

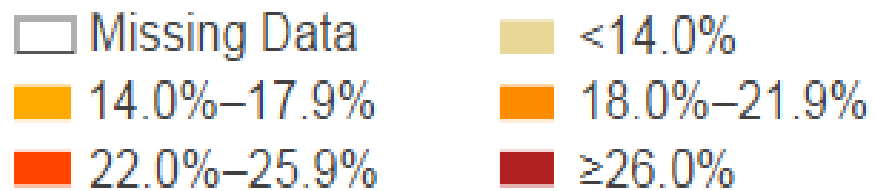
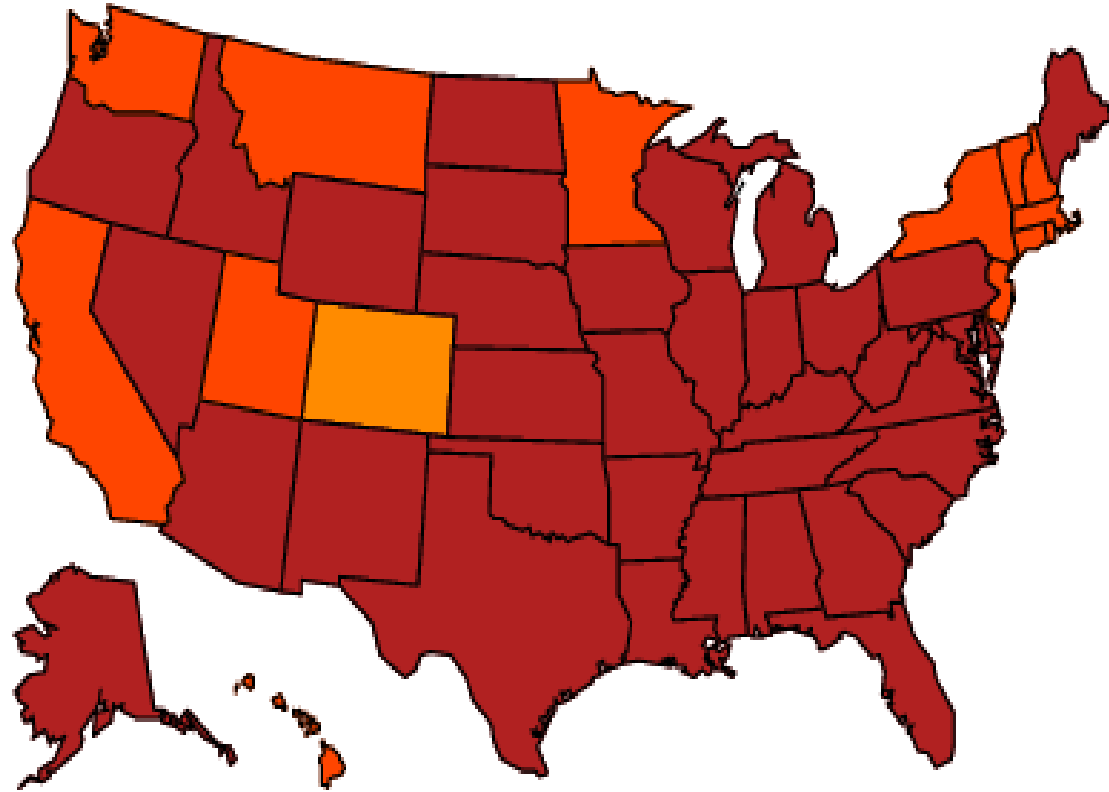
Physical Wellbeing: The Overlooked Element in Case Management

