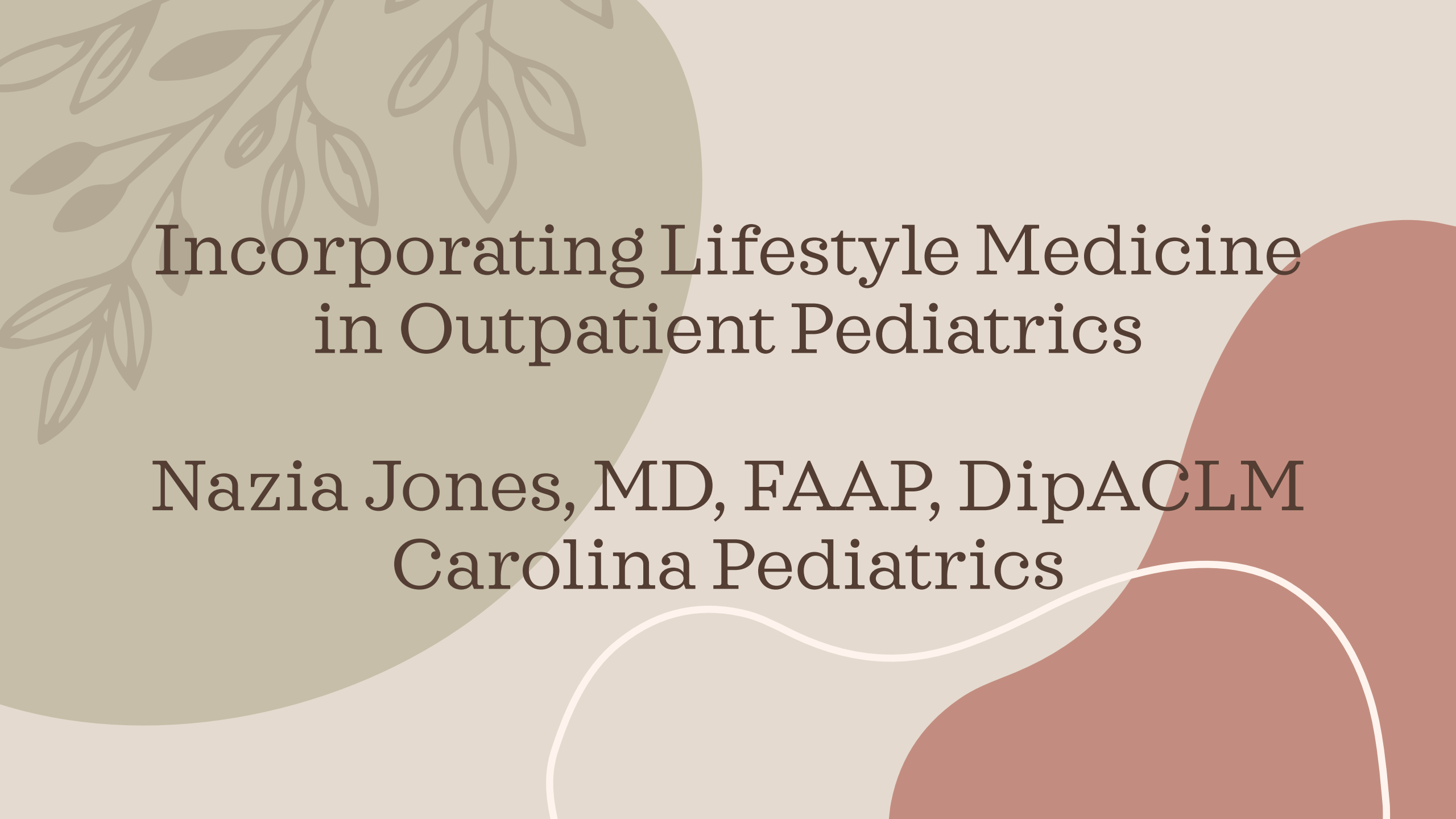




Incorporating Lifestyle Medicine in Outpatient Pediatrics

Nazia Jones, MD, FAAP, DipACLM
Carolina Pediatrics

“Nazia, everybody knows
they should eat more
vegetables
... but they don't do it.”

