

Open Source Wellness: Health, Powered by Connection



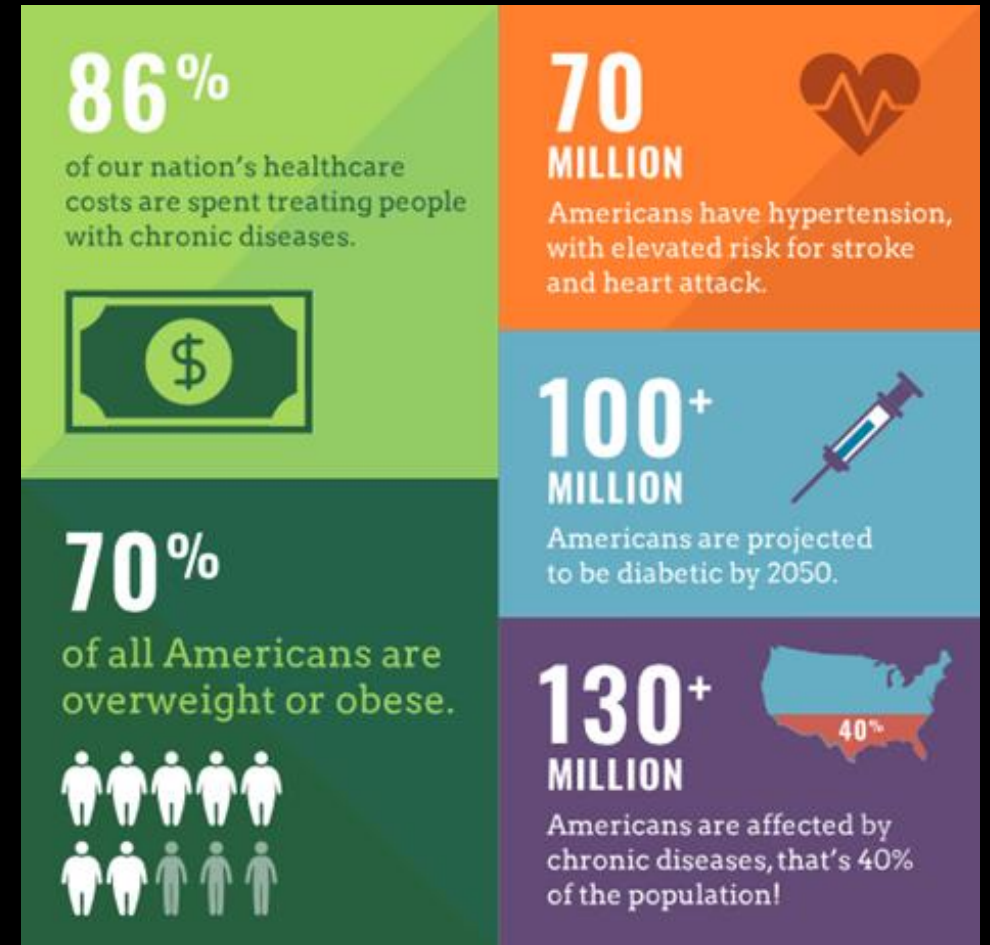
Dr. Elizabeth Markle
Dr. Ben Emmert-Aronson



Things you already know:

Chronic, Progressive, and Preventable health conditions are driving human suffering and skyrocketing health costs.

- Depression
- Diabetes
- Obesity
- Cardiac Disease
- Social Isolation





“Exercise More!”

“Eat Better!”

“Reduce your Stress!”

“Get some social support!”

“GOOD LUCK WITH THAT,
I’LL SEE YOU IN 6 MONTHS!”



The Behavioral Pharmacy

PHYSICAL
ACTIVITY



MOVE

HEALTHY
MEALS



NOURISH

SOCIAL
SUPPORT



CONNECT

STRESS
REDUCTION



BE

MOVE



BE



NOURISH



CONNECT





What's Different?

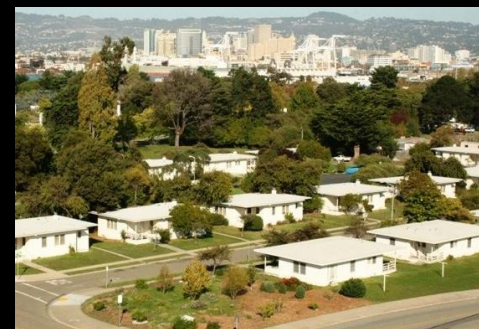
1. **Experiential:** We don't just TALK about health behaviors, we DO them.
2. **Trans-diagnostic:** Diabetes, Obesity, Cardiac Disease, Depression, Metabolic Syndrome, Social Isolation . . .
3. **Culturally-flexible:** Turnkey implementation
4. **Powered by Connection:** Coaching, Small-group relationships.
5. **Affordable:** <1/5 the cost of the highly-effective Ornish Lifestyle Medicine program.





