



# Atrium Health

## **Lifestyle Prescriptions: A Practical Review**

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# We will review...

- What is a lifestyle prescription
- A cartoon about the stages of change
- Three patient cases with practical tips
- Practical advice from your peers

# Lifestyle Prescription

## **Lifestyle Medicine Prescription**

Andrew W. Nance, MD, DipABLM  
Atrium Health

MRN:

Date:

Healthy Eating

Stress

Sleep

Exercise

Weight

Substance

Purpose

For template and printing press information,  
email me at [andrew.nance@atriumhealth.org](mailto:andrew.nance@atriumhealth.org)

# Lifestyle Prescription

**Lifestyle Medicine Prescription**  
Andrew W. Nance, MD, DipABLM  
Atrium Health  
Lifestyle Medicine @ Home

MRN: 2866379-J

102  
4/27/21  
Date:

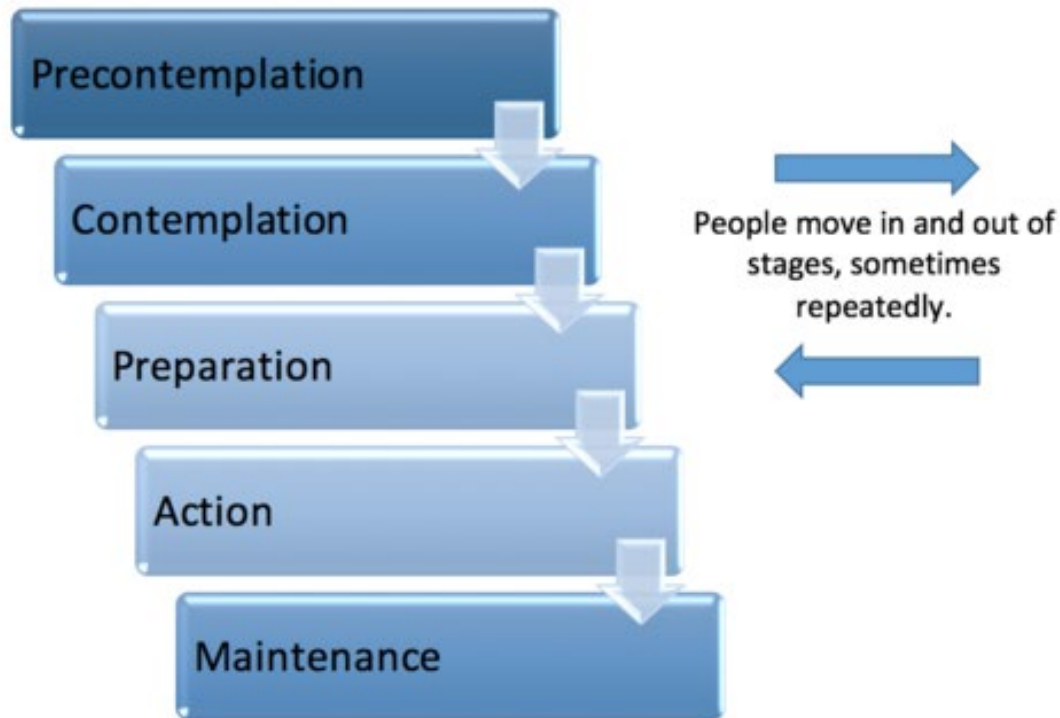
Healthy Eating	Stress	Sleep	Exercise
Weight	Substance	Purpose	

- ① Once daily, walk 2 laps briskly around Cul-de-sac
- ② Cutdown to 1 soda a day
- ③ Once daily, eat one meal entirely of vegetables
- ④ Follow-up on Comm. Free Clinic application