Justin Alexander, MPH
The Wellness Coalition

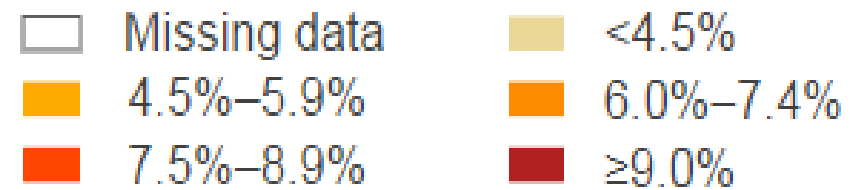
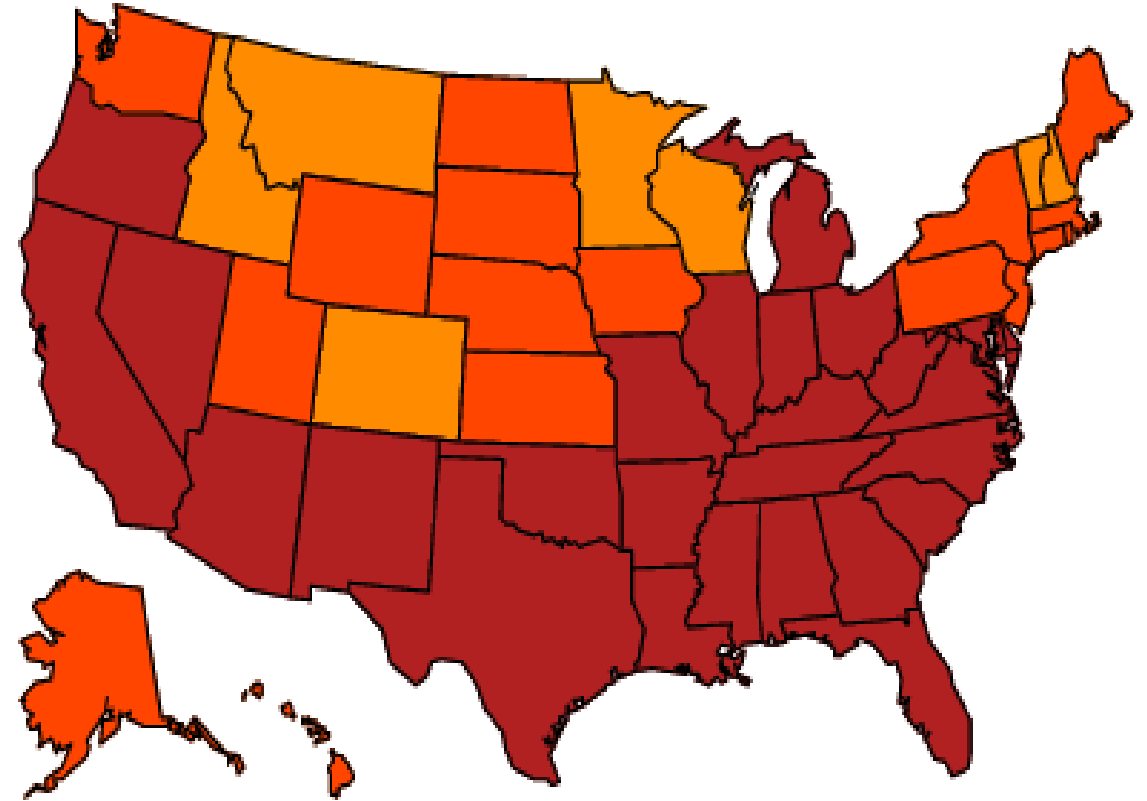
The Health Status of America

2015

Obesity (BMI ≥ 30 kg/m²)



Diabetes



United States Statistics

68.8%

- Percent of Adult Americans who are either overweight or obese.

35.7%

- Percent of adult Americans who are obese

\$147-210 Billion

- Costs associated with Obesity in America

29%

- Percent of Adult Americans how have high blood pressure

300,000

- Estimated number of annual deaths associated with obesity

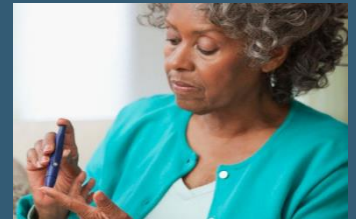
The Health Status of Alabama

Diabetes in Alabama

≈420,000



≈698,000



Hypertension in Alabama

≈ 1,775,000



≈ 1,931,000



Obesity in Alabama

≈ 1,721,616

≈ 1,736,100

x16



How did we
get here?

Individual Well-being



Career Well-being



Social Well-being



Financial Well-being



Community Well-being



Physical Well-being

Physical Well-Being

A state of physical well-being is not just the absence of disease.

- Positive lifestyle behavior choices to ensure health
- Avoid preventable diseases and conditions
- Live in a balanced state of body, mind, and spirit

Proper Nutrition

Sufficient Sleep

Reduce Smoking

Reduce Alcohol Consumption

Increase Meditation

Increase Physical Activity

How did we get here?



