PATH TO WELLNESS

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GOA, India

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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
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

- Dis. of the Heart
- Dis. of the Vascular System
- Pneumonia
- Malignant Neoplasms
- T.B. All Forms
- Accidents
- Chronic Obstructive Pulmonary Dis. & Allied Conditions
- Other Dis. of Respiratory System
- Diabetes Mellitus
- Diarrheal Dis.
Diabetes: The Big, Fat Truth……

For every 100 Filipinos, 4 to 5 persons 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

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

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

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

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

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

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)

More Practical Tips On Weight Loss And Coronary Heart Disease Prevention
Rate Your Plate

- vegetables: 1/2 plate
- rice: 1/4 of plate
- chicken: 1/4 of plate
- fruit
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
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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
Lace up a pair of comfy sneakers.

Walk Walk Walk Walk
I Support Sneakers Friday
PMA WELLNESS
ADVOCACY
PROGRAMS
Youth for Sin Tax Movement
World No Tobacco Today
Healthy Choices Count!
5 servings of fruits and veggies!

2 hours or less of screen time!

1 hour or more of physical activity!

0 sugary drinks! More water!
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.
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
“Kaalamang 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
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
Child health worker now a certified Pathologist and First Alumni that became member of PMA.
Previous Child Health Workers,
Now our Nurses

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


5. Senate Bill No. 2233 Excise tax increase on tobacco products
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!