

1

Land Acknowledgement

- The CLIP gathers on the lands of the Anishinaabeg/Anishinaabek – Ojibway, Odawa and Potawatomi peoples, and the territory of the Wasauksing, Shawanaga, Magnetawan, Dokis and Henvey Inlet First Nations and is under the Robinson-Huron Treaty.
- We are committed to work continually on building a practice that reflects this wisdom, and to never forget what a disconnected heart and unconscious mind can lead us to do.

2

1

Disclosure of Affiliations, Financial and In-Kind Support

Affiliations:

- NOAMA Grants
 - 50K 2023 for Parry Sound Complete Lifestyle Medicine Intervention Program – Ontario (**CLIP-ON**) Research
 - 60K 2024 for Moose Deer Point First Nation **CLIP-ON** Research
- Co-Founder of **Blue Life Rx** – Teaching lifestyle medicine and coaching families struggling with symptoms of ADHD and Autism using principles of lifestyle medicine and nutritional therapy.

Financial Support:

- This session/program has not received financial or in-kind support.

3

Learning Objectives

- 1- Describe the foundational principles of Lifestyle Medicine and its six evidence-based pillars used in the CLIP-ON program to address chronic disease prevention, treatment, and reversal.
- 2- Recognize the unique challenges and opportunities in delivering comprehensive interdisciplinary care in underserved communities and identify how programs like CLIP can improve health equity, reduce provider burnout, and strengthen patient engagement.
- 3- Reflect on your own clinical practice patterns and assess opportunities for integrating lifestyle counseling and motivational interviewing within standard chronic disease management.

2

4



5



Chronic Disease Burden

The Parry Sound District in Ontario faces unique challenges and health disparities when it comes to chronic disease burden. This region, located 247 km north of Toronto, has a population of just 6,879 (2021), yet experiences significantly higher rates of chronic conditions like diabetes, hypertension, and cardiovascular disease compared to the rest of the province. For example, the district has double the average rate of patient admissions to the hospital for diabetes, and 27% of deaths are diabetes-related, compared to 18% for the rest of Ontario. The age-standardized hospitalization rate for hypertension is more than double the Ontario rate, with the rate among adults aged 75 and older being more than triple the provincial rate.

<https://www.myhealthunit.ca/en/community-data-and-reports/chronic-disea.aspx>

6

3

Main findings

Our analysis finds that there will be an estimated 3.1 million people (239 per 1,000) with major illness in 2040, up from 1.8 million (192 per 1,000) in 2020. Approximately 1 in 4 adults over the age of 30 will be living with a major illness in 2040, requiring significant hospital care, up from approximately 1 in 8 individuals in 2002. In addition to more people living with major illnesses, the number of illnesses any individual will be living with will also increase significantly with the average number of conditions each person lives with. There is also a considerable burden of individuals living with at least one chronic condition, expected to increase by 2 million more individuals with at least one chronic condition compared to currently. The conditions expected to increase the most in number consist of conditions that increase with age, including osteoarthritis, diabetes, and cancer. The aging population contributes significantly to the estimated increases; however, underlying structural and social determinants of health and an increase in chronic disease risk factors also contribute.

Implications for the health system

Our results highlight the significant burden of illness in the Ontario population and reveal that strain on the system will increase considerably in the next two decades. As more Ontarians will live with more illnesses, significant efforts in chronic disease prevention and management are needed. Many chronic diseases can be managed outside the hospital with appropriate support, and investments in disease prevention, early detection and early and continuous treatment can reduce the subsequent strain on the hospital system. More ambitious chronic disease prevention strategies must be invested in to improve population health, including population-level approaches to prevention alongside tailored individual support. Given longstanding health inequities, chronic disease trends will not be equally felt in the population, necessitating an increased focus on community care and addressing health's social and structural determinants. No single policy approach will address the expected burden of illness; several short- and long-term scenarios are suggested to ensure the health system can continue to care for its citizens.

Rosella LC, Buajitti E, Daniel I, Alexander M, Brown A. Projected patterns of illness in Ontario. Toronto, ON: Dalla Lana School of Public Health; 2024.

7



4

8

Lifestyle Medicine



Evidence-Based Approach

Lifestyle medicine is an evidence-based field that utilizes therapeutic lifestyle interventions to prevent, treat, and often reverse chronic diseases.



Six Pillars

The six pillars of lifestyle medicine are: nutrition, physical activity, sleep, stress management, substance use, and positive social connections.



Whole-Person Care

Lifestyle medicine takes a holistic, whole-person person approach to care, addressing the root causes of causes of chronic conditions and empowering individuals to make sustainable lifestyle changes.



Chronic Disease Prevention

By addressing the lifestyle-related risk factors, lifestyle medicine interventions can prevent, treat, and even reverse many chronic diseases, such as cardiovascular disease, type 2 diabetes, and certain cancers.

<https://lifestylemedicine.org/positions/>
<https://www.plantbaseddata.org/>

The CLIP-ON program is grounded in the evidence-based principles of lifestyle medicine, using the six pillars to help participants make sustainable lifestyle changes that can significantly improve their health and well-being.

<https://lifestylemedicine.org/wp-content/uploads/2023/06/Pillar-Booklet.pdf>



6 WAYS TO TAKE CONTROL OF YOUR HEALTH

- WHOLE FOOD, PLANT-BASED NUTRITION**
Extensive scientific evidence supports the use of a whole food, predominantly plant-based diet as an important strategy to prevention of chronic disease, treatment of chronic conditions and, in intensive therapeutic doses, reversal of chronic disease. Such a diet is rich in fiber, antioxidants, and essential vitamins. Choose a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.
- CONSISTENT ACTIVITY**
Regular and consistent physical activity combats the negative effects of sedentary behavior. It is important that adults engage in both general physical activity as well as purposeful exercise weekly as part of overall health and wellness.
- STRESS MANAGEMENT**
Stress can lead to improved health and productivity – or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved well-being.
- ABSTINENCE OF RISKY BEHAVIORS**
Use of tobacco and excessive alcohol consumption have been shown to increase the risk of chronic diseases and death. Treatments often take time, different approaches and strong adherence. Prevention and support are an important part of breaking risky substance habits.
- RESTORATIVE SLEEP**
Sleep science interventions have been shown to cause sluggishness, low attention span, decreased sociability, decreased mood, decreased sleep needs, decreased calorie burn during the day, increased hunger and decreased feeling of fitness, muscle resistance and decreased performance. Sleep for 7 or more hours per night for optimal health.
- SOCIAL CONNECTION**
Positive social connections and relationships affect our physical, mental and emotional health. Leveraging the power of relationships and social networks can help reinforce healthy behaviors.