Career

Financial

Community

Social

Overweight



Self-conscious



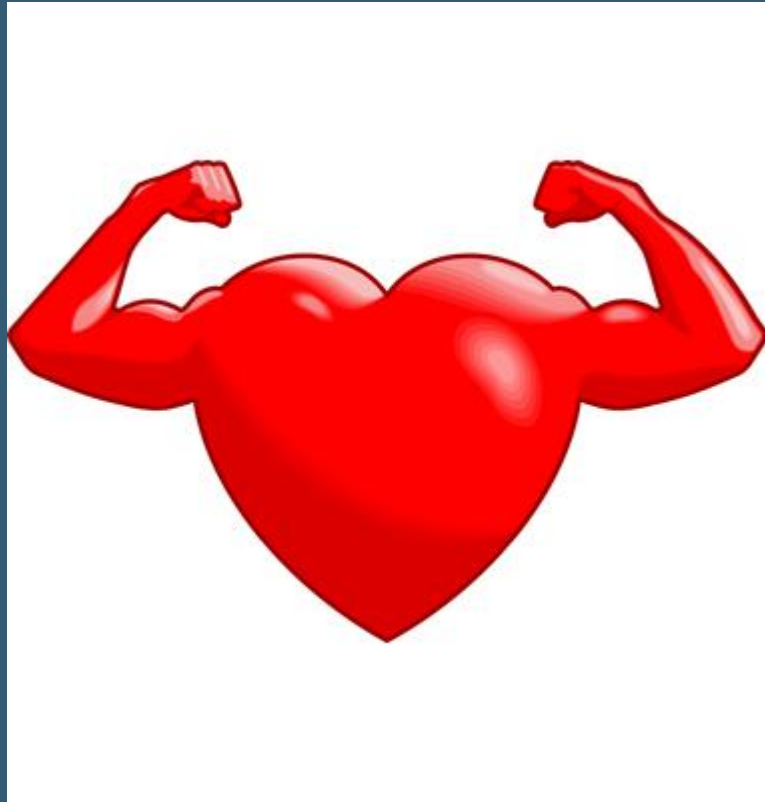
Ridiculed by coworkers



Becoming Unproductive



Health Benefits



- Lowers blood pressure
- Decreases resting heart rate
- Increase vascularity
- Utilizes carbs for muscle energy
- Balances caloric intake
- Builds physical fitness

Mental Benefits



- Reduce Stress
- Reduce anxiety and depression
- Prevent cognitive decline
- Sharpen memory
- Help control addiction
- Improve self-confidence
- Inspire others & creativity

Social Benefits



- Spend time with family/friends
- Involvement in the community
- Meet new people
- Foster special bonds
- Sense of belonging in the community

How did we get here?