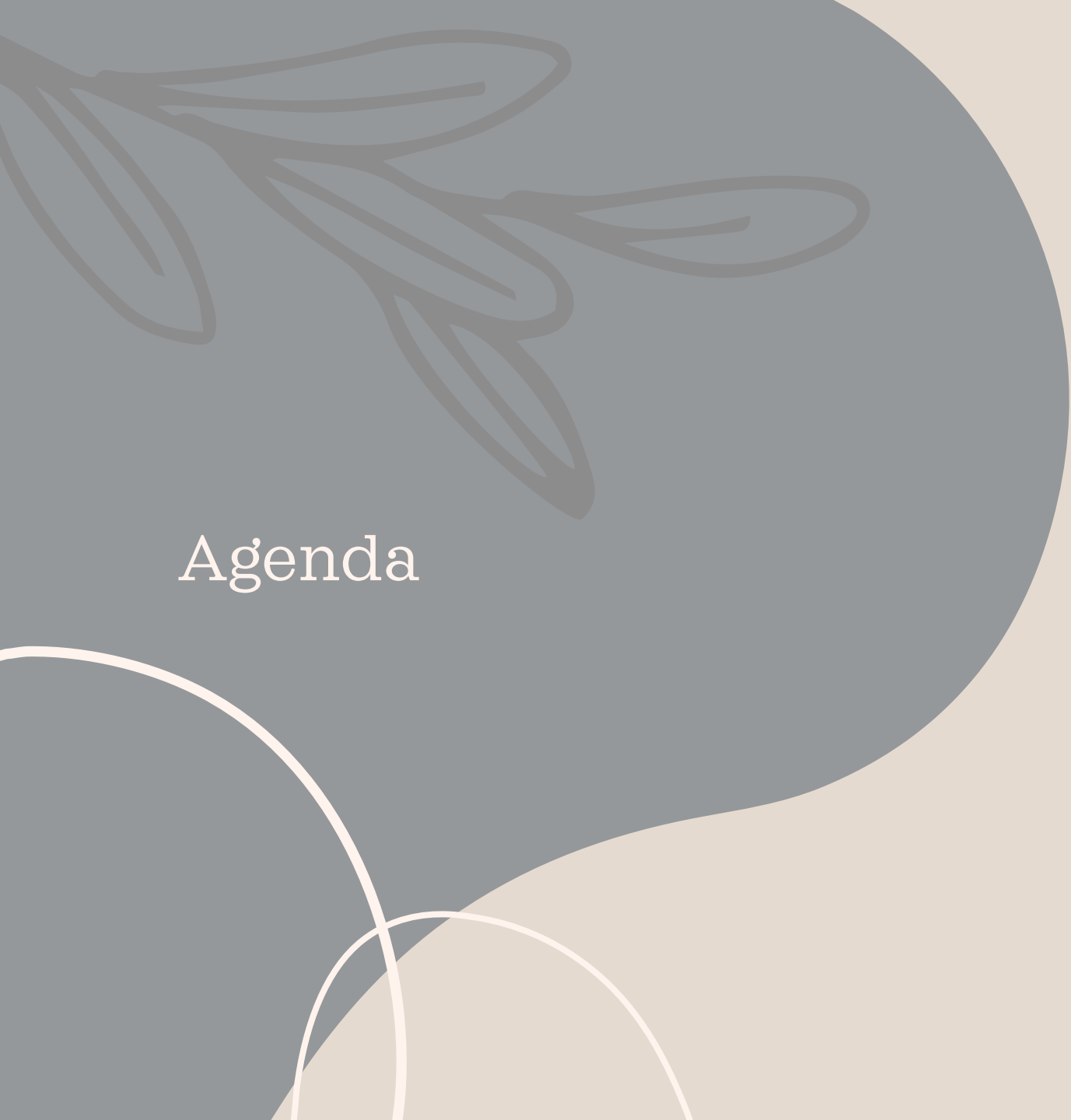
-Tim Jones



Substance Use: Smoking Cessation Project (2019)

- Ask difficult questions
- Motivational Interviewing
- Prescribing NRT
- Referring to Quitline





Agenda

QI projects related to
Lifestyle Medicine (LM)