AMERICAN COLLEGE OF
Lifestyle Medicine

Lifestyle Nutrition

For the treatment, reversal and prevention of lifestyle-related chronic disease, the American College of Lifestyle Medicine recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

Eat Plenty

- Vegetables
- Mushrooms
- Fruits
- Legumes
- Whole Grains
- Nuts
- Seeds
- Herbs
- Spices
- Water

Food for Thought

Eating Inspiration:

Vegetables: Leafy vegetables (kale, spinach, romaine, Swiss chard, collard greens, cabbage), garlic, onions, peppers (all kinds), leeks, parsnips, potatoes (all kinds), radishes, turnips, squash, green beans, tomatoes, carrots, corn, peas, cauliflower, broccoli, cucumbers, eggplant.

Mushrooms: white button, cremini, portabella, shiitake, oyster, beech, chanterelle, porcini

Fruits: Bananas, apples, kiwi, oranges, blackberries, strawberries, raspberries, blueberries, mango, cantaloupe, watermelon, honeydew, plums, pineapple

Legumes: Black beans, kidney beans, pinto beans, garbanzo beans, cannellini beans, lentils, lima beans, broad beans, soybeans

Whole Grains: Quinoa, brown rice, oats, barley, wild rice, black rice, whole grain tortillas/pasta/breads, couscous, teff, wheat germ

Nuts: Almonds, peanuts, pistachios, cashews, brazil nuts, soy nuts, hazelnuts, walnuts

Seeds: Chia seed, flax seed, hemp seed, pumpkin seed, sunflower seed

Nutrition Goals

Setting goals to improve your eating habits is a great way to eat healthier. An example of a positive nutrition goal is, "I will add 1 cup of berries to breakfast and a small apple or orange as an afternoon snack at least five days this week."

Specific - What specific food would you like to add/change?

Measurable - How much or how many will you add or change?


Achievable - Do you have what it takes to follow through?

Realistic - What can you do? (improvement over perfection)

Time-bound - How often or for how long will you make this change?

Eat Less/Avoid

- Sugary drinks like soda, juice cocktails, sweetened coffee and energy drinks
- Processed meats like sausage, bacon, salami, bologna, deli meat
- Processed snacks like crackers, chips, pretzels
- Cakes, pastries, sweets
- Dairy (especially high-fat types with added salt and/or sugar)
- Red meats
- Poultry
- Eggs



Helpful resources:

Academy of Nutrition and Dietetics: eatright.org

American Heart Association: heart.org

American Diabetes Association: diabetes.org

American Institute for Cancer Research: aicr.org/reduce-your-cancer-risk/diet/

Full Plate Living from Ardmore Institute of Health: fullplateliving.org

USDA Food Assistance Programs: nutrition.gov/topics/food-security-and-access/food-assistance-programs

Food Is Medicine Coalition: fmccoalition.org

AATF's Neighborhood Navigator: aatf.org/family-physician/patient-care/the-everyone-project/neighborhood-navigator.html

AMERICAN COLLEGE OF Lifestyle Medicine
lifestylemedicine.org

© 2023, American College of Lifestyle Medicine. All rights reserved. Terms of use: www.lifestylemedicine.org.

11

Canada's 2019 Food Guide



<https://food-guide.canada.ca/en/guidelines/>

12

6

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit highly processed foods

Marketing can influence your food choices

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

13

Lifestyle Activity

Moderate Activity

- Brisk walking
- Heavy cleaning (washing windows, vacuuming, mopping)
- Mowing lawn (power mower)
- Light bicycling
- Recreational badminton
- Tennis doubles

Vigorous Activity

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Basketball game
- Soccer game
- Tennis singles

*A limitation of labeling activities this way is that it does not consider the fact that some people have a higher level of fitness than others. It is important to tailor your activity to your own fitness level.

Guidelines

The recommendation for adults 18-64 years old is to do at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity weekly along with two or more days weekly of strength training. Additional recommendations are available for older adults, pregnant women as well as for those diagnosed with chronic diseases. The more physical activity, the more benefit, but any amount of exercise is better than none. Working with a certified exercise specialist such as a kinesiologist, exercise physiologist, physical therapist, or certified personal trainer is the safest and most reliable way to begin an exercise program.

Activity Types

Aerobic or endurance activities include running, swimming, biking, hiking, playing sports, dancing and brisk walking.

Strength or resistance activities include weight lifting, pushing a wheelchair/stroller, kettlebells and body weight exercises such as squats, lunges, pushups, sit-ups etc.

Flexibility activities include stretching and some forms of yoga.

Balance activities include tai chi, qi gong and some forms of yoga.

Warning/Disclaimer: always talk to your doctor before starting a new activity

Activity Goals

Setting a goal is a great way to get started with physical activity. It's easier to achieve positive goals. An example of a positive activity goal is, "I will walk with a friend or family member for at least 20 minutes after dinner, every weekday for the next two months."

Specific - What specific activity would you like to add/change?

Measurable - How much activity, how many sessions?

Achievable - Do you have what it takes to follow through?

Relevant - What can you actually do? (know your limits, start small, build)

Time-Bound - How frequent or how long will you do the activity?

Helpful resources:

Walk With a Doc:
walkwithadoc.org

CDC:
cdc.gov/physicalactivity

Find a Trainer Near You: usreps.org

2019 Physical Activity Guidelines:
health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

ACE Exercise Library:
acefitness.org

ACSM Resource Library:
www.acsm.org/education-resources/trending-topics-resources/resource-library

lifestylemedicine.org

© 2023 American College of Lifestyle Medicine. All rights reserved. Terms of Use: [lifestylemedicine.org](#)

14

Lifestyle Stress Reduction

Stress is unavoidable. How we think about it and how we react to it makes the difference in how it impacts our self-care and our health. While some medicine may help to manage stress, there are many things that you can do to help you manage stress and improve overall health. Partnering with your health care team can help you determine a plan of action for stress reduction. Ask your healthcare team about Mindfulness Based Stress Reduction (MBSR).

Self-Management Tips

- Connect with others
- Get involved in activities
- Try different healthy ways to relax (music, exercise, dance, meditation or yoga)
- Take time for fun, creative activities or hobbies
- Keep a gratitude journal or write about stressful events
- Take care of spiritual needs
- Make time to laugh (comedy, joke books etc)
- Avoid caffeine and alcohol
- Try deep breathing techniques
- Get a massage

Good Stress/Bad Stress

Not all stress is bad for us; in fact some stress can be helpful for completing important projects, studying for an exam, speaking in public, or accomplishing challenging goals. On the other hand, distress or negative stress is the type of stress that can cause short- or long-term anxiety, decreased performance and lead to poor mental and physical health. Distress can be caused by many factors that differ for everyone. It is important to recognize the things in your life that cause distress, so you can come up with a plan to manage or cope with or view situations differently.

