

Improving Longevity through TLC

Therapeutic Lifestyle Change

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The SHARP logo is located in the bottom right corner. It consists of the word "SHARP" in a bold, blue, sans-serif font. Above the letters "A" and "R" is a horizontal yellow bar.

What is Lifestyle Medicine?

-Medical specialty using therapeutic lifestyle change as a **primary modality** to treat chronic conditions including cardiovascular disease, neurodegenerative disease, cancer, type 2 diabetes, and obesity.

-Certified clinicians are trained to apply evidence-based, **whole-person**, prescriptive lifestyle change to treat and, when used intensively, sometimes reverse such conditions.

-Applying the **six pillars** of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions and **promotes longevity**.

- Based on **strong evidence** and research
- Highly effective – **better outcomes and lower cost**
- Addresses the **root-cause** of disease
- **Team-based** care model with patients as active partners





At the Center of Medicine, Science, and Health



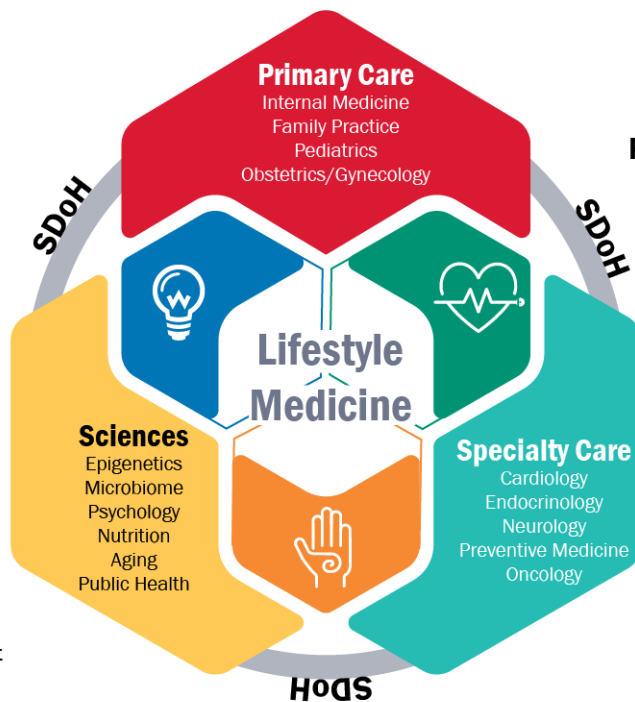
Mental Health

Inner balance and harmony to optimally meet daily demands / tasks / relationships



Social Determinants of Health (SDoH)

Economic Stability
Education Attainment
Health Care Access
Built Environment
Social Context



Physical Health

Proper bodily function affected by lifestyle, genetics, and one's environment



Social Health

Personal ability to interact and adapt effectively with the environment

The six domains of lifestyle medicine draw from research and evidence in many fields of science. Lifestyle medicine is applicable to both primary and specialty care and, taken together with social determinants of health, aims to address not only physical health, but mental and social health as well.

Be Well Survey

Please answer the questions below based on a typical week.

- A. How many servings of fresh, frozen, or dried fruits and vegetables do you eat per day (1 serving is about the size of your fist and does not include fruit juice)?
- ☐ Less than 2 servings
 - ☐ 2-3 servings
 - ☐ 4-5 servings
 - ☐ More than 5 servings
- B. How often have you eaten fast food, sugary drinks (e.g., soda, sports drinks, juice) or processed foods (e.g., chips, candy, crackers, cookies)?
- ☐ 5 or more times per week
 - ☐ 3-4 times per week
 - ☐ 1-2 times per week
 - ☐ Less than 1 time per week
- C. How many days did you exercise at a moderate to strenuous intensity (e.g., moderate intensity defined as able to talk but not sing or enough movement to break a light sweat)?
- ☐ Less than 1 time per week
 - ☐ 1-2 times per week
 - ☐ 3-4 times per week
 - ☐ 5 or more times per week
- D. On the days that you exercise, how many minutes do you spend per session?
- ☐ Less than 10 minutes
 - ☐ 10-29 minutes
 - ☐ 30-49 minutes
 - ☐ 50 minutes or more
- E. How many hours do you sleep each night?
- ☐ Less than 4 hours
 - ☐ 4-5 hours
 - ☐ 6-7 hours
 - ☐ 8 or more hours
- F. How often did you feel tired upon waking or have difficulty staying awake during the day?
- ☐ 5 or more times per week
 - ☐ 3-4 times per week
 - ☐ 1-2 times per week
 - ☐ Less than 1 time per week

