

PATH TO WELLNESS

34th CMAAO General Assembly and 55th Council Meeting

**September 5–7, 2019
GOA, India**

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Vice-President
Philippine Medical Association



WELLNESS

- state of being well
- depends on the kind of influence a person takes
- the concept may be a universal prodigy but comes in various forms and ways globally.



WELLNESS

- healthcare costs continue to increase
- Universal Health Care (UHC) Act – equitable access to affordable healthcare



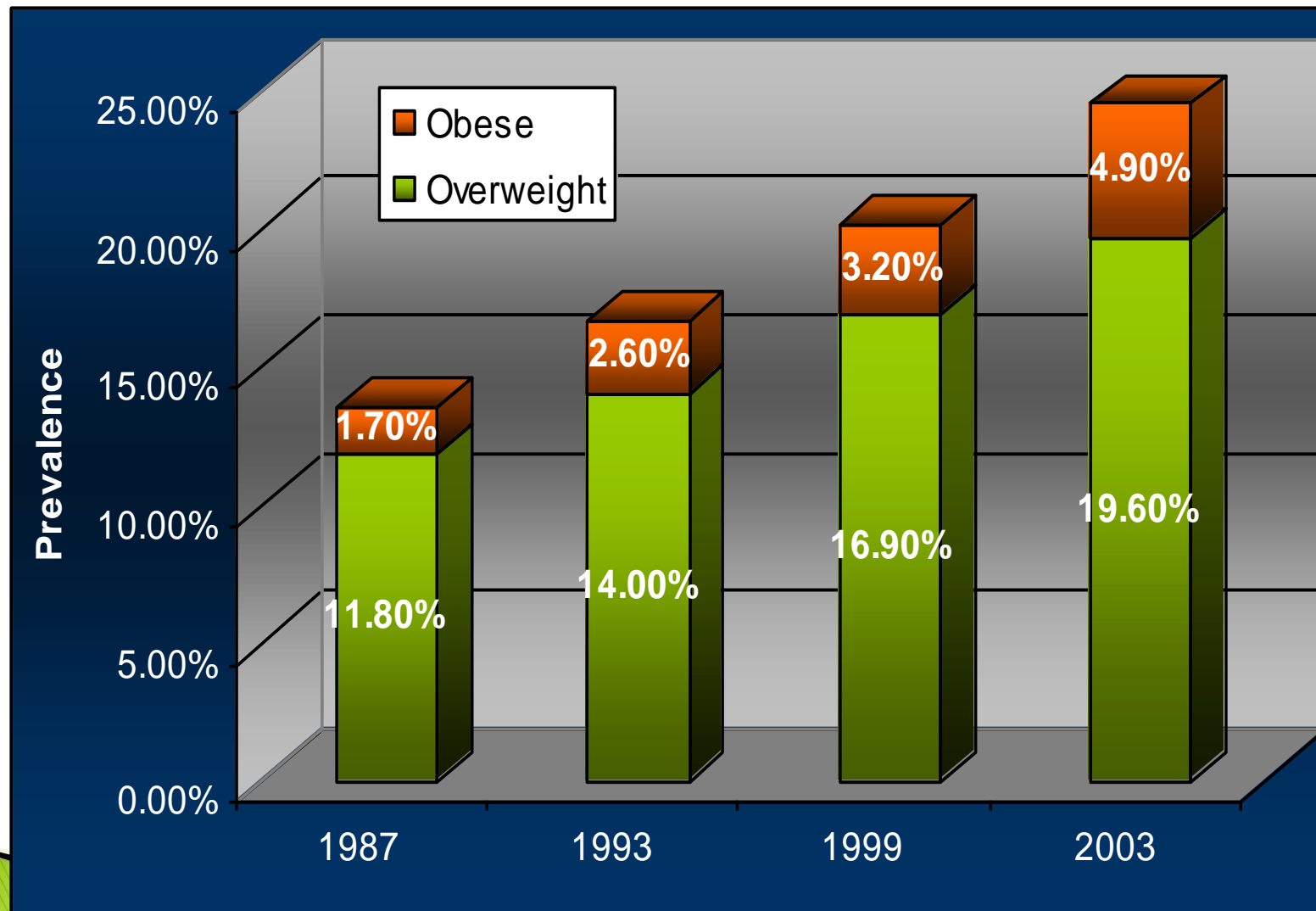
Objectives: Healthy Lifestyle for

Prevention of

- 1. Overweight/ Obesity**
 - 2. Heart Disease**
 - 3. Hypertension**
 - 4. Diabetes**
 - 5. Cancer**
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- A decorative graphic element in the bottom-left corner of the slide, consisting of overlapping green and black geometric shapes.

State of Health and Nutrition of the Filipino

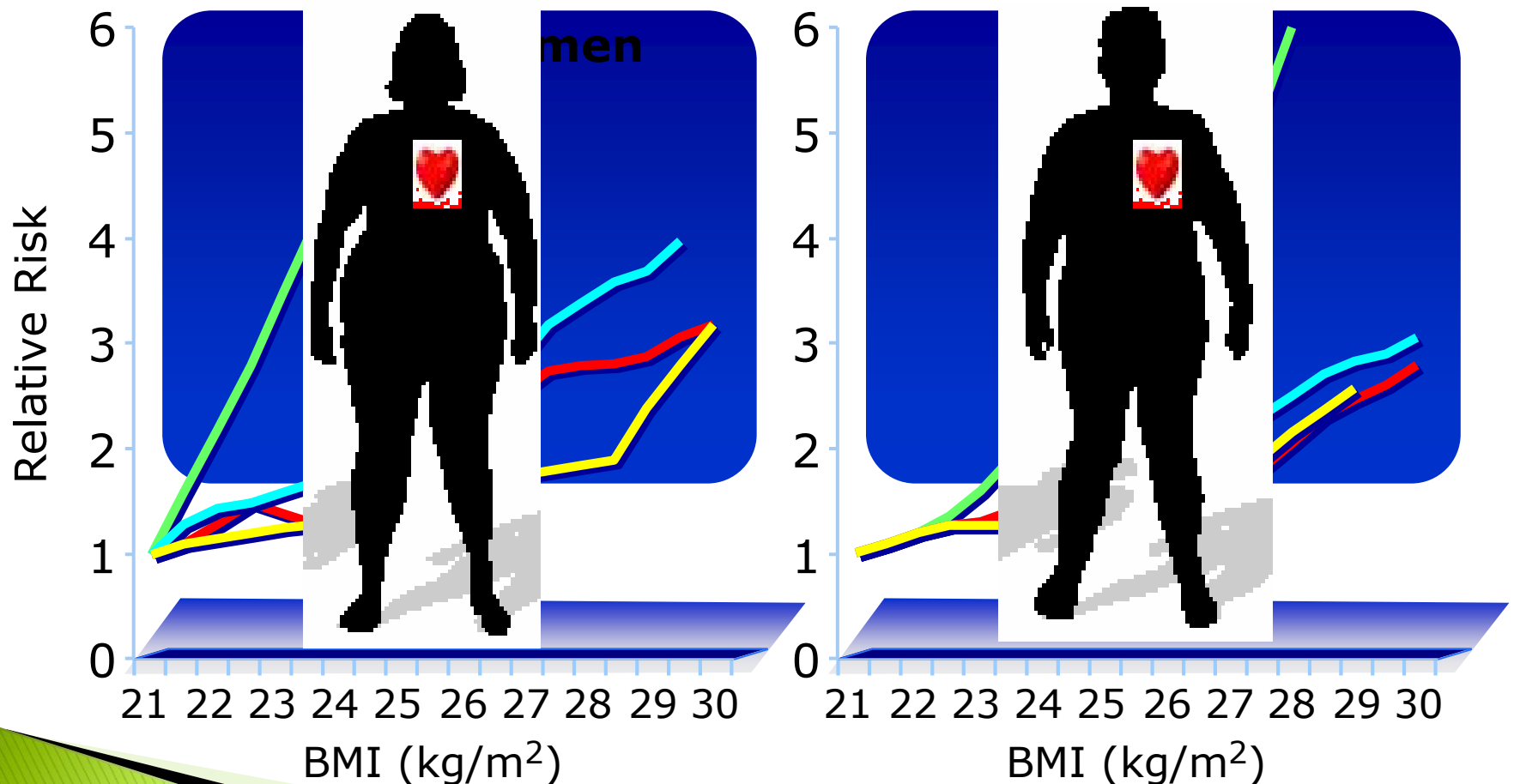
Prevalence of Overweight / Obesity among Filipino Adults



