THE SUMMIT MEDICAL FITNESS CENTER’S JOURNEY TO WELLNESS PROGRAM™

Innovative ideas in Chronic Disease Management

Brad A. Roy, Ph.D., FACSM, FACHE, FMFA
The Summit Medical Fitness Center
Kalispell Regional Medical Center
Kalispell Montana
Medically Integrated Fitness Centers
THE SUMMIT MEDICAL FITNESS CENTER
History of Medicine

2000 BC  Eat this root.

1000 BC  That root is heathen. Say this prayer.

1850 AD  Prayer is superstition. Drink this potion.

1930 AD  That potion is snake oil. Swallow this pill.

1970 AD  That pill is ineffective. Take this antibiotic.

2000 AD  That antibiotic is artificial. Eat this root
Yellow Emperor’s Book of Internal Medicine:
First described principal “human harmony with the world was the key to prevention & that prevention was the key to long life.

Principal grew into 6th century Taoism: Longevity through simple living”

200 BC: Tai chi chaun (Hua T’o) taught proper
“Diseases of Workers”

“Those who sit at their work and are therefore called ‘chair workers’, such as cobblers and tailors, suffer from their own particular diseases... suffer from general ill health... caused by their sedentary life. These workers should at least exercise on holidays to counteract harm done by many days of sedentary life”
NIH Consensus Development Conference on Cardiovascular Health and Physical Activity

- Study: Mild Hypertension
- Medication group
- Exercise group
- Who had better numbers?
- Medication takers
- Who had better outcomes?
- Exercisers
“Every American should accumulate 30’ or more of moderate intensity physical activity on most, preferably all, days of the week.”
The Healthcare Challenge!

Cancer
Stroke
Cardiovascular Disease
Diabetes
Osteoporosis
Arthritis
COPD
Hypertension
Dyslipidemia
Peripheral Vascular Disease
Metabolic Syndrome
Low Back Pain
Depression
Anxiety
Pre-Hypertension
Pre-Diabetes
Pre-Cancer
Obesity & Overweight
Osteopenia
Osteoporosis
Alzheimers
Asthma
Fibromyalgia/CFS
Look, Mom—Burritos! Yum!
“An agent with lipid-lowering, antihypertensive, positive inotropic, negative chronotropic, vasodilating, diuretic, anorexigenic, weight-reducing, cathartic, hypoglycemic, tranquilizing, hypnotic, and antidepressive qualities.”
LIFESTYLE

Physical Inactivity
Sedentary Behavior
Over-Exercising
Excess Dietary Food/Drink
Make-up
Starvation
Genes/Gut flora
Smoking
Poor Sleep
Stress/Depression
Drug Use
Pollution
Excess Alcohol

Visceral/Ectopic Obesity

METAFLAMMATION

Muscle, Liver, Heart, Brain, Pancreas, Etc.

Insulin resistance, atherosclerosis, neurodegeneration, etc.

Diabetes, Sarcopenia, Heart Disease, Alzheimer’s, etc.

DEATH AND DISABILITY

Egger, G. et. al., Am. J. of Lifestyle Medicine. 2015: vol. 9; no. 3; 232-240
Sorry I'm late, Moira—I went for a blood test.

I've finally decided to have a complete physical.

Yeah?... That's something I should do, too.

But I'd like to lose a little weight first. Exercise, tone up a bit, you know...

Do all the stuff I was supposed to do after I had my last physical.
EVERYBODY NEEDS A COACH

OUR DEDICATED COACHES BELIEVE IN YOU.

The Summit now offers Individual and Group Fitness Coaching, Individual Nutrition Coaching and Individual Wellness Coaching.
Please call for more info: 751.4105

THE SUMMIT MEDICAL FITNESS CENTER
NORTHWEST HEALTHCARE

MABEL BECOMES FRED'S PERSONAL TRAINER
HEALTH COACH MODEL

ASSESS
• Health behaviors
• Self-efficacy

ARRANGE
• Referral
• Follow-up

PERSONAL WELLNESS VISION & ACTION PLAN
1. Specific goals in behavioral terms.
2. Follow-up plan
3. Professional and social support

