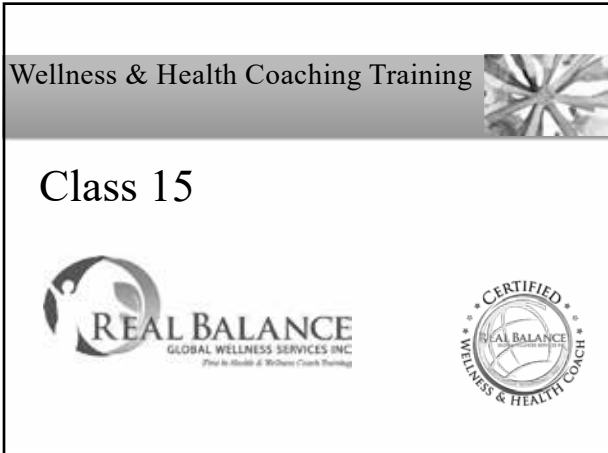




1



2



3



Lifestyle Disease

- The WHO now calls lifestyle diseases non communicable diseases (Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally.
- NCDs are also known as chronic diseases and are typically the result of a combination of genetic, physiological, environmental and behavioral factors.
- Each year, 17 million people die from a NCD before age 70; 86% of these premature deaths occur in low- and middle-income countries.
- Of all NCD deaths, 77% are in low- and middle-income countries.

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Lifestyle Disease

- Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million including kidney disease deaths caused by diabetes).
- These four groups of diseases account for over 80% of all premature NCD deaths.
- Tobacco use, physical inactivity, the harmful use of alcohol, unhealthy diets and air pollution all increase the risk of dying from an NCD.
- Detection, screening and treatment of NCDs, as well as palliative care, are key components of the response to NCDs.

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What are the Four Largest Risk Factors For NCD's?

- Unhealthy Diets (high in fat, processed sugar, and sodium, with little intake of fruits and vegetables)
- Lack of Physical Activity
- Smoking and Secondhand Smoke
- Excessive Use of Alcohol



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“Lifestyle Diseases” – What Are They?

- Cardiovascular Disease
- Cancer
- COPD – Chronic Obstructive Pulmonary Disease
- Diabetes
- Other lifestyle related conditions
 - Metabolic syndrome
 - Hypertension
 - Obesity
 - Stress-related disorders and mental health issues



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Lifestyle Medicine AMERICAN COLLEGE OF Lifestyle Medicine

- **Lifestyle medicine** is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity.
- Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions.

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Six Pillars of Lifestyle Medicine - ACLM



- whole food, plant predominant eating pattern
- regular physical activity
- restorative sleep
- stress management
- avoidance of risky substances
- positive social connection.
- Lifestyle medicine practitioners put as much focus on lifestyle medicine as medications and procedures. (Am. College of Lifestyle Medicine)

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Lifestyle Medicine

Is acknowledging how behavioral our health really is.



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The Lifestyle Rx? Too much?



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Lifestyle Medicine Is Evidence-Based



Resources for evidence on lifestyle's effect on the course of illness and health.

- American College of Lifestyle Medicine - www.lifestylemedicine.org
- The Institute of Lifestyle Medicine - www.instituteoflifestylemedicine.org/
- American College of Preventative Medicine www.acpm.org/

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Wellness Coaching And Lifestyle Medicine



- Evolving Applications
- Creating a whole new “layer of care” without being treatment
- Going beyond disease management approaches
- The behavioral change resource for medicine

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Adding Wellness Coaches To The Team



- Bring coaches on staff
- Outsource to Coaching Companies
- Outsource to independent but well-trained wellness coaches

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Being Coach-like In All Of Healthcare Helping Clients Change Lifestyle Behavior:



- Hospitals
- Medical Centers and Practices
- Rehabilitation Programs
- Dieticians
- Nurses
- All Allied Health Professionals

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Wearing “Two Hats” As a Coach

- Stay within your SCOPE OF PRACTICE
- Practice what you are licensed or legally safe to do
- Refer to other additional professionals and coach the referral through to completion



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Wearing “Two Hats” As a Coach

- The “**What to do**” comes from authenticated sources. If you are qualified, tell your client that you are putting on that hat now.
- The “**How to do it!**” is the role of coaching. Let your client know you are switching back to your coaching hat.



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Wearing “Two Hats” When it’s about...

- Medical Treatment, Education**
- Be the expert you are qualified to be
 - Be the treatment provider
 - Educate the patient
 - Discuss test results
 - Prescribe
 - Advise
 - Create meal plans, etc.
 - Create workout plans

- Behavioral Change**
- Be an Ally
 - Create a coaching alliance
 - Co-create a Wellness Plan
 - Provide Accountability & Support
 - Coach through barriers
 - Coach for Connectedness

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When You Have More Than One Hat to Wear

- Be more “coach-like”
- What combination of roles do you have in your work?
- Don’t fall back into your old role of either treatment/expert or educator/expert.
- **DISTINGUISH** when it’s about behavioral change!



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Wellness Coaching Case Studies #1

“Martha” - multiple illnesses & low social support.



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Wellness Mapping 360° © Competencies – A Review

1. Coaching Mindset
2. Coaching Alliance
3. Coaching Skills
4. Exploration
5. Visioning & Motivation
6. Action Planning
7. Ensuring Success
8. Well Outcomes



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Wellness Coaching Case Studies

#2

“Angelina” – A positive story of prevention of diabetes.