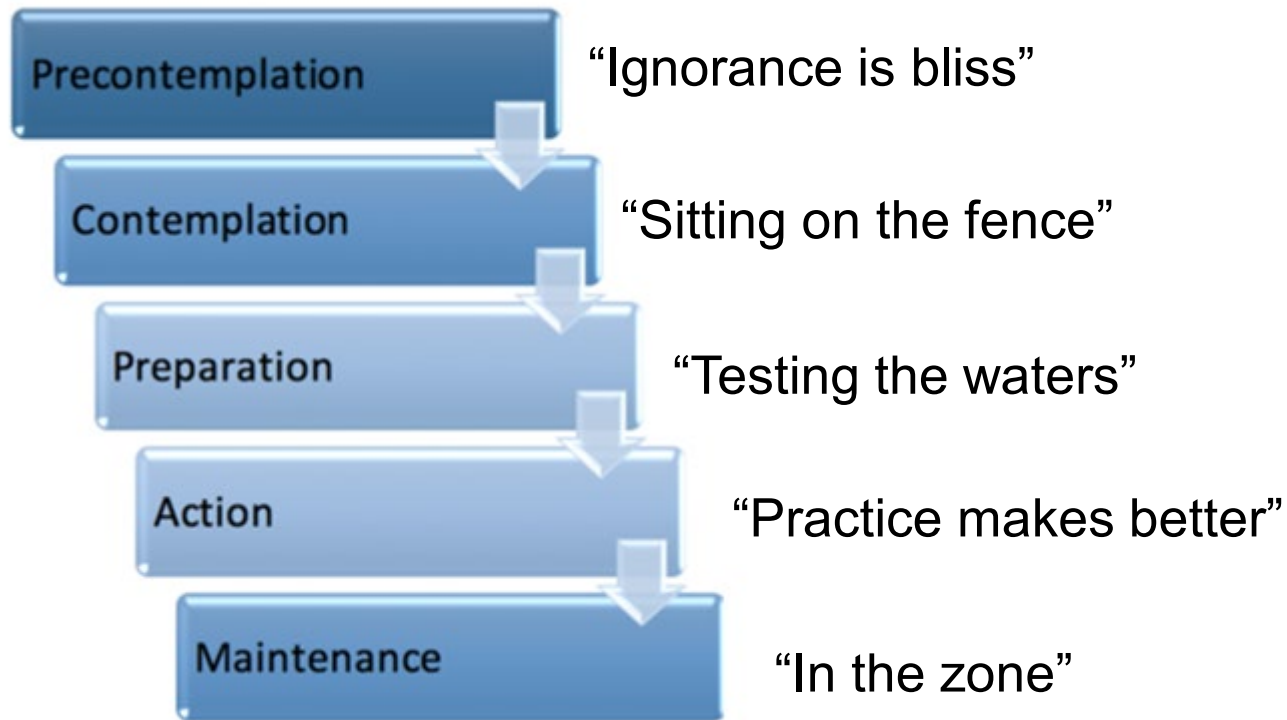
# Principles of Motivational Interviewing

Principle	Characteristics
Express Empathy	listen rather than talk; communicate respect for and acceptance of client
Avoid Argumentation	avoid confronting denial; encourage the client to make progress toward change
Roll With Resistance	divert or direct the client toward positive change; listen more carefully
Develop Discrepancy	promote the client's awareness of consequences of continued use; clarify how present behavior is in conflict with important goals
Support Self-Efficacy	elicit and support hope; encourage the client's capacity to reach their goals

