



Every Body Walk!

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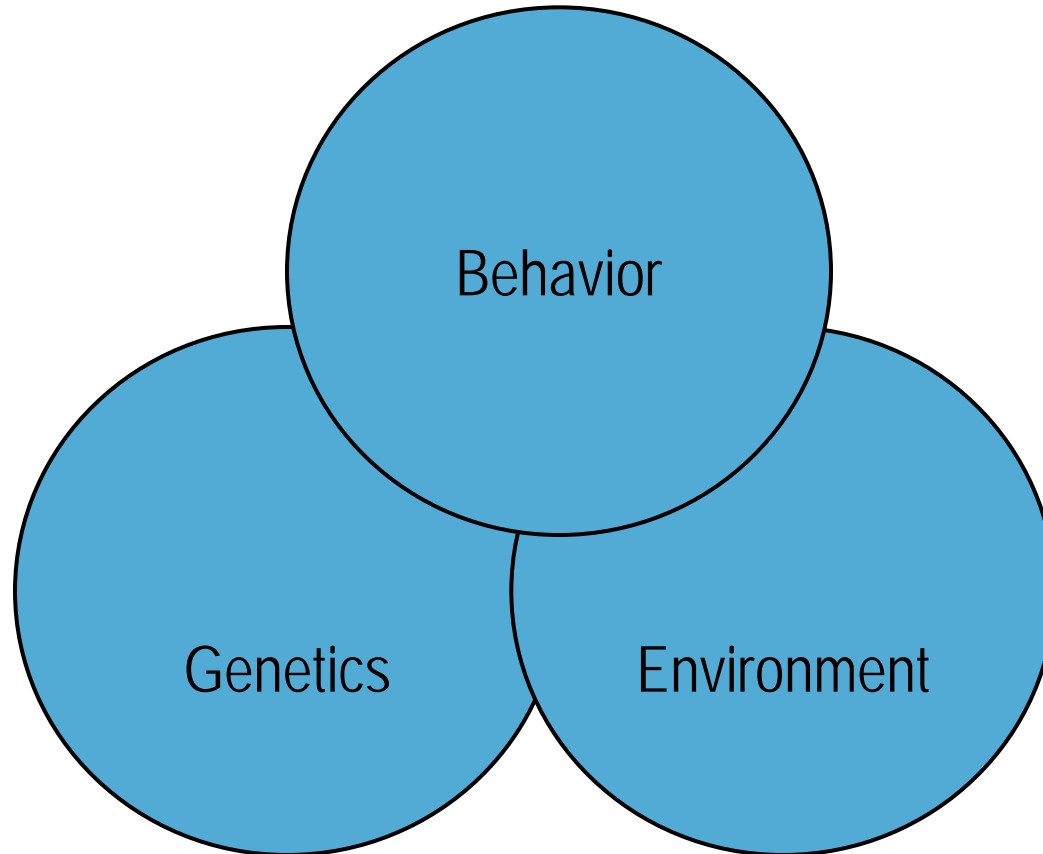
Physician Spokesperson,
Every Body Walk! Campaign



Walking and Health

- Physical inactivity has an astonishing array of harmful health effects.
- Exercise is a powerful tool for both the treatment and prevention of chronic disease and obesity, as well as premature death.
 - There is a linear relationship between physical activity and health status.
 - The association between disease and an inactive and unfit way of life persists in every subgroup of the population.
- Physical inactivity is THE major public health problem of our time.

What Factors Determine Our Health and Longevity?



Leading Causes of Death USA; 1900



- Pneumonia/Influenza
- Tuberculosis
- Infectious Diarrhea

*All 3 mainly related to environmental factors

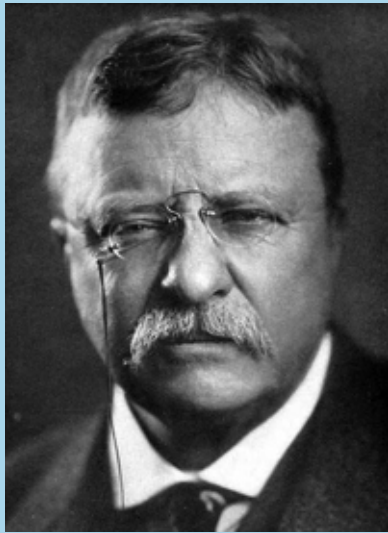
10 Greatest Public Health Achievements – U.S. 1900-1999

- *Vaccination*
- *Control of infections*
- *Safer/Healthier foods*
- *Healthier mothers and babies*
- *Safer workplaces*
- *Motor vehicle safety*
- Decline in deaths from CAD and stroke
- Family planning
- Fluoridation of drinking water
- Recognition of tobacco as a health hazard



1st mass inoculation of Salk vaccine; 1954

Average Lifespan – U.S. population: 47 years (1900) vs. 78 years (2000)



Teddy Roosevelt

26th President in 1901 at age 42

Died 1919 age 60



Ronald Reagan

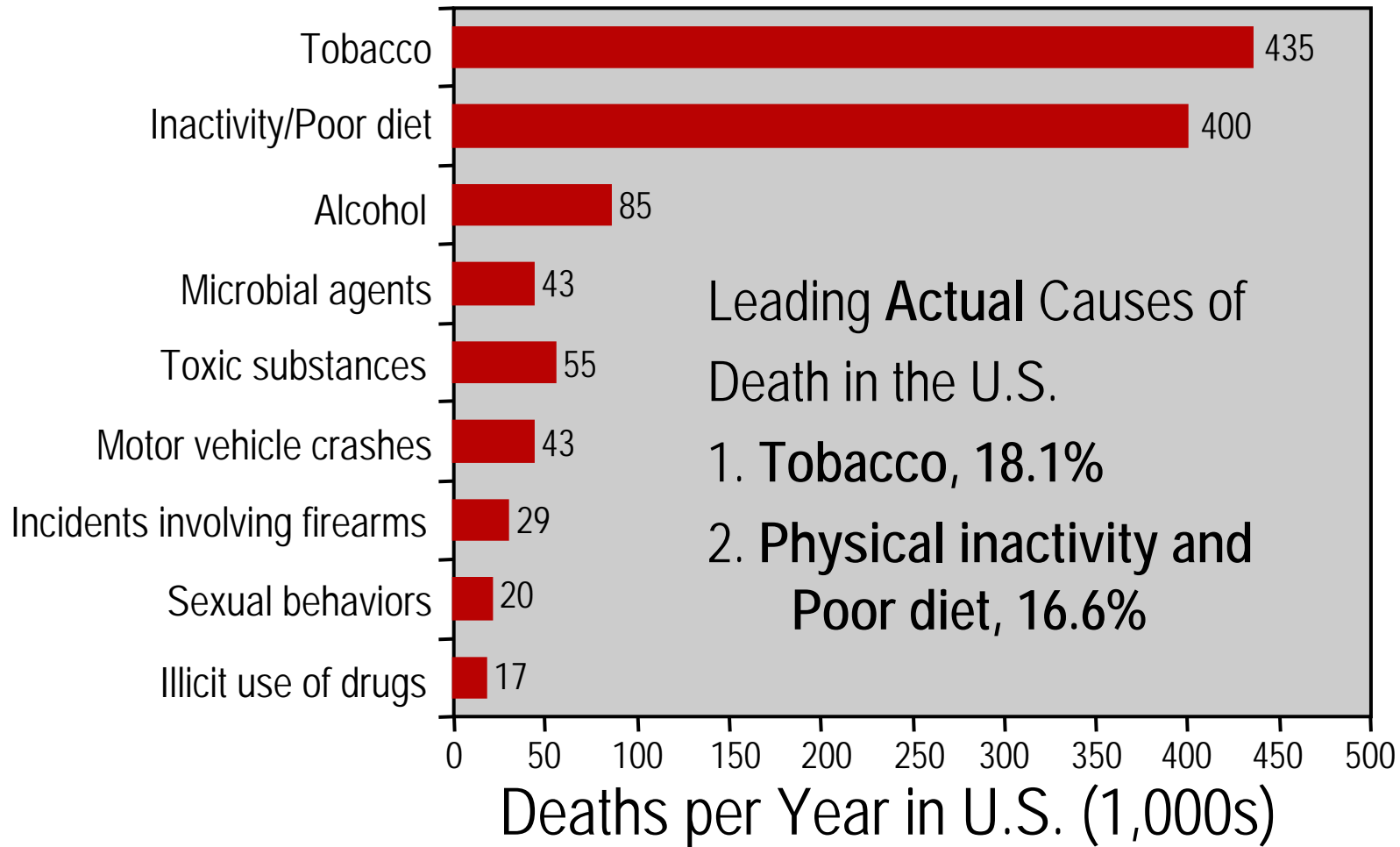
40th President in 1981 at age 70

Died 2004 age 93

Leading Causes of Death; USA; 2004

Cause	Number
Heart Disease	652,486
Cancer	533,888
Stroke	150,074
Chronic Lower Respiratory Disease	121,987
Accidents	112,012
Diabetes	73,138
Alzheimer's Disease	65,965
Influenza / Pneumonia	59,664
Renal Disease	42,480
Septicemia	33,373