- G. How often during the past week, have you connected with any support network (e.g. community, spiritual, friends/family relationships)?
- ☐ Less than 1 time per week
 - ☐ 1-2 times per week
 - ☐ 3-4 times per week
 - ☐ 5 or more times per week
- H. In the past week, how often have you felt stressed, sad, or worried?
- ☐ 5 or more times per week
 - ☐ 3-4 times per week
 - ☐ 1-2 times per week
 - ☐ Less than 1 time per week

Reference guides are available at: sharp.com/srshealthinfo

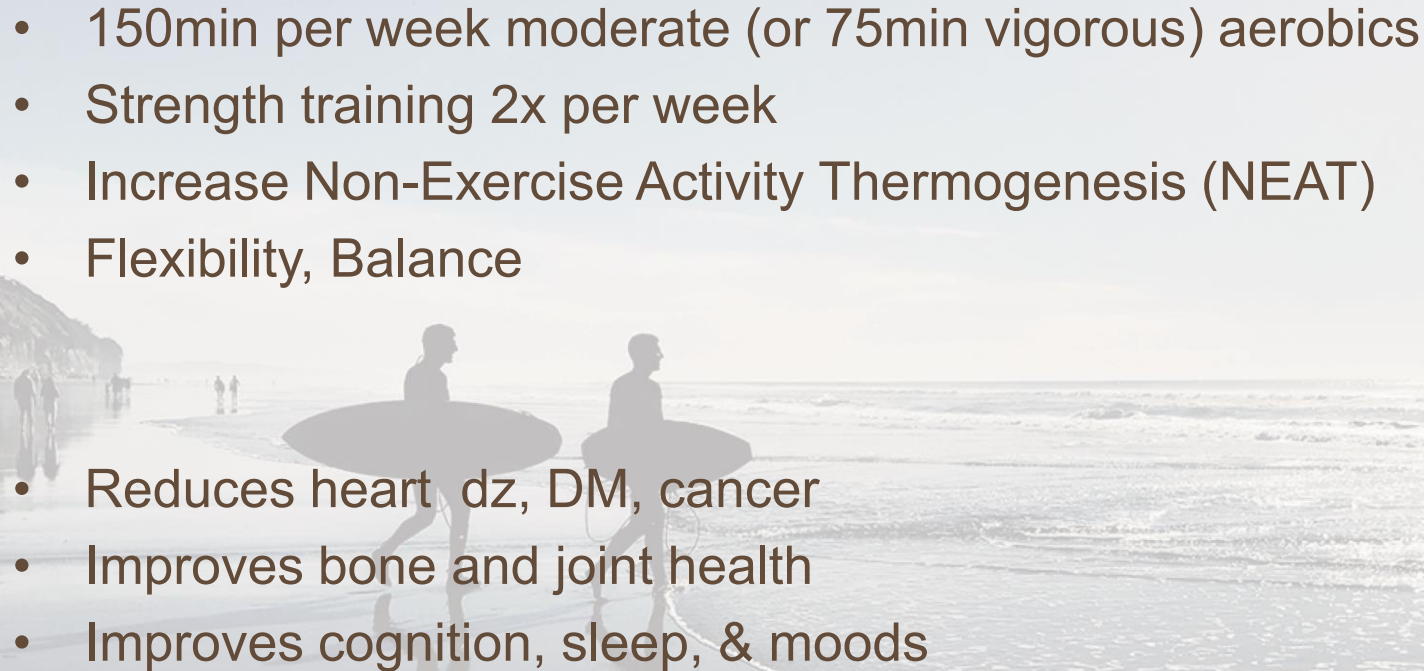


Be Well

Positive Social Connections (What is your “**why**”?)