# Stages of Change



# Stages of Change





# Pre-contemplation “Ignorance is bliss”



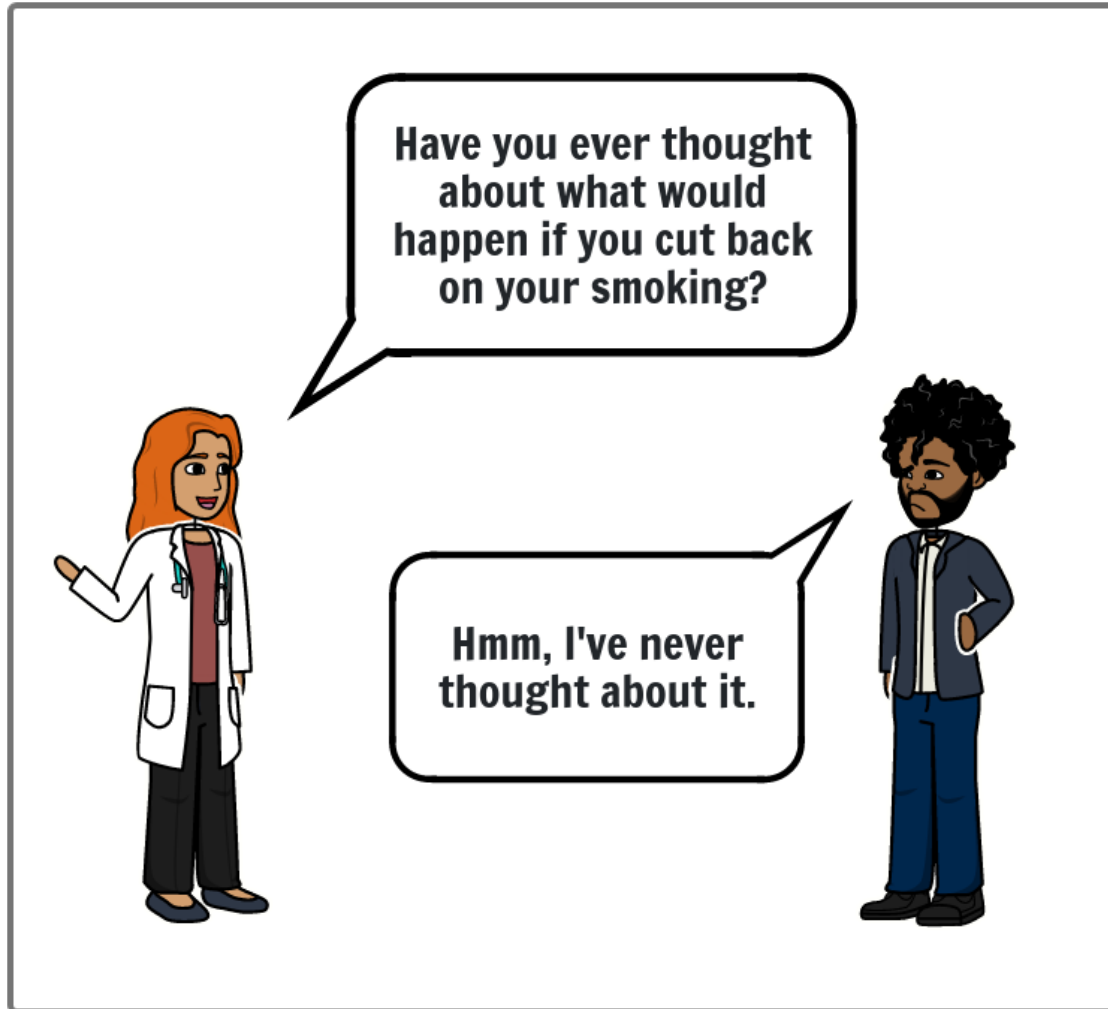
Patient

Reluctant

Rebellious

Resigned

Rationalizing



Provider

Listen  
intently

Educate  
about risks

Follow-up

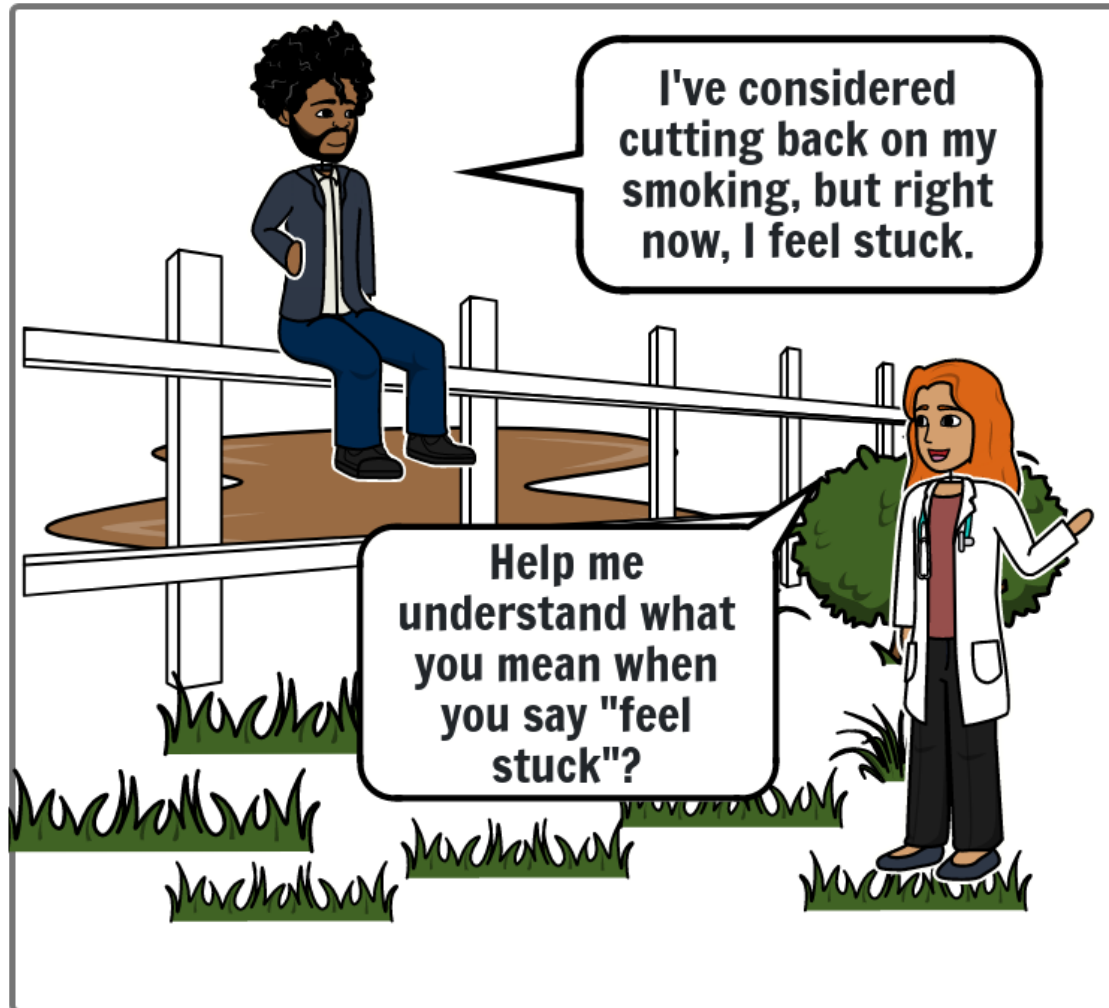
# Contemplation “Sitting on the fence”



Patient

**Ambivalence**

“I’m torn... If I keep smoking, I may get COPD, but if I stop, I’ll miss my friends during smoke breaks”



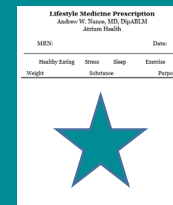
Provider

**Explore the good and the bad**

**Reflective listening**

“This sounds like a tough spot for you. What other good things could come from stopping?”