FNRI 1987 to 2003

Disease Risk Associated with Excess Body Mass Index

— Type 2 diabetes — Hypertension — Cholelithiasis — CHD

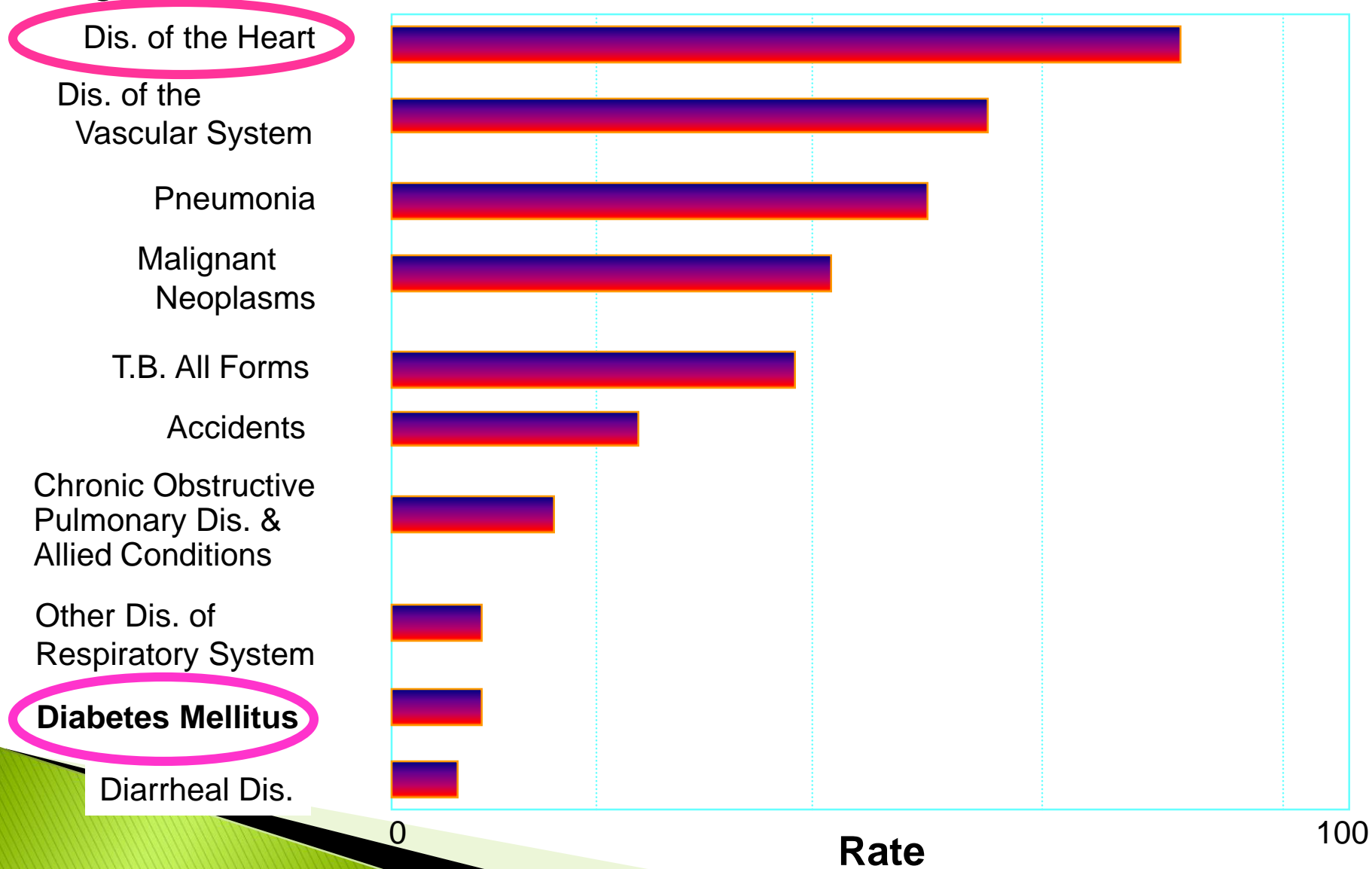


MORTALITY: LEADING CAUSES