Lessons Learned

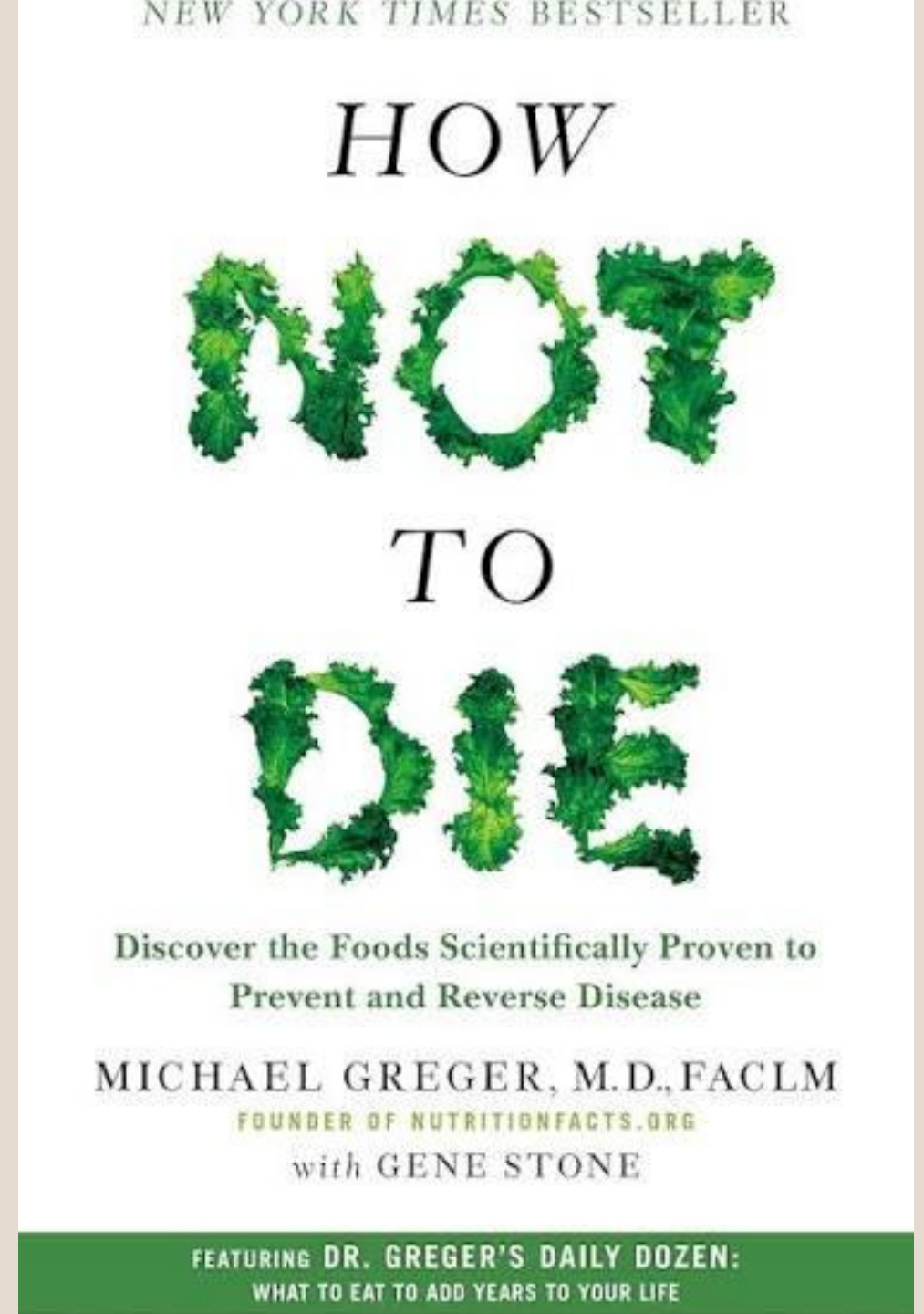
Challenges Faced

Certification in LM

Practicing LM outside the
clinic

How Not to Die
by Dr. Micheal Greger
Creator of the website
Nutrition Facts.org

Explains how nutrition can
prevent and even reverse
chronic diseases



Incorporating LM treatments for Common Conditions:

- Able to incorporate LM teaching into about 70% of sick visits
- Discuss at all well visits



Common Office Conditions

Gastroenterology:

- GERD
- Constipation
- Abnormal weight gain or weight loss

Endocrine:

- Prediabetes, Diabetes
- Fatigue
- Dysmenorrhea

Infectious:

- Recurrent ear infections (smoke exposure)

Heme:

- Anemia

Neuro:

- Headaches
- Dizziness, Syncope
- Seizures

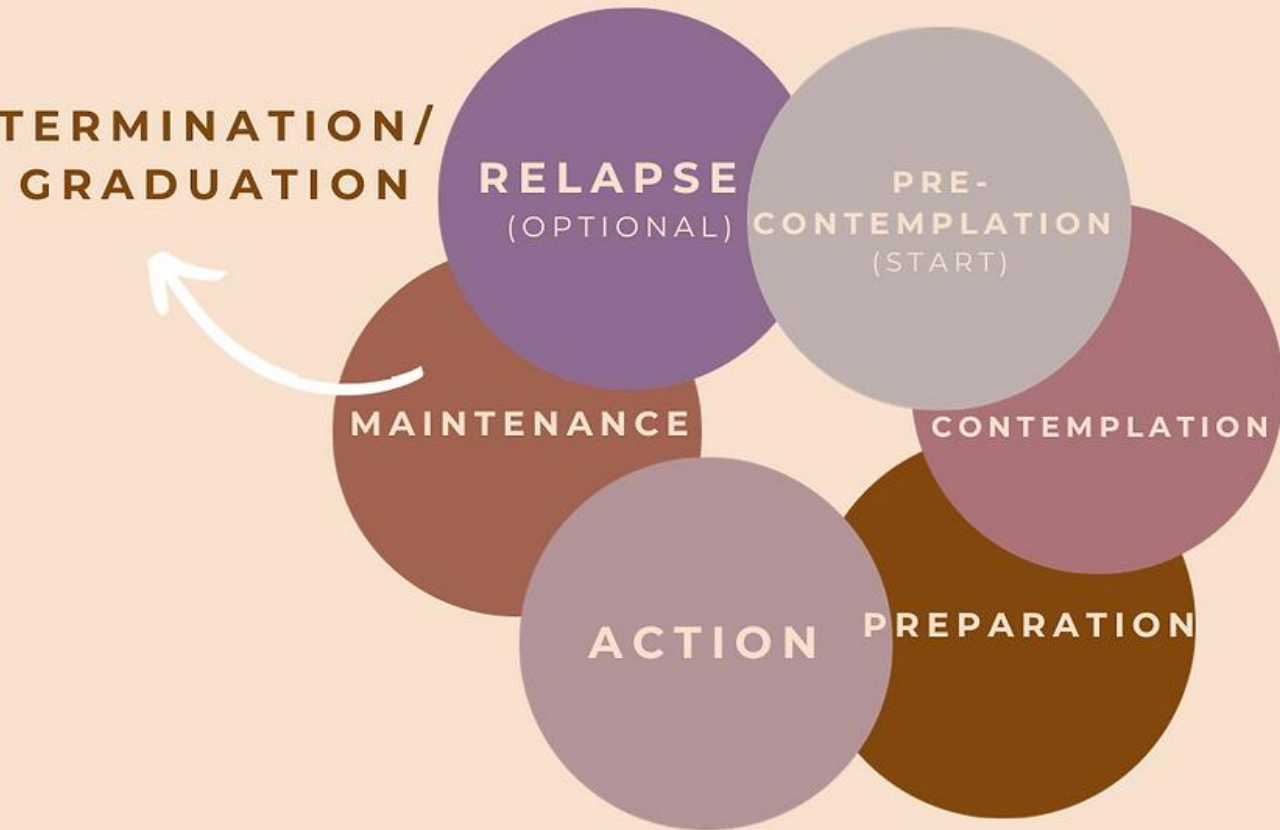
Behavioral/Psychiatric:

- Insomnia
- ADHD
- Anxiety
- Depression/Suicidal Ideations

Renal:

