



LIFESTYLE MEDICINE CONFERENCE

## Connecting Clinical Services through Lifestyle Medicine

Kathleen Findlay, MD, MPH

Lynn Huiskamp, MPH, NBCHWC

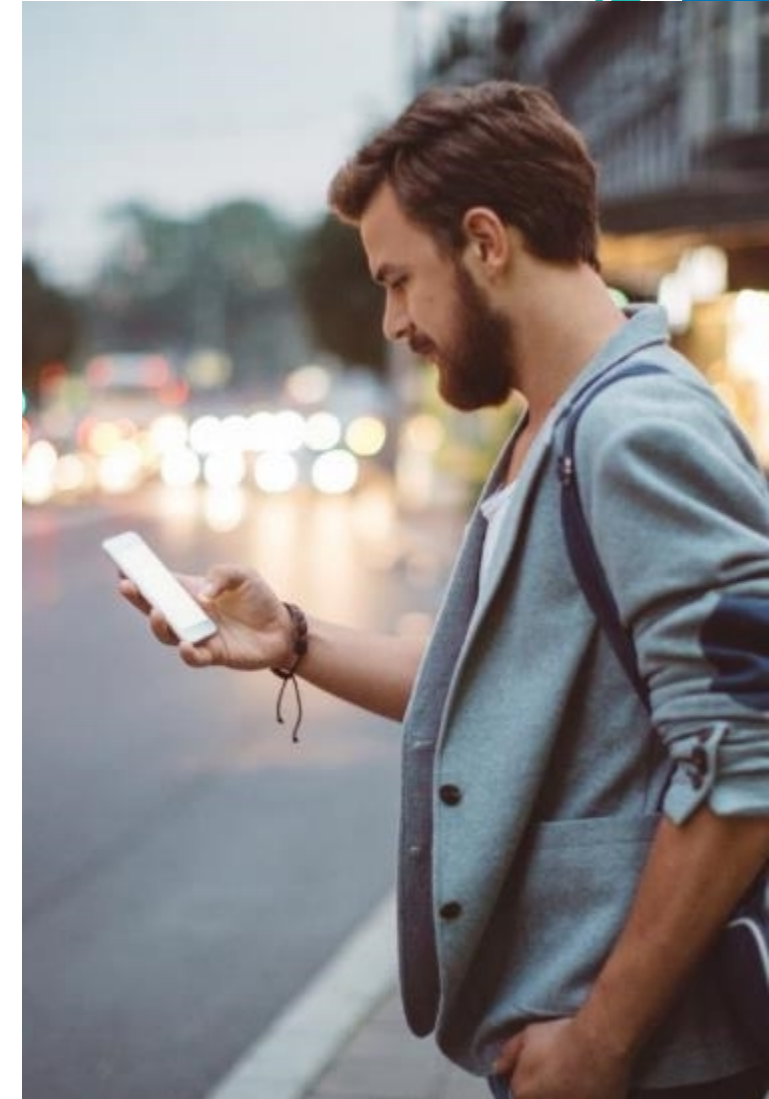
# Objectives

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Upon completion, participants will be able to restate social health challenges experienced by patients in rural areas.

Upon completion, participants will be able to describe how a holistic lifestyle medicine program can function as a care coordination/navigation hub in a rural healthcare organization.

Upon completion, participants will be able to summarize how an intensive lifestyle medicine program intervention addresses the quintuple aim of healthcare to improve patient physical and emotional health, reduce healthcare costs, improve both patient and provider satisfaction, and address equitable access to care.





**WESTERN WISCONSIN HEALTH**

**“Build a Healthier  
Tomorrow...Together”**

**Independent**

**15-bed Critical Access Hospital/Rural  
Health Clinic**

**Rural Western Wisconsin**

**Care, Innovate, Sustain**



# The Simple Health Team

**Kathleen Findlay, MD, MPH**

Diplomate-ABFM, ABOIM, ABLM



**Lynn Huiskamp, MPH,  
NBCHWC**



**Cheri Rott, MS, RDN, CD**



**Irma Zwald, MA**



# Compared to urban areas, rural areas have:



higher rates of unhealthy behaviors



less access to health care



less access to healthy foods

Rural residents tend to be older with lower incomes and education, and have higher rates of death from heart disease, cancer, unintentional injury, chronic lower respiratory disease, and stroke than their urban counterparts.