Rate per 100,000 Population

Philippines 1995

Causes



Diabetes: The Big, Fat Truth.....

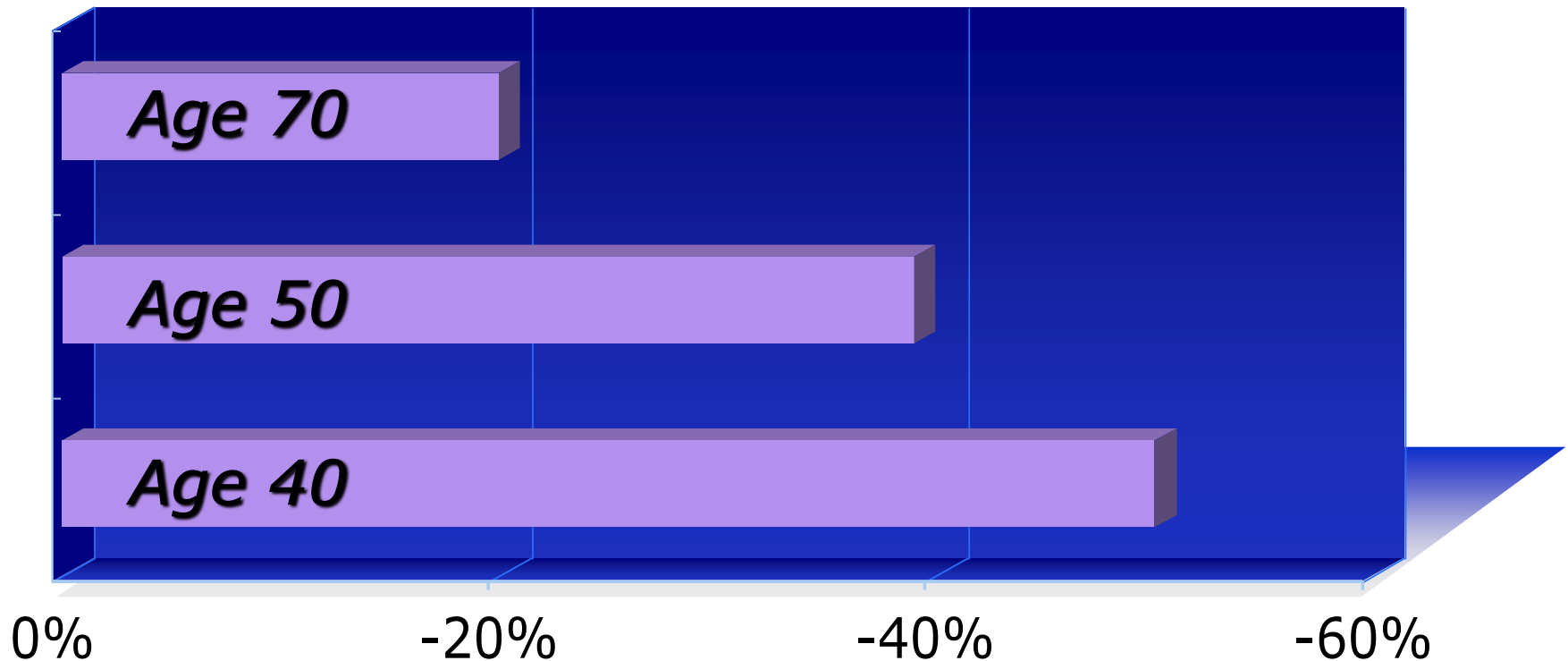
**For every
100 Filipinos,
4 to 5 persons
have diabetes.**