HTN

THE STAGES OF CHANGE



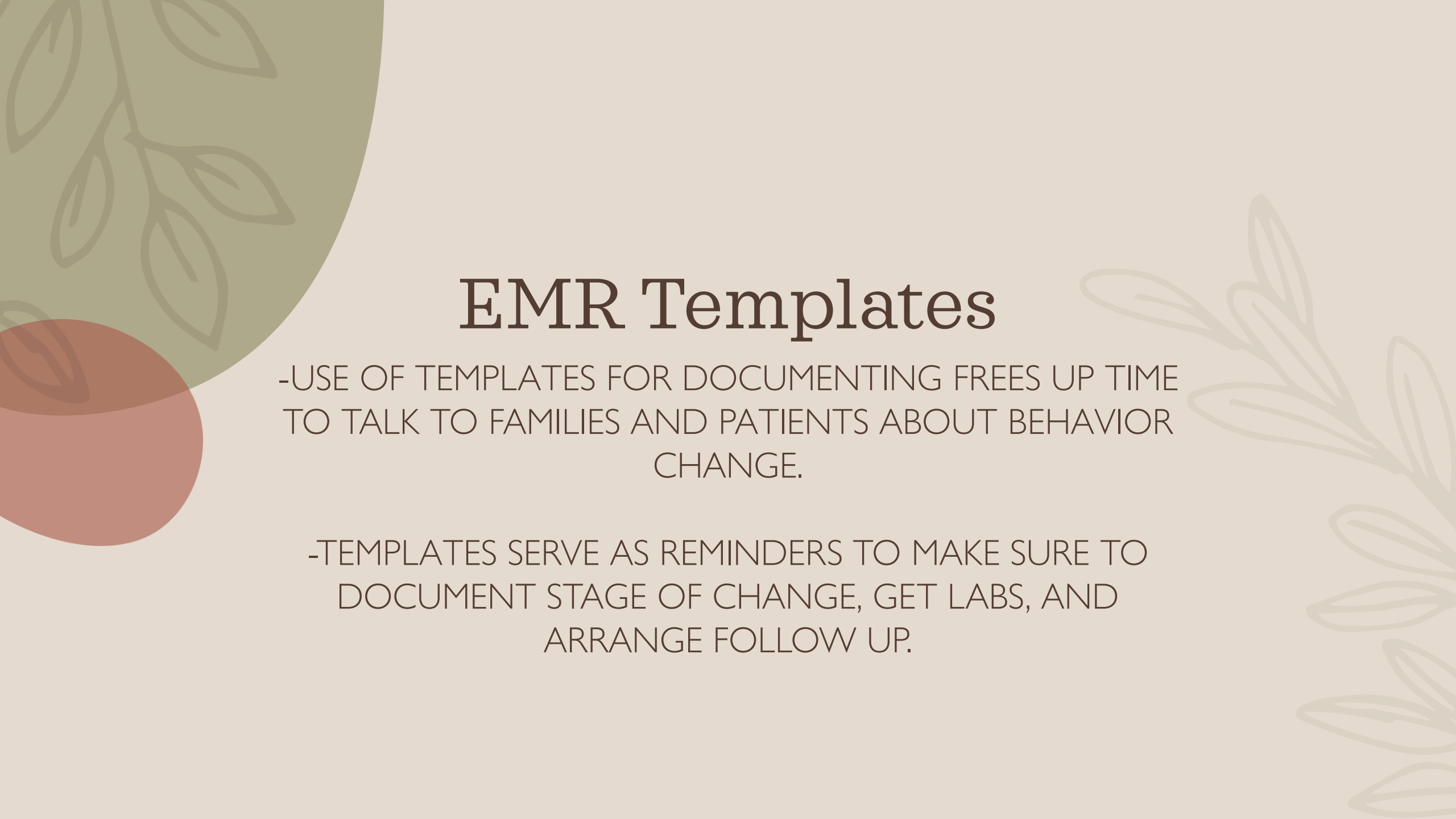
Well Visits:

- DISCUSS AND DOCUMENT STAGE OF CHANGE AND SMART GOALS WHEN BMI >95%ILE
- OBESITY TEMPLATE
- MORE CONSISTENTLY GETTING LABS AND ARRANGING FOLLOW UP

Importance of Stages of Change

- Meet patient where they are at in their Stages of Change.
- Don't barge ahead of them with your goals if they are not the patient's goals.





EMR Templates

- USE OF TEMPLATES FOR DOCUMENTING FREES UP TIME TO TALK TO FAMILIES AND PATIENTS ABOUT BEHAVIOR CHANGE.

- TEMPLATES SERVE AS REMINDERS TO MAKE SURE TO DOCUMENT STAGE OF CHANGE, GET LABS, AND ARRANGE FOLLOW UP.