Implementation to Date

- **Clinically-Integrated:** Hayward Wellness Center, Alameda Health System
- **Community-Based:** In Oakland, CA, with Prevention Institute
- **Low-Income Housing:** Alameda Point Collaborative

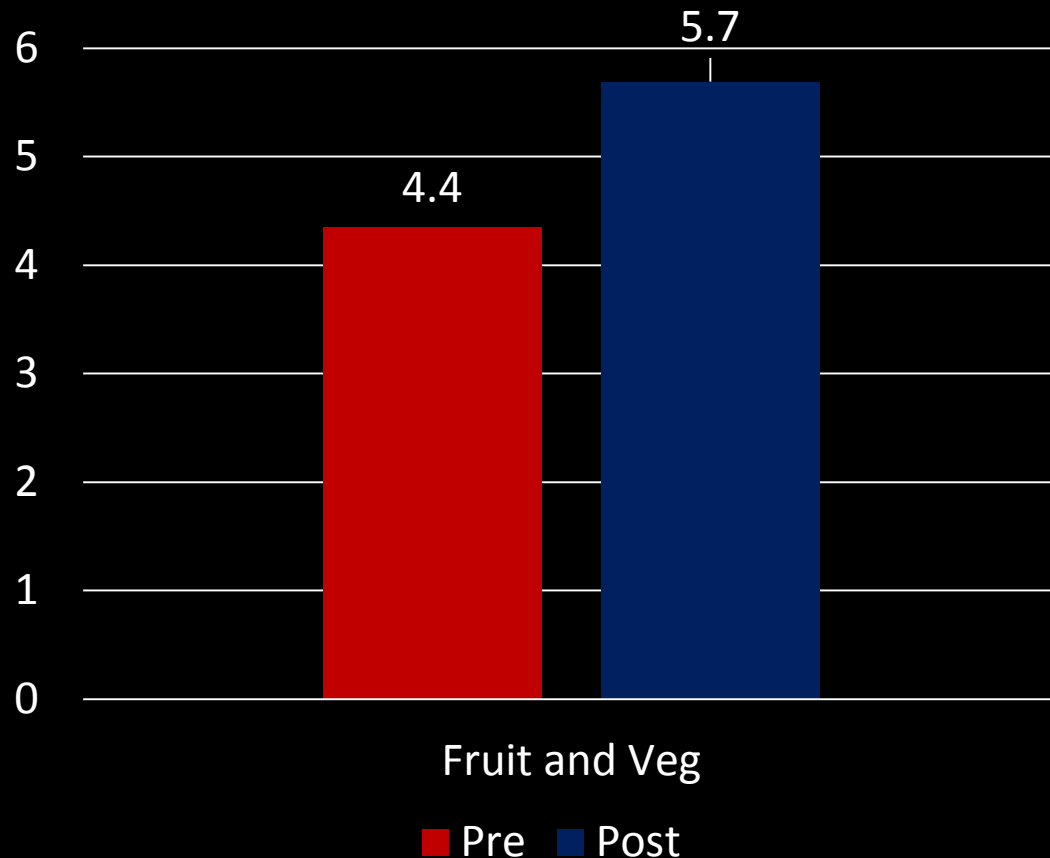


Diet and Exercise

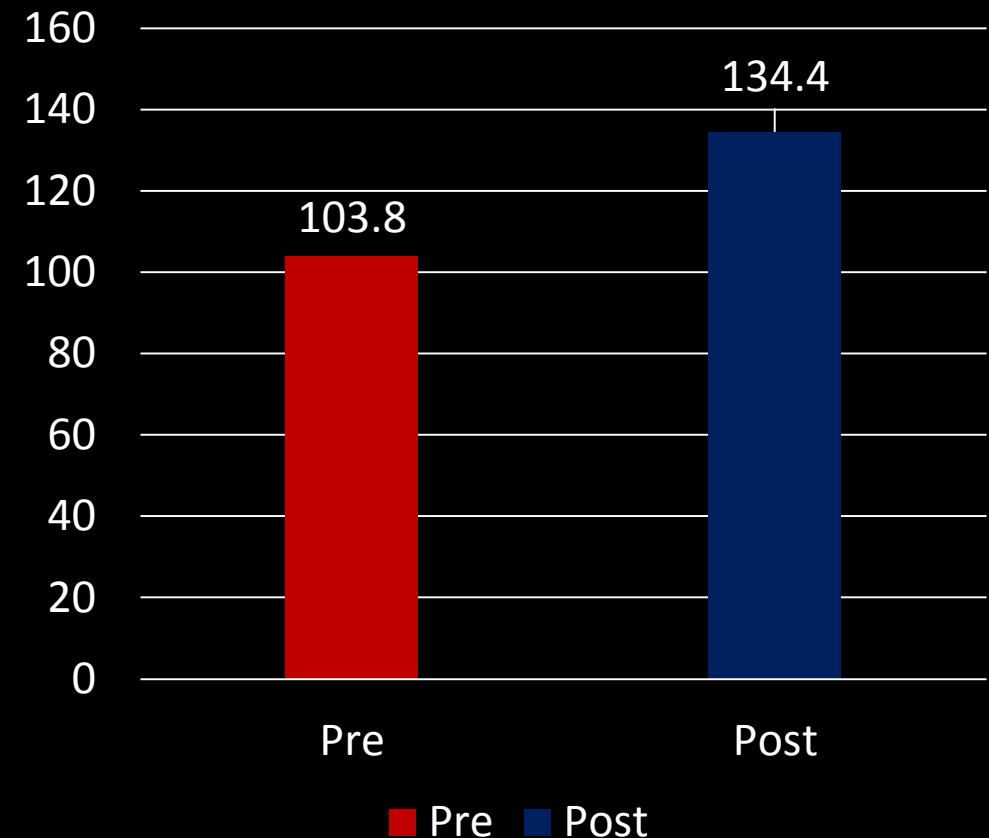
(Daily Fruit and Veg. consumption and Exercise as a Vital Sign)