ADVISE
• Health risks
• Benefits of change
• Appropriate amount

ASSIST
• Barriers and problem-solving techniques
• Program opportunities
• Social support

AGREE
• Collaborative goals based on person's interest & confidence to perform behavior

Adapted from: Glasgow et al. Am J Prev Med 2004;27(2S)
Wellness Is a Balanced Life

We Can Help

What Participants Are Saying

Heather Peru

"The Journey to Wellness program gave me the guidance and support I needed to safely set a course for optimum health in spite of physical challenges. With the encouragement of my mentor, I was able to confidently take control of my health and, in the process, have made drastic improvements to my quality of life. For me, it has most certainly been a journey to wellness and one I am thankful to have taken."

Ryan Bailey

"Journey to Wellness has given me more confidence than I had before. The best part of building confidence and seeing results is that I can apply the confidence that I have earned in the weight room and apply it to school work as well."

The Summit's Journey to Wellness

Your path to a healthier, better life.

Who Benefits from This Program?
Positive lifestyle outcomes have been shown in those with the following conditions:

- Obesity
- Heart Disease/Heart Failure/Stroke
- Peripheral Vascular Disease
- Diabetes
- Osteoporosis
- Cancer
- Arthritis
- Chronic Pain / Low Back Pain
- Parkinson's Disease
- Orthopedic Conditions
- COPD/Asthma
- Hypertension
- Fibromyalgia
- Multiple Sclerosis
- Metabolic Syndrome
- Dyslipidemia
- Depression
- HIV

If you or anyone you know is limited by a chronic health condition, check out the Journey to Wellness Program today!

205 Sunnyview Lane, Kalispell, MT 59901
406.751.4100 • www.summitmedicalexecutive.com

The Summit Medical Fitness Center
Kalispell Regional Healthcare

Well-being for all.
THE JOURNEY TO WELLNESS PROGRAM

• Provider Referral ONLY
• 4 month program; $350

• Program Goals:
  • Cultivate environment of successes
  • Establish a pattern of regular exercise & mindful eating/nutrition.
  • Increase overall quality of life
  • Identify & target barriers
  • Measure behavioral and health/clinical outcomes
<table>
<thead>
<tr>
<th>Survey</th>
<th>Threshold</th>
<th>Recommended Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise minutes/week</td>
<td>&gt;150 minutes = Low risk</td>
<td></td>
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<tr>
<td></td>
<td>&lt;150 minutes = high risk</td>
<td></td>
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<tr>
<td>Blood Pressure</td>
<td>&lt;120 sys, &lt; 80 dias = Low</td>
<td></td>
</tr>
<tr>
<td></td>
<td>120 -139 sys, 80-89 dias = Mod</td>
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<tr>
<td></td>
<td>&gt;140 sys, &lt;90 dias. = High</td>
<td></td>
</tr>
<tr>
<td>Dartmouth COOP</td>
<td>Low risk = &lt; 25</td>
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<td></td>
<td>Mod risk = 25 – 35</td>
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<td></td>
<td>High risk = &gt;35 – 45</td>
<td></td>
</tr>
<tr>
<td>PHQ-9 Depression Screen</td>
<td>0 -4 Low</td>
<td>Patients scoring &gt;9 or a score of &gt;1 on question 1 must be referred back to their MD for evaluation.</td>
</tr>
<tr>
<td></td>
<td>5 -14 Moderate depression</td>
<td></td>
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<tr>
<td></td>
<td>15 -27 high depression</td>
<td></td>
</tr>
<tr>
<td></td>
<td>High risk - &gt;9 total and/or a score of &gt;1 on question #9</td>
<td></td>
</tr>
<tr>
<td>Anxiety Screen</td>
<td>None = &lt; 5</td>
<td>A “severe” score should be referred back to MD for further evaluation</td>
</tr>
<tr>
<td></td>
<td>Mild = 5-9</td>
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<tr>
<td></td>
<td>Moderate = 10-15</td>
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<tr>
<td></td>
<td>Severe = 16-21</td>
<td></td>
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<tr>
<td>Nutritional Behavior</td>
<td>Any YES answers indicate referral to RD</td>
<td>Moderate – high risk scores indicated potential need for Dietitian/Body balance program referral</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>Any yes answer, ask open ended questions.</td>
<td>&gt;1 Yes answer - indicated potential need for Dietitian/Body balance program referral</td>
</tr>
<tr>
<td>Body Fat Percentage</td>
<td>Women&lt;br&gt; &lt; /= 24%</td>
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<tr>
<td></td>
<td>25% -31%</td>
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<tr>
<td></td>
<td>&gt; or = 32%</td>
<td></td>
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<tr>
<td></td>
<td>Men&lt;br&gt; &lt; or = 16%</td>
<td></td>
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<td></td>
<td>17% - 24%</td>
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<tr>
<td></td>
<td>&gt; or = 25%</td>
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</tr>
<tr>
<td>Positivity Ratio</td>
<td>Goal of &gt; 3.0</td>
<td></td>
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</tbody>
</table>
**Dartmouth COOP Health Survey**

