


Evidence Based, Efficient Tool to Deliver Overall Wellness in a Private Office



Gerald Stevens D.C., M.S., M.P.H.
Matthew C. Cote D.C., DABCO

Health Promotion



- ⌘ Health promotion is the process of enabling people to increase control over, and to improve, their health¹.
- ⌘ Health promotion is the science and art of helping people change their lifestyle to move toward a state of optimal health².

Wellness

⌘ Wellness is
multidimensional³.

Social

Occupational

Spiritual

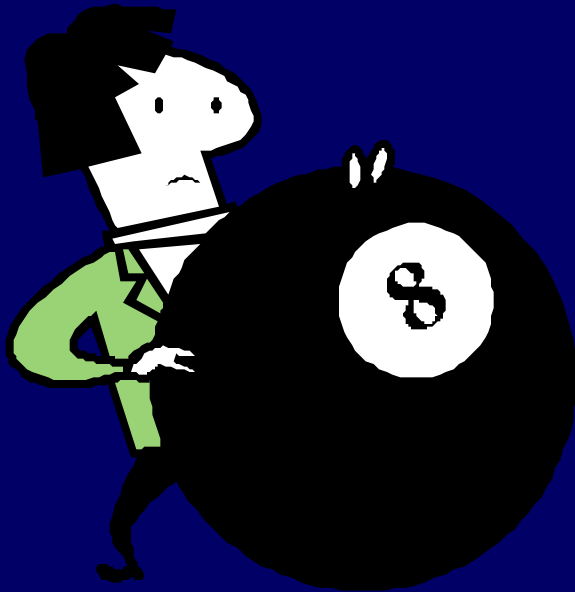
Physical

Intellectual

Emotional

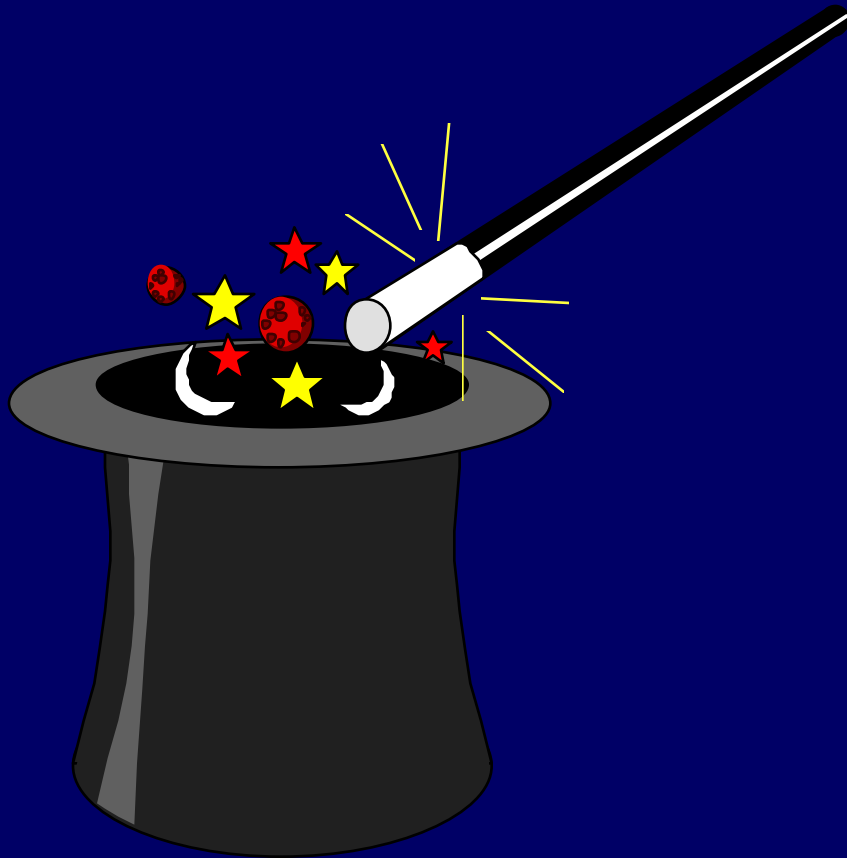


PROBLEM



Doctors state they promote overall wellness in the office. The truth many doctors actually promote little or no wellness due to busy practice settings.

SOLUTION



Develop a free evidence based, efficient tool to deliver overall wellness in a busy clinic setting.

Methods

- ⌘ A health and wellness task force was appointed.
- ⌘ Members of task force had various strengths and abilities to attempt to form a successful team.
- ⌘ Public health issues were divided amongst members.
- ⌘ Each members was to come up with free evidence based public health websites.

Methods

- ⌘ Websites were to provide a short printable evidence based public health resource doctors and patients.
- ⌘ Websites were organized by issue in a one paged checklist.
- ⌘ The checklist was intended to be an efficient way busy doctors and patients to realistically promote health.
- ⌘ The checklist was not meant to be all inclusive.

Public Health Issues

1) Poor Posture

<http://www.straightenupamerica.org>

2) Lack of Exercise

<http://www.presidentschallenge.org>

3) Overweight /obesity

<http://www.nysphysicalactivity.org>



Public Health Issues

4) Poor nutrition

<http://www.fns.usda.gov/eatsmartplanyhard/>

<http://www.5aday.gov>

5) Unsafe Workplace

<http://www.cdc.gov/niosh/topics/safety.html>

6) Injury Risk

<http://www.cdc.gov/ncipc/duip/fallsmaterial.htm>



Public Health Issues



7) Tobacco Usage

<http://www.nysmokefree.com>

8) Arthritis

<http://www.arthritis.org>

9) Diabetes

http://www.diabetes.org/for-health_professionals-and-scientists/CVD.jsp

Public Health Issues



10) Heart disease

<http://www.americanheart.org>

11) Stroke

<http://www.stroke.org/>

<http://www.strokeassociation.org>

12) Osteoporosis

<http://www.nof.org/prevention/index.htm>

FUTURE



- ⌘ Test the tool in a private office setting to determine overall usefulness.

Summary

- ⌘ An evidence based tool was created to attempt to promote public health in a busy office setting.
- ⌘ Websites added to the list were not all inclusive but intended to make people aware of free materials already available to the public.
- ⌘ The tool will hopefully direct people towards evidence based public health materials to prevent misunderstandings/confusion.

References

- 1) Ottawa Charter for Health Promotion, 1986.http://www.euro.who.int/AboutWHO/Policy/20010827_2? 10/19/07
- 2) O'Donnell MP. Definition of health promotion: Part III: Expanding the definition. Am J Health Promot. 1989;3:5.
- 3) National Wellness Institute.
<http://www.nationalwellness.org/> 10/19/07