Fruit and Vegetables



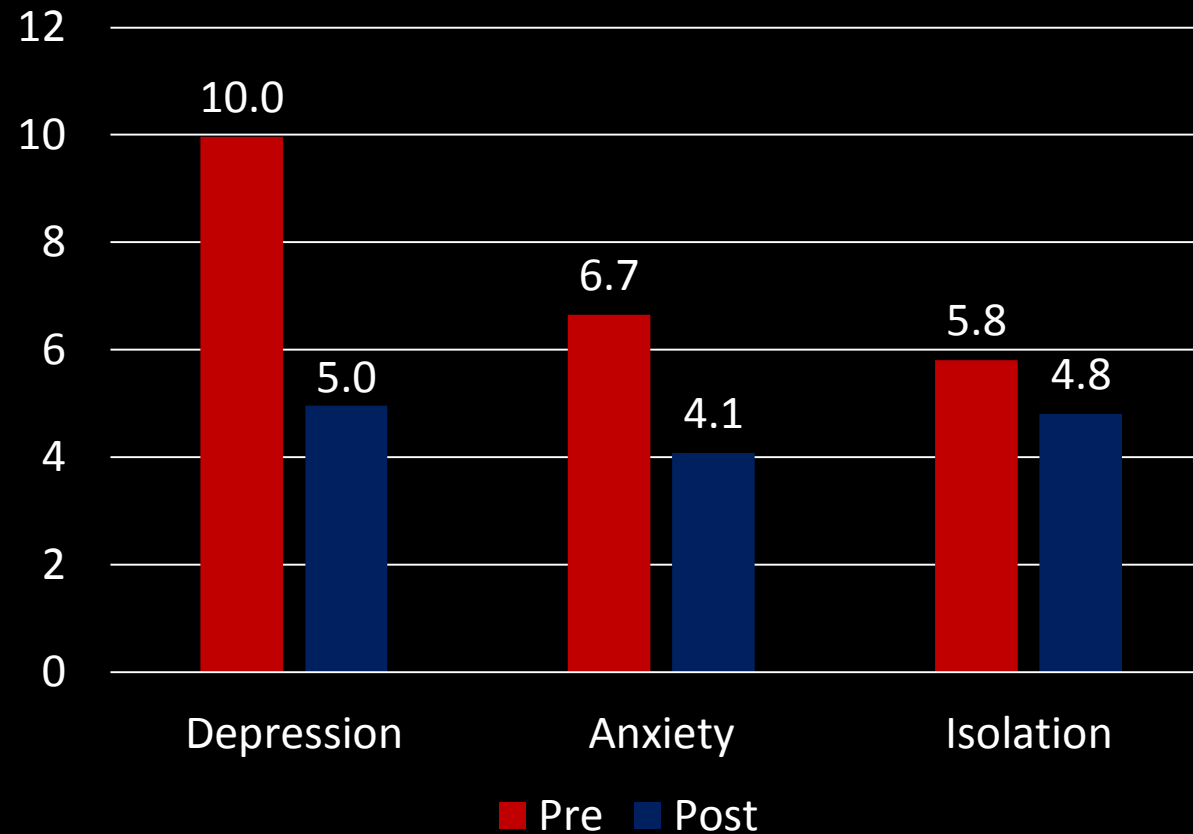
Minutes of Exercise