**PHYSICAL FITNESS**
During the past 4 weeks...
What was the hardest physical activity you could do for at least 2 minutes?

- Very heavy, or near max
  - Run, fast pace
  - Carry a heavy load upstairs or uphill (50 lb or 10 kg)
- Heavy, or near max
  - Jog, very fast pace
  - Carry a heavy load (25 lb to 50 lbs)
- Moderate, or near max
  - Walk, medium pace
  - Carry light load (all ground (10 lb back)
- Light, or near max
  - Walk, slow pace
  - Wash dishes
- Very light, or near max

**FEELINGS**
During the past 4 weeks...
How much have you been bothered by emotional problems such as feeling anxious, depressed, irritable or downhearted and blue?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

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**DAILY ACTIVITIES**
During the past 4 weeks...
How much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical and emotional health?

- No difficulty at all
- A little bit of difficulty
- Some difficulty
- Much difficulty
- Could not do

---

**SOCIAL ACTIVITIES**
During the past 4 weeks...
Has your physical and emotional health limited your social activities with family, friends, neighbors or groups?

- No difficulty at all
- Slightly
- Moderately
- Quite a bit
- Extremely

---

**Patient Health Questionnaire (PHQ-9)**

**OVER THE LAST 2 WEEKS**

**Have you been bothered by any of the following problems?**

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself—either that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed. Or just the opposite—being fidgety or restless that you have been moving around a lot more than usual
9. Thoughts that you would be better off dead, or of hurting yourself in some way

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**ADD COLUMNS FOR TOTAL SCORE**

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</table>

**TOTAL SCORE:**

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**NOTE:** If you checked off any problems, how difficult have those problems made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

---

**Anxiety Screening Tool – GAD7**

Choose the one description for each item that best describes how many days you have been bothered by each of the following over the past 2 weeks:

<table>
<thead>
<tr>
<th>Feeling nervous, anxious, or on edge</th>
<th>None</th>
<th>1-6 Days</th>
<th>7 or More</th>
<th>Nearly Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unable to stop worrying</td>
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<tr>
<td>Worrying too much about different things</td>
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<td>Problems relaxing</td>
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<tr>
<td>Feeling restless or unable to sit still</td>
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<tr>
<td>Feeling irritable or easily annoyed</td>
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<tr>
<td>Being afraid that something awful might happen</td>
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</tbody>
</table>
JOURNEY TO WELLNESS

- Multi-disciplinary team approach
- Personalized coaching
  - Wellness Vision
  - Associated SMART Goals
  - Focus on Positivity
- RD/Body Balance Program
- Health education/wellness seminars
- Unlimited facility access & Classes
- Online tracking/mentoring
- Progress reporting to referring MD
JOURNEY TO WELLNESS – COACH CHECKLIST

Client Name: __________________________ Phone #: ______________________ Start Date: _____________