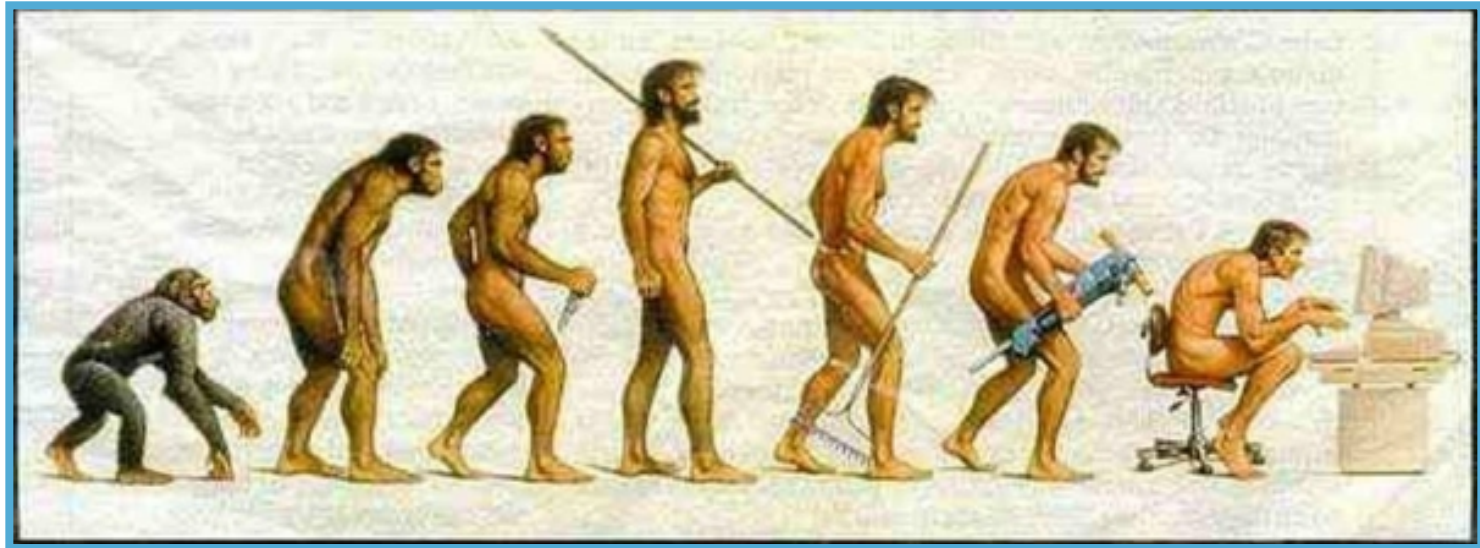
Actual Causes of *Death*





First generation on pace to **NOT** out-live their parents

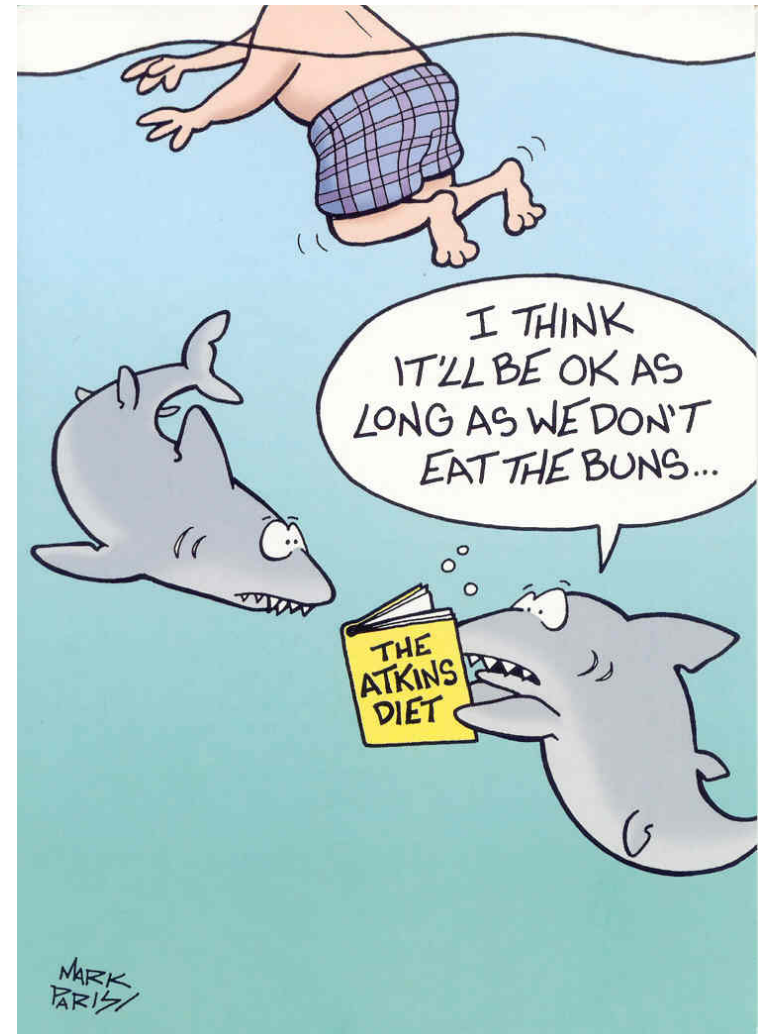
The Sedentary Death Syndrome; Are We On Our Way to Extinction?



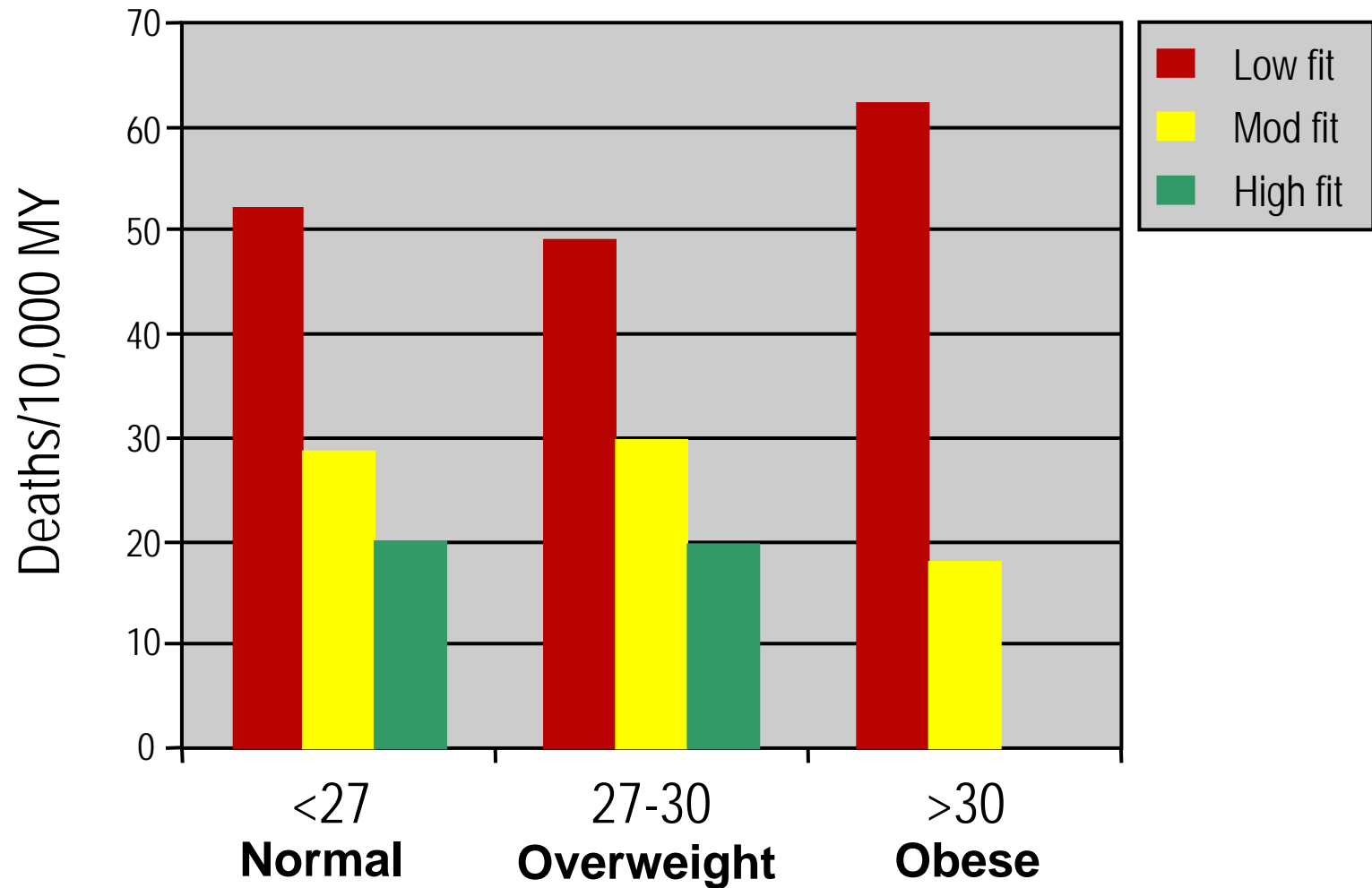
The inactivity epidemic is more concerning
than the obesity epidemic.