Social
Inequalities

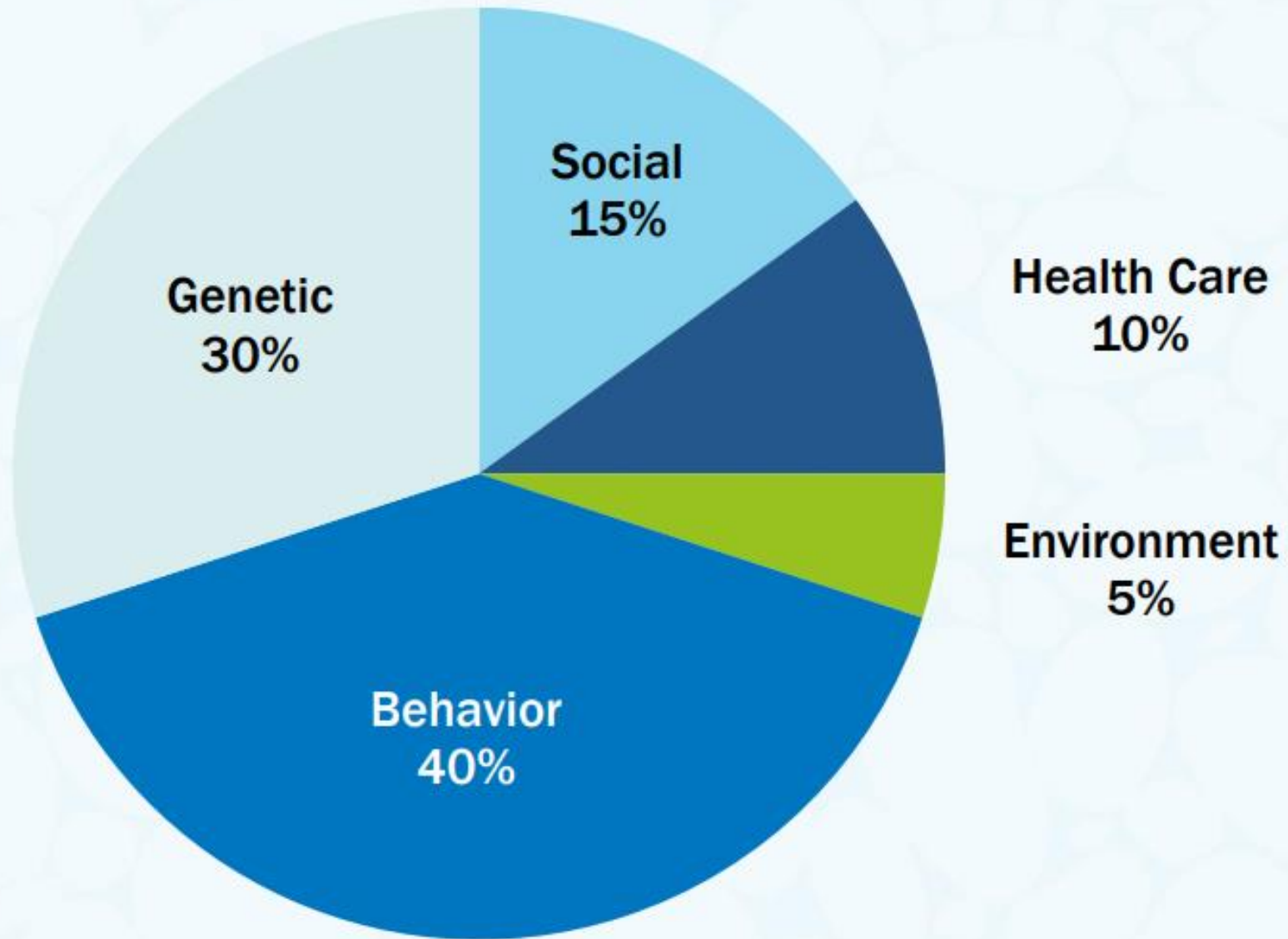


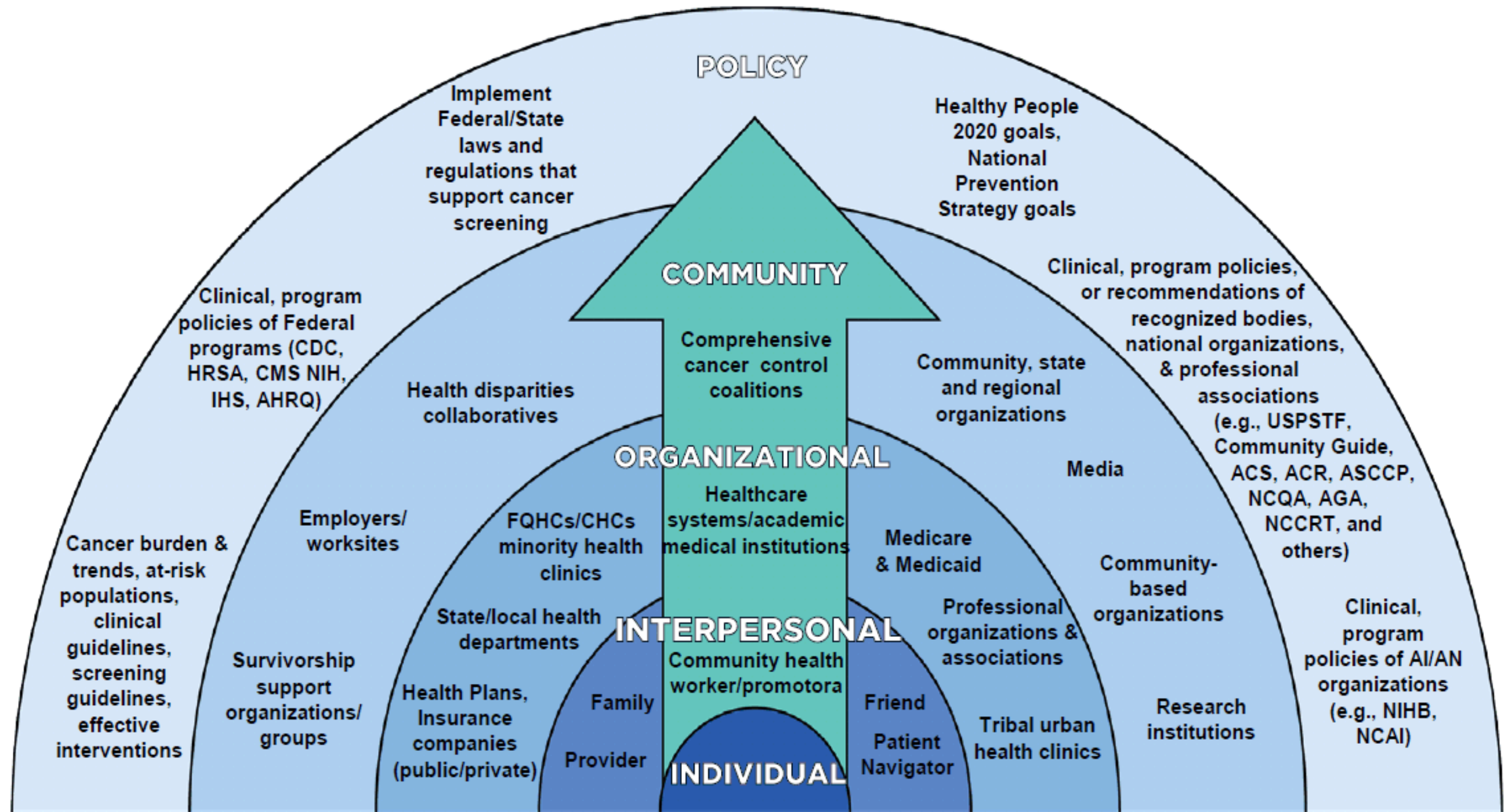
Health
Disparities



Physical
Well-being

Determinants of Health





*Some groups may fit within multiple levels of this model.

**What do we
do now?**

What do we do now?