- Meaningful relationships improve physical and mental health
 - Science of happiness, meaning/purpose/spirituality
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- A background image showing the silhouettes of two people walking along a beach, each carrying a surfboard. The scene is set against a bright, hazy sky and ocean waves. The beach is wet, reflecting the light. In the distance, other people can be seen walking along the shore.
- Reduces stress/inflammation, boosts immunity, reduces heart disease and all cause mortality
 - Family, friends, work, faith community, volunteering, pets/nature, support groups

Exercise Is Medicine

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- 150min per week moderate (or 75min vigorous) aerobics
 - Strength training 2x per week
 - Increase Non-Exercise Activity Thermogenesis (NEAT)
 - Flexibility, Balance
 - Reduces heart dz, DM, cancer
 - Improves bone and joint health
 - Improves cognition, sleep, & moods

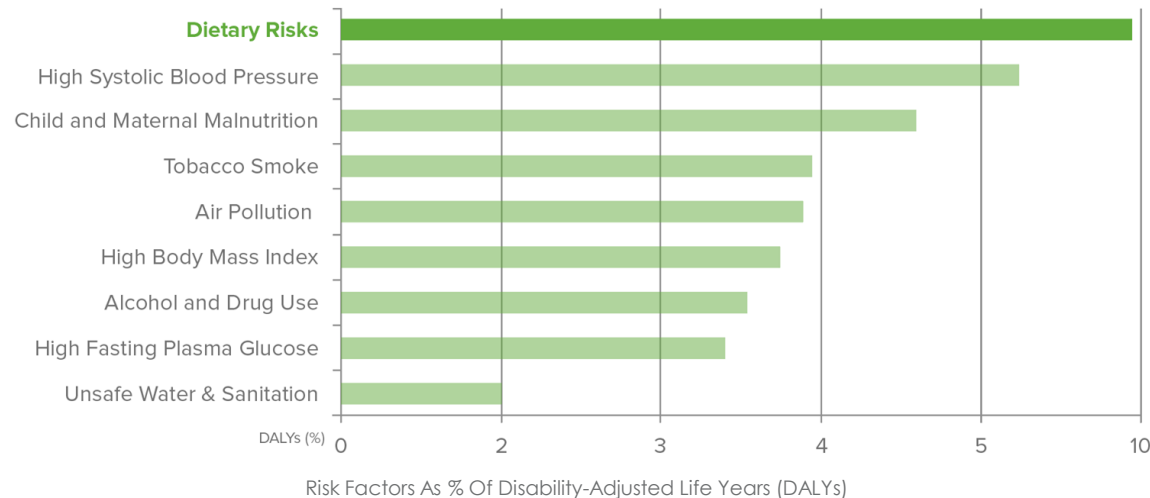


Nutrition for Longevity

- Plant predominant whole foods
- Blue Zones dietary pattern (Mediterranean & Okinawan diets)
- Limit processed foods, sugar, red meat
- High fiber, colorful with phytonutrients
- Meal timing, intermittent fasting, plate proportions

Diet is the leading cause of chronic disease and disability

- “The most important dietary risks in the United States are diets low in fruits, low in nuts and seeds, high in sodium, high in processed meats, low in vegetables, and high in trans fats”¹
- These risks are the leading cause of chronic disease, not other common culprits



¹The State of US Health, 1990-2010. Burden of Diseases, Injuries, and Risk Factors. JAMA. 2013; 310(6):591-606. doi:10.1001/jama.2013.13805; CDC FastStats on overweight and obesity, 2017; CDC National Diabetes Statistics Report, 2017; Zipango Analysis

Stress Resiliency

- Stress management can decrease cortisol/adrenaline, inflammation, heart rate/BP
- Strengthens telomeres, improves immunity
- Decreases chronic disease risk, improves hormonal health

Tools:

- Meditation/mindfulness/acceptance
- curiosity/hobbies/nature Rx
- Gratitude/prayer



Sleep as a Superpower

- Target is 7(-9)hours per night
- Essential for cellular repair, immunity, metabolism
- Impacts moods, cognition, stress, motivation
- Tips--> cool, dark, quiet room with intentional wind-down, tracking

Avoid Harmful Substances & Habits

- Alcohol, tobacco, THC, drugs, sugar, etc
- Addictive Habits
- Internet addiction
- Perfectionism
- Co-dependence
- Chemical Exposure

HOW?