Fitness vs Fatness

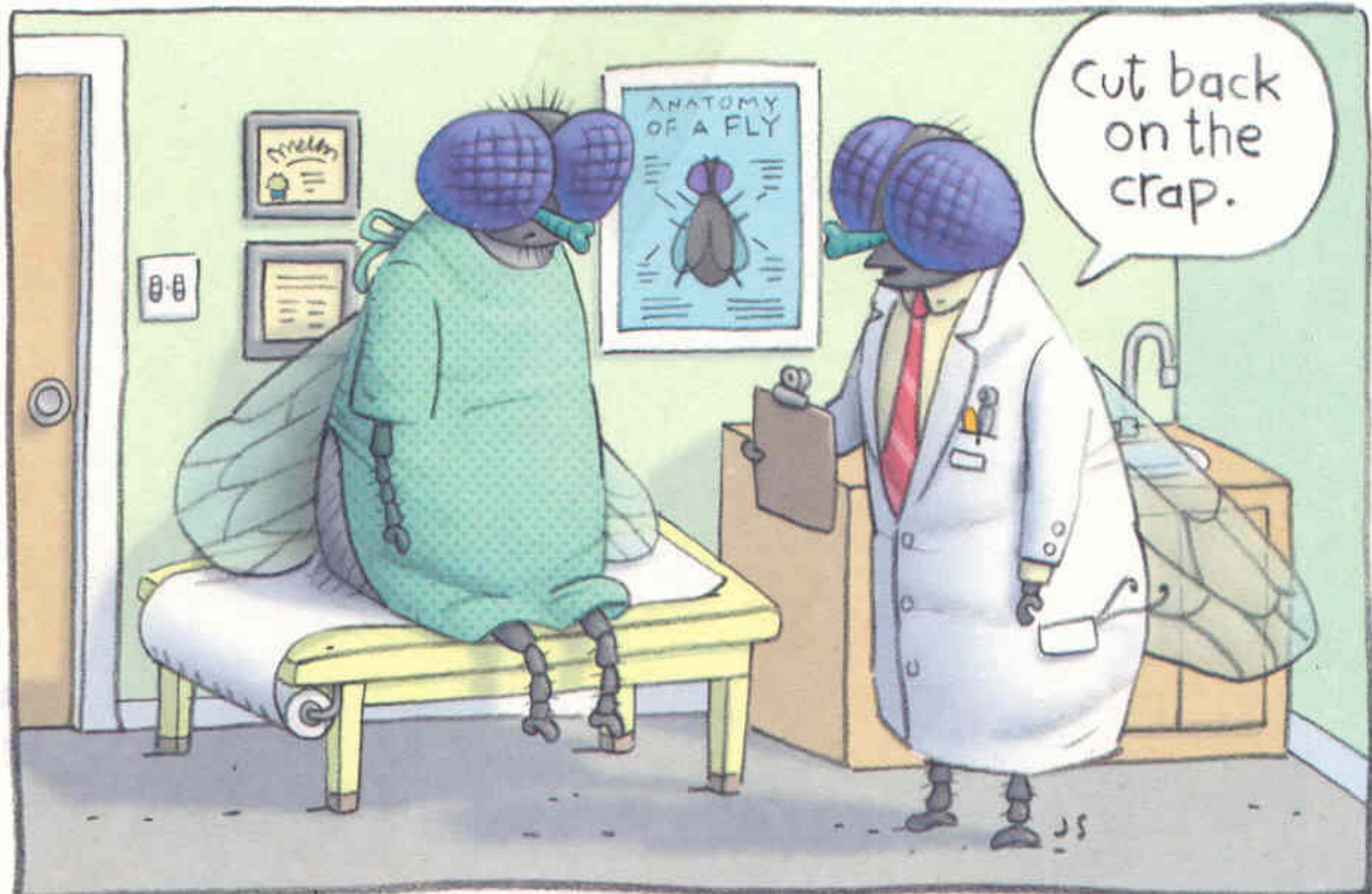
- Better to be fat and fit, than skinny and un-fit.
- Low level of fitness is a bigger risk factor for mortality, than mild to moderate obesity.
- Benefits of physical activity are the same, regardless of how much you weigh.



Death Rates by Fitness & BMI Categories



Patient's deserve to know the facts...



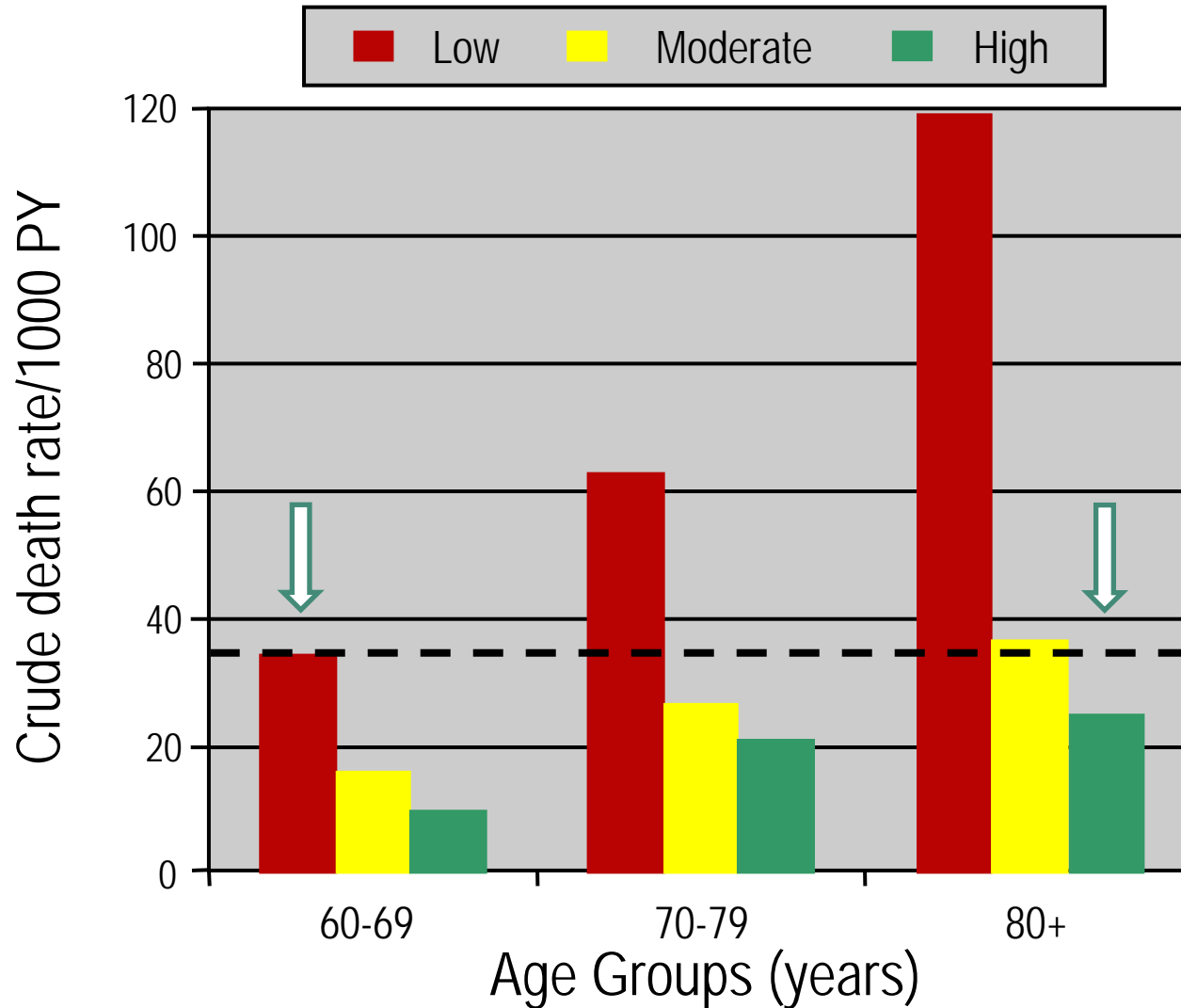
Irrefutable Evidence for Exercise in the Primary and Secondary Prevention of:

- Diabetes mellitus
- Cancer (breast and colon)
- Hypertension
- Depression
- Osteoporosis
- Dementia
- Coronary Artery Disease
- All-cause and cardiovascular-related death

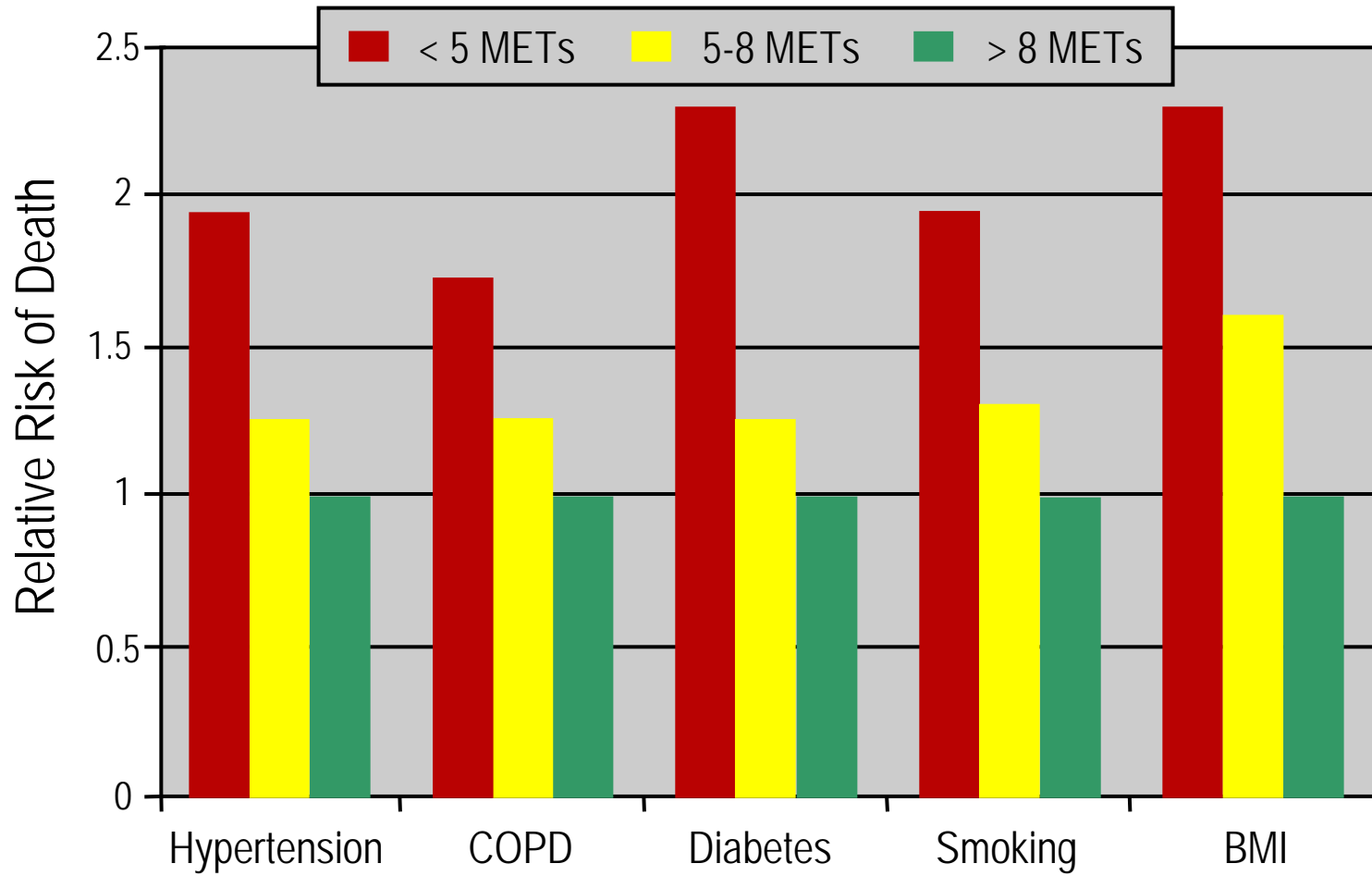
Physical Activity Lowers Mortality: Even With Increasing Age and Chronic Disease