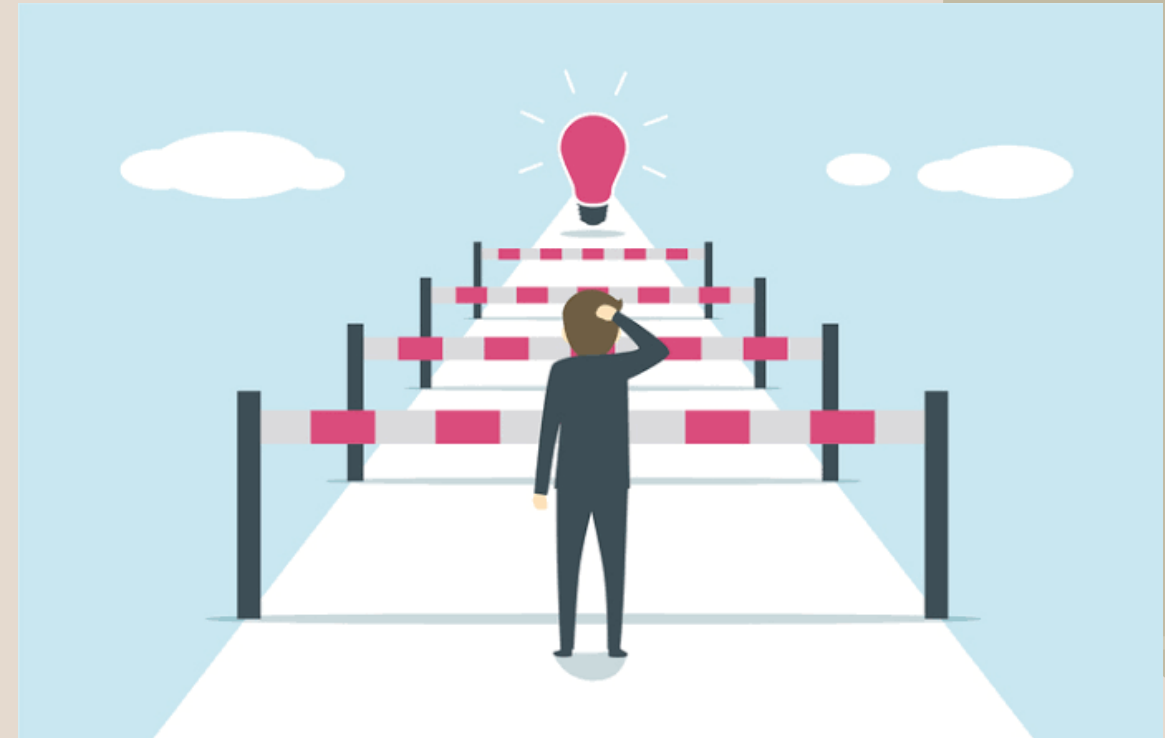
Labs

- Use of an office obesity algorithm as reminder to get labs
- Patient and families were more invested when diet and exercise counseling was tied to abnormal labs and/or comorbidities



Addressing Barriers to Change

- Lack of money or transportation to obtain fresh fruits and vegetables
(Veggie Voucher's Study)
- Lack of Time



DIETARY SPECTRUM



THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

WHOLE FOOD PLANT-BASED EATING PLAN

WHAT AMERICA EATS



*Food items
are not to scale

Increased risk for Obesity, T2Diabetes,
Heart Disease, and some Cancers

Poor nutrition is the leading cause of
death globally.

Increase whole plant foods,
fruits, vegetables, whole
grains, beans, legumes,
nuts, seeds, water

Decrease sweets and snacks, fast
food, fried foods, refined grains,
refined sugar, meat, dairy, eggs,
poultry, high sodium foods



*Food items
are not to scale

ADD HERBS & SPICES

Decreased risk for Obesity, T2Diabetes,
Heart Disease, and some Cancers

Chronic disease treatment and
potential reversal



TIPS FOR IMPROVED NUTRITION AND HEALTH

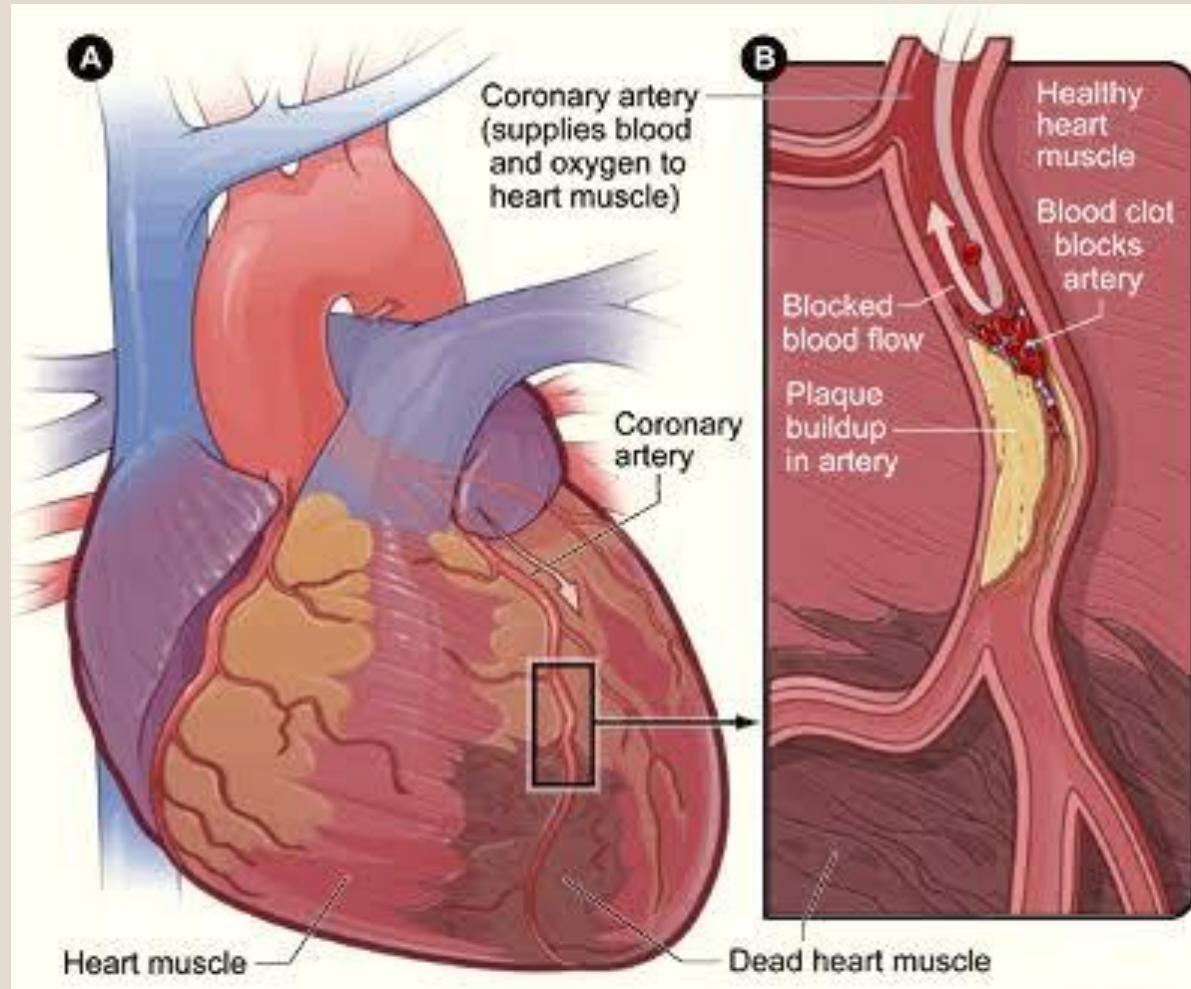
- Any movement toward WFPB eating is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. Perm J. 2013;17(2):61-66.