COACHES: Please complete this checklist for each J2W participant. THANKS 🤗

At orientation:
☐ Powerpoint
☐ Wellness Vision/Goals
☐ 5 week Letter

Prior to Initial Coach Meeting:
☐ Biometrics
☐ Review chart
☐ Enter HHQ into IHP

Initial Coach Meeting:
☐ Health history – what’s their story?
☐ Tour, locker use
☐ Wellness Vision/ goals – refine 2 wk & 3 mo. Goals
☐ Schedule SHAPE test with exercise goal
☐ ID Readiness to change for 3 m goal
☐ Positivity test
☐ Create “Weekly Plan” form
  ☐ Use class schedules, lectures, support groups, etc
  ☐ Create workout with client—K.I.S.S. please 😘
  ☐ Make 2 copies “weekly plan” (1 chart, 1 participant)
☐ Get contact frequency/mode preference
☐ Set 2 week appointment, give reminder card
☐ Review IHP (optional)
☐ Membership card

After 1st meeting:
JOURNEY TO WELLNESS

- Multi-disciplinary team approach
- Personalized coaching

Wellness Vision

- Associated SMART Goals
- Focus on Positivity
- RD/Body Balance Program
- Health education/wellness seminars
- Unlimited facility access & Classes
- Online tracking/mentoring
- Progress reporting to referring MD
Welcome to Journey to Wellness!

Consider these 10 pillars of personal wellness:

- Stress Reduction/Relaxation/Sleep
- Money/Finances
- Physical Environment (living, work, outdoor)
- Healthy Thoughts/Wellbeing
- Relationships (family, friend, community, service)
- Personal Growth/Spirituality
- Healthy Activities/Exercise
- Career/Education
- Recreation/Hobby/Interest
- Nutrition/Body Fueling

My Wellness Vision: This is a clear picture or statement of how I would feel, how I would look, and what I'd be doing if I were at my "best" (ex. I am energized, lighter and happier. I eat to fuel my body and move/play daily to feel my best. I take time to "smell the flowers" and notice the little things along the way.)

I am...

This wellness vision is important to me because...
Positive Emotions are a Vital Sign

“You tested positive for being negative.”
JOURNEY TO WELLNESS

- Multi-disciplinary team approach
- Personalized coaching
  - Wellness Vision
  - Associated SMART Goals

**Focus on Positivity**

- RD/Body Balance Program
- Health education/wellness seminars
- Unlimited facility access & Classes
- Online tracking/mentoring
- Progress reporting to referring MD
POsITIVITY SELF TEST

Name: ________________________________ Date: ________________________________

Take two minutes to complete the Positivity Self Test now. Your score provides a snapshot of how your emotions of the past day combine to create your positivity ratio.

Instructions: How have you felt in the past day? Look back over the past day (i.e., from this time yesterday up to right now). Using the 0-4 scale below, indicate the greatest degree that you've experienced of each of the following feelings.

0 = Not at all  1 = A little bit   2 = Moderately   3 = Quite a bit   4 = Extremely

What is the most:

<table>
<thead>
<tr>
<th>Feeling</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td>Amused, fun-loving, or silly you felt?</td>
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<td>Angry, irritated, or annoyed you felt?</td>
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<td>Ashamed, humiliated, or disgraced you felt?</td>
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<td>Awe, wonder, or amazement you felt?</td>
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<td>Contemptuous, scornful, or disdainful you felt?</td>
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<td>Disgust, distaste, or revulsion you felt?</td>
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<td>Embarrassed, self-conscious, or blushing you felt?</td>
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<td>Grateful, appreciative, or thankful you felt?</td>
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<td>Guilty, repentant, or blameworthy you felt?</td>
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<td>Hate, distrust, or suspicion you felt?</td>
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<td>Hopeful, optimistic, or encouraged you felt?</td>
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<td>Inspired, uplifted, or elevated you felt?</td>
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<td>Interested, alert, or curious you felt?</td>
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<td>Joyful, glad, or happy you felt?</td>
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<td>Love, closeness, or trust you felt?</td>
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<td>Proud, confident, or self-assured you felt?</td>
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<td>Sad, downhearted, or unhappy you felt?</td>
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<td>Scared, fearful, or afraid you felt?</td>
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<td>Serene, content, or peaceful you felt?</td>
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<tr>
<td>Stressed, nervous, or overwhelmed you felt?</td>
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</table>
Well-Springs Positivity Series

This ongoing series continues as we enter the holiday season to nurture your mental well-being and lift your spirits!

Please note that some classes have changed from Wednesday to Thursday.

