

**Live Whole Health.**

# Whole Health

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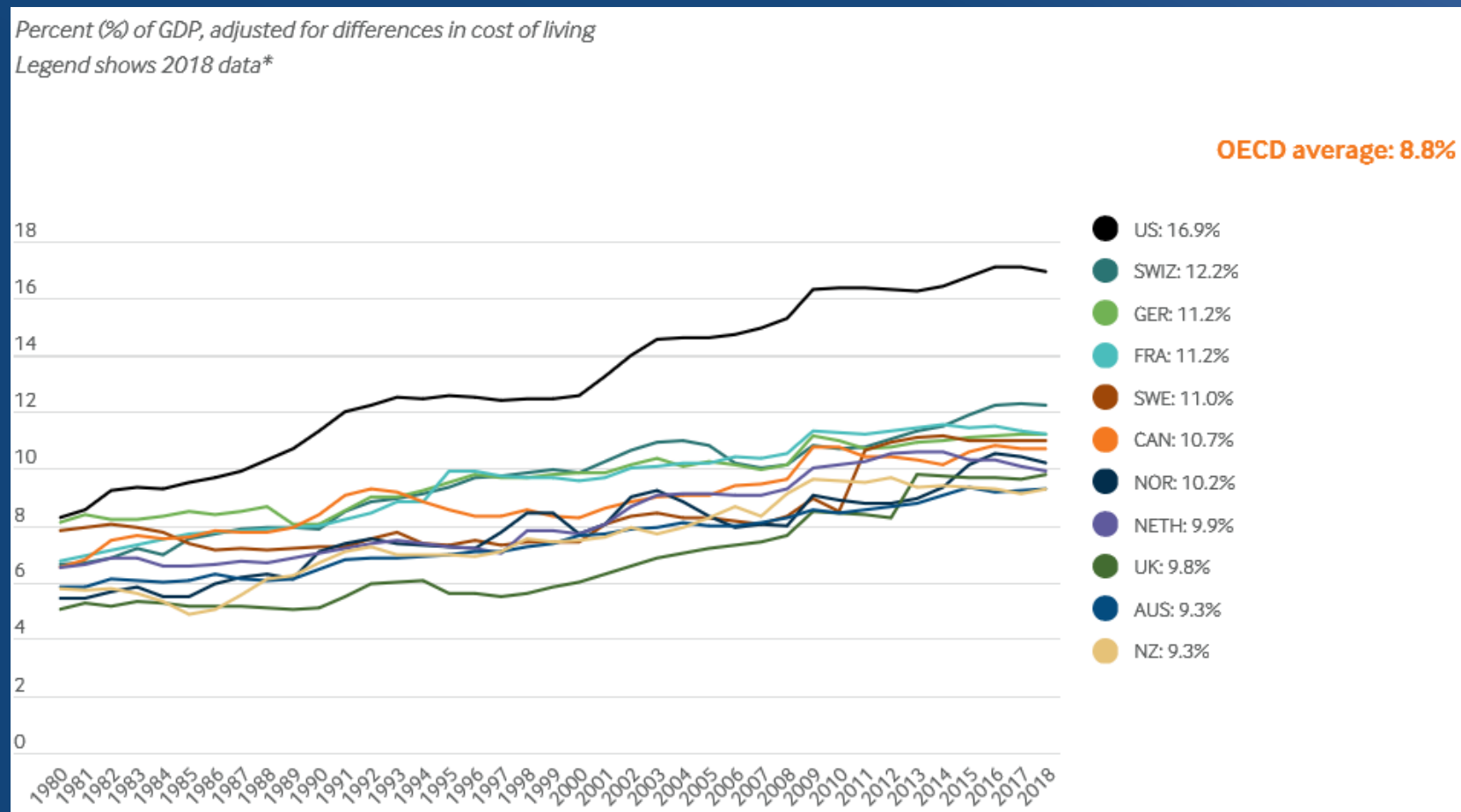