See Stress Differently

Look at events or triggers from a different angle. Consider "Is there another way to look at this situation?" and remember it's not helpful to focus on what cannot be changed. Try to improve your mood by looking at what is going well in life. Focus on your accomplishments or what you have overcome.

Stress Reduction Goals

Setting goals around stress management is a great way to decrease any negative impact stress may have on your health. It's often easier to achieve positive goals. An example of a positive stress management goal is, "I will write about what I am thankful for at least 10 minutes three times per week."

Specific - What are you going to do to manage your stress?
Measurable - How much time, how many sessions?
Achievable - Do you have what it takes to follow through?
Realistic - What can you actually do? (improvement over perfection)
Time-Bound - How frequent? How long will you commit?

Helpful resources:

The American Institute of Stress
www.stress.org

National Institute of Mental Health:
nimh.nih.gov/health/publications/stress

American Psychological Association:
apa.org/topics/stress

Mentalhealth.gov

Headspace (App Store)

AMERICAN COLLEGE OF Lifestyle Medicine
lifestylemedicine.org

© 2023, American College of Lifestyle Medicine. All rights reserved. Terms of use: lifestylemedicine.org.

15

Avoidance of Risky Substances

It is well known that tobacco use and drinking too much alcohol increases the risk of many chronic diseases and death, which is why avoiding risky substances is so important. People who are ready can and do quit smoking; there are more former smokers in the world now than there are current smokers. Some treatments work for alcohol abuse, but treatments often take time, different approaches and many attempts. Giving yourself patience as well as getting support from others is an important part of reaching your goals.

Effective Treatment Models

- Counseling
 - Individual, group, telephone
 - Many quick visits
 - Longer more intense visits
 - Medications (anti-relapse)
- Counseling plus medication is more effective

Slips and relapses are normal and considered part of the change process. Goal setting, support and persistence is key!

Goals for Avoiding Risky Substances

SMART goals guide goal setting to help plan and achieve goals. Setting goals around substance use (tobacco, alcohol, or other drugs) is a great way to start making changes. An example of a goal is, "I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use the free texting service for more support."

Specific - What are you going to do to decrease your substance use?
Measurable - How much will you reduce it by?
Achievable - Do you have what it takes to follow through?
Realistic - What can you actually do? (improvement over perfection)
Time-Bound - How frequent? How long will you commit?

Helpful Resources:

National Quit Line: 1-800-Quit Now
[SmokeFree.gov](https://smokefree.gov/) <https://smokefree.gov/>
nami.org
 NIAAA Alcohol Treatment Navigator
alcoholtreatment.niaaa.nih.gov
 NAADAC Substance Abuse Professionals
www.naadac.org
 National Association of Social Workers
www.helpstartshere.org
 Substance Abuse Treatment Locator
www.findtreatment.samhsa.gov
 Alcoholics Anonymous (AA)
www.aa.org

Moderation Management
www.moderation.org
 Secular Organizations for Sobriety
www.sosobriety.org
 SMART Recovery
www.smartrecovery.org
 Women for Sobriety
www.womenforsobriety.org
 Al-Anon Family Groups
www.al-anon.alateen.org
 Adult Children of Alcoholics
www.adultchildren.org
www.psychologytoday.com/us

Measurements:

The 2020-2025 Dietary Guidelines for Americans recommends that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men or 1 drink or less in a day for women, on days when alcohol is consumed.

One standard alcoholic drink in US:
 12 oz beer
 5 oz table wine
 1.5 oz of 80-proof spirits

Typical Containers:
 750 mL wine = 5 drinks
 750 mL spirits = 18 drinks
 1 L spirits = 24 drinks

AMERICAN COLLEGE OF Lifestyle Medicine
lifestylemedicine.org

© 2023, American College of Lifestyle Medicine. All rights reserved. Terms of use: lifestylemedicine.org.

16

8

Lifestyle Sleep Health

Sleep is an extremely important part of human health. Negative effects of sleep delays or interruptions include sluggishness, low attention span, decreased sociability, depressed mood, decreased deep sleep, decreased caloric burn during the day, increased hunger and decreased feeling of fullness, insulin resistance and decreased performance. If you are struggling to sleep, ask your healthcare team whether a sleep study or Cognitive Behavioral Therapy for insomnia (CBTI) might be needed.

Sleep Disrupters

- Too much food or drink close to sleep time
- Blue light from phone/computer/television screen
- Caffeine and alcohol use
- Stress/anxiety/worry
- Certain noises/sounds
- Temperature (too hot or too cold)
- Lack of daytime sunlight exposure
- Medications and medical conditions
- Bed partner and/or pets

Tips for Better Sleep

- Use bed for sleep only
- Establish regular sleep schedule (same sleep and wake times)
- Minimize/eliminate bedroom noise and lights
- Increase daytime exposure to sunlight
- Move at least every hour during the day
- Eliminate nighttime caffeine and limit daytime caffeine
- Avoid alcohol within 3 hours of bedtime
- Avoid high-sodium foods close to bedtime
- Eliminate/limit after-dinner and late-night snacking
- Maintain a healthy BMI
- Stay hydrated during the day
- Use Cognitive behavioral therapy for treatment of insomnia
- Increase exercise to 150 minutes of moderate intensity per week
- Include more whole food plant-based dietary choices
- Increase medication techniques

Sleep Management Goals

Setting goals around sleep health is a great way to increase your sleep quality. It's often easier to achieve positive goals. An example of a positive sleep goal is, "I will begin a new bedtime routine of shutting off the television and instead, reading a book for at least 30 minutes before bed, four nights this week."


Specific - What are you going to do to improve your sleep quality/quantity?

Measurable - How much time, how many sessions?

Achievable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-bound - How frequent? How long will you commit?



Helpful resources:

[Sleepeducation.org](https://www.sleepeducation.org)

American Society of Sleep Medicine

Recommendations for Optimal Sleep

Infants 4 months to 12 months:
12 to 16 hours per 24 hours


Children 1 to 2 years of age:
11 to 14 hours per 24 hours (including naps)

Children 3 to 5 years of age:
10 to 13 hours per 24 hours (including naps)

Children 6 to 12 years of age:
9 to 12 hours per 24 hours

Teenagers 13 to 18 years of age:
8 to 10 hours per 24 hours

Adults:
7-9 hours of sleep per 24 hours


lifestylemedicine.org

© 2023, American College of Lifestyle Medicine. All rights reserved. Terms of use: [lifestylemedicine.org](https://www.lifestylemedicine.org)

Lifestyle Social Connections

Social connections and relationships affect our physical, mental and emotional health. Research shows that the single most important predictor of human happiness and long life is having strong social connections. Health-related measures like blood pressure and heart rate improve even with short positive social interactions. Below are some tips that may help you create and keep important connections in your life.