Complete
Understanding

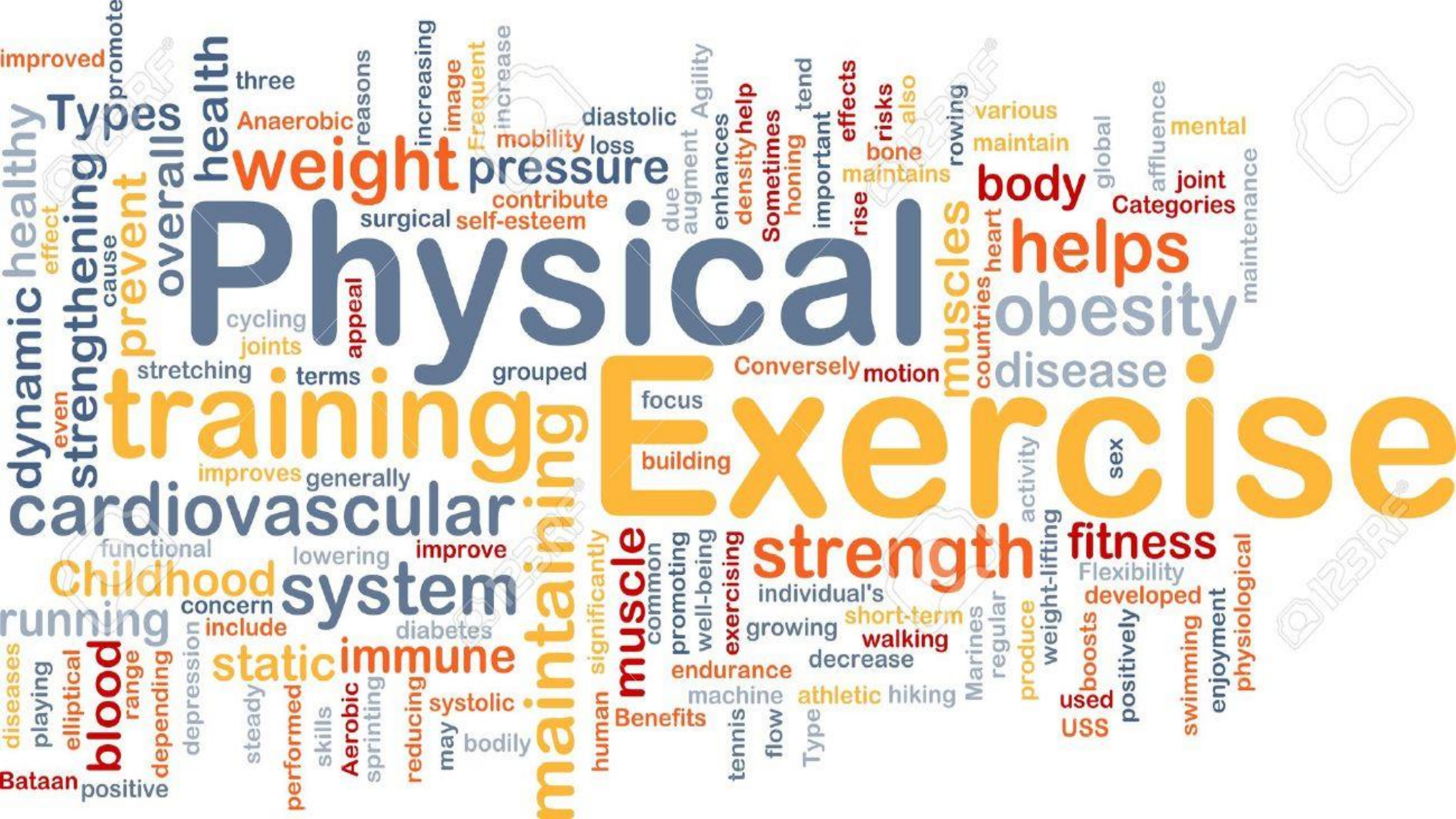
Setting goals

Overcoming
Barriers

Misconceptions

Lack of Complete Understanding





150

Physical Activity Guidelines for Americans

For substantial health benefits, adults should do at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity. Aerobic Activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week. Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

-[Health.gov/PAguidelines](https://www.health.gov/PAguidelines)

