Engaging the Medical Community in the Walking Movement
PA Vital Sign;
Promoting PA in Clinical Practice

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Every Body WALK!
The Campaign to Get America Walking

Exercise is Medicine

Kaiser Permanente
America’s Healthcare System is Broken
Health care spending has grown much faster than the rest of the economy in recent decades.

Sources: McKinsey, "Accounting for the Cost of U.S. Health Care" (2011), Center for American Progress

THE HUFFINGTON POST
U.S. Healthcare Spending Compared to Other Industrialized Countries

The U.S. spends more on health care than other industrialized countries.

- Per capita spending
- (Percentage of GDP)

Australia: $3,800 (8.9%)
Canada: $4,522 (11.2%)
Denmark: $4,448 (10.9%)
France: $4,118 (11.6%)
Germany: $4,495 (11.3%)
Netherlands: $5,099 (11.9%)
New Zealand: $5,669 (9.3%)
Norway: $5,643 (11.0%)
Sweden: $3,925 (9.5%)
Switzerland: $3,405 (9.4%)
United Kingdom: $3,182 (10.3%)
United States: $8,508 (17.7%)

Notes: Data is from 2011 or nearest year. Netherlands spending measured as current expenditure. New Zealand numbers exclude investments.
Source: OECD Health Data 2013

THE HUFFINGTON POST
U.S. Healthcare Ranked Worst in the Developed World

The U.S. ranks worst among 11 wealthy nations in terms of efficiency, equity and outcomes.

from physicians and patients.

Although the U.S. has the most expensive health care system in the world, the nation ranks lowest in terms of "efficiency, equity and outcomes," according to the report. One of the most piercing
U.S. Healthcare Ranked Worst in the World Among Wealthy Countries

- 2014 Commonwealth Fund ranked healthcare systems in 11 wealthiest countries in the world.

- 1. United Kingdom
- 2. Switzerland
- 3. Sweden
- 4. Australia
- 5. Germany
- 6. Netherlands
- 7. New Zealand (tied)
- 8. Norway
- 9. France
- 10. Canada
- 11. United States (tied)
WHO World Report 2000
Ranking of World Healthcare Systems

1. France
2. Italy
3. San Marino
4. Andorra
5. Malta
6. Singapore
7. Spain
8. Oman
9. Austria
10. Japan
11. Norway
12. Portugal
13. Monaco
14. Greece
15. Iceland
16. Luxembourg
17. Netherlands
18. United Kingdom
19. Ireland
20. Switzerland
21. Belgium
22. Colombia
23. Sweden
24. Cyprus
25. Germany
26. Saudi Arabia
27. UAE
28. Israel
29. Morocco
30. Canada
31. Finland
32. Australia
33. Chile
34. Denmark
35. Dominica
36. Costa Rica
37. USA
38. Slovenia
39. Cuba
40. Brunei
Healthcare Spending per capita vs. Average Life Expectancy

![Graph showing the relationship between healthcare spending per capita and average life expectancy across different countries. The graph includes points for USA, Japan, S. Korea, Mexico, Hungary, and UK, with a linear trend line indicating a positive correlation.](image-url)
Do we get what we pay for?

- Aldo Gucci; Fashion Icon
  - "You get what you pay for."
  - "The bitterness of low quality is remembered long after the sweetness of low price has faded."

- But when it comes to healthcare, Americans get neither high quality or low price!
# U.S. Prices of Medical Procedures
Highest in the World

US prices for certain procedures are much higher than in other OECD countries

(US dollars, 2007)

<table>
<thead>
<tr>
<th>Procedures</th>
<th>AUS</th>
<th>CAN</th>
<th>DEU</th>
<th>FIN</th>
<th>FRA</th>
<th>SWE</th>
<th>USA</th>
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</thead>
<tbody>
<tr>
<td>Appendectomy</td>
<td>5 044</td>
<td>5 004</td>
<td>2 943</td>
<td>3 739</td>
<td>4 558</td>
<td>4 961</td>
<td>7 962</td>
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<tr>
<td>Normal delivery</td>
<td>2 984</td>
<td>2 800</td>
<td>1 789</td>
<td>1 521</td>
<td>2 894</td>
<td>2 591</td>
<td>4 451</td>
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<tr>
<td>Caesarean section</td>
<td>7 092</td>
<td>4 820</td>
<td>3 732</td>
<td>4 808</td>
<td>5 820</td>
<td>6 375</td>
<td>7 449</td>
</tr>
<tr>
<td>Coronary angioplasty</td>
<td>7 131</td>
<td>9 277</td>
<td>3 347</td>
<td>5 574</td>
<td>7 027</td>
<td>9 296</td>
<td>14 378</td>
</tr>
<tr>
<td>Coronary artery bypass graft</td>
<td>21 698</td>
<td>22 694</td>
<td>14 067</td>
<td>23 468</td>
<td>23 126</td>
<td>21 218</td>
<td>34 358</td>
</tr>
<tr>
<td>Hip replacement</td>
<td>15 918</td>
<td>11 983</td>
<td>8 899</td>
<td>10 834</td>
<td>11 162</td>
<td>11 568</td>
<td>17 406</td>
</tr>
<tr>
<td>Knee replacement</td>
<td>14 608</td>
<td>9 910</td>
<td>10 011</td>
<td>9 931</td>
<td>12 424</td>
<td>10 348</td>
<td>14 946</td>
</tr>
</tbody>
</table>

*Source: Koechlin et al. (2010).*
A pill for every ill

- Elderly are particularly at risk.
  - 65-69 yrs. on average take 14 prescriptions per year.
  - 80-84 yrs. on average take 18 prescriptions per year.

