Open Source Wellness: Health, Powered by Connection

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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
- Healthy Meals
- Social Support
- Stress Reduction

- Move
- Nourish
- Connect
- Be
NOURISH
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

- Pre: 4.4
- Post: 5.7

Minutes of Exercise

- Pre: 103.8
- Post: 134.4
Depression, Anxiety, and Isolation (PHQ-9, GAD-7, UCLA)

Mental Health Outcomes

- Depression: Pre 10.0, Post 5.0
- Anxiety: Pre 6.7, Post 4.1
- Isolation: Pre 5.8, Post 4.8
Blood Pressure

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

Mental Health Outcomes

Depression: Pre 15.29, Post 6.29
Anxiety: Pre 9.57, Post 5.21
Isolation: Pre 6.43, Post 5.36
Implications

Community is Medicine: Democratizing Health and Wellbeing
THANK YOU!

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