Physical Activity Guidelines



150
minutes of
moderate
intensity
activity

10 minute
episodes

$220 - 25 (\text{age}) = 195 \text{ beats per minute (bpm)}$

50% level: $195 \times .50 = 97 \text{ bpm}$

70% level: $195 \times .70 = 136 \text{ bpm}$

Moderate Intensity level would be between
97 bpm to 136 bpm



Physical Activity Guidelines



2 days
of
strength
training



Flexibility
Training



Barriers to Participation



Financial Constraints



Lack of Motivation



Lack of skills



Lack of time



Traveling all the time



Lack of local facilities

Barriers to Participation



Health Problems



Self-consciousness
about body



Family Obligations



Fear of Injury



Previous bad
experience



Religious restrictions

Goal Setting

F

Frequency

I

Intensity

T

Time

T

Type

Goal Setting

Frequency

5 to 6
times per
week

Intensity

Moderate

Time

15 to 60
minutes

Type

Jogging

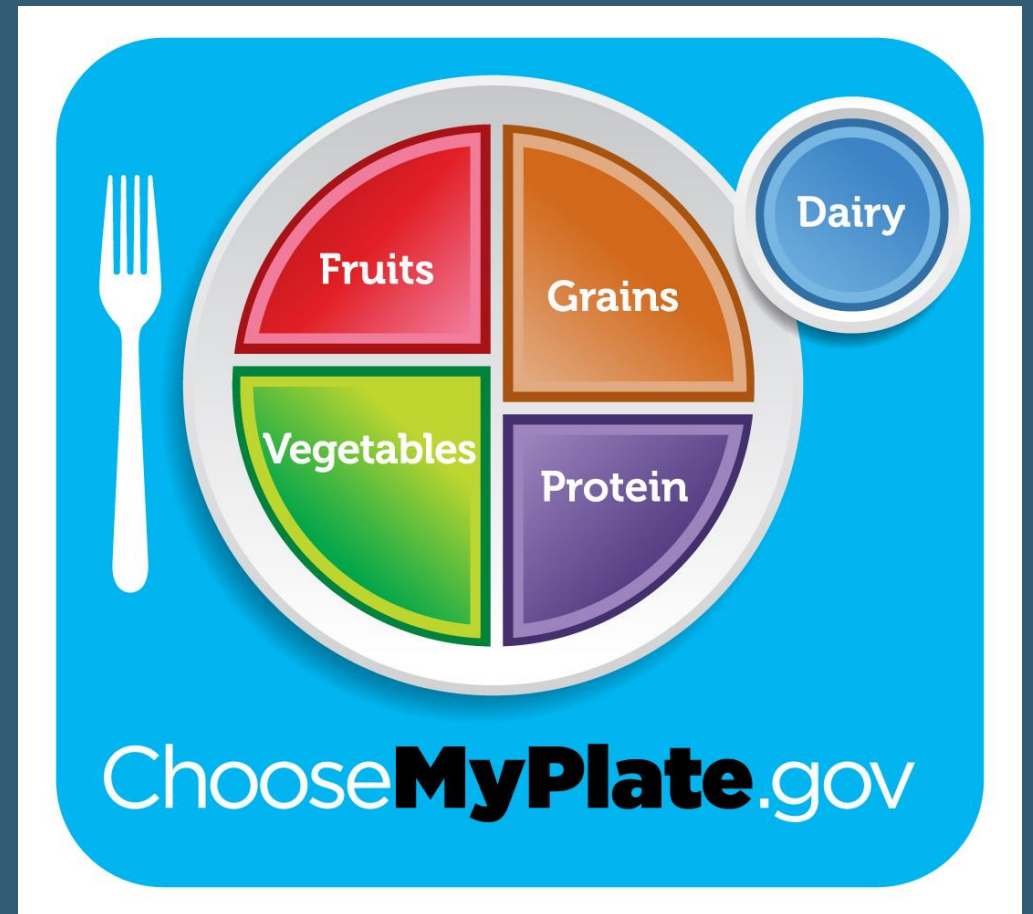
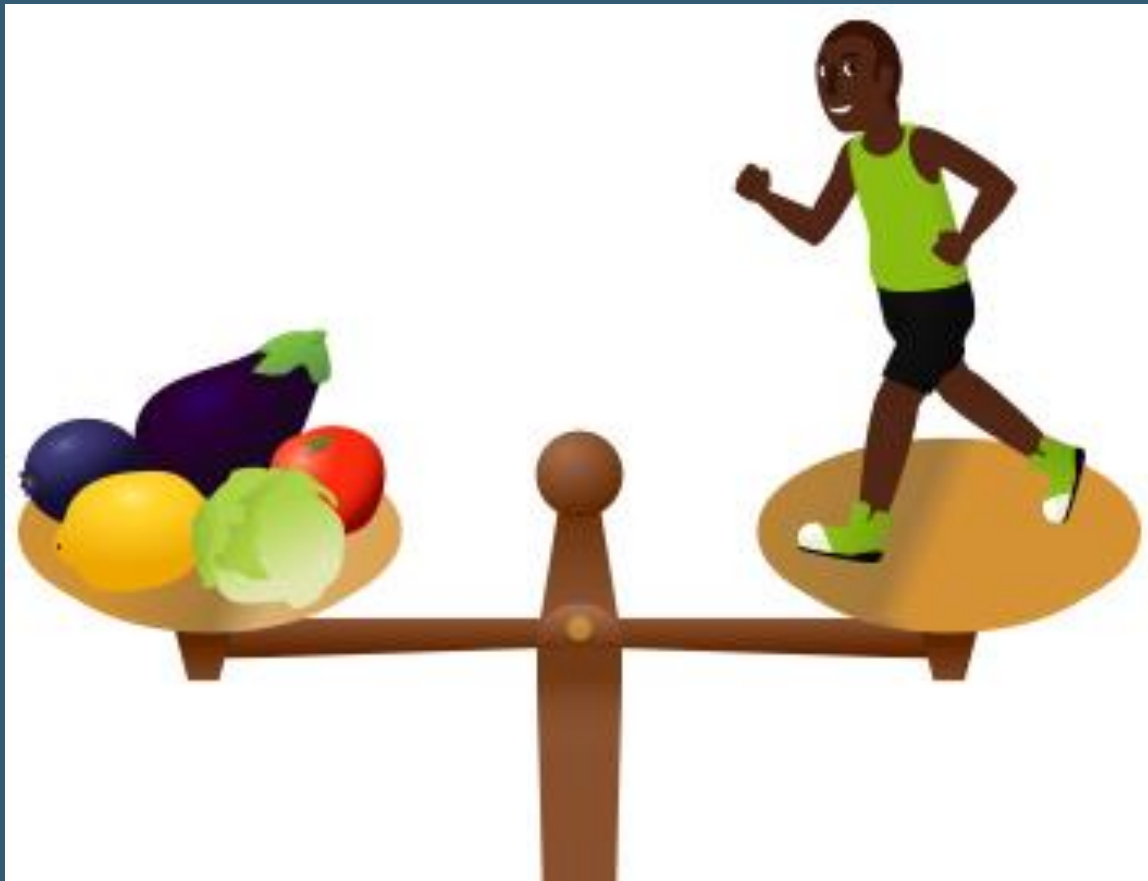
Myth: Physical activity and exercise are the same thing