**3.7 M Filipinos out
of 84 M have diabetes.**

People with diabetes can reduce their risk for complications if they are educated about their disease, learn and practice the skills necessary to better control their blood glucose...

Lifestyle Interventions: Healthy Diet, Physical Activity, Weight Control

Primary Prevention: *Crucial Opportunity to Reduce the Burden of CHD*



Reduction in risk in men with 10% reduction in total cholesterol (10 cohort studies)

Primary Prevention: *Adverse Life Habit Changes*

- ▶ Atherogenic diet
- ▶ Sedentary lifestyle
- ▶ Obesity

Expert Panel. *JAMA* 2001;285:2486-2497.



Primary Prevention—Rx: *Therapeutic Lifestyle Changes (TLC)*

- ▶ Therapeutic diet to lower LDL-C
- ▶ Physically active on a daily basis
- ▶ Weight control

Expert Panel. *JAMA* 2001;285:2486-2497.



New Options to Lower LDL-C

▶ **Avoid**

- *Trans* fatty acids* (hydrogenated oils)

▶ **Add**

Dietary fiber (soluble fiber)

Plant sterol/stanol ester margarines

* Keep *trans* fatty acids low




Dietary Options — Benefit Independent of LDL-C Lowering

► Avoid

- Megavitamins (adverse effects shown for supplements of beta-carotene, no convincing clinical trial benefit for vitamin E supplementation)

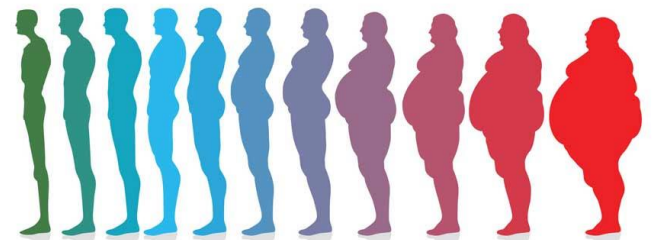
► Add

- Fish
 - Plant sources of omega-3 fatty acids
 - Fruits and vegetables
- 

SIGNIFICANT FINDINGS

- there is an increase in the percentage of health consciousness among Filipinos in terms of awareness
- top three (3) health problems: excessive weight, obesity, and respiratory conditions

**OBESITY IS NOW A
GLOBAL EPIDEMIC!**




**Be Physically Active On
A Daily Basis to achieve
Weight control**

Goals of Weight Loss

1. Reduce body weight in the short term
2. Maintain a lower body weight for the long term
3. Prevent further weight gain — minimum goal

Obesity Education Initiative. *Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: the Evidence Report*. Bethesda, Md.: NIH, 1998



Goals of Physical Activity

People of all ages, male and female benefit from physical activity

1. Include a moderate amount of physical activity on most, if not all days of the week
2. Additional health benefits can be derived from greater amounts of activity
3. Emphasis is on amount not intensity

U.S. Dept. of Health and Human Services. *Physical Activity and Health: A Report of the Surgeon General*. Atlanta, Ga: Centers for Disease Control and Prevention, 1996.

Suggestions on Activity

1. Scheduled physical activity

- a. Walking, treadmill, jogging, walking dog
- b. Swimming, biking, volleyball

2. Lifestyle physical activity

- a. Walk more stairs at work, walking for errands, parking farther away in parking lots
- b. Housework, gardening

U.S. Dept. of Health and Human Services. *Physical Activity and Health: A Report of the Surgeon General*. Atlanta, Ga: Centers for Disease Control and Prevention, 1996.