Death Rates & Fitness Level



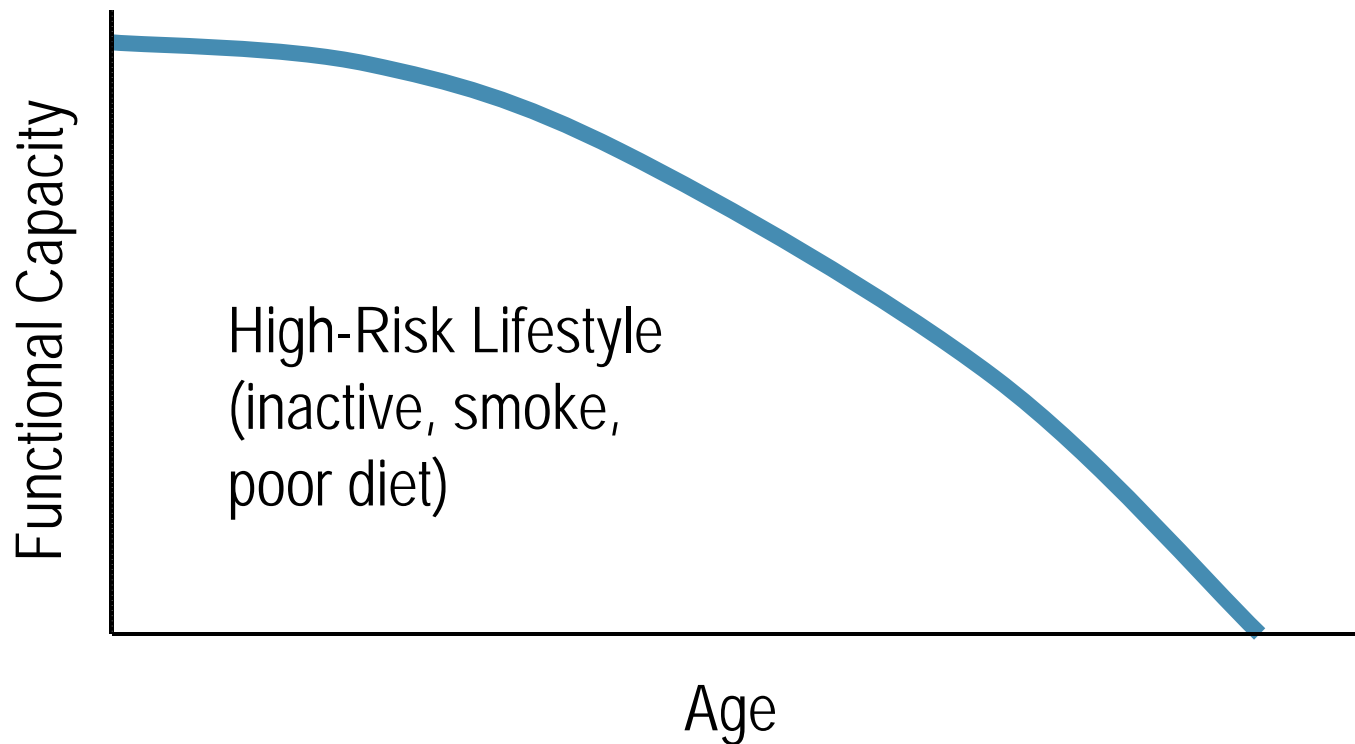
Exercise & Chronic Disease Mortality



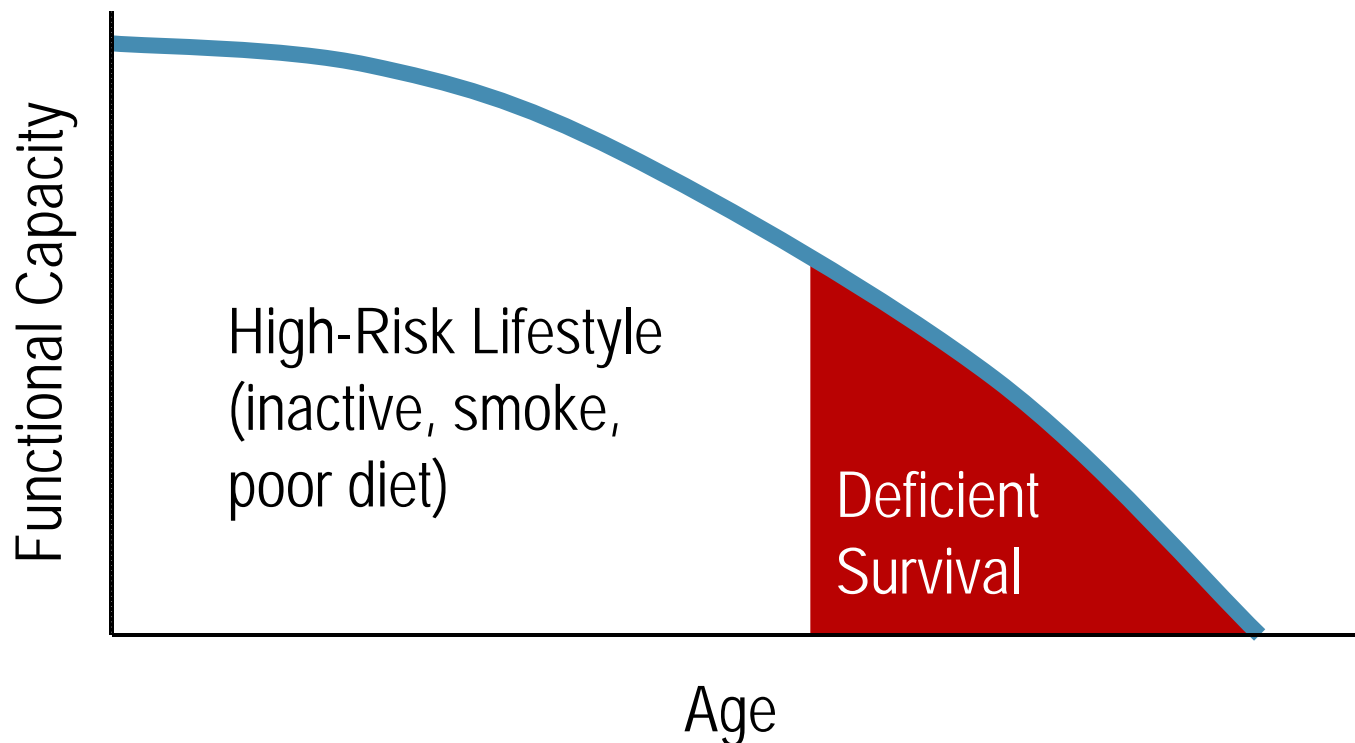
Exercise and Quality of Life



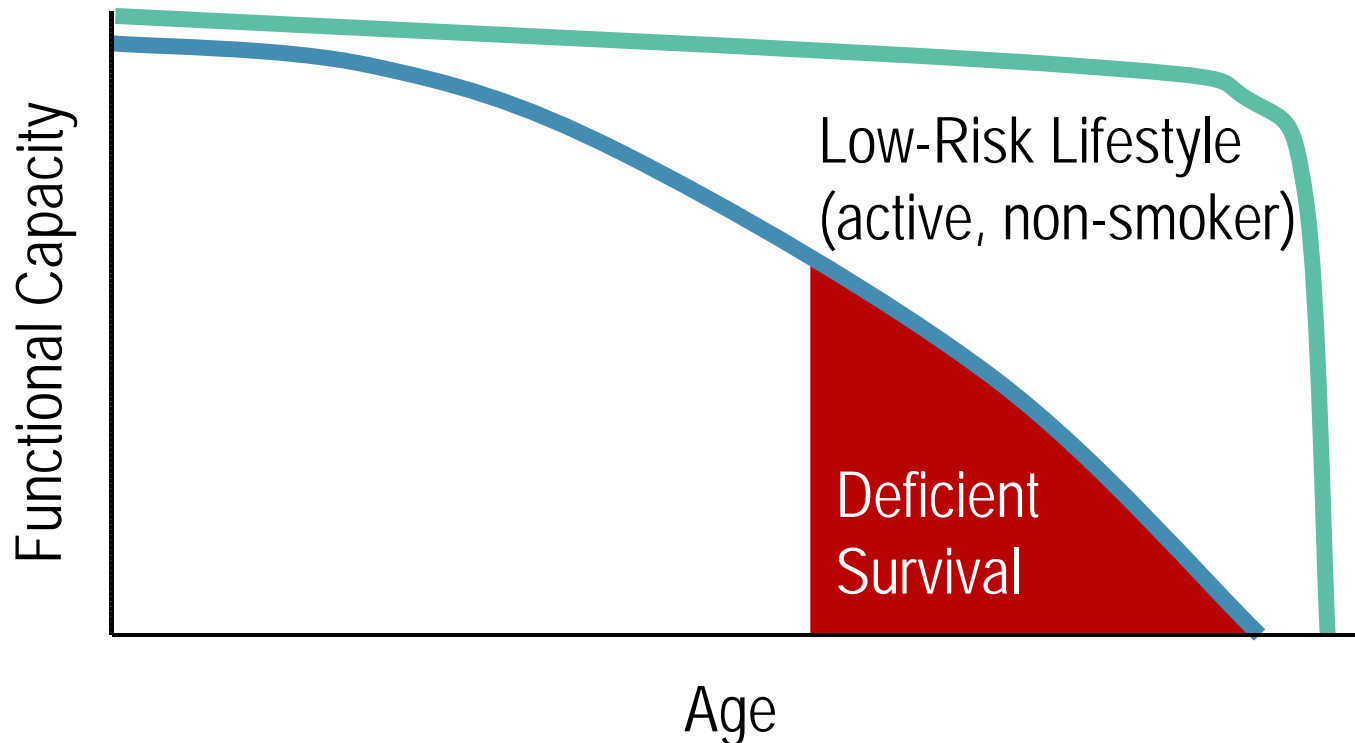
Quality of Life; The Geriatric Curve



The Effect of an Unhealthy Lifestyle “Deficient Survival”



The Effect of a Healthy Lifestyle “Squaring off” the Geriatric Curve



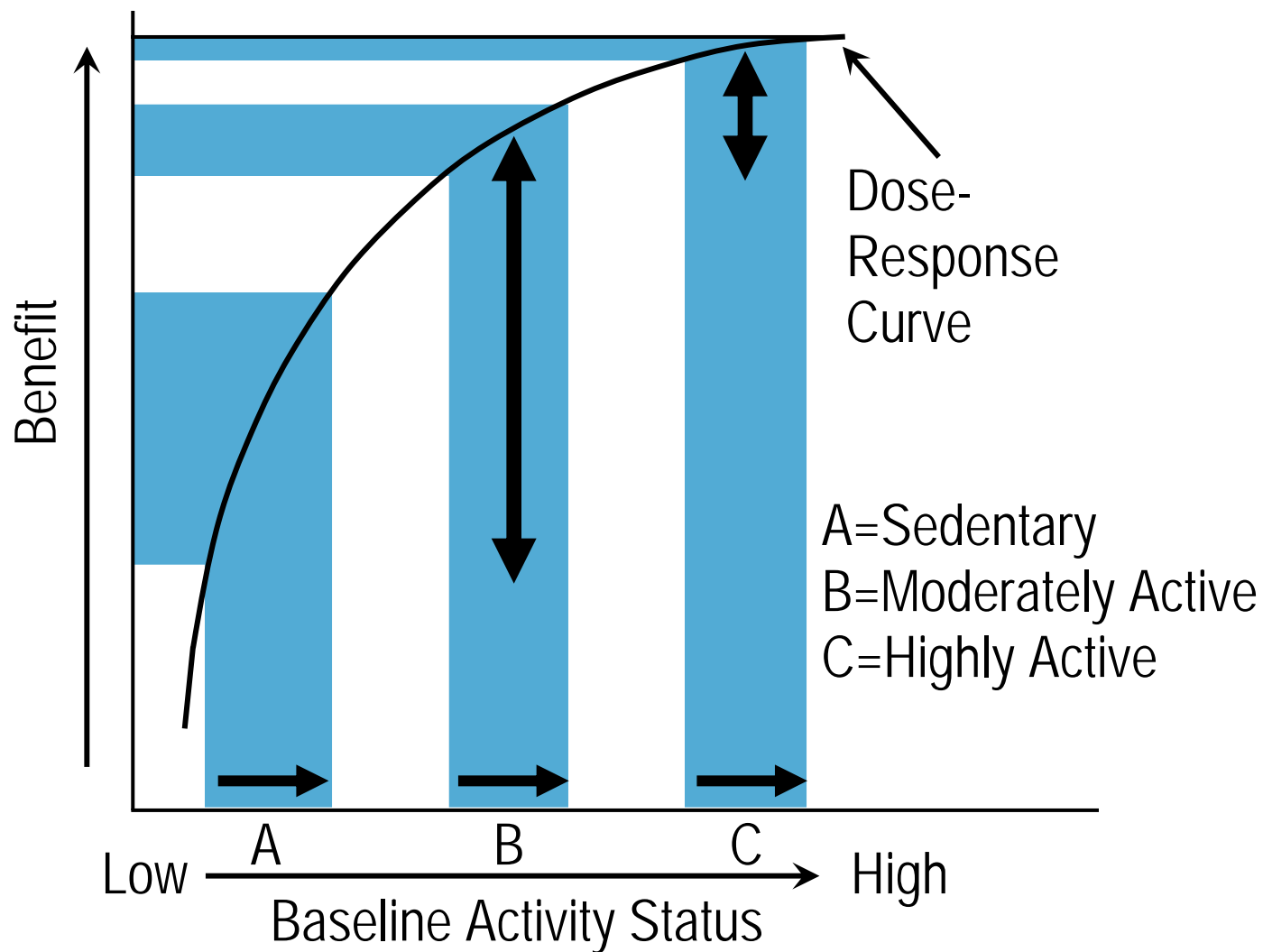
“The goal is to die young, but as late as possible.”
Aldous Huxley

Exercise *Is* Medicine: *And Everyone Should Take It!*

- Exercise is the long sought vaccine to prevent chronic disease and extend life.
- If we had a pill that conferred the proven health benefits of exercise, physicians would prescribe it to every patient and healthcare systems would find a way to make sure every patient had access to this wonder drug.