OCTOBER 13: MINDFUL EATING WITH BARBI
12:00 pm and 5:30 pm - Bring your own meal to enjoy as Barb Wehber shares her favorite behavioral skills for nurturing a healthy balanced relationship with food... bite by bite. Call the Body Balance hotline at 212-947-8 to reserve your spot at the table. Conference Room 2.

OCTOBER 27: SIMPLIFY. SIMPLIFY. SIMPLIFY.
12:00 pm and 5:30 pm - Learn and share some simple ways to slow down and enjoy the things that really matter. Conference Room 1.

NOVEMBER 10: JOYFUL JOTTINGS
12:00 pm and 5:30 pm - Make November your most joyful month yet by journaling your way through each day with a focus on abundance. Bring your own notebook to get started. Conference Room 2.

NOVEMBER 30: ATTITUDES OF GRATITUDE
12:00 pm and 5:30 pm - Create a colorful collage to express the things you’re grateful for. Conference Room 3.

Series is free and open to the public. Preference will be given to our clinical members.
Call Deb (516) 507-9 to reserve your spot.
A 5:30 workshop is available upon request with a minimum of five.

Positively
Happy Hour!

Friday, November 4th from 12:30 PM – 1:30 PM

Join us in the Deli Area at The Summit. Listen to our guest speaker and enjoy healthy snacks (provided). Feel free to bring a sack lunch. Come have fun with us!

THE SUMMIT MEDICAL FITNESS CENTER
"Things to Try"

On your Journey to Wellness!

Complete 16 of the following and receive 4 Summit Guest Passes!

Check them off as you go!

Have fun!

☐ Circuit Training: Walk the Track and use the Resistant Machines
☐ Tai-Chi class – Deb Davis
☐ Wellness tracking (Exercise/steps, Food/water Journal, stress/sleep)
☐ Nutrition consult & Body Balance Program* – Barbi & Holly
☐ Nordic Walking 101 – Dr. Pam
☐ Walk With Ease Class – Christelle
☐ Pickle-ball league – Kyle
☐ Water classes/warm pool or cold pool! – Christelle
☐ Mindful Eating with Barbi
☐ Supermarket tours* – Holly
☐ Well-Springs! – focus on personal & social growth – Michele
☐ Cooking 101* – Holly
☐ Exercise Test/Balance Test – April
☐ Meet Someone (exercise buddy, new acquaintance...)
☐ Online Positivity (www.positivityratio.com)
☐ Attend Group Coaching – "Journey Together"
☐ Volunteer for program events (Pink me up ©)
☐ Next Steps Meeting
☐ 24 Check-ins
☐ Summit Book Club

* Additional fee
So; What About DIETS?
WEEKLY TEAM MEETINGS

Purpose:

• Attendance tracking
• Review caseload
• Troubleshoot challenges
• Team-building
• Brainstorm possibilities for:
  • Participant success
  • Retention
  • Positive outcomes
Let's Look at a Little Data!
Community medical fitness programs and health coaching are emerging trends in health care but very little information is available on the effects of combining the two. Fitness programs are generally acknowledged as beneficial; when health coaching is available and used regularly is there an enhanced program effect? **PURPOSE:** To determine the health impact of a coaching component integrated within a community-based medical fitness program. **METHODS:** Journey to Wellness (J2W) program enrollees \( (N = 1,306) \) were predominately female (76%; 24% male) aged 12-87 y \( (53.54 \pm 14.34) \). Over a 3-mo intervention, J2W emphasized exercise participation, offered nutrition counseling, community (social/emotional) events, and health coaching. Health coaches were trained using an 18-week educational program. Coaching participation averaged 4.4+2.5 sessions with 0-22 range and was analyzed at three levels (0-3; 4-6; 6+ sessions). Pre and post measures were Patient Health Questionnaire (PHQ), Lifestyle Nutrition Behavior (LNB), General Anxiety Disorder (GAD), Dartmouth Quality of Life (QoL), exercise minutes, weight, waist circumference, systolic and diastolic blood pressure. A series of 2x3 ANOVA were used to examine data after adjusting alpha. **RESULTS:** J2W intervention significantly \( (p < .01) \) improved all outcomes with > 250% increase in exercise minutes. Between 20-43.17% improvements were observed for health scores (PHQ, GAD, QoL) while LNB improved 7.5%, and biometrics (weight, waist, blood pressures) between 1-2.2%. Moreover, significant interactions \( (p < .01) \) indicated greater participation in health coaching further enhanced the J2W effect for PHQ and QoL (weight and GAD approached significance, \( p < .05 \) and < .1 respectively). **CONCLUSION:** By all accounts J2W was an extremely effective community wellness intervention. When participants participated regularly in health coaching the beneficial effects of this medical fitness program were enhanced. Health and wellness coaches working in conjunction with a medical fitness program provide a powerful community-based health intervention.
<table>
<thead>
<tr>
<th>Primary Diagnosis</th>
<th>N</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>53</td>
<td>4.06</td>
</tr>
<tr>
<td>Cancer</td>
<td>48</td>
<td>3.67</td>
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<tr>
<td>Cardiac Issues</td>
<td>53</td>
<td>4.06</td>
</tr>
<tr>
<td>Chronic Pain</td>
<td>181</td>
<td>13.85</td>
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<tr>
<td>Depression/Anxiety</td>
<td>27</td>
<td>2.07</td>
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<tr>
<td>Diabetes</td>
<td>44</td>
<td>3.37</td>
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<tr>
<td>Fibromyalgia</td>
<td>87</td>
<td>6.66</td>
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<tr>
<td>Hyperlipidemia</td>
<td>38</td>
<td>2.91</td>
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<tr>
<td>Hypertension</td>
<td>7</td>
<td>5.66</td>
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<td>Obesity</td>
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<td>20.73</td>
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<tr>
<td>Orthopedic</td>
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<td>Other</td>
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<td>21.65</td>
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<tr>
<td>Pre-Diabetes</td>
<td>103</td>
<td>7.88</td>
</tr>
<tr>
<td><strong>Total N</strong></td>
<td>1306</td>
<td>100%</td>
</tr>
</tbody>
</table>

**Gender**
- Female = 76%
- Male = 24%

**Age**
- 53.54 ± 14.34 years
- Range 12 – 87 years
Program Effect: before/after J2W (N = 1306)
Every outcome variable improved over time with J2W programming

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Pre</th>
<th>Post</th>
<th>Change (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DART (QOL)</td>
<td>24.98</td>
<td>19.51</td>
<td>-21.91</td>
</tr>
<tr>
<td>PHQ-9 (Depression)</td>
<td>8.06</td>
<td>4.58</td>
<td>-43.17</td>
</tr>
<tr>
<td>GAD-7 (Anxiety)</td>
<td>6.76</td>
<td>4.01</td>
<td>-40.62</td>
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<tr>
<td>Pain</td>
<td>4.52</td>
<td>3.83</td>
<td>-15.27</td>
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<tr>
<td>SBP</td>
<td>125.19</td>
<td>122.86</td>
<td>-1.86</td>
</tr>
<tr>
<td>DBP</td>
<td>77.95</td>
<td>75.97</td>
<td>-2.53</td>
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<tr>
<td>Weight</td>
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<td>204.88</td>
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<tr>
<td>BMI</td>
<td>34.16</td>
<td>33.60</td>
<td>-1.60</td>
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<tr>
<td>BF%</td>
<td>42.05</td>
<td>40.90</td>
<td>-2.73</td>
</tr>
<tr>
<td>Waist</td>
<td>41.77</td>
<td>40.52</td>
<td>-3.00</td>
</tr>
<tr>
<td>Ex min/wk</td>
<td>71.70</td>
<td>269.47</td>
<td>281.12</td>
</tr>
<tr>
<td>Positivity Ratio</td>
<td>2.67</td>
<td>4.05</td>
<td>51.55</td>
</tr>
<tr>
<td>NutrBeh</td>
<td>11.86</td>
<td>10.97</td>
<td>-7.51</td>
</tr>
<tr>
<td>NutrMind</td>
<td>1.73</td>
<td>1.18</td>
<td>-31.83</td>
</tr>
</tbody>
</table>