Sitting



Walking
4 MPH



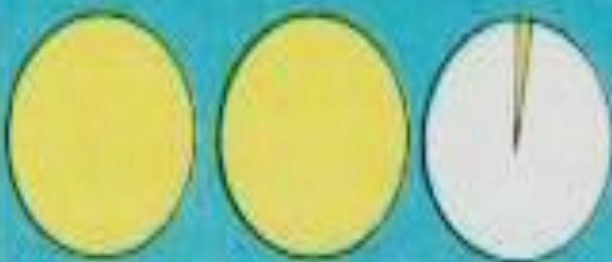
Bicycling
10 MPH



Swimming
 $\frac{1}{2}$ MPH



Running
9 MPH



2 hours and 2 minutes



36 minutes



28 minutes



18 minutes



14 minutes

1.5 $\frac{\text{kcal.}}{\text{min.}}$

5.5 $\frac{\text{kcal.}}{\text{min.}}$

7 $\frac{\text{kcal.}}{\text{min.}}$

11 $\frac{\text{kcal.}}{\text{min.}}$

14 $\frac{\text{kcal.}}{\text{min.}}$

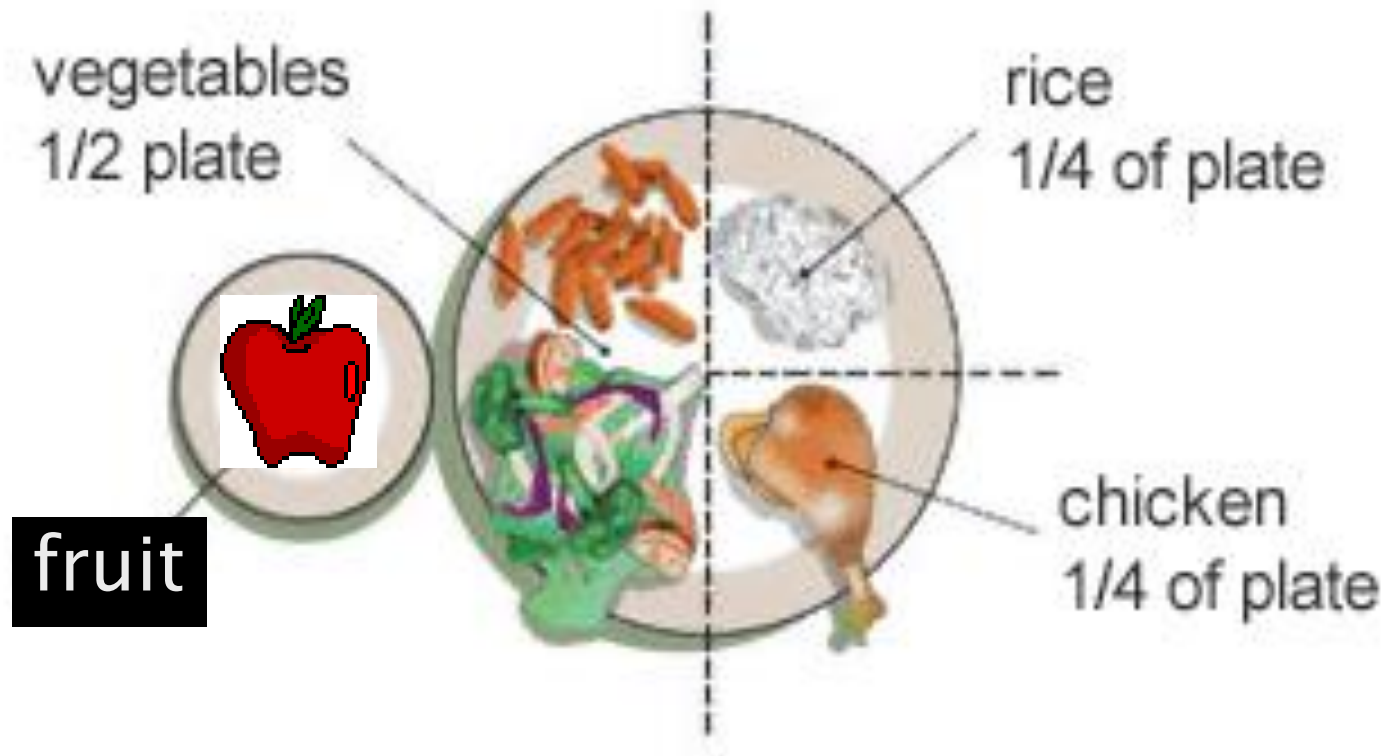
Metabolic Benefits of Weight Loss

- ▶ Reverse changes of insulin resistance and metabolic syndrome
- ▶ Raise HDL-C (can see increase of 1.6 mg/dl from a 10-lb weight loss)

Dattilo AM et al. *Am J Clin Nutr* 1992;56:320-328.


**More Practical Tips
On
Weight Loss
And
Coronary Heart Disease
Prevention**

Rate Your Plate



WMA REVISION TO DECLARATION OF GENEVA AFFIRMING ETHICS OF THE GLOBAL MEDICAL PROFESSION

AS A MEMBER OF THE MEDICAL PROFESSION:

- **I WILL GIVE** to my teachers, colleagues, and students the respect and gratitude that is their due;
 - **I WILL SHARE** my medical knowledge for the benefit of the patient and the advancement of healthcare;
 - **I WILL ATTEND TO my own health, well-being, and abilities in order to provide care of the highest standard;**
 - **I WILL NOT USE** my medical knowledge to violate human rights and civil liberties, even under threat;
 - **I MAKE THESE PROMISES** solemnly, freely, and upon my honour.
- 

***PMA WELLNESS
ACTIVITIES FOR OUR
DOCTORS***

PMA Members during Fit Filipino Nationwide Weightloss Challenge





PMA Members during Fit Filipino Nationwide Weightloss Challenge