1. Rural Health. Centers for Disease Control and Prevention. February 22, 2023. Accessed August 29, 2023. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/rural-health.htm>.

# Connecting Clinical Services

## Methods

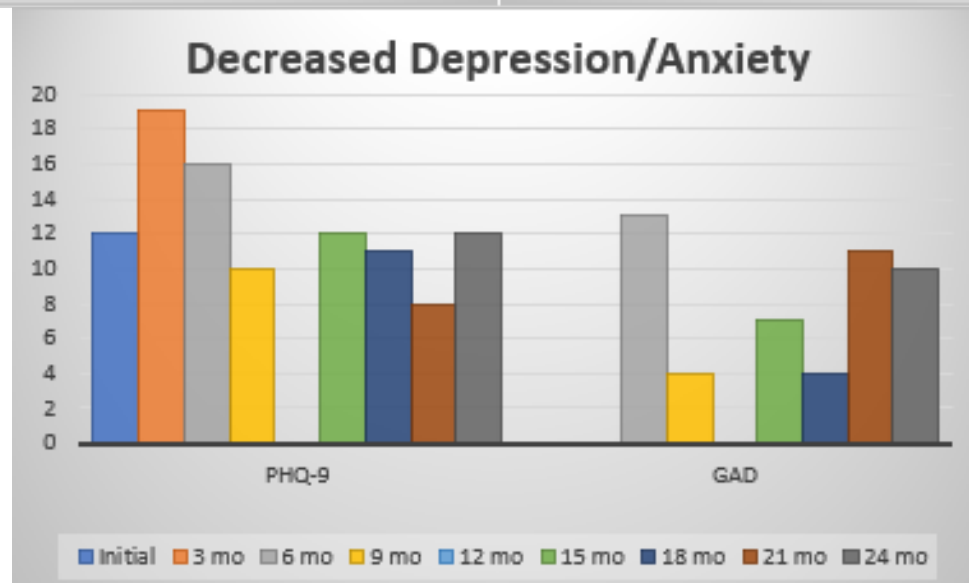
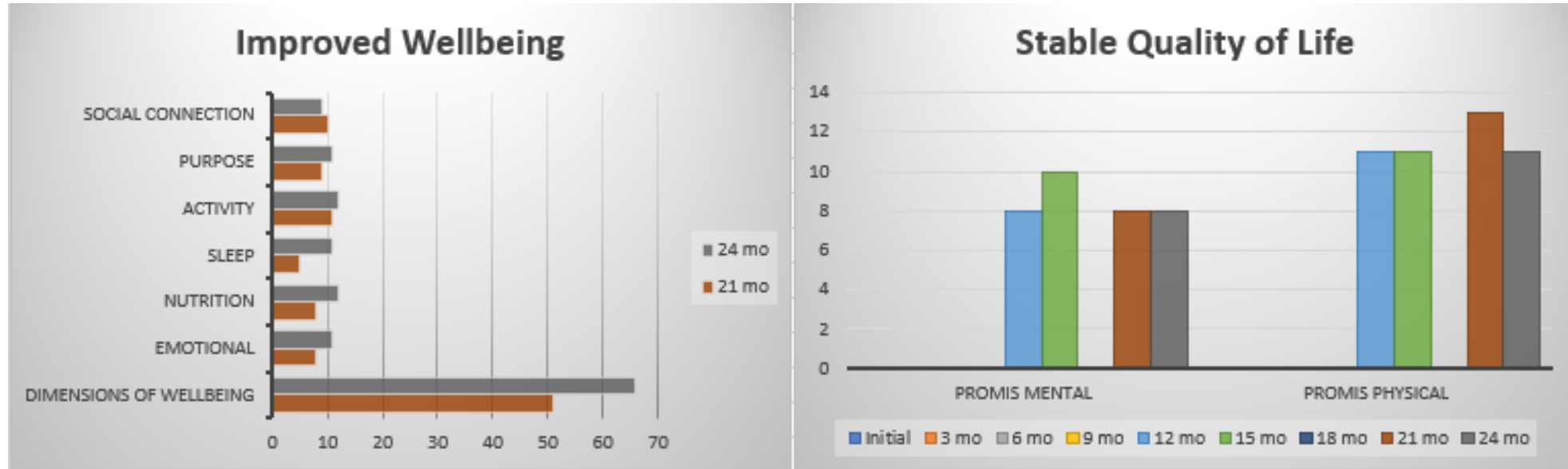
LM team engaged with patient every 2 weeks through clinic appointments or group visits