**U.S. Department of Veterans Affairs**

Veterans Health Administration

# Why Whole Health

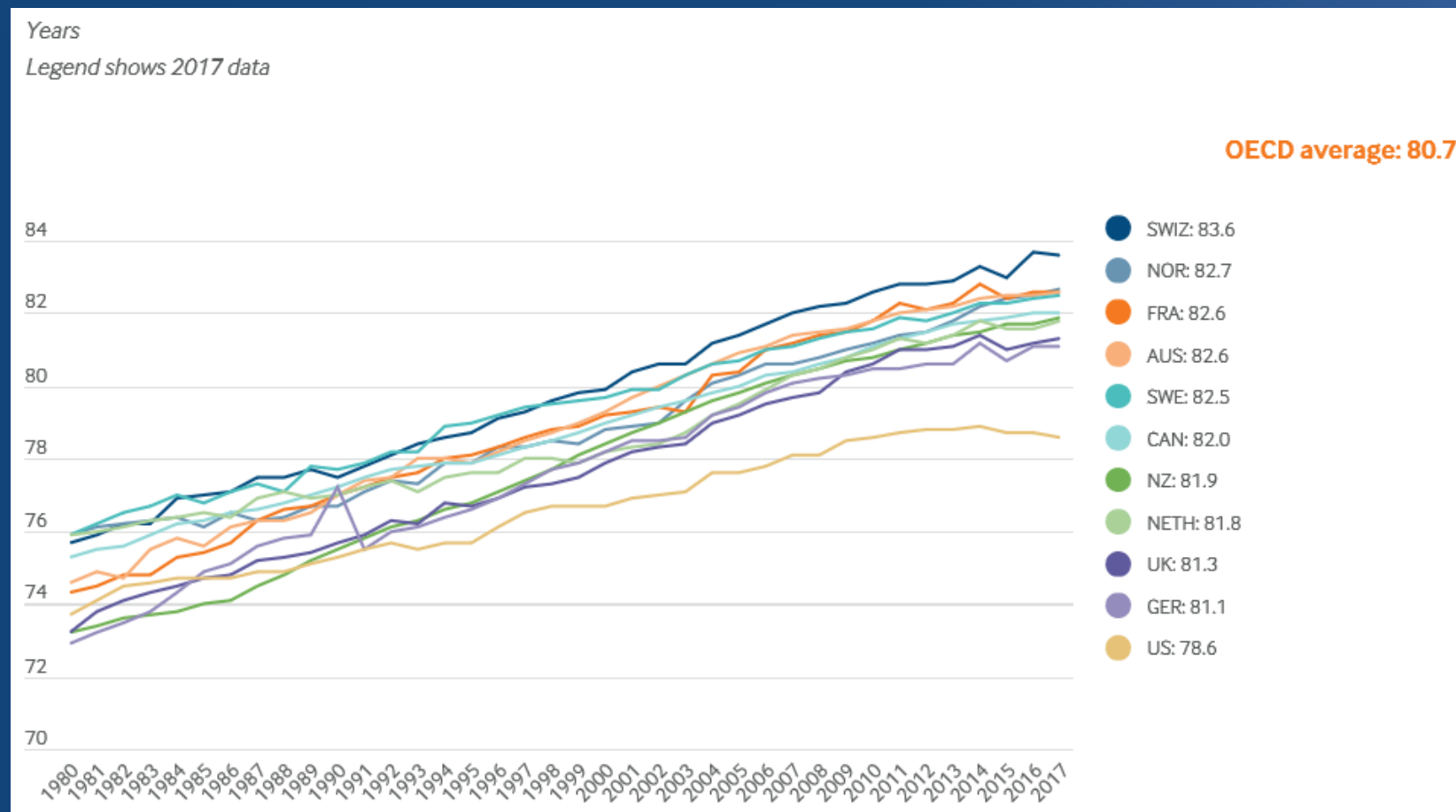
Per the Organization for Economic Cooperation and Development (OECD), the US spends more on healthcare than other developed countries.



Tikkanen, Rossa and Abrams, Melinda., 2020. [The Commonwealth Fund: US Health Care from a Global Perspective, 2019: Higher Spending, Worse Outcomes?](#)

# Why Whole Health

Comparing the US to other high-income countries, Americans spend over \$10,000 annually per capita, but it did not result in longer life expectancy.



Tikkanen, Rossa and Abrams, Melinda. 2020. The Commonwealth Fund: US Health Care from a Global Perspective, 2019: Higher Spending, Worse Outcomes?

# Why Whole Health

- CDC reports 75% of US health care spending is used to treat chronic conditions, which are largely affected by people's choices and behaviors.
- Many chronic diseases are caused by risk behaviors including:
  - Tobacco Use
  - Poor nutrition
  - Lack of physical activity

Anderson, G, 2004. Chronic conditions: Making the case for ongoing care. Baltimore, MD: John Hopkins University.

# Whole Health

- Whole Health is an approach to health care that empowers and equips people to take charge of their health and well-being and live their life to the fullest.
- Places individuals at the center of their care and asks,

**“What matters to you**  
Rather than  
**What’s the matter with you?”**

# Whole Health

- Care is tailored to each person- viewing them as a unique person and focuses on preventing future problems.
- Aligns physical, mental, emotional, and spiritual states with what matters most to the Veterans.

*"The Whole Health approach equips people to take charge of their health. But this requires a change in how we think about health care—where clinical care is only one piece of the system, and not necessarily the centerpiece. This change of thinking is the transformation we're making across VA."*

-Ben Kligler, MD, MPH, Executive Director for the Office of Patient Centered Care and Cultural Transformation, Veterans Health Administration

# The Circle of Health



- The circle of Health helps clinicians and Veterans picture all that Whole Health encompasses.
- Places Veterans in the center of their care.
- All the areas in the circle are important and connected.
- Improving one area can benefit other areas in one's life.