PMA Members Joined the mountain climbing





Golf tournament for our members





**PMA promote
bowling
tournament among
our members**





Lace up a pair of comfy sneakers.

Walk Walk Walk
I Support **Sneakers Friday**





Walk Walk Walk
I Support **Sneakers Friday**



***PMA WELLNESS
ADVOCACY
PROGRAMS***



**Youth for Sin Tax Movement
World No Tobacco Today**





Healthy Choices Count!




Some examples of sugary products



Health Literacy for Grade School and High School Students



Child and Teen Health Workers Training Objectives

1. To organize a well represented group of school children and teachers to be trained and will promote wellness, health awareness, cleanliness, environmental sanitation and conservation
 2. To provide a cost effective and innovative preventive health programs that will raise the standard health education among the elementary school children and it's respective community.
- 

Child and Teen Health Workers Training Objectives

3. To establish linkages with government and non-governmental organizations (NGO) together with local community association.

First 30 Bulilit Health Workers of San Jose , Batangas, August 1996





A first hand adventure and feeling on how to be a patient undergoing CT-scan.



62nd PHILIPPINE MEDICAL ASSOCIATION NATIONAL MEDICINE WEEK CELEBRATION

Theme: "Ipagdiwang: Pangkalahatang Kalusugan"

9th Dr. Fe Del Mundo Annual Bulilit
& Teen Health Workers Congress
"Kaalamanang Pangkalusugan Para Sa Lahat"



23rd Anniversary of Child (Bulilit)
Health Workers Foundation Inc.