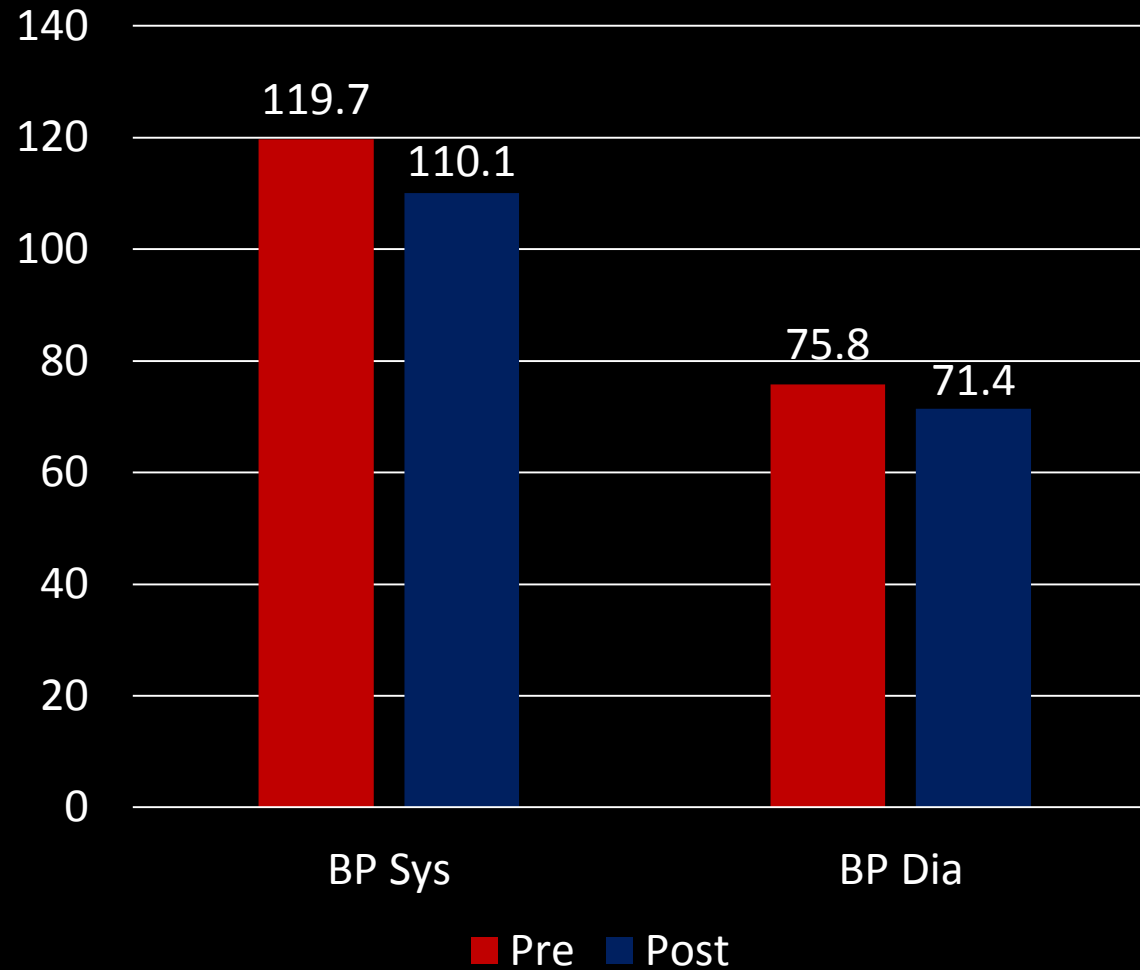
Depression, Anxiety, and Isolation (PHQ-9, GAD-7, UCLA)