Coordinated collaboration with PCP, Behavioral Health, Endo, Diabetic Educator, PT, OT, Community Care Coordinator

Biometrics and Quality  
of Life Scores were  
evaluated at 3-month  
intervals

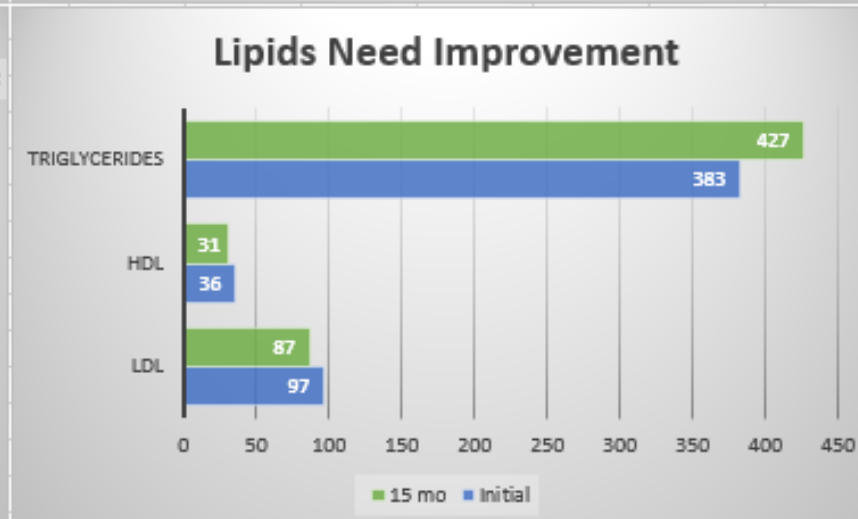
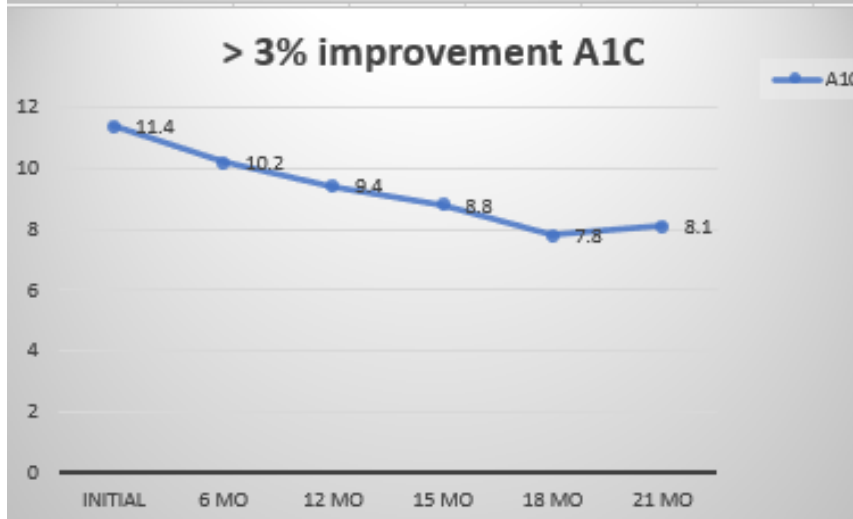
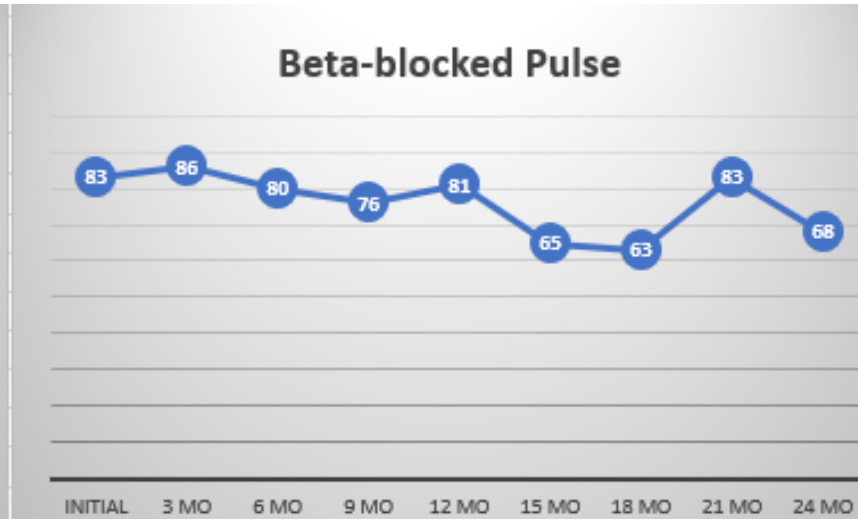
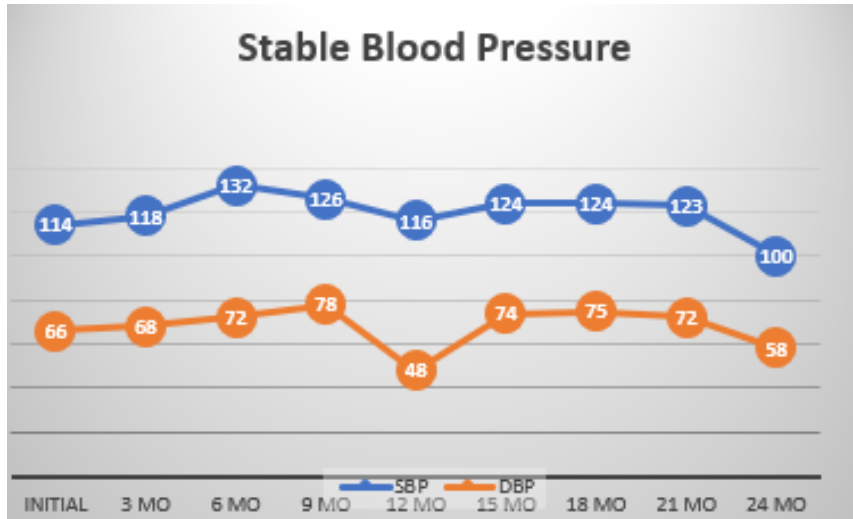