# The Circle of Health



- The inner circle represents you, your values and what really matters most to you.
- Helps Veterans explore where they are and where they want to be.
- Whole Health helps Veterans discover their MAP and develop personalized health plans.

**M:** Mission  
**A:** Aspiration  
**P:** Purpose



# Mission, Aspiration, Purpose

➤ What matters most in your life?

➤ What do you need your health for?

➤ Do you practice mindful awareness and self care?

➤ VIDEO:

➤ <https://youtu.be/2XXPGE0klmc>

# Personal Health Inventory

Veterans are encouraged to work with Providers to complete individualized Health Plans that consider the Veterans' goals for themselves.

The inventory helps them identify where they are and where they want to go.

Helps them identify proactive items they can work on.

**U.S. Department of Veterans Affairs**  
 Veterans Health Administration  
 Office of Patient Centered Care and Cultural Transformation

## Personal Health Inventory

**Use this circle to help you think about your whole health.**

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

**Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.**

<b>Physical Well-Being</b>				
1	2	3	4	5
Miserable				Great
<b>Mental/Emotional Well-Being</b>				
1	2	3	4	5
Miserable				Great
<b>Life: How is it to live your day-to-day life?</b>				
1	2	3	4	5
Miserable				Great

**What do you live for? What matters to you? Why do you want to be healthy?**  
 Write a few words to capture your thoughts:

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**YOUR MISSION FOR LIFE**

# Personal Health Inventory



Rate yourself on the Circle of Health

What stands out to you?  
In what areas are you doing well?  
Where do you rate yourself lower?

*Where do you go from here?*

# Complementary and Integrative Health

- Integrative Medicine and health reaffirms the importance of the relationship between practitioner and patient, focusing on the whole person.
- Top uses of CIH in VA include stress, anxiety and pain.
- Key elements include:
  - Mind, body, spirit, community
  - Tradition and innovation
  - Healing that extends beyond cure
  - Tailored toward patient goals, empowers
  - Shared responsibility
  - Evidence- informed
  - An array of approaches, often used in combination



# Complementary and Integrative Health

## Whole Health Services:

- Yoga
- Tai Chi
- Health Education Groups: Introduction to Whole Health and Taking Charge of My Life and Health
- MOVE and Healthy Teaching Kitchen
- Battlefield Acupuncture
- Chiropractor
- Art Therapy
- Recreational Therapy
- Massage Therapy
- Health Coaching
- Biofeedback

## Some Benefits :

- Personalized health education, coaching and health plans.
- Improve BMI, balance, flexibility, strength, endurance
- Improved sleep, reduced fatigue
- Develop mindfulness, stress management, reduction of depressive symptoms
- Lower blood pressure/improve cholesterol levels
- Manage arthritis symptoms
- Control blood sugars in type 2 diabetes
- Chronic Pain

# Whole Health Outcomes at Flagship Sites

## Health Care Costs:

- After 18 months of participating in Whole Health Services, there was a 13% reduction in health care costs.
- Sustained Benefits: After 12 months of finishing care, there were still reductions of health care costs. Nearly \$1000 reduction in costs during this year per capita.

