

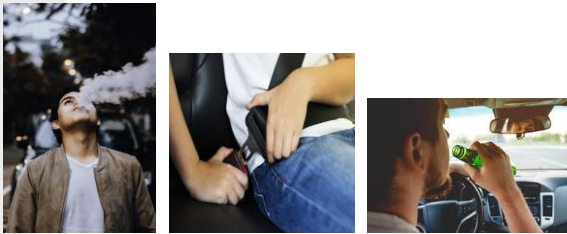
Mississippi
A N D
2019

Multi-Disciplinary Approaches to
Addressing Chronic Disease

Presented by:
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Jennifer Taylor, RN



What do These Behaviors Have in Common



Message

If we adjust the approach – educate and empower – build community – eat real food – we can improve health, reduce healthcare costs and enable patients to thrive.



Outline

- Chronic Disease Burden
- Community Story/Tallahatchie Wellness
- Community Clinical Linkage
- Wellness Center
- Results and Testimonials
- Questions and Discussion



Chronic Disease Burden

- **1 in 2** adults has **1+** chronic diseases and **1 in 4** 2 +
- **Many** have insulin resistance
 - leads to heart disease, diabetes metabolic syndrome, diabetes, cancer, and obesity
- Anxiety and/or Depression affect **1 in 3** of us
- Significant rise in the cases of auto immune conditions related to inflammation
- **80%** of adults are overweight or obese
- Dementia and diabetes are existential threats to our health care system and our population as a whole.



Diabetes

- **Prevalence**
 - Over 30 million people have diabetes
 - 84 million have pre-diabetes (~90% don't know it)
 - Over **half** of adults now have some form of diabetes
- **Diabetes Cost**
 - \$327 billion a year is spent on diabetes care
 - 20% of all health care dollars are spent on diabetes alone
 - 1 in 3 Medicare Dollars
 - It cost ~ \$14,000 a year to treat someone with diabetes
 - To treat someone for 40 years, costs half a million dollars

Burden of Diabetes... is getting much worse!

- From 2001 to 2011, new cases of Type 2 Diabetes (T2D) in children grew from 3% - 47%
- Diabetes is the 7th leading cause of death and the **key contributor** to the top 3 causes
- Alzheimer's disease is now being called Type 3 Diabetes
- T2D is largely preventable as it is a disease of diet (**overCARBsumption**) and lifestyle

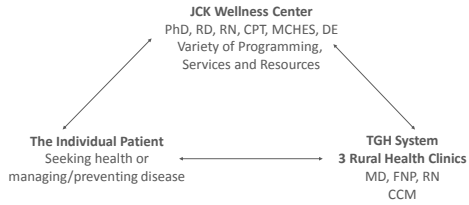
Tallahatchie Wellness

- Tallahatchie Wellness began in 2013 to address needs and improve health
- Community Health Needs Assessment
- County Health Rankings
 - 81st to 60th
- How?

Grants and a Vision

- Community developed a vision of improved health
- Grants:
 - James C. Kennedy – Wellness Center and Path
 - Pennington – playground, programming, diabetes
 - HRSA – programming 2014– 2018
 - James C. Kennedy Foundation – Current
- Community Clinical Linkage

Community Clinical Linkage



Wellness Center

- 600+ members
- Group Fitness
- Evidenced-Based Programs
- 4 Out- Patient Therapies
- Health Coaching Services
- Wellness Services
- 1.25 walking path and playground

JAMES C. KENNEDY
Wellness Center

Programs

- Diabetes Self- Management Education DSME
- Cooking Matters
- Seasonal Wellness Programming
 - Redefine
 - Fit for Summer
 - Maintain Don't Gain
- MASTER Program (Managing All Symptoms TogetHER)
- Chronic Care Management

Other

- Annual Community Health Fair
- Health Screenings
- Grief Share
- Community Partnerships
- Seasonal Events

DSME/MASTER Plan

- Programming tailored to individual needs
- Group-based and/or individual
 - Valuable for individual to do both
- Promote low carbohydrate way of eating
- ~2 % reduction in HbA1c
- Improvements in all biometric markers and self-management skills

Meet a Few of Our Patients



Antonio, 34, male

- Type 2 Diabetes
- Fatigue
- Overweight
- High BP



Ann, 54, female

- Type 2 Diabetes
- Cholesterol, BP
- Anxiety
- Obesity
- Sleep, fatigue



Drew, 50, male

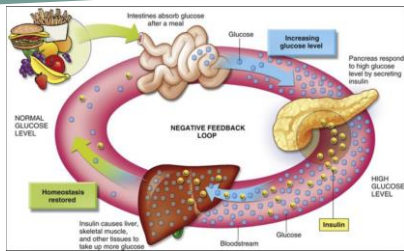
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- Cholesterol, BP
- Anxiety
- Depression
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How is Change Possible?