# Graphs only tell part of the story

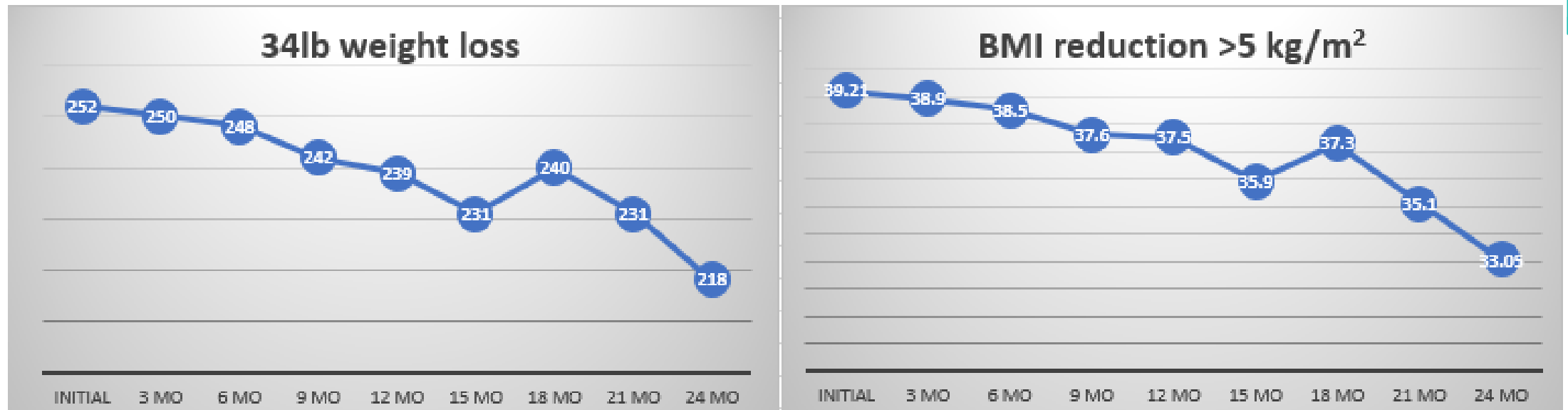




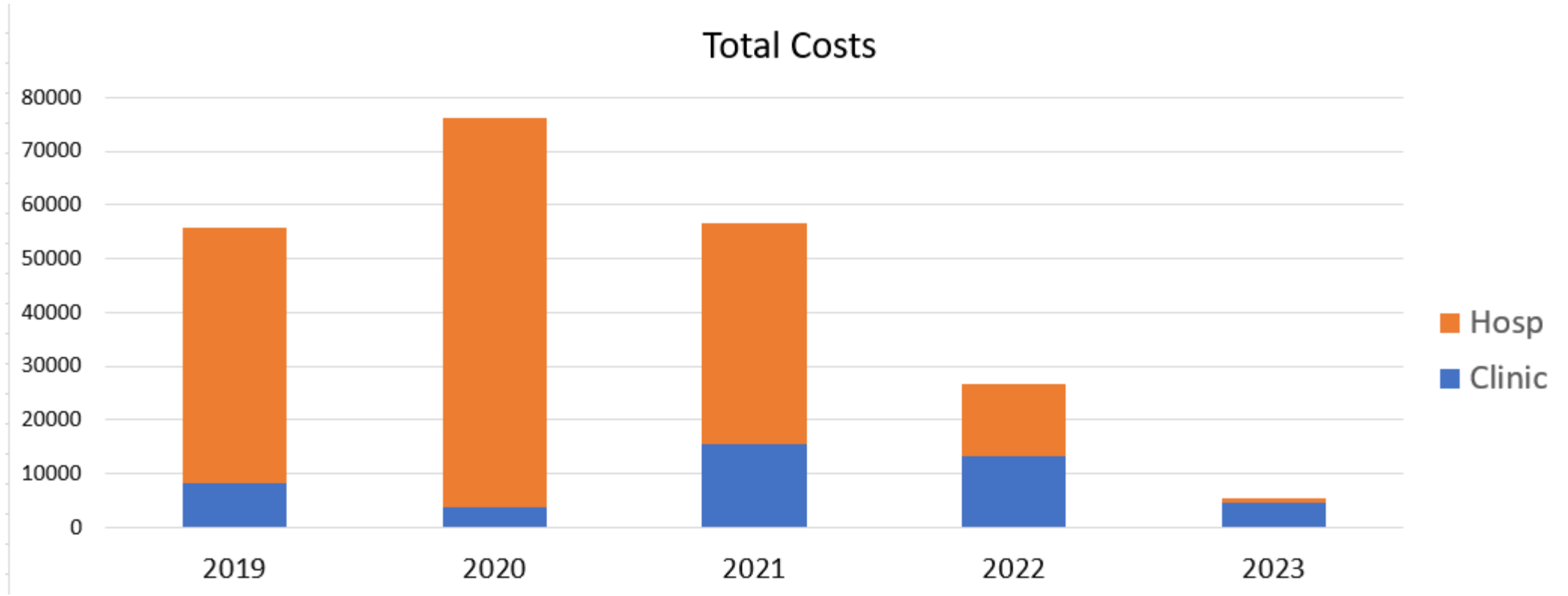
# Patient engagement is key



# Lifestyle change is a long game

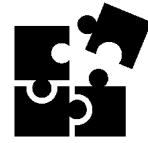


# Intensive Lifestyle Intervention saves \$

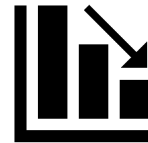


# Conclusion

A holistic Lifestyle Medicine program that incorporates connection of clinical services within a rural health clinic demonstrates significant improvement in biometric and quality of life measures, and also significant reduction in healthcare cost to the patient. This model is responsive to all areas of the Quintuple Aim.



Lifestyle Medicine can serve as a synergistic piece that links together the other components of medicine



Lifestyle Medicine can improve physical and emotional health and reduce costs.



Lifestyle Medicine can improve patient and provider satisfaction.



Lifestyle Medicine can address equitable access to care.