- Is this really good medicine?
  - Medication related problems among top causes of death in seniors.
  - 28% of hospitalizations among seniors due to adverse drug reactions.
  - 32K seniors suffer hip fractures due to medication related falls.
  - Prescription narcotics kill more people the cocaine and heroin combined!
“You’ve got six months, but with aggressive treatment we can help make that seem much longer.”
Can We Trust Our Evidence Base?

- “A lot of what is published is incorrect.” …much of the scientific literature, perhaps half, may simply be untrue.”
- “Corruption is “endemic” in science, and much of the scientific literature may simply be lies”.
  — Dr Richard Horton; June 2015 EIC The Lancet.

Editors of world’s most prestigious medical journals say much of scientific literature may be false

Lancet and the New England Journal of Medicine are the two most prestigious medical journals in the world. Stunningly, their chief editors admit that corruption is “endemic” in science, and that much of the scientific literature may simply be lies.
“The pharmaceutical industry has gained enormous control over how doctors evaluate and use its own products.”

“Instead of promoting drugs to treat diseases, they have begun to promote diseases to fit their drugs.”

— Dr. Marcia Angell; Jan 2009

EIC NEJM
“A MUST-SEE! ‘AN INCONVENIENT TRUTH’ FOR THE HEALTHCARE DEBATE.”

A FILM BY MATTHEW HEINEMAN & SUSAN FROEMKE

ESCAPE FIRE
THE FIGHT TO RESCUE AMERICAN HEALTHCARE

Awards:
Winner - Documentary Feature Film, Sundance Film Festival
Winner - Audience Award: Director Grand Jury Prize, Sundance Film Festival

Baby Boomers

WWII Generation

Age 65
The Coming Healthcare Tsunami; Aging Trend of US Population; 2000 and beyond

- Gen X & Y
- Baby Boomers

Age 65
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
Irrefutable Evidence for Exercise in the Primary and Secondary Prevention of:

- Diabetes mellitus
- Cancer (breast and colon)
- Hypertension
- Depression
- Osteoporosis
- Dementia
- Coronary Artery Disease
- Lower death rate from all causes
Exercise is a wonder Drug
Physicians should prescribe; Patients should take!

- **Exercise is Medicine** that can prevent & treat chronic disease and those who take it **LIVE LONGER**.

- Imagine a pill that conferred the proven health benefits of exercise.
  - Physicians would surely prescribe it to every patient.
  - Healthcare systems would surely pay for it and make sure every patient had access to this wonder drug.
“Physical inactivity is the major public health issue in this country”

ACSM Annual Meeting
Orlando, Florida; May 30, 2014
What Can We Do as Healthcare Providers?

- Include a Walking Prescription in all treatment plans:
  - Every patient; Every visit;
  - Every Specialty.

- Use an Exercise Vital sign to remind all patients to get 30 min of walking on 5 or more days per wk.

- Message should be the same from every healthcare provider.

- We must begin to merge fitness with healthcare.
PA as a Vital Sign

- Essential first step in promoting PA to patients.
  - Every patient needs to be asked about their exercise habits at every visit.
  - Record with traditional vital signs, BMI and smoking hx.

- EVS in use at KP So Cal since October 2009; All regions since 2012.
  - 35 Medical Centers; ~10 million patients.
  - Medical assistant ask and record EVS at every patient visit, regardless of specialty.
What Can Busy Physicians Do to Encourage Physical Activity?

0 Minutes:

Running late? Too many other concerns on the patient’s list? Relax! Plan to 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 150 minutes or more of moderate or greater 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.
Write a walking Rx for patients!

Name: John W. Smith  Age: 30

Walking Rx

Date: __________

Recommended activity level: Moderate

Minutes per day: 30 minutes

Number of days per week: 5 or more

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: Robert Sallis, MD

Every Body Walk!

www.everybodywalk.org
What Can Busy Physicians Do to Encourage Physical Activity?

⏰2 Minutes for a Prescription:

１. Review key messages about the importance of physical activity.
２. Offer a generic Exercise Prescription.
３. Suggest useful resources (e.g. pedometer, community resources, chair exercise DVDs and videos, fitness professional).

⏰5 Minutes for Brief Counseling:

１. Assess readiness for change regarding exercise habits.
２. 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.
３. Explain in detail how exercise can affect diseases they have or are at risk for and how they can go about incorporating it into their life.
Benefits of walking in the treatment and prevention of chronic disease are irrefutable.

Physicians have a responsibility to assess walking habits, inform patients of risk and prescribe walking.
  - An Exercise Vital Sign is an easy way to bring a discussion on walking into the exam room.
  - Walking should be used as the first line treatment for most medical conditions.
  - Even brief advice can have a significant affect.

Walking is a drug that all patients need to take! What can you do to help make that happen?
Kaiser Permanente – Thrive
“Find Your Thing”