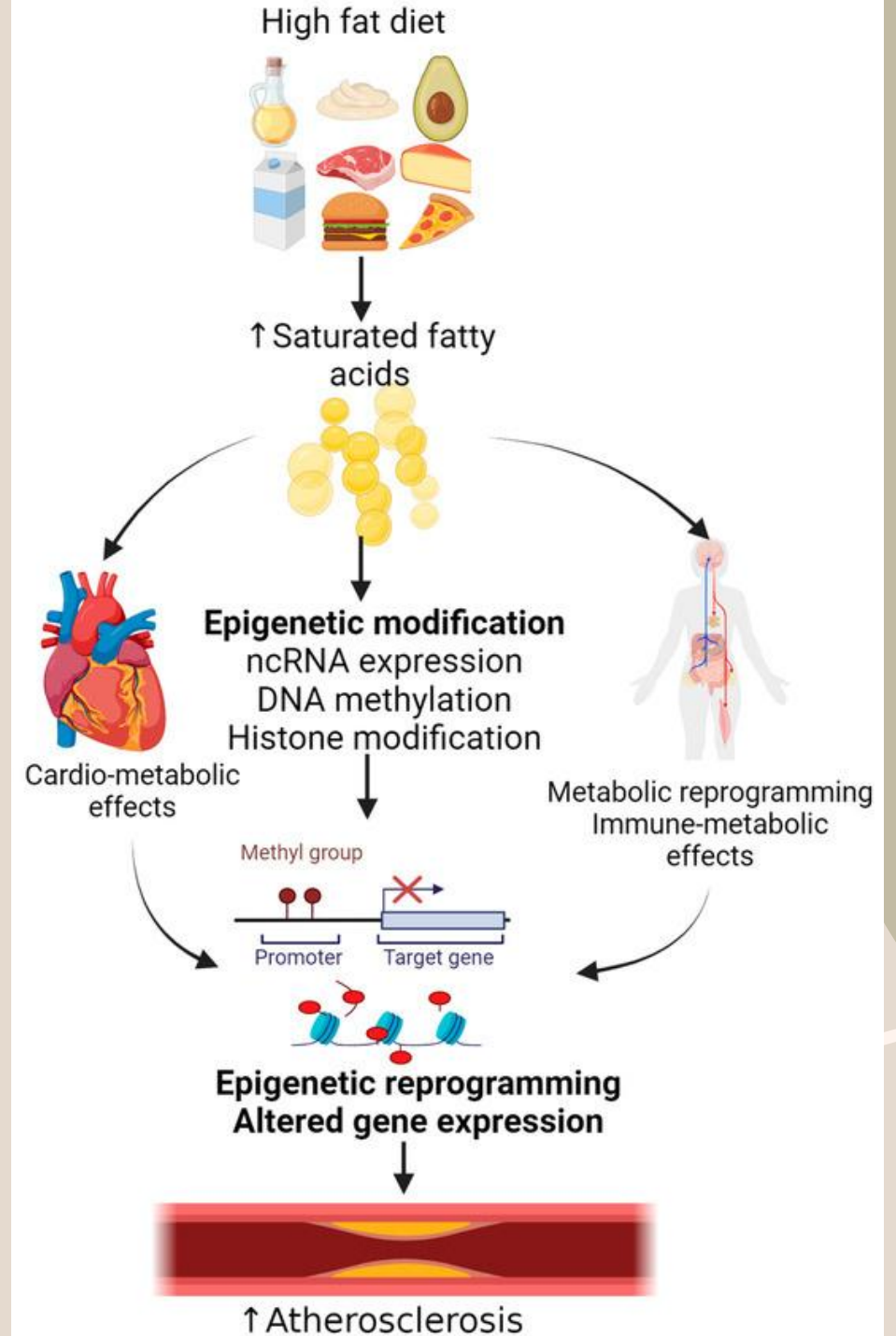
Food Planet Health. Eatforum.org. Published 2020. Accessed June 4, 2020

