- **Be aware of Best Practice**
 - Encourage/Foster behavioral approaches
 - Utilize interns/partners/professionals with behavioral training
- **Focus on Strength and PA**
 - Biggest 'bang' for behavioral and medical 'buck'

Contact Information

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