Physical Activity and Health Benefits Dose-Response Curve



COUCH POTATOES, ARISE!



How fast do you need to walk; To stay ahead of the Grim Reaper?



- Several studies have shown correlation between walking speed and survival.
- 1705 Australia men, age ≥ 70 ; Measured walking speed at usual pace for 6 m (~20 feet); Speed correlated with mortality rates over 5 yrs:
 - Walking speed of 0.82 m/s (2 mph or 3 kph) was most predictive of mortality (i.e. speed of Grim Reaper)
 - No men walking at speeds ≥ 1.36 m/s (3 mph or 5 kph) were caught by Grim Reaper
- Walking faster protects against mortality!

The Exercise Prescription

“Think FITT”

F = Frequency

Most days of the week; 5 or more.

I = Intensity

Moderate; 50-70% of max HR or use “sing-talk” test.

T = Type

Use large muscle groups; something enjoyable.

T = Time

30 minutes.

Why Has the Medical Community Neglected Physical Activity as a Treatment?

- Easier for physician to issue a prescription to reduce BP, cholesterol, glucose or BMI.
 - Medication adherence is very low (1 in 6 take meds as prescribed).
 - Reliance on pills transfers responsibility for health to doctor resulting in lower patient physical activity.
- Widespread belief we cannot change physical activity habits. (USPS Task Force); However:
 - Evidence brief counseling and pedometer programs can increase physical activity.
- We are able to convince patients to take insulin shots, Coumadin, chemotherapy, etc – why not exercise?

Name this medical device?



Circa 1750's-1810's

Tobacco Smoke Enema



Rectal tube attached to fumigator & bellows to treat drowning (also constipation, cholera and convulsions)

Tobacco Smoke Enema



Hence the term *"Blowing smoke up your ass"* is actually a medical term

If we can convince a walrus to exercise...



http://www.youtube.com/watch?v=QNRiml9s_OE

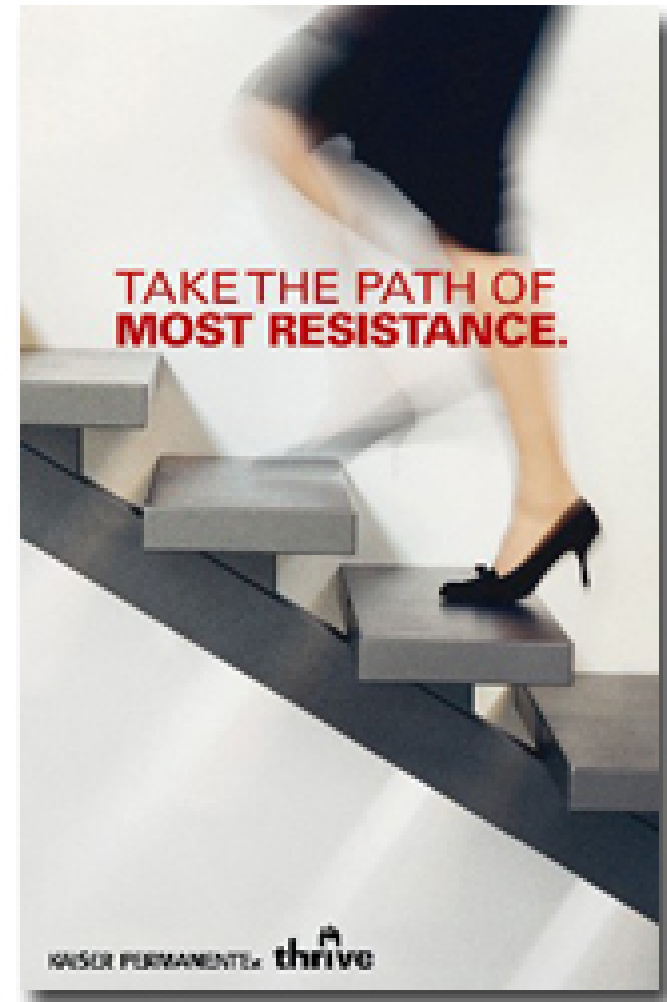
Health Burden of Inactivity Vs Smoking

- One day of being inactive has roughly an equivalent health burden to smoking 3 cigarettes.
- So, being inactive for a whole week has equivalent health burden to smoking a pack of cigarettes.
 - Do you advise your patients not to smoke?



What Can We Do at KP?

- Large scale exercise initiative:
 - Every patient
 - Every visit
 - Every treatment plan.
- Need to be role models for our patients and other healthcare providers.
- Message should be the same from every provider, regardless of specialty.
- We must merge the healthcare industry with the fitness industry to really THRIVE.



The Exercise Vital Sign

- Now available on Health Connect.
 - Went “live” SCPMG March 2009; TPMG rolled out 2011.
 - Every patient asked about their exercise habits at every visit.
 - Recorded along with vital signs, BMI and smoking history.
- Exercise Vitals part of the Proactive Office Encounter (POE) in SoCal.
 - Medical assistant ask 2 questions about exercise during patient intake.
 - Only requires 2 clicks.
- KP has been the world leader for EVS.



Smith, John W

MRN 000017701887 Age 30 year Sex M PCP Spero, Robert David (M.D.) Allergies Sulfa Class, Acarbose, 5-alpha Reductas* Alert Spec Feat kp.org Inactive

SnapShot

4/22/2009 visit with TEST DUMMY MD

Chart Review

Images Questionnaires Admin Benefits Inquiry References SmartSets Open Orders Preview AVS Print AVS

Flowsheets

Allergies: Sulfa Class, Acarbose, 5-alpha Reductase Inhibitors, Acetaminophen + Propoxyphene Napsylate Reviewed on 2/27/2009

Problem List

Last Vitals: BP: 120/80 P: 60 T: T Src: Resp: 22 W: 190 lbs (86.183 kg) H: 5' 10" (1.778 m)

History

BMI: 27.26 kg/m2, BSA: 2.06 m2 Exercise Vitals: 180 mins/wk

Letters

Height 5' 10" (1.778 m)

Demographics

Peak Flow

Proactive Care

Charting

Chief Complaint

Nursing Notes

Vitals

Exercise Vitals

Review Exercise VS

Med. Document

Order Entry

Imm/Injections

Allergies

Medications

Activity Rx/Forms

Forms

Enter/Edit Results

Doc Flowsheet

Visit Navigator

BestPractice

History

Progress Note

SmartSets

Dx and Orders

Pt. Instructions

LOS

Follow-up

Close Encounter

Exercise Vitals - Exercise Vitals (SHIFT+F6 to enter comments)

Instant Taken:

Date: 4/30/2009

Time: 1149

Exercise Level of Effort

Days per week of moderate to strenuous exercise (like a brisk walk)

0 1 2 3 4 5 6 7

On average, minutes per day of exercise at this level

10 20 30 40 50 60 90 120 150 or greater

Restore

Close F9

Cancel

Previous F7

Next F8

Review Exercise Vitals



Mark as Reviewed

Last Reviewed by SHARMA, PANKAJ on 4/24/2009 at 12:36:26 PM

Medication Documentation

Current Prescriptions

Taking?

Start

End Date

Date

ATENOLOL 100 MG ORAL TAB

4/29/2009

TAKE 1 TABLET ORALLY DAILY

Provider: William Lewis (M.D.) Spering

ATENOLOL 100 MG ORAL TAB

4/29/2009 5/29/2011

1 TAB PO DAILY

Provider: William Lewis (M.D.) Spering

Hotkey List

Exit Workspace

Navigator Hotkeys

NoteWriter [Resize] [Close]

History ROS PE Note Physical Exam EM Wrksht Note

Hx Note Chronic Disease

abc [undo] [redo] [insert] [clear text] [copy my prev hx note]

The patient exercises 180 minutes per week at a moderate to strenuous level.