Myth: Physical inactivity will turn muscles into fat



Myth: Because I am active, I can eat whatever I want



Myth: I have to go the gym to Exercise



Myth: There is no point of exercising, if I can not meet the PA guidelines



Myth: I will only see benefits of being active after a few weeks

	Short-term	Medium-term	Long-term
Increase	<ul style="list-style-type: none">• Mood & energy• Self-esteem• Sleep• Concentration• Good Cholesterol• Calories used	<ul style="list-style-type: none">• Muscle strength• Bone & Joint Strength• Balance & Posture• Heart Health• Insulin Sensitivity	<ul style="list-style-type: none">• Quality of life and overall well-being• Your Independence• How long you live
Decrease	<ul style="list-style-type: none">• Stress• Depression• High Blood Sugar• Bad Cholesterol• Blood Pressure	<ul style="list-style-type: none">• Body Weight & Body Fat• Joint Pain & Swelling• Falls• Bad Cholesterol	<ul style="list-style-type: none">• Heart Disease• Osteoporosis Dementia• Certain Cancers

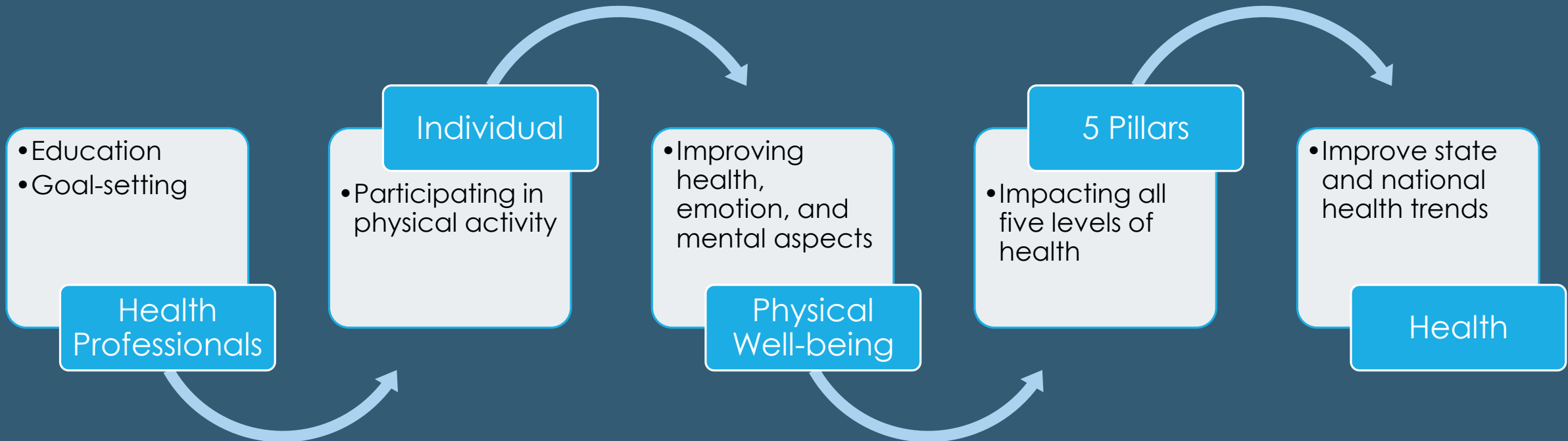
Myth: If I do not feel sore or sweaty, that means I did not have a good workout



**Toughest Barrier to
overcome is....**

YOURSELF

Big Picture



**What will you
do?**