Forming New Social Connections

- Volunteer: helping others improves health, increases happiness and allows you to meet new people
 - Connect with a community resource center to find local options
 - Find online or community groups of those who share the same interests- meetup.com or Facebook groups are a great place to look
- Join a religious or spiritual group
- Help at a local animal shelter or adopt a pet to connect with other animal lovers
- Go to a local sports event, music performance, lecture or art display
- Help organize community events by joining a steering committee or board
- Attend community celebrations like parades or walks
- Take a course at your local library or community college
- Ask your employer for ways to increase social connections at work

TIP: Look for social opportunities that improve other areas of health such as activity groups or healthy cooking classes.

Strengthen Social Connections

- Take more care to quickly connect with people you see a lot during the week
- When possible, stay positive while connecting with others
- Share new experiences
- Make and spend time with others
- Be there for those who need you
- Be flexible, supportive and excited about what others are doing in their lives

Social Connection Goals

Setting goals is a great way to increase your sense of connection. It's often easier to achieve positive goals. An example of a positive social connection goal is, "I will increase my feeling of social connectedness by joining a group fitness class that meets for an hour, three nights of the week."


Specific - What are you going to do to improve feelings of connectedness?

Measurable - How much time, how many sessions?

Achievable - Do you have what it takes to follow through?

Relevant - What can you actually do? (improvement over perfection)

Time-bound - How frequent? How long will you commit?




Helpful resources:

[meetup.com](https://www.meetup.com)

[purposebuiltfamilies.com](https://www.purposebuiltfamilies.com)

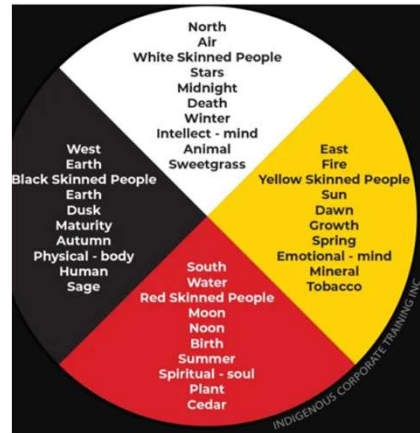
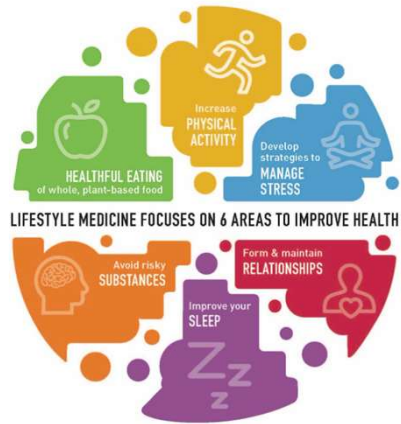
Social Media and Depression

While technology can improve social connectedness in some cases, research finds that those who use social media the most are at a higher risk for depression. Be mindful of how you use technology to support social connections in your life.


lifestylemedicine.org

© 2023, American College of Lifestyle Medicine. All rights reserved. Terms of use: [lifestylemedicine.org](https://www.lifestylemedicine.org)

Holistic Health



19

2015

December 1, 2022

LIFESTYLE MEDICINE:

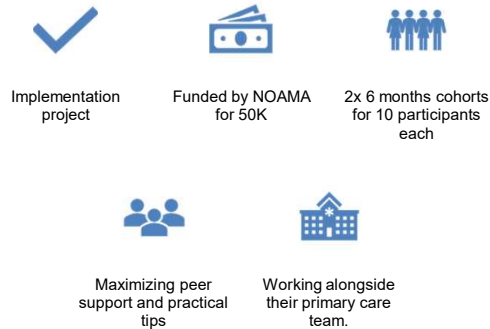
A NATIONAL GOVERNMENT HEALTHCARE INITIATIVE

The New York City Healthcare Model

10

20

Initial Phase Launched in Fall 2023



Parry Sound's First Available C.L.I.P. Complete Lifestyle Medicine Intervention Program OPENS TO PARTICIPANT ENROLLMENT!

What is Lifestyle Medicine?
Lifestyle Medicine professionals use healthy lifestyle habits to prevent and treat common chronic conditions.



If you live with:

- Type 2 diabetes
- Pre-diabetes
- High blood pressure
- Heart disease
- Health concerns related to obesity
- High Cholesterol
- Peripheral Vascular disease

Our lifestyle medicine experts can help you reach your health goals!

To enroll or enquire, please scan the QR code or call 1-705-789-0022 ext. 2901



In our program, you will have access to our team of lifestyle medicine trained experts:

- Doctor and/or Nurse Practitioner
- Registered dietitian
- Health coach
- Registered Kinesiologist & Exercise Trainer



NUTRITION

We maximize the benefits of adding more whole, plant rich foods to our diet while developing a healthy and mindful relationship with food.



SLEEP

We allow ourselves the opportunity to get 7-9 hours of quality sleep, which is foundational to our physical and mental health.



PHYSICAL ACTIVITY

We safely strengthen and increase our daily movement to attain the 150 minutes per week recommended.



STRESS MANAGEMENT

We implement stress reduction techniques and daily routines that improve our wellbeing.



SUBSTANCE USE

We build resilience that help us avoid tobacco, excess alcohol, and other risky substances.



HEALTHY RELATIONSHIPS

We emphasize positive social connections which is an essential component for mental, emotional, spiritual, as well as physical health.

- Our comprehensive program last 6+ months and includes:
- A supportive community
 - Weekly group classes
 - Individual appointments with healthcare professionals
 - Education on reading nutrition labels, grocery shopping, meal planning & preparation and much more
 - Recipes and cooking tips
 - Exercise classes, including cardio, strength training and flexibility
 - Sleep and stress management techniques

21

The low hanging fruit

- There is a subset of the population already interested in making lifestyle changes.
- We maximize our efforts to provide them with the support they need to be successful in creating consistent changes that are sustainable over the long-term.
 - Fostering stronger connections along the way with cohort specific as well as open group meetings and gatherings for CLIP members and their families adds the social piece necessary to build a healthier community.
 - We aim for a positive snowball effect whereby our alumni are empowered to have a positive influence in their own circle.