15 September 2019 FAITH Colleges Campus, Tanauan City

Host Society: Tanauan Medical Society with
Community Pediatrics Society of the Philippines Southern Tagalog Chapter



Group Poem Recitation





Bulilit Cheerdance

Bulilit Outcome



Regular Staff
Nurse at San Jose
District Hospital,
San Jose Batangas



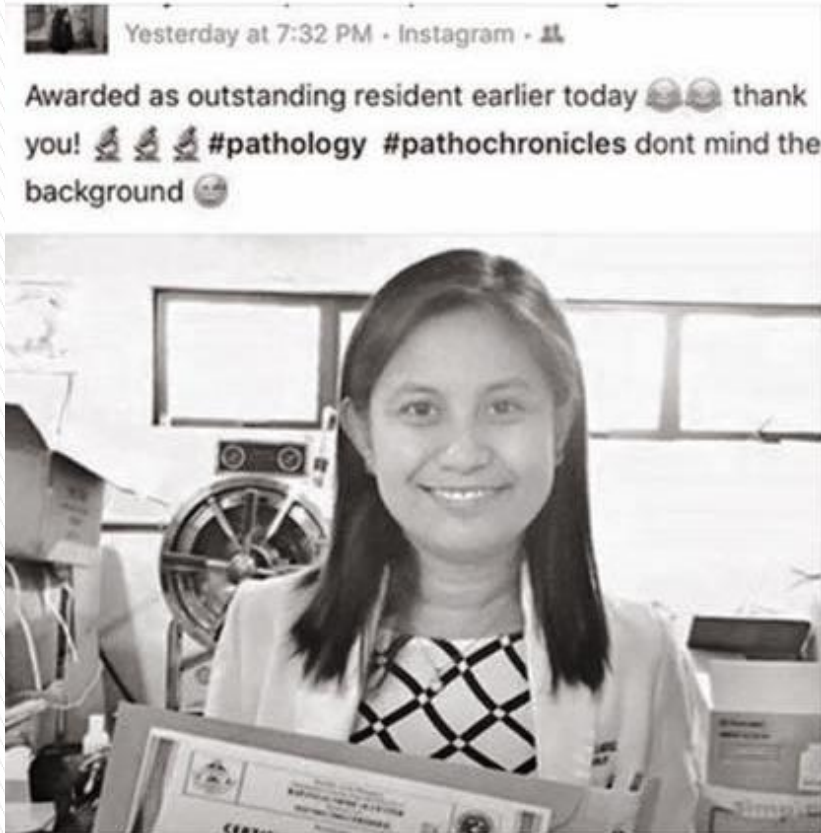
Owen Alday, RMT isang Bulilit Health Worker
batch 2002 ng Benigna Dimatatac Memorial
Elementary School, Calansayan , San Jose,
Batangas. He is a Registered Medical
Technologist now.

Bulilit Outcome



Child Health Workers Now our Nurse

Bulilit Outcome



Child health worker now a certified Pathologist and First Alumni that became member of PMA.


Previous Child Health Workers, Now our Nurses



InstaMag Life is a dream - realize it

**May D. Banate, RN batch 2000,
Gelli Joy Paradero batch 2004
Greg Robles batch 2001**

PMA participated in the preparation and crafting of the implementing rules and regulations of the following Laws.

1. RA 11223 - Universal Health Care Act
 2. Republic Act 11215 - National Integrated Cancer Control Program
 3. Republic Act 11148 Kalusugan at Nutrisyon ng Mag-Nanay Act
 4. Republic Act No. 11166 Philippine HIV and AIDS Policy Act.
 5. Senate Bill No. 2233 Excise tax increase on tobacco products
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Our ROLE as Physicians

- Lead the way towards healthy living:
 - *improve our physical and overall well-being
 - *proper work life balance
 - *eating right
 - *finding time to exercise
 - *enjoying life, too!



Health Enhancement **Research Organization**

- employees who keep a healthy lifestyle had better performance, proper time management, and lower absenteeism.
- helps them emanate a more positive attitude, pleasant personality, and exceptional performance.



With optimal health...

- Deliver a much higher quality care to our patients
- Creates a positive image



***AWARENESS IS NOT
TRANSLATED INTO
ACTION.***



Let's build a culture of...



*“A Healthy Community is
the Most Immeasurable
Wealth of a Nation”*

Benito P. Atienza, MD

*One of the Caring Physician of the World
by World Medical Association Publication
Santiago Chile 2005*



“Maraming Salamat Po” THANK YOU!