## Pharmacy Costs:

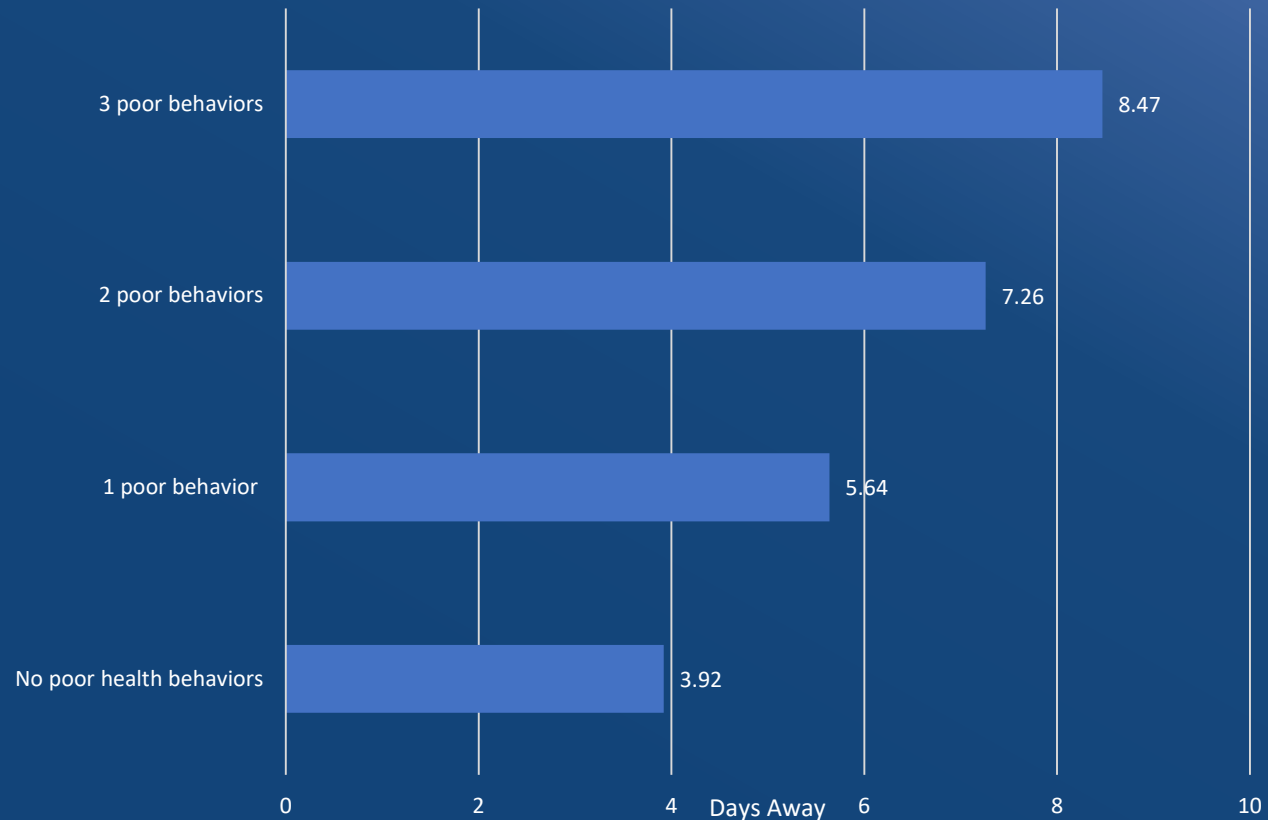
- Tracking 4400 Veteran engaged in Whole Health services, Veterans saw a 5.8% reduction in pharmacy costs after 12 months;
- Veterans saw an 8.5% reduction in pharmacy costs at 18 months.

Code: Veterans

# VA Employee Whole Health

2017, AES: Mean Days Away from Work by Number of Poor Health Behaviors

Health Behavior: Smoking, Inactivity, Poor Nutrition





# Employee Whole Health

All Employee Survey data from 2018 demonstrated that staff who were involved with any Whole Health activities reported higher engagement, improved work satisfaction, motivation, and reduced burnout.

*What cultural changes need to be made to promote self care and wellness of staff?*



# Employee Whole Health

Wichita VA currently offers:

- Daily Self Care Sessions: topics cover the circle of health and can include mindfulness, health coaching, movement (yoga, Zumba, etc), meditation, healthy diet education, etc.
- Organizes activities including VA2K, Heart Walk, Go Red, Great American Smoke out, Monthly Challenges, Medallion Hunt
- YMCA discounted memberships
- Built walking path with exercise equipment
- Includes wellness and self care to all staff daily/weekly messages
- Provides Whole Health training to staff and encourages incorporation into daily practice
- Holds annual health fair
- Campus has designated nursing room
- Promotes benefits such as mental health services and smoking cessation program

# Workplace Culture

Leadership buy in: The dollars and cents may make the most sense to leadership.  
Healthy staff saves money: less days of leave, higher staff retention, improved morale and increased productivity.

## What can leadership do?

- Practice and promote self care during work time. Build it into meetings and daily routine which can be done without disrupting productivity and outcomes. “Mindful Moment”
- Develop an accountable system where all leadership values this approach and are held accountable.
- Eliminate status that comes with overworking and promote work life balance.
- Promote one-pointed attention and eliminate value on multitasking
- Evaluate the needs and wants of staff.

# Workplace Culture

## What can individuals do?

- Connect with others: Share concerns and get support when needed.
- Participate with an open mind when self care is offered and provide responsible feedback.
- Take care of your body: get sleep, eat well, exercise, etc.
- Take breaks: Research has shown that even a 10-minute break can improve physical and mental health.
- Leave on time! Set boundaries and limits for yourself to avoid burnout.
- Establish self care routine and practice it.
- Learn resources offered



# References

- Tikkanen, Rossa and Abrams, Melinda. 2020. The Commonwealth Fund: US Health Care from a Global Perspective, 2019: Higher Spending, Worse Outcomes?  
<https://www.commonwealthfund.org/publications/issue-briefs/2020/jan/us-health-care-global-perspective-2019>
- <https://www.cdc.gov/chronicdisease/about/index.htm>
- Anderson G, 2004. Chronic conditions: Making the case for ongoing care. Baltimore, MD: John Hopkins University.

Any Questions?