Contact Information

Scan the QR code to enroll in our pilot project or use the contact information below:

- Phone Number: 1-705-789-0022 ext. 2901
- Fax Number: 1-833-427-1473
- Email: nlid@lifestylemedicine.ca

Research coordinator: Lisa Allen PhD
Clinic investigators: Caroline Inoué, MD PhD CCFP (CCFP), Stephen Jurek, MD CCFP (CCFP)



What We Do

Lifestyle Medicine professionals use healthy lifestyle habits to prevent and treat common chronic conditions.

We focus on 6 health pillars:

- Nutrition
- Physical Activity
- Stress Reduction
- Sleep
- Positive Relationships
- Avoiding Risky Substances

By aligning these pillars with the needs of our body and mind, we can prevent, treat, and sometimes even reverse the course of some common chronic diseases.

In our program, you will have access to our team of lifestyle medicine experts:

- Doctor and/or Nurse Practitioner
- Registered dietitian
- Health coach
- Registered Kinesiologist

This pilot program will be improved based on feedback and may therefore change.

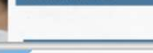


Let your life be your medicine. Lifestyle medicine is for you:

- If you are ready for a holistic approach
- If you want to take an active role in your health journey

Our lifestyle medicine team is looking forward to helping you!

*See enrollment criteria



Who Can Enroll

If you live in the Parry Sound Area, are 18 years and older and live with any of the following:

- Type 2 Diabetes or Prediabetes
- Hypertension or Prehypertension
- Coronary Heart Disease
- Health concerns related to obesity
- High Cholesterol
- Peripheral Vascular Disease
- Crohn's Disease or Ulcerative Colitis

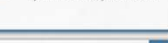
Our lifestyle medicine experts can help you reach your health goals!

If you suffer from another chronic condition and believe that our program could help, let us know.



Complete Lifestyle Medicine Intervention Program (CLIP) Begin Your Healing Journey

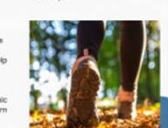
Address the root cause of chronic disease and reclaim your power and freedom! Learn to become an expert of your own health with the support of a qualified team of professionals.



What You Get

Our comprehensive program last 6+ months and includes:

- A supportive community
- Weekly group classes
- Individual appointments with healthcare professionals
- Education on reading nutrition labels, grocery shopping, meal planning & preparation and much more
- Recipes and cooking tips
- Exercise classes, including cardio, strength training and flexibility
- Sleep and stress management techniques



22

11

Our program includes the support of



Coaches



Registered Dieticians



Registered Kinesiologists



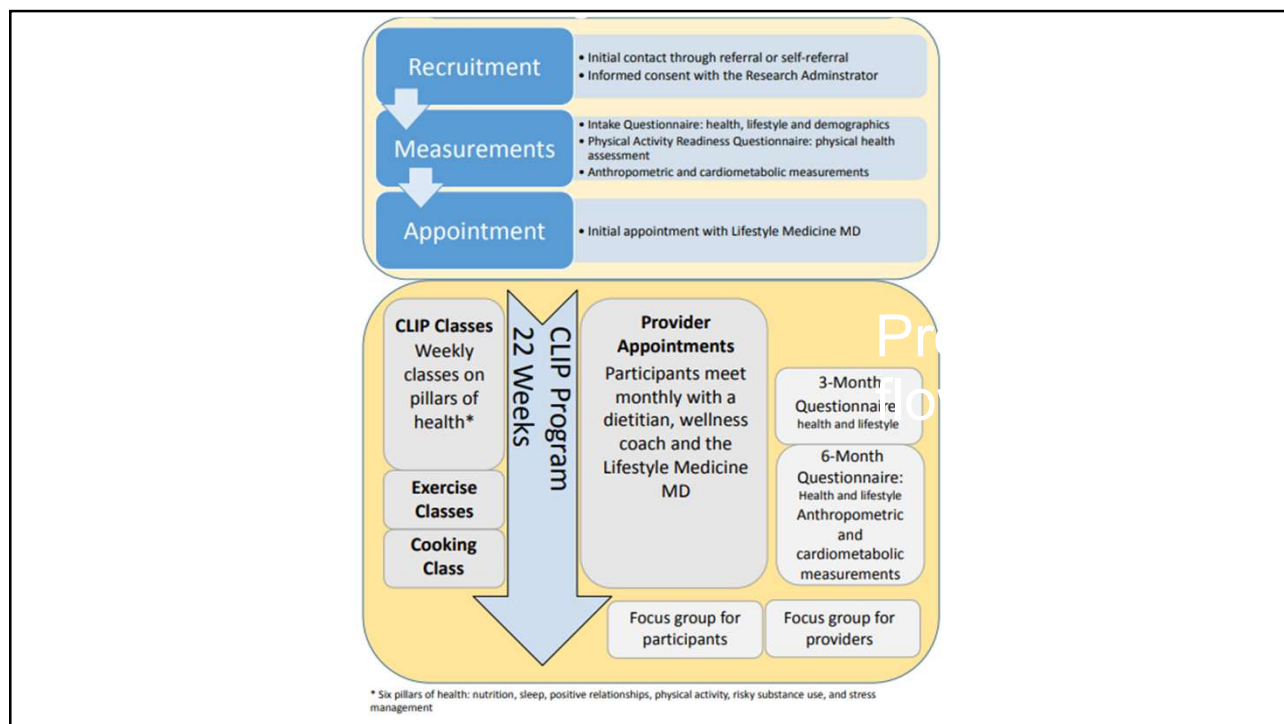
Social workers - scheduled group activities



