Every Body Walk!

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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?

- Behavior
- Genetics
- Environment
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

Source: CDC, MMWR, April 2, 1999, 48(12); 241-243
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

<table>
<thead>
<tr>
<th>Cause</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>652,486</td>
</tr>
<tr>
<td>Cancer</td>
<td>533,888</td>
</tr>
<tr>
<td>Stroke</td>
<td>150,074</td>
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<tr>
<td>Chronic Lower Respiratory Disease</td>
<td>121,987</td>
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<tr>
<td>Accidents</td>
<td>112,012</td>
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<tr>
<td>Diabetes</td>
<td>73,138</td>
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<tr>
<td>Alzheimer’s Disease</td>
<td>65,965</td>
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<tr>
<td>Influenza / Pneumonia</td>
<td>59,664</td>
</tr>
<tr>
<td>Renal Disease</td>
<td>42,480</td>
</tr>
<tr>
<td>Septicemia</td>
<td>33,373</td>
</tr>
</tbody>
</table>
Actual Causes of Death

1. Tobacco, 18.1%
2. Physical inactivity and Poor diet, 16.6%
First generation on pace to **NOT** out-live their parents
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...

'Cut back on the crap.'
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

- **Relative Risk of Death**

<table>
<thead>
<tr>
<th>Condition</th>
<th>&lt; 5 METs</th>
<th>5-8 METs</th>
<th>&gt; 8 METs</th>
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<tbody>
<tr>
<td>Hypertension</td>
<td>1.5</td>
<td>1.2</td>
<td>1.0</td>
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<tr>
<td>COPD</td>
<td>1.8</td>
<td>1.4</td>
<td>1.0</td>
</tr>
<tr>
<td>Diabetes</td>
<td>2.0</td>
<td>1.6</td>
<td>1.2</td>
</tr>
<tr>
<td>Smoking</td>
<td>2.5</td>
<td>2.0</td>
<td>1.5</td>
</tr>
<tr>
<td>BMI</td>
<td>3.0</td>
<td>2.5</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Meyers; *NEJM*; 2002
Exercise and Quality of Life
Quality of Life; The Geriatric Curve

High-Risk Lifestyle (inactive, smoke, poor diet)

Age

Functional Capacity
The Effect of an Unhealthy Lifestyle
“Deficient Survival”

High-Risk Lifestyle (inactive, smoke, poor diet)

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

NEJM, April 1998
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

A = Sedentary
B = Moderately Active
C = Highly Active
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?

Khan MK, BJSM May 2010; 6:395
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.
  - 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.
The patient exercises 180 minutes per week at a moderate to strenuous level.
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!
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
Walk for Health

Watch the latest video - Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas suscipit consectetur placerat.

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 swimsuit and get through an hour of running or Jaseapalooza or kickboxing, don’t despair.

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 focusing on a gym. But if you’re not ready to squeeze into shorts or a swimsuit and get through an hour of running or Jaseapalooza or kickboxing, don’t despair.

Walking Events

Walking Groups

Green Links

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Walking core maps

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

Video gallery

This demo contains a series of important and useful guides on how to use the basic aspects of the language, such as how to install.

Health benefits

Many features aid the overall performance, through optimized code such as compressed CSS.

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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

- Genetics: 20%
- Environment: 20%
- Access to Medical Care: 10%
- Health Behaviors: 50%

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…
Write a walking Rx for your patients!

Name: __________________ Age: __________________

Walking Rx

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