*p < .05
**p < .001
**Program Effect: before/after J2W (N = 1306)**

Every outcome variable improved over time with J2W programming

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Pre</th>
<th>Post</th>
<th>Change (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DART</td>
<td>24.98</td>
<td>+6.32</td>
<td>19.51 +5.88**</td>
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<tr>
<td>PHQ-9</td>
<td>8.06</td>
<td>+5.93</td>
<td>4.58 +4.40**</td>
</tr>
<tr>
<td>GAD-7</td>
<td>6.76</td>
<td>+5.84</td>
<td>4.01 +4.31**</td>
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<tr>
<td>Pain</td>
<td>4.52</td>
<td>+2.41</td>
<td>3.83 +2.29**</td>
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<tr>
<td>SBP</td>
<td>125.19</td>
<td>+17.74</td>
<td>122.86 +17.30**</td>
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<td>77.95</td>
<td>+12.05</td>
<td>75.97 +11.42**</td>
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<tr>
<td>Weight</td>
<td>209.39</td>
<td>+57.84</td>
<td>204.88 +55.09**</td>
</tr>
<tr>
<td>BMI</td>
<td>34.16</td>
<td>+8.67</td>
<td>33.60 +8.30**</td>
</tr>
<tr>
<td>BF%</td>
<td>42.05</td>
<td>+13.66</td>
<td>40.90 +9.38*</td>
</tr>
<tr>
<td>Waist</td>
<td>41.77</td>
<td>+7.37</td>
<td>40.52 +7.12**</td>
</tr>
<tr>
<td>Ex min/wk</td>
<td>71.70</td>
<td>+165.05</td>
<td>269.47 +255.31**</td>
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<td>+2.97</td>
<td>4.05 +3.66**</td>
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<td>+8.82</td>
<td>10.97 +9.63**</td>
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<td>NutrMind</td>
<td>1.73</td>
<td>+1.53</td>
<td>1.18 +1.53**</td>
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</table>

*p<.05  **p < .001
## CHANGE IN POSITIVITY ASSOCIATION WITH CHANGE IN CLINICAL AND BEHAVIORAL VARIABLES

<table>
<thead>
<tr>
<th>Variable</th>
<th>(+) Associated</th>
<th>(-) Associated</th>
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<tbody>
<tr>
<td>Exercise Min/Week</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Dartmouth</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>PHQ 9</td>
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<td>X</td>
</tr>
<tr>
<td>GAD 7</td>
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<td>X</td>
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<tr>
<td>DBP</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Body / Mindfulness</td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

(+) = Positivity goes up / Variable Score Goes Up  
(-) = Positivity goes up / Variable Score Goes Down  
**All Significant at 95% level of confidence**
Influence of Change in Positivity
several outcome variables improved during J2W as a function of changes in positivity

DART: $\{F(2,723) = 14.40, p < .001, \eta = .04\}$

PHQ9: $\{F(2,723) = 17.81, p < .001, \eta = .05\}$

GAD7 $\{F(2,723) = 18.35, p < .001, \eta = .05\}$

NutrMind $\{F(2,604) = 3.98, p < .05, \eta = .01\}$
Outcome Variables: Coaching Effect before / after J2W
JTW Participants with more coaching had better improvement in DART, PHQ-9 and GAD7
### Outcome Variables by Primary Diagnosis Presentation: before/after J2W

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>DART</th>
<th>PHQ-9</th>
<th>GAD-7</th>
<th>Pain</th>
<th>SBP</th>
<th>DBP</th>
<th>Wt</th>
<th>BMI</th>
<th>BF%</th>
<th>Waist</th>
<th>Ex/Wk</th>
<th>Pos</th>
<th>NutBeh</th>
<th>Mindf</th>
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<tbody>
<tr>
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<tr>
<td>Cardiac</td>
<td>**</td>
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<tr>
<td>Chronic Pain</td>
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<td>Depr/Anx</td>
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<td>Obesity</td>
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<tr>
<td>Orthopedic</td>
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<td>Pre-Diab</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>**</td>
</tr>
</tbody>
</table>

**Note.** $p < .01^{**};$  $p < .05^{*};$  $p < .10^{t}$
COMING CELEBRATE your JOURNEY

Well being for all.