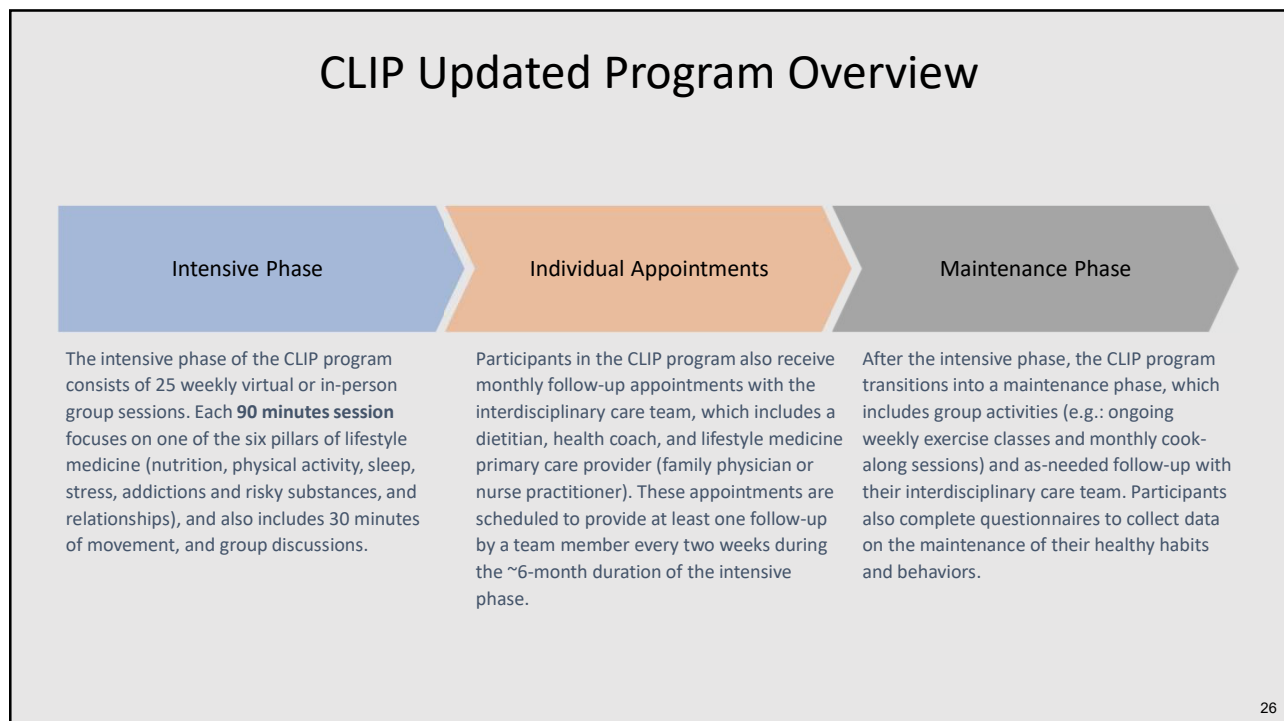
Other experts that address specific needs as needed

Participant Journey





25



26

13

26

Maintenance phase



GROUP ACTIVITIES



FOLLOW-UP PRN

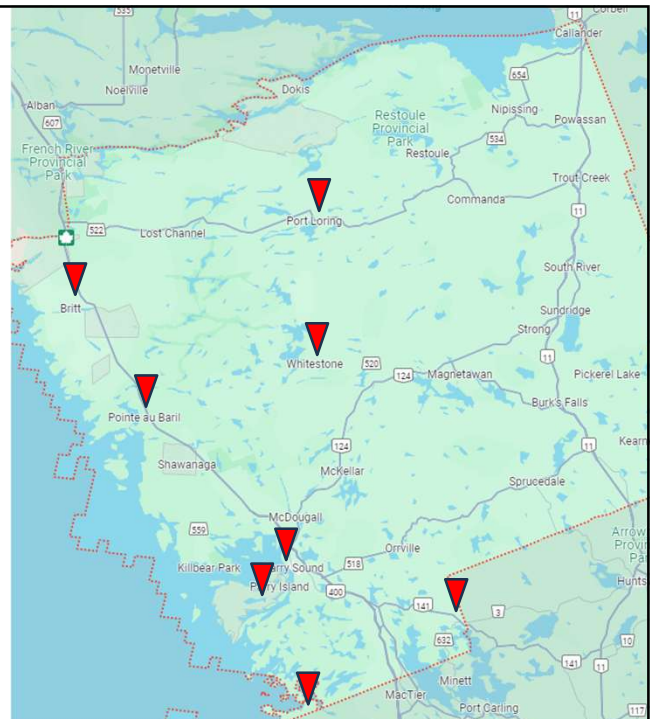


DATA COLLECTION
Q6-12 MONTHS

27

Parry Sound District and its Nurse Practitioner Led Clinics

- Port Loring (Argyle NPLC)
- Pointe au Baril
- Britt
- Whitestone
- Rosseau
- **Moose Deer Point**
- **Wasauksing**
- **West Parry Sound Health Centre**
- **Parry Sound Family Health Team**



14

28

Rural Challenges

Attendance when people live further, status of the road

Money for participants

Money for the program

Recruiting human resources

29

Overcoming Challenges

Virtual option for group and individual classes (although in person encouraged)

Making the program free through grants and donations

Scaling the program based on funding

- services provided
- how many participants per cohort

Virtual RD and health coaching and some exercise sessions

Adapting the program to the providers available

- Eg if no Kinesiologist – physio or certified trainer
- If no health coach – Social worker or healthcare provider interested in LM and MI

15

30

Collaboration and Health Equity

Improving Health Equity

Meeting communities closer to home
Self-referrals lower the barrier
Running the program free of charge for participants.
Culturally inclusive and adaptable

Reducing Provider Burnout

The interdisciplinary care team
Shared responsibility for patient outcomes
Sharing hope
Positive patient wins/ Being the cheerleader

Strengthening Patient Engagement

Peer support
Community building
Patient-centered care
Role models for their own social group & the next generations

Collaborative Approach

Co-design and implement the program, leveraging diverse expertise and resources.
Interdisciplinary team of healthcare providers,
Community organizations, Local stakeholders
Participants

31

“Lifestyle is the medicine,
culture is the spoon”

DR. DAVID KATZ, MD, MPH, FACPM, FACP, FACLM

16

32

Preliminary Results

Cohort 1

>80% satisfied or very satisfied with CLIP-ON
 80% progressed towards health goal
 100% accomplished more & increased physical activity
 100% found providers to be knowledgeable, helpful, and supportive

Participant	Providers
"I'd recommend it to everybody."	"I do think that this can be sustained in that community."
"Well, they said how important balance is. And when I started, I couldn't stand on one foot. I was wobbly, and now I can kick and all kinds of things. I can stand on one foot, no problem."	"I certainly hope that the program can be duplicated or replicated again ... in other parts of the Northern Ontario."
"I have enjoyed all the information. I would have more team building amongst the group to get to know them — just to debrief with other people, what things are working, what aren't, tips and tricks, that would have been good."	"I had my participants; they actually became friends from meeting in person and they were able to work together and motivate each other going forward. So, I think that social connectedness from the program really helped people."
"I would like to say it felt quite pampering to have your own dietitian, to have your own life coach, to have one-on-one with a doctor. I can't emphasize this enough... That was the most valuable thing... Nothing like it."	"Once throughout the session, we set goals. And then next time ... we go back to the goals and see whether they were able to achieve them or any adjustments might be required. So, that help keep them ... that part works very well."