Expand to select HPI elements, ROS systems addressed and full E&M Worksheet

HPI [Clear All] [Select All]

Duration Quality Timing Location Severity Context Mod. Fac. Assoc. Signs & Sx

PFSH and E&M Review [Clear All] [Select All]

Past Medical Past Family Past Social Reviewed Lab Reviewed Rad Reviewed Med Test

[Empty text area]

Note status: Sign at leaving NoteWriter Sign at closing of encounter

Snapshot

Patient

MMCORVUMUTITXGTH AC-SD-PHAR-DTYGFVC
30 year old male

Allergies

SULFA CLASS (SULFONAMIDES)	Headaches
ACARBOSE	Asthma and/or Shortness of Breath
5-ALPHA REDUCTASE INHIBITORS	
ACETAMINOPHEN + PROPOXYPHENE NAPSYLATE	Nausea and/or Vomiting

Vitals

No recent vitals data on file

Problem List [Chronic]

HEADACHE

Medications


- ATENOLOL 100 MG ORAL TAB
- ATENOLOL 100 MG ORAL TAB
- ATENOLOL 100 MG ORAL TAB
- SPECTAZOLE 1 % TOP CREA
- AMOXICILLIN 500 MG ORAL CAP
- HYDROCODONE-ACETAMINOPHEN 7.5-750 MG ORAL TAB
- PATANOL 0.1 % OPHT DROP

Accept Cancel



What Can Busy Physicians Do to Encourage Physical Activity?



0 Minutes:

-  Running late? Too many other concerns on the patient's list? Relax. Perhaps you can discuss physical activity at next visit. Hopefully office staff will have assessed exercise and provided resources.

1 Minute for Advice:

-  Quickly congratulate patients who are getting *any* physical activity.
-  Advise patients who are getting fewer than 150 minutes of the importance of physical activity especially linking benefits to patient's complaints, problems, and diagnoses.

What Can Busy Physicians Do to Encourage Physical Activity?



🕒 2 Minutes for Referral:

- 🕒 Review key messages
- 🕒 Offer a generic Exercise Prescription
- 🕒 Refer (e.g. pedometer, chair exercise DVDs and videos, community resources, fitness professional)

🕒 5 Minutes for Brief Counseling:

- 🕒 Assess readiness for change regarding exercise habits
- 🕒 Ask what the patient might want to do to be more active and barriers to prevent this from happening -- brainstorm on how to get around them
- 🕒 Explain in detail how exercise can affect diseases they have or are at risk for

Every Body WALK!

The Campaign to Get America Walking

EVERY BODY WALK!

LET'S ALL WALK FOR FUN AND BETTER HEALTH

I'd like to personally invite you to join me on an important and fun mission to walk 30 minutes a day, five days a week ... and to help us spread the word about how walking may be the single most important commitment you can make to your health and the health of our nation.

If we each walk 30 minutes a day (or 15 minutes twice a day), five days a week, we will be taking the most effective course of action possible to help prevent or help manage chronic health conditions, including type 2 diabetes, heart disease, depression, and asthma. It's really that simple. The research supporting the benefits of walking is irrefutable and growing every day — and you'll feel good doing it.

I am pleased to announce that we are introducing a new online walking program, called KP Walk!, to support and encourage all of us at Kaiser Permanente to walk 30 minutes a day, five days a week. To learn more about this program, go to www.kpwalk.com and get started on your journey to better health.

KP Walk! is complemented by an external campaign that Kaiser Permanente is launching called Every Body Walk! Information about this campaign can be found at www.everybodywalk.org.

Let's all walk ... and thrive!

George Halvorson
Chairman and CEO
Kaiser Foundation Health Plan, Inc. and Kaiser Foundation Hospitals



George Halvorson
Chairman and CEO

Kaiser Health Plan and Hospitals

healthyworkforce
For the people who power KP

EVERY BODY WALK!

LET'S ALL WALK FOR FUN AND BETTER HEALTH



kpwalk!

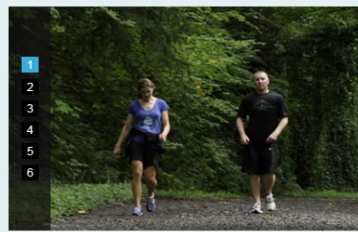
Introducing a new way to bring walking into our lives.

This mailer is printed with 50% recycled paper using 30% post-consumer waste and soy-based ink.

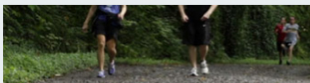
KAISER PERMANENTE.

Walk for Health

Watch the latest video – Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas suscipit consectetur placerat.. [Watch Video](#)



Walk, Don't Run



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym. But if you're not ready to squeeze into shorts or a leotard and grunt through an hour of Spinning or Jazzercise or kickboxing, don't despair.

[Read More](#)

Americans Take Fewer Steps



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym. But if you're not ready to squeeze into shorts or a leotard and grunt through an hour of Spinning or Jazzercise or kickboxing, don't despair.

[Read More](#)



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym.

[Tell Me More](#)



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym.

[Tell Me More](#)

Walking Events

[Green Links](#)

[Green Links](#)

Walking Groups



[Green Links](#)
You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's



[Green Links](#)
You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's

Group Resources

- [How to find a walking group](#)
- [Start your own Walking Group](#)
- [Stories from around the Nation](#)

Newsletter

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean mollis lectus at augue rutrum laculis. Nunc a libero non nulla tempor.

Enter your email address

[Sign up for newsletter](#)

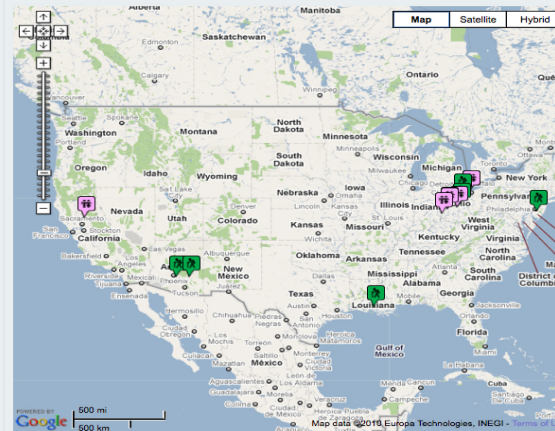
Upcoming Events

- Walking Event 01
Wednesday, Dec 22, 2010
- Walking Event 02
Thursday, Dec 23, 2010
- Walking Event 03
Thursday, Dec 30, 2010

Daily Walk

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Walking Groups on the United States



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Morbi rutrum lobortis gravida. Maecenas volutpat tempor felis, vel vestibulum risus condimentum in. Sed vel tortor ligula. Sed dui purus, posuere ut vestibulum a, imperdiet quis sapien. Cras nec arcu nisi, in faucibus sem. Aliquam dapibus blandit mauris, in ultrices erat volutpat ut. Nullam quis mauris nibh, nec ultrices mauris. Fusce nec nibh quis lorem imperdiet ultrices sed a eros. Proin pulvinar suscipit tristique.



Local Weather

Pasadena, CA
Clear
Humidity: 70%
61°
Wind: NE at 3 mph
Thu 48 | Fri 68 | Sat 45 | Sun 71

Facebook

RT @kpthrive: Studies show workplace wellness programs work! Make it a biz strategy-keep 'em healthy, reduce H.C. costs [http://bit.ly/gvFIQt](#)
RT @KPMidAtlantic: Kaiser Permanente Dr. Carlson blogs about her experiences helping with the cholera epidemic in Haiti [http://bit.ly/ejnm0Q](#)

Facebook

Kaiser Permanente Thrive
Like
9,153 people like Kaiser Permanente Thrive
Paco, Jensen, Sierra, Jonathan, Noveen, Karen, Laura, Almee, Michelle, Cassandra, David, Juan

walking core maps

Help you find a walkable place to live by calculating a Walk Score for any address.