Heart Disease: America's #1 Killer



Family History and Epigenetics

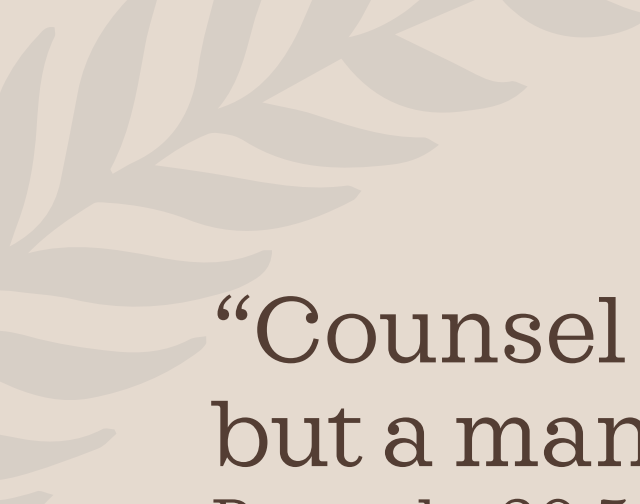
- DNA sequencing explains only about 10% variance in health status.
- Epigenetic modifications explain about 70-90% of variance in health.
- Epigenetic modifications are REVERSIBLE.





Lifestyle Medicine Certification

1. Board Review Course
Book and online modules
 2. Case Study Write Up
(myself)
 3. Attended the National
Conference – in person
or virtual
 4. Take the Exam, 4 hours
at the Prometric Center
- Become familiar with Lifestyle Medicine Landmark Studies to better share them with patient and families
 - Become better at motivational interviewing



“Counsel in the heart of man is like deep water,
but a man of understanding will draw it out.”

Proverbs 20:5

- What lies beneath the water is what motivates us.
- A medical provider with understanding takes time to listen and draw out of the patient the solutions to overcoming challenges they are facing in making lifestyle changes.

19-year-old with migraines



“Lifestyle medicine is intended to complement, not replace, conventional medical approaches.”

Meagan Grega, MD, DipABLM, FACLM

Healio 

Arequipa, Peru



Social Isolation

From a neuroimaging perspective, social isolation looks neurologically like physical pain. They share the same neural circuitry.

Chronic isolation causes physiological “suffering” that mimics physical injury.





Just the act of a provider
listening to a patient is
HEALING if the patient feels
seen, heard, and valued.



Patient Resources

- NUTRITION PRESCRIPTIONS – [HTTPS://NUTRITION-PRESCRIPTIONS.COM](https://nutrition-prescriptions.com)
- CHEF DR. MICHELLE HAUSER'S FREE ONLINE CULINARY MEDICINE CURRICULUM – [HTTPS://CONNECT.LIFESTYLEMEDICINE.ORG/CULINARY MEDICINEEDUCATION/HOME](https://connect.lifestylemedicine.org/culinary-medicineeducation/home)
- KAISER PERMANENTE PATIENT HANDOUTS - [HTTPS://MYDOCTOR.KAISERPERMANENTE.ORG/NCAL/ARTICLE/PATIENT-HANDOUTS-SVA-HEALTH-EDUCATION-888356](https://mydoctor.kaiserpermanente.org/ncal/article/patient-handouts-sva-health-education-888356)
- [HTTPS://WA-PROVIDER.KAISERPERMANENTE.ORG/RESOURCES/PATIENT-HEALTH-EDUCATION](https://wa-provider.kaiserpermanente.org/resources/patient-health-education)



Physicians' habits directly impact not only their own health but also how effectively they counsel their patients.



Harvard Longitudinal Study of Adult Development



Age 19



Age 47



Age 87

Started in 1938
724 young men

“The people who were happiest, who stayed healthiest as they grew old, and who lived the longest were the people who had the warmest connections with other people.”

Robert Waldinger
Director, Harvard Study of
Adult Development





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