Over a year ago you graduated from the Journey to Wellness program. We saw some amazing results during those three months. Now we would like to hear your perspective and gather basic information on whether the program truly led to positive lifestyle changes. It will only take 30–45 minutes, but we hope you’ll stick around, enjoy some snacks and catch up with the Journey to Wellness staff!

What is in it for you? Each attendee will receive:
- FREE cholesterol screen
- FREE Bioplex balance assessment
- FREE in-body composition measurement
- Two guest passes for The Summit
- A chance to win raffle prizes

When:
Wednesday, October 15th, 4:30–6:30 p.m. or
Wednesday, October 22nd, 11:30 a.m.–1:30 p.m.

Where: The Summit conference room #3

RSVP: 751-4106

THE SUMMIT MEDICAL HYPNOSIS CENTER
255 Summerville Lane, Cottonwood, MT 59822
Office: 751-4106 - www.summitwellnessmt.com
<table>
<thead>
<tr>
<th>Outcome</th>
<th>Pre-program</th>
<th>Post-program</th>
<th>Post-One Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positivity</td>
<td>2.66</td>
<td>3.91</td>
<td>3.47</td>
</tr>
<tr>
<td>PhQ - 9</td>
<td>7.95</td>
<td>4.71</td>
<td>5.35</td>
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<tr>
<td>GAD - 7</td>
<td>6.60</td>
<td>4.14</td>
<td>3.41</td>
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<tr>
<td>PAIN</td>
<td>4.37</td>
<td>3.88</td>
<td>3.89</td>
</tr>
<tr>
<td>Exercise (min/wk)</td>
<td>81.96</td>
<td>287.85</td>
<td>222.23</td>
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<tr>
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<td>24.37</td>
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<td>BMI</td>
<td>42.28</td>
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<tr>
<td>BF %</td>
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<td>1.50</td>
<td>1.01</td>
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<tr>
<td>SBP</td>
<td>124.74</td>
<td>212.94</td>
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<tr>
<td>DBP</td>
<td>77.54</td>
<td>75.46</td>
<td>76.47</td>
</tr>
</tbody>
</table>

One Year Post Data: n = 76; (47 SMFC memberships)
Here's how JOURNEY TO WELLNESS is positively impacting your patients!

Over 1,000 people have participated in the program. Here are the outcome changes (based on a 95% level of significance):

**INCREASE**
- Exercise in minutes per week
- Positivity (Positive correlation)
- Healthy dietary habits
- Body image (quest)
- Quality of life (quest)
- Depression (PHQ-9)
- Anxiety (GAD7)

**DECREASE**
- Pain perception
- SBP
- DBP
- Waistline

See brochure for program details.

Let us help your patients reach their goals. Call us today! 751-4106

Well-being for all

THE SUMMIT
MEDICAL FITNESS CENTER

209 Riverside Lane, Keeseville, NY 12944
438-751-4106; www.summithealthcenter.com
COMPARISON OF MEANS BETWEEN COMPLETERS AND NON-COMPLETERS
TOTAL REFERRALS THROUGH NOVEMBER 2013 = 919

<table>
<thead>
<tr>
<th>Participant/Program Variable</th>
<th>Completers</th>
<th>Non-Completers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
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<td>49.8</td>
</tr>
<tr>
<td>Dartmouth</td>
<td>24.5</td>
<td>27.2</td>
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<td>PHQ-9</td>
<td>7.8</td>
<td>9.9</td>
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<tr>
<td>GAD 7</td>
<td>6.5</td>
<td>8.2</td>
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<tr>
<td>Pain</td>
<td>4.4</td>
<td>5.5</td>
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<tr>
<td>Positivity</td>
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<td>1.9</td>
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<td>216</td>
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<tr>
<td>Visits</td>
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<td>9.2</td>
</tr>
</tbody>
</table>

*Significant @ 95% Level N = 688 N = 231*
Top Reasons for Non-Completions:
1. Unable to reach participant
2. Health issues, physical/emotional
3. Family Hardship (divorce, death in family, caregiver status)
4. Price of gas / loss of work
5. Participant moved out of the area
“WE MAKE A LIVING BY WHAT WE GET;
WE MAKE A LIFE BY WHAT WE GIVE”

SIR WINSTON CHURCHILL