[More Information](#)

video gallery

This demo contains a series of important and useful guides on how to use the basic aspects of the template, such as how to install. [More Information](#)

health benefits

Many features aid the overall performance, through optimized code such as compressed CSS, to Gantry side caching. [More Information](#)

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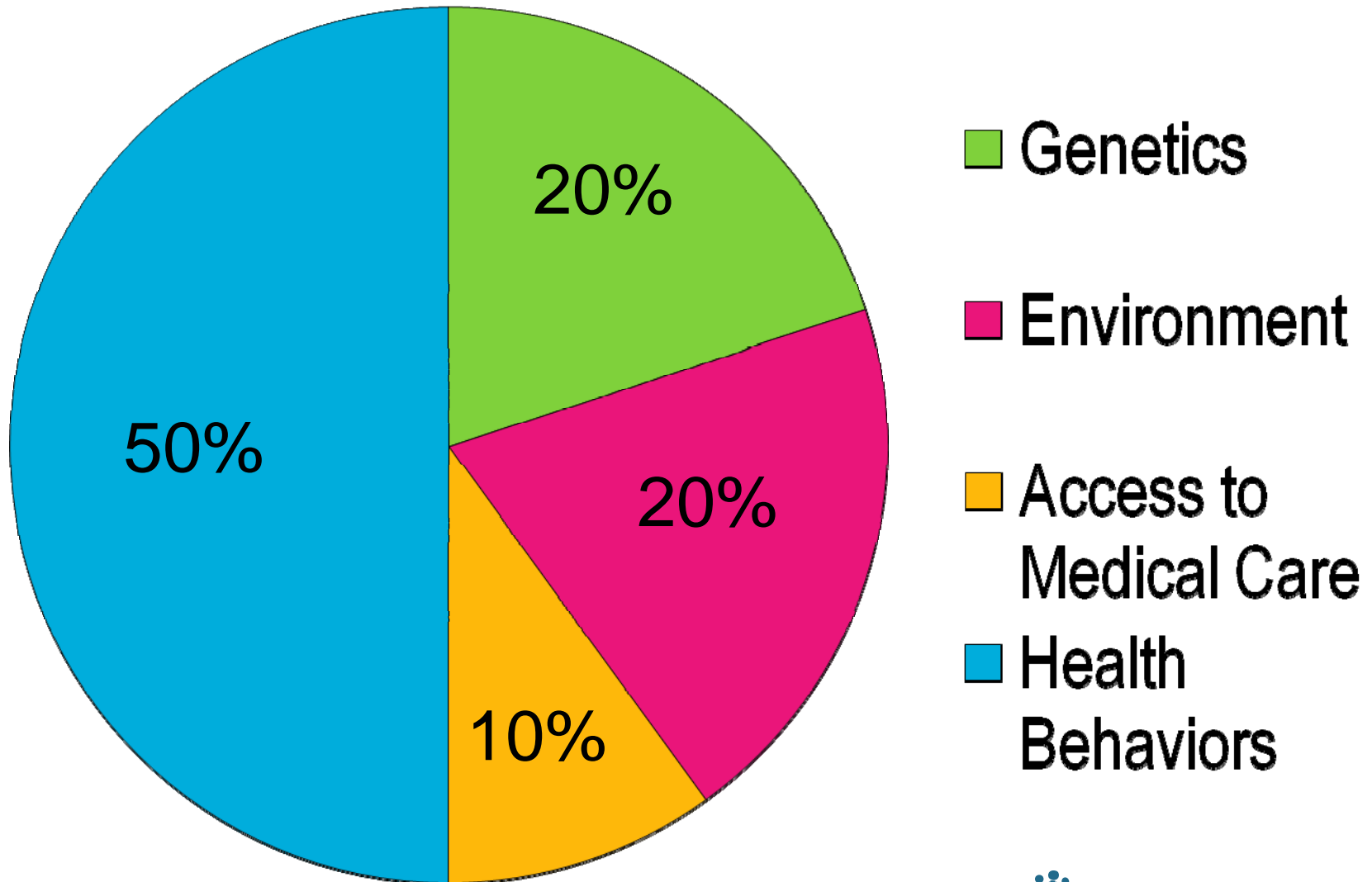
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Kaiser Permanente – Thrive “Find Your Thing”



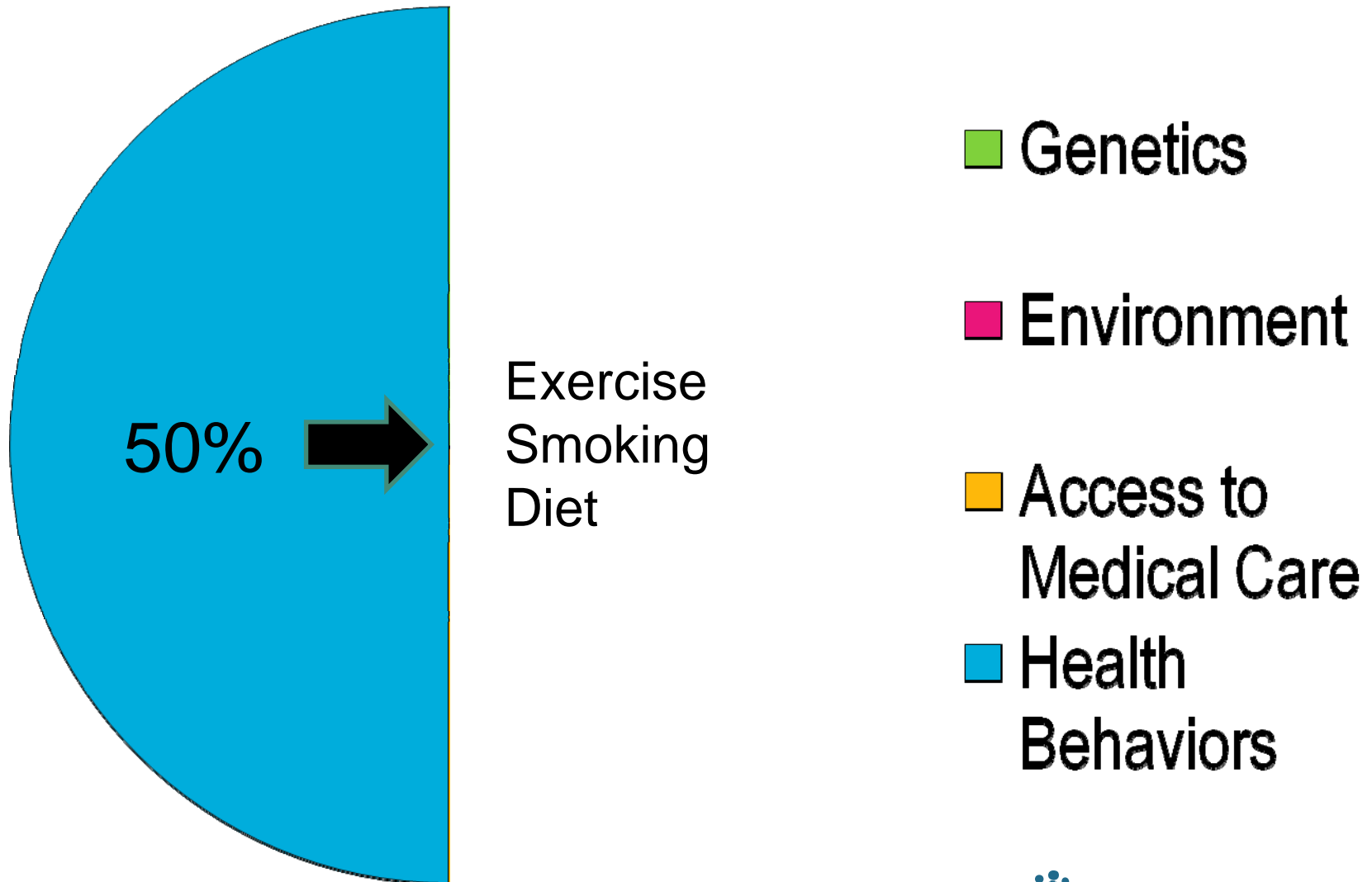
<http://www.youtube.com/watch?v=NOtX6u0cBc0>

Contributors to Overall Health Status; The Power of Health Behaviors



Source: CDC 2000

Contributors to Overall Health Status; The Power of Health Behaviors



Source: CDC 2000


Do You Really Think We have a Chance Without Exercise?

- Obesity
- Coronary artery disease
- Diabetes
- Hypertension
- Cancer
- Depression and anxiety
- Arthritis
- Osteoporosis
- Etc, etc, etc...

NO!



Write a walking Rx for your patients!

 KAISER PERMANENTE®

Name: _____ Age: _____

Walking **R_x** Date: _____

Recommended activity level: _____

Minutes per day: _____


Number of days per week: _____

Intensity: Hard enough that you can't sing,
but not so hard you can't talk during exercise.

Stop: If you experience chest pain,
excessive shortness of breath or feel ill.

Signature: _____

Every Body
WALK!
www.everybodywalk.org



Summary

- Benefits of exercise in the prevention of chronic disease is irrefutable.
- Evidence is overwhelming on the cost and health burden of inactivity.
 - Exercise is the vaccine needed to prevent chronic disease; We need to administer!
 - Exercise should be assessed and prescribed at every visit.
 - Merge fitness industry with healthcare industry.
- Exercise is Medicine; We should be taking it AND getting our patients to take it!



Kaiser Permanente at the Galleria

- Play Area
- Family Lounge
- Banners in Galleria
- Walking Program



It's time to get off the couch...



http://www.youtube.com/watch?v=UuhQc_JdWQM&feature=related