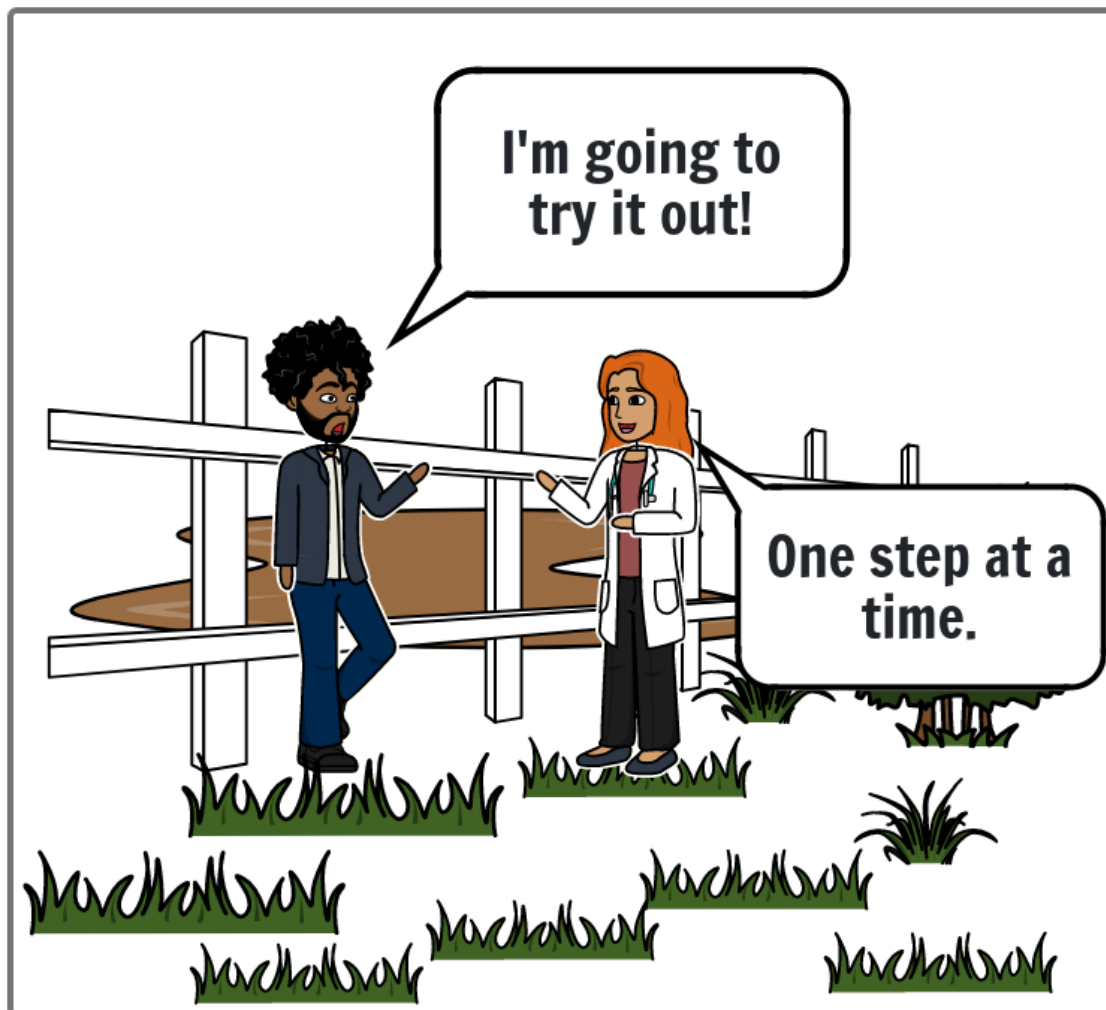
# Preparation “Testing the waters”



Patient

**Commit to  
change**

“So, if the  
Wellbutrin  
doesn’t work,  
we can try  
Chantix?”



