Focusing on the Solution
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How are we doing?

1988-2006
ADHERENCE TO HEALTHY LIFESTYLE HABITS

<table>
<thead>
<tr>
<th></th>
<th>1988</th>
<th>2006</th>
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<tbody>
<tr>
<td>BMI (&gt;30)</td>
<td>28%</td>
<td>36%</td>
</tr>
<tr>
<td>Physical Activity (12+/month)</td>
<td>53%</td>
<td>43%</td>
</tr>
<tr>
<td>Smoking</td>
<td>27%</td>
<td>26%</td>
</tr>
<tr>
<td>Eat 5 fruits/veggies/day</td>
<td>42%</td>
<td>26%</td>
</tr>
<tr>
<td>Moderate alcohol use</td>
<td>40%</td>
<td>31%</td>
</tr>
<tr>
<td>Adherence to health behaviors</td>
<td>15%</td>
<td>9%</td>
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Significant racial disparities persist...that may contribute to an increased risk for premature cardiovascular disease.

(Cummings et al., 2010)

Significant differences between socioeconomic groups were found on the following dependent variables: percent fat, mile run, activity level, and perceived barriers to exercise.

(Fahlman, Hall, & Lock, 2006)

How have we done?

Meaning??

- These results suggest that minority and low socioeconomic groups should be given separate and different interventions....
- Is that possible (more costs/resources)???
- Could we extend a poorly working system?

Surgery vs. Lifestyle Change

- Costs: $20k to 100,000 vs. About <$1000
- Results:
  - Recurring symptoms vs. Better health
  - No control vs. Control

Simpson-Bowles deficit Commission

- Biggest problem health care spending
- US HealthCare Spend 2x other developed Countries
- Worse results
- 25-50 Countries better (i.e. Life expectancy, infant mortality)

Access to Good Care

Bypass in 2004

- 2 STENTS IN 2010
  - ...AFTER SURGERY FOR TWO STENTS, CLINTON SAYS HE DECIDED HE HAD TO DO SOMETHING.
  - "I ESSENTIALLY CONCLUDED THAT I HAD PLAYED RUSSIAN ROULETTE!"

Doctors Explain Clinton's Healthy Changes

Surgery vs. Lifestyle Change

- Cost: $20k to 100,000 vs. About <$1000
- Results:
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What can we do??

- Biggest problem health care spending
- US HealthCare Spend 2x other developed Countries
- Worse results
- 25-50 Countries better (i.e. Life expectancy, infant mortality)

Summary: Health care focus of symposium

- The theme was clear:
  - The law will require changes
  - Quality, not quantity, will be the new buzz
  - More transparency; more accountability
  - Consequences, based on patient outcomes

SATURDAY, January 14, 2012: 'The buck stops here' - Collaboration, quality to be key under health reform

Work together, coordinate care, improve quality for law of 2014

"We have to engage. It's not about coming to a meeting and talking."

What determines how fast a ship moves?

Focus

- Ship Designer - Determines ability to move
- What is our design?
- Is a better one available?

ReFocus

- Populations who do not get same quality of care
  - Showcase successful programs that produce positive health outcomes
  - Focus on solutions that close gaps

Need to Focus on:

- Might there be another way?

Seeing problem out there is problem

Problem Solving is not the Answer

Might there be another way?
Desire Improvement

or +3
Quality of Life
Status Quo
or 0
Kind of...
Actually not worse

Problem Solving is Not Enough!

What do we want?
Increase in access to care???

I SAY

What do we want?
We want better health for all

Transformation Required
Transformation - to go through a dramatic change in form, appearance or character

Transformation Required
“Insanity, doing the same thing over and over expecting different results.” - Albert Einstein

New Thinking Required

We can’t forget!
Health, as defined in World Health Organizations Constitution (1948)

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Brief Evolution

Process of Pathogenesis

Scientific Explanations:

• Guided by Pathogenesis
• The Origins of Disease
• Resultant thinking
• Health = Absence of Disease
• Is it?

Traditional Objectives

Evolved Positive Health Focus as Outcome

My Understanding of Health's Evolution

Evolutionary Progress

As continually improve health, a better life is enabled and prevention just happens.

Value of adding a positive!

Can we see health differently?

• Currently: Health is the absence of disease
• Guide: Pathogenesis - disease origins
• Need: See health as the presence of well-being
• New concern? Causes of health...

Positive & Negative Health exist simultaneously!

Evolved Positive Health Focus as Outcome

Evolved Positive Health Focus as Outcome

Evolved Positive Health Focus as Outcome
We can Train Ourselves to Get Health Differently

- What's Required? - Deliberate Practice
- A Theoretical Guide
- Evidence that it works!
- Series of Positive Health Practices

The Theoretical Guide

- Theory are Predictions
- Salutogenesis - study of health’s origins
- Aaron Antonovsky, developed salutogenesis
- Origins or creation of health
- Study of Holocaust survivors
  - Must be health causing factors
- Using Salutogenesis with health

Parts of Health

Saw health as having 2 parts:

PART I = Positive Health
PART II = Negative Health

Salutogenesis

Pathogenesis studies origins/cause of disease
Salutogenesis studies the origins/causes of Health

Pathogenesis Assumptions
- Start Point= Disease/Problem
- About Avoiding Problems
- Reactive - Absence Disease
- Disease/Problem is an anomaly
- Idealistic - Treated Disease
- Against pain or Loss
- Prepare one to live
- About not falling back
- Avoid Getting Worse
- End Point = Measured Gain
- Minimized Problems

Salutogenesis Assumes
- Start Point= Health/Potential
- About Approaching Potential
- Proactive - Presence of Health
- Inherently poised, entropic
- Realistic - Go Get Health
- For Gain or Growth
- Discover how to live fully
- About How to move Forward
- Continuous Improvement
- Progress Pt = Measured Gain
- Optimized Potential

Salutogenic Objectives

- Creativity
- Happiness
- Enthusiasm
- Laughter
- Well-Being
- Joy
- Excitement
- Hope

Interdependent Focus Areas

Address simultaneously to create salutogenic environment...

- Knowledge, Attitude, and Perceptions
- Personal Skills and Resources

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Health Not Created at Doctors Office

- Environments should nurture, encourage, support and reinforce health promotion

- Physical - incorporate
- Social - use interactions
- Intellectual - help people learn
- Environmental - make healthier
- Occupational - make fulfilling
- Spiritual - common good
- Emotional - provide reasons

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Pathogenic + Salutogenic

Allows for more effective Health Services

My Emphasis

Neglected Positive Side

...or health’s better half

Complete state of physical, mental and social well-being

This is the presence of Health

New Thinking...

What determines how fast a ship moves?

- Ship Designer - Determines ability to move
- Pathogenesis is the design of health efforts!
- Salutogenesis Provides a new design!

Thank You

???Questions???

Comments...