33

Preliminary Results

Positive outcome measures thus far

- Strong patient demand, engagement, acceptance, and program completion
- Strong provider support
- Both groups believe model is sustainable & expandable to other rural communities

CLIP-ON Parry Sound, ON

- 2 Cohorts now in maintenance phase
- Cohort 3 started in January

Gaining attention -> \$1Million support over next 5 years

Program Expansion!

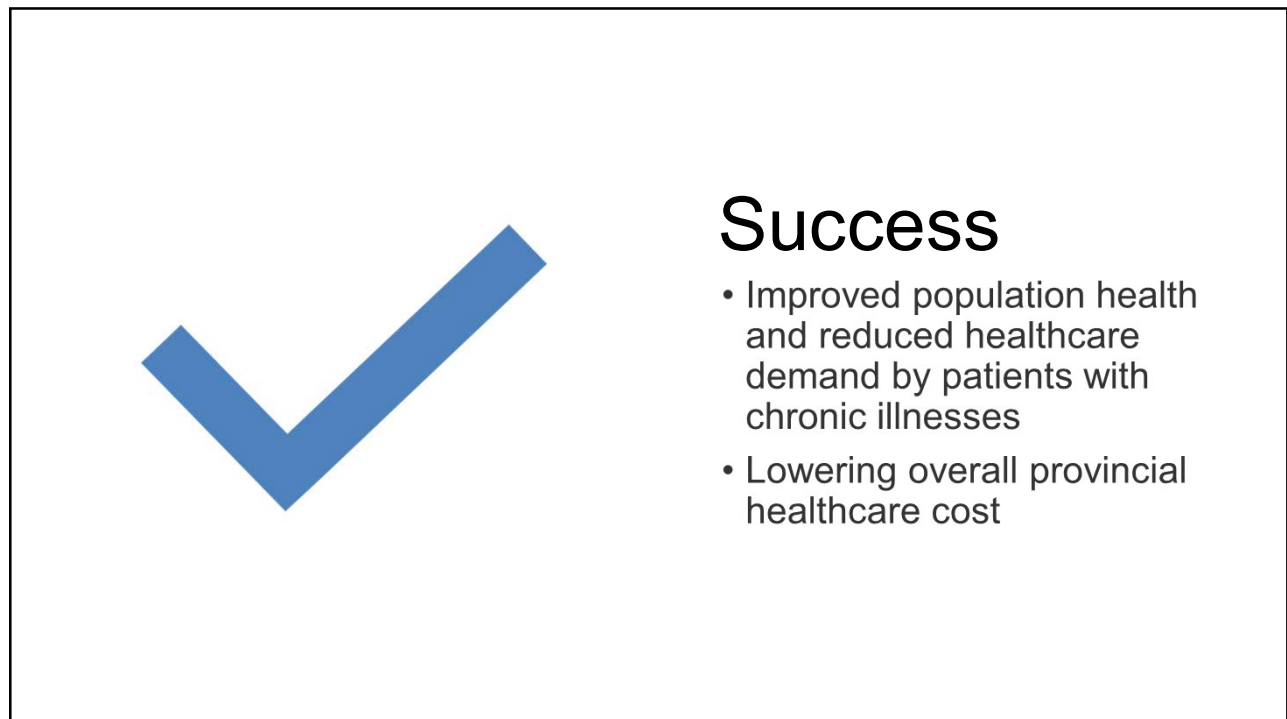
- Beginning Recruitment in Moose Deer Point

17

34



35



36

Integrating Lifestyle Medicine In Your Practice

- **Leverage Existing Visits**

Incorporate lifestyle-focused discussions into routine chronic disease management visits, such as such as annual check-ups or medication follow-ups. follow-ups.

- **Adopt Motivational Interviewing Interviewing**

Train clinical staff on motivational interviewing interviewing techniques to better understand patient goals and collaboratively support lifestyle lifestyle behavior changes.

- **Patient Resources**

Create or curate evidence-based patient education education materials on the six pillars of lifestyle lifestyle medicine to share during appointments. or

- **Facilitate Referrals**

Establish referral pathways to connect patients with with interdisciplinary providers. Get acquainted with with existing programs and providers (setbacks Reset Reset pediatrics, Lifestyle Rx, Aroga, ReCAPS, EXCEL, EXCEL, CLIP – if in our area)

- **Follow Up and Cheer Them On...**

Ask how its going! Celebrate small wins! Help them get them get back on the saddle – its part of the journey. journey. Success isn't defined by failures or setbacks, setbacks, but by your ability and willingness to try try again.

- **Trying Group Visits**

Leveraging peer-support, using billing codes for group group visits and shared medical appointments allows

37

Ask for their WHY

- Why do you want to recover better/faster after your gall bladder surgery?
- What do you hope to be able to do once you get your new knee?
- Why does it matter for you to lose the weight, what would you be able to do...?
- Why would you like to go off some of your medications
- **What makes you want to get up in the morning...**

Share your WHY

- Most patients want to know what you do and want for your health and your family
- They want to know some of your hopes and visions.

19

38

Share Hope

- Preventing diseases they fear
- Reversing diseases they have
- Regaining mobility
- Less pain
- Peeing without a catheter
- Traveling again
- Playing with their grand children on the ground (and getting back up again)

Share what you LEARN

- I've been to a talk about something called lifestyle medicine last week! Mind if I share something that I learned?

39



20

40



Thank you!

CLIP-ON Providers, Research Administration Team

- Dr. Mylène Juneau
- Dr. Caroline Rhéaume
- Lisa Allen
- Magdalena Partyka-Sitnik
- Jenna Smith-Turchyn
- Sangeeta Kumar – Lifestyle Coach
- Clarissa Kennedy – Guest Speaker
- Deanna Lavigne- Kinesiologist
- Olivia Ball – Kinesiologist Student
- Nicholas Hoey - Kinesiologist
- Nicole Rietze – Dietitian
- Michelle Fedele – Dietitian
- Karine Boucher – Dietitian
- Debbie Fong – Dietitian
- Heather Fisher – Dietitian
- Erin Marinoff - Dietitian