Mental Health Outcomes



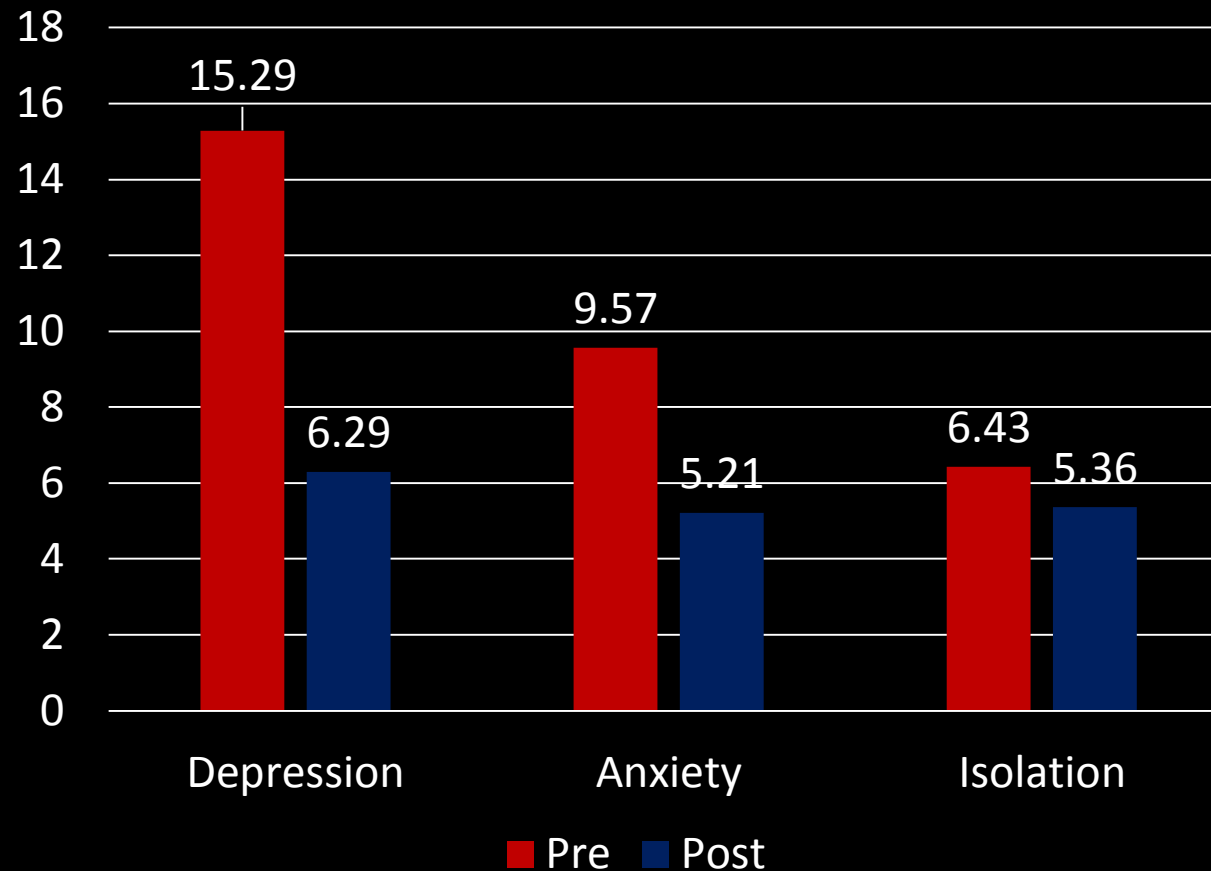
Blood Pressure



Depression, Anxiety, and Isolation (PHQ-9, GAD-7, UCLA)



Mental Health Outcomes





Implications



R_X FOR YOUR HEALTH AND WELLBEING



Name: _____

Community is
Medicine:
Democratizing
Health and Wellbeing



PHYSICAL
ACTIVITY



MOVE

HEALTHY
MEALS



NOURISH

SOCIAL
SUPPORT



CONNECT

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BE

www.OpenSourceWellness.org



THANK YOU!

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