- ❖ Increase Self Awareness (& let go of things we cannot change) →
- ❖ Increase Self Care (little by little one day at a time) →
- ❖ Increase Self Efficacy (& stop judging yourself)



SMART goals

Specific

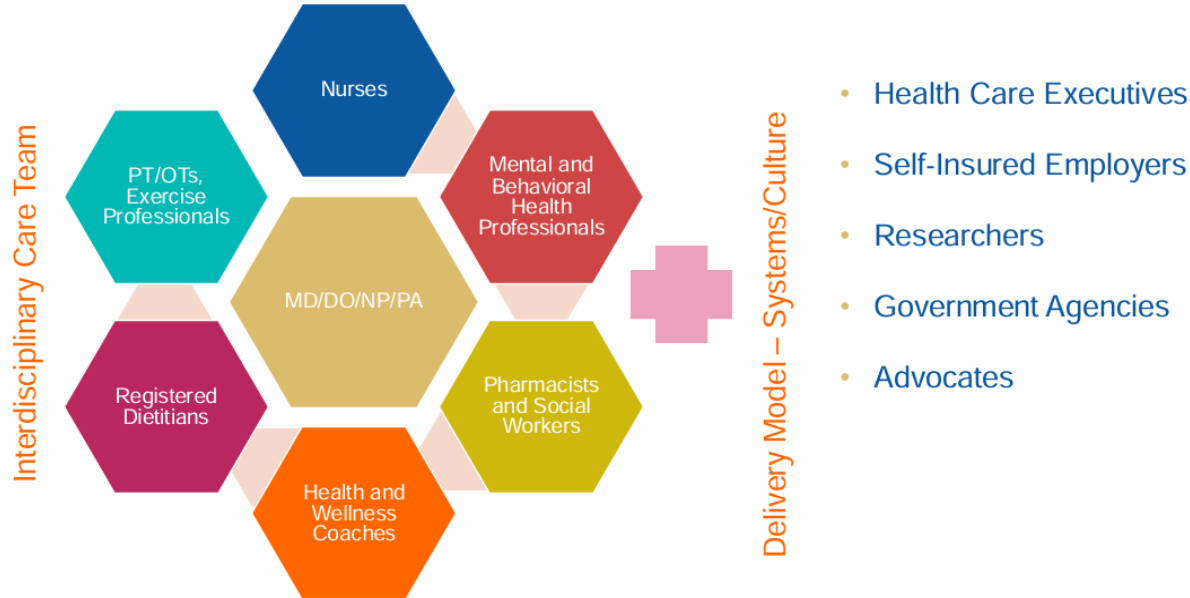
Measurable

Achievable

Relevant

Time limited

OUR MEMBERS



Overview of Lifestyle Medicine

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“Yesterday is gone. Tomorrow has not yet come.
We have only today. Let us begin.”

-Mother Teresa



Resources:

- [Lifestylemedicine.org](https://lifestylemedicine.org)
(Essentials course 5.5 free hours, membership,...)
- [Sharp.com/bewell](https://sharp.com/bewell)
- Teresa.hardisty@sharp.com

LM & Food as Medicine Essentials Course



- **Course Includes:**
 - Intro to Lifestyle Medicine
 - Food as Medicine: Nutrition for Prevention and Longevity
 - Food as Medicine: Nutrition for Treatment and Risk Reduction
- **Free Registration closes Aug 15th!**
- **Create a free account with ACLM and register with code: **ESS-SHARP****



FREE 5.5 CE/CME OPPORTUNITY



Thank You!



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Questions?