- How did they change?
 - Participating in programs
 - Lifestyle and Behavior Change
 - Anti-inflammatory Low-Carb Approaches

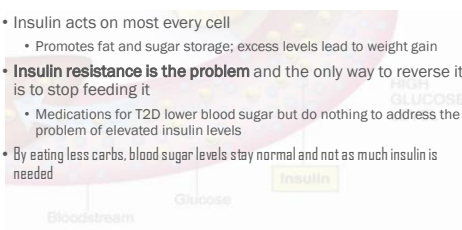


The Problem - Why Low Carb?

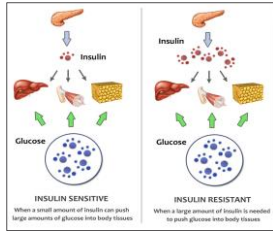


Insulin - The Master Hormone

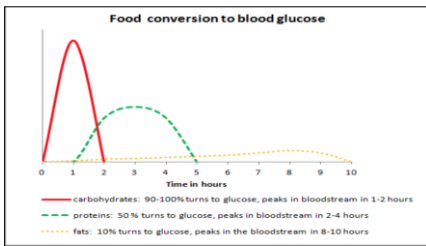
- Insulin acts on most every cell
 - Promotes fat and sugar storage; excess levels lead to weight gain
- **Insulin resistance is the problem** and the only way to reverse it, is to stop feeding it
 - Medications for T2D lower blood sugar but do nothing to address the problem of elevated insulin levels
- By eating less carbs, blood sugar levels stay normal and not as much insulin is needed



Insulin Resistance



Macronutrient Conversion to Glucose (Sugar)



Anti-Inflammatory and Low-Carb Approaches

Whole30	High Fat/Low Carb	Keto	Fasting
<ul style="list-style-type: none"> • 30-day + reset • Eliminate 5 types food • Identifies food sensitivities • Improves with food • Calms 	<ul style="list-style-type: none"> • About 20% cal. carbs (<150g) • No sugar • No refined grains • Some starchy veg/fruit • Insulin sensitivity • Suitable for all 	<ul style="list-style-type: none"> • Body burns fat for fuel • Insulin sensitivity • ~10% calories from carbs • 70% cal fat, 20% protein • 20-50 g carbs daily 	<ul style="list-style-type: none"> • Many benefits • Short-term suitable for all • Prolonged for some • Weight loss • Diabetes • Autophagy

Seasonal Programming Results

• REDEFINE/Wellness Challenge

- Over 6 years, ~1,100 people = 180 per year
- 76% completion rate
- Average:
 - ↓ 9.6 pounds
 - ↓ 2.5" waist circumference
 - ↓ 30 points in cholesterol
 - ↓ 15 points in blood sugar
- 70% of participants lowered blood pressure
- Qualitative data indicates program satisfaction, positive behavior change and improved health outcomes.

Fit For Summer May 1st - June 26th

8 week wellness program (TGH employees and JCKWC Members)

Participants:

- 107 enrolled, 56 finished
- 50% completion rate

Results:

- Total Weight lost 389 pounds = ~7 pound average ↓
- Total inch ↓ waist 133" = ~2.5" average ↓

Maintain Don't Gain Nov 1st-Dec 31st

8-week wellness program (TGH employees/JCKWC Members)

Participants: 29 enrolled, 22 weighed out = 76% completion rate

Results:

- 10 participants No Change
- 5 participants 1 lb. weight loss
- 7 participants 2 lb. weight gain

The average person gains 7-10 pounds over the holidays, this program prevented holiday weight gain among participants.

Client Success Stories



Antonio, 34

- A1c 11.0 to 6.6 (still dropping)
- Lost ~15 pounds
- "I feel more energized like my body is telling me thanks for doing right bro, because you were not treating me right back then - I am really proud of myself! And my uniform fits a lot better"

Client Success Stories



Ann, 54

- A1c 6.9 to 5.1 in 2 months; T2D is in remission
 - Lost over 35 pounds + 6.5 inches from waist
 - Improved Sleep
 - Anxiety is gone
- "My whole disposition is different. This has truly changed my life, my eating and my outlook and I didn't even feel like I was dieting."

Client Success Stories



Drew, 50

- A1C was **8.2**, FG 350+
 - Within 3 months:
 - Lost over 40 pounds
 - Lost 6+ inches from waist
 - FG <100, **A1C 4.6**, no longer has T2D or
- "I feel like I have been given a new lease on life. I lost weight and have more energy. I am in control again and am loving it."

Other Significant Health Outcomes



In 2 years
150+ pounds
T2D remission
Lupus Improved



In 4 days
Off of insulin
In 30 days
A1C 6.8 - 5.7
\$1,000/month savings



In 2-months
20+ pounds
6" from WC
A1C 5.6-5.2
PCOS improved



In 2-months
A1C 7.2 - 5.4
Now off of T2D/BP meds
20+ pounds
\$190k savings



In 2-months
39+ pounds
9" from WC
Mental clarity
Enormous energy

Anti-inflammatory Dietary and Lifestyle Approaches are Effective for:

- Reversing Pre and T2 Diabetes
- Weight loss
- Improved Cardiovascular measures
- Reduced Inflammation
- Other Health outcomes

Let's Remain Open to New Possibilities



Thank you

- Questions?
- Comments
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