Provider

**Problem  
solve barriers**

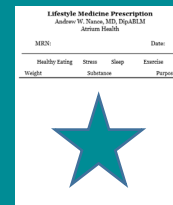
**Teach new  
skills**

**Lifestyle  
Prescription**

- Specific
- Measurable
- Achievable
- Realistic
- Timed

# Action

## “Practice makes better”

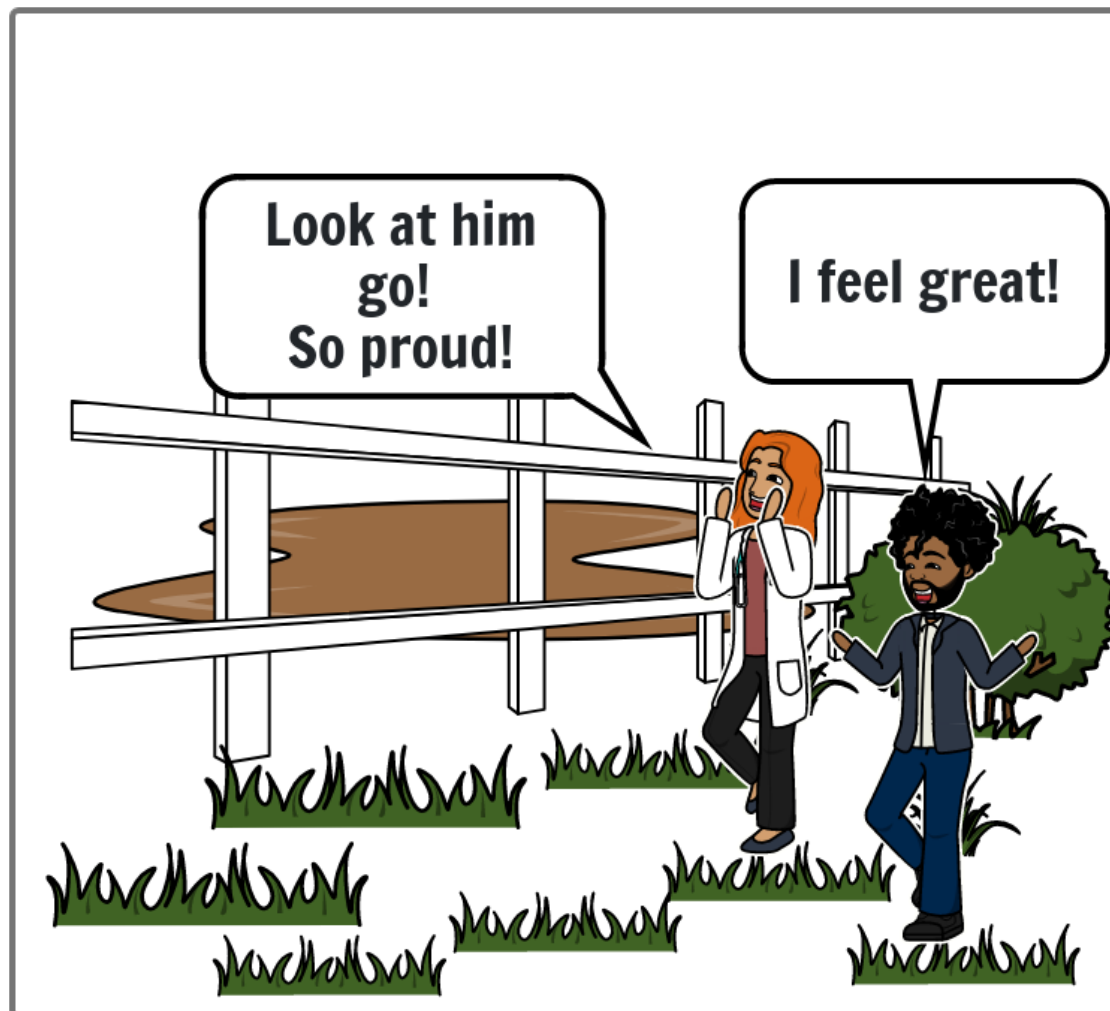


Patient

**Resolute  
thinking**

**Resiliency**

“I’ve finally  
figured out  
something  
that works for  
me!”



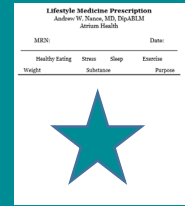
Provider

**Mentor and  
coach**

**Build self-  
efficacy**

# Relapse

## “Fell off the wagon”