NOSM
UNIVERSITY



NOAMA
NORTHERN ONTARIO
ACADEMIC MEDICINE
ASSOCIATION



WEST PARRY SOUND
HEALTH CENTRE



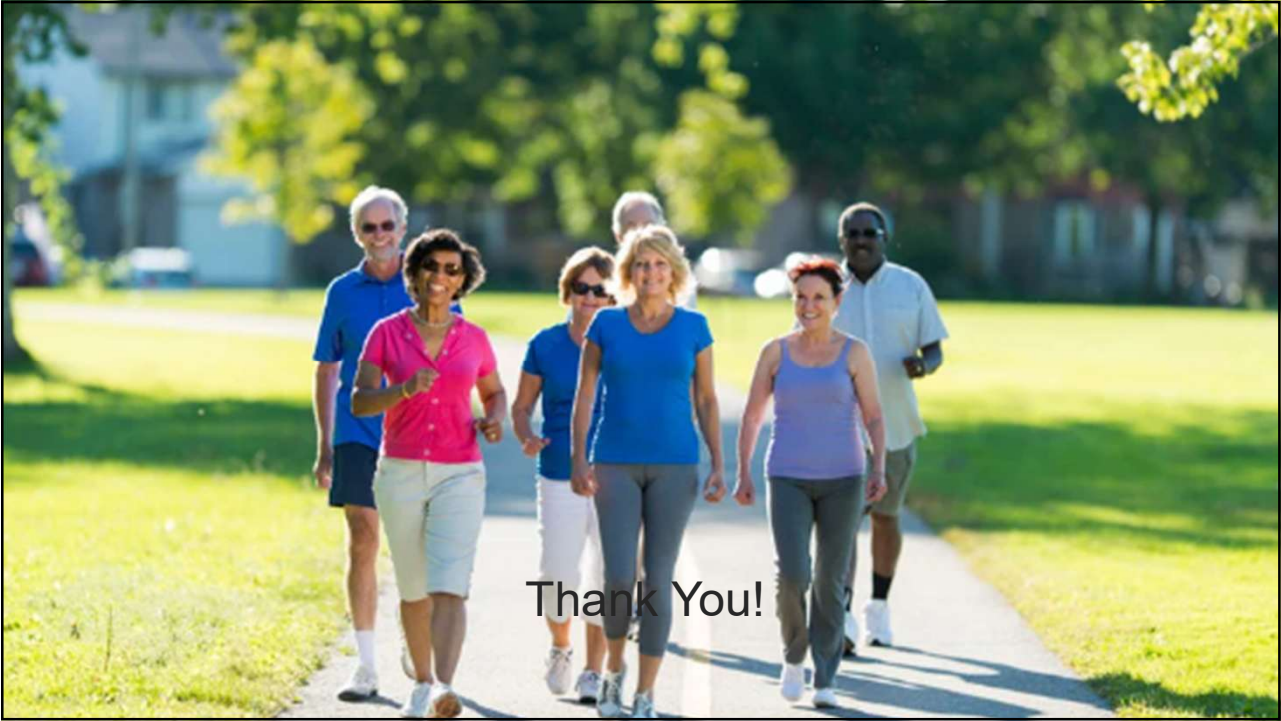
UNIVERSITÉ
LAVAL

41

Contact us

lifestylemedicineps@gmail.com

42

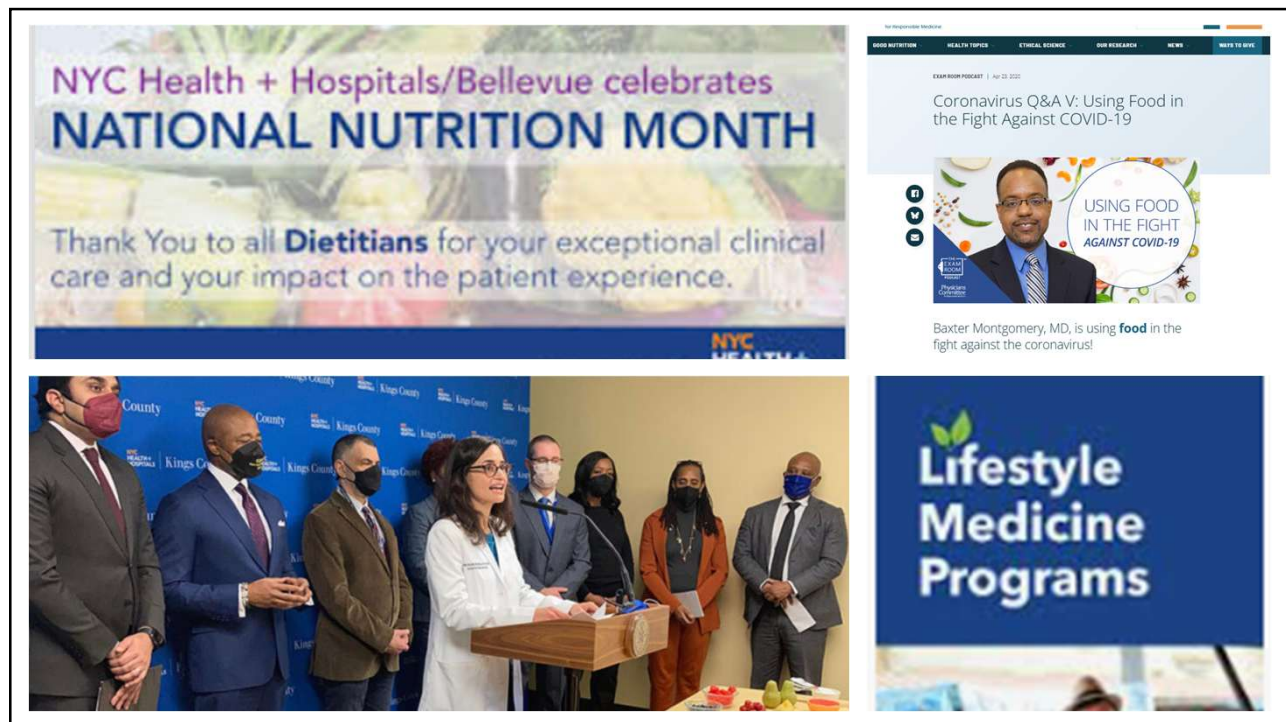


43

	Year 1												Year 2												Year 3												
Task	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	
Grant preparation																																					
General preparation																																					
Recruitment																																					
Pre-assessment																																					
Intake Questionnaire																																					
Group sessions													Cohort 1								Cohort 2																
Individual appointments													Cohort 1								Cohort 2																
End Questionnaire																																					
Post-assessment																																					
Data analysis																																					
Knowledge dissemination																																					

Legend: Cohort 1 and 2 refer to the intensive phase of the program which consists of 22 weekly virtual or in-person group sessions (14 fundamentals on the pillar of lifestyle medicine followed by 8 weekly exercise sessions), as well as monthly follow-ups, either virtually or in person, with the interdisciplinary team, which includes a dietitian, health coach, and lifestyle medicine primary care provider (family physician or nurse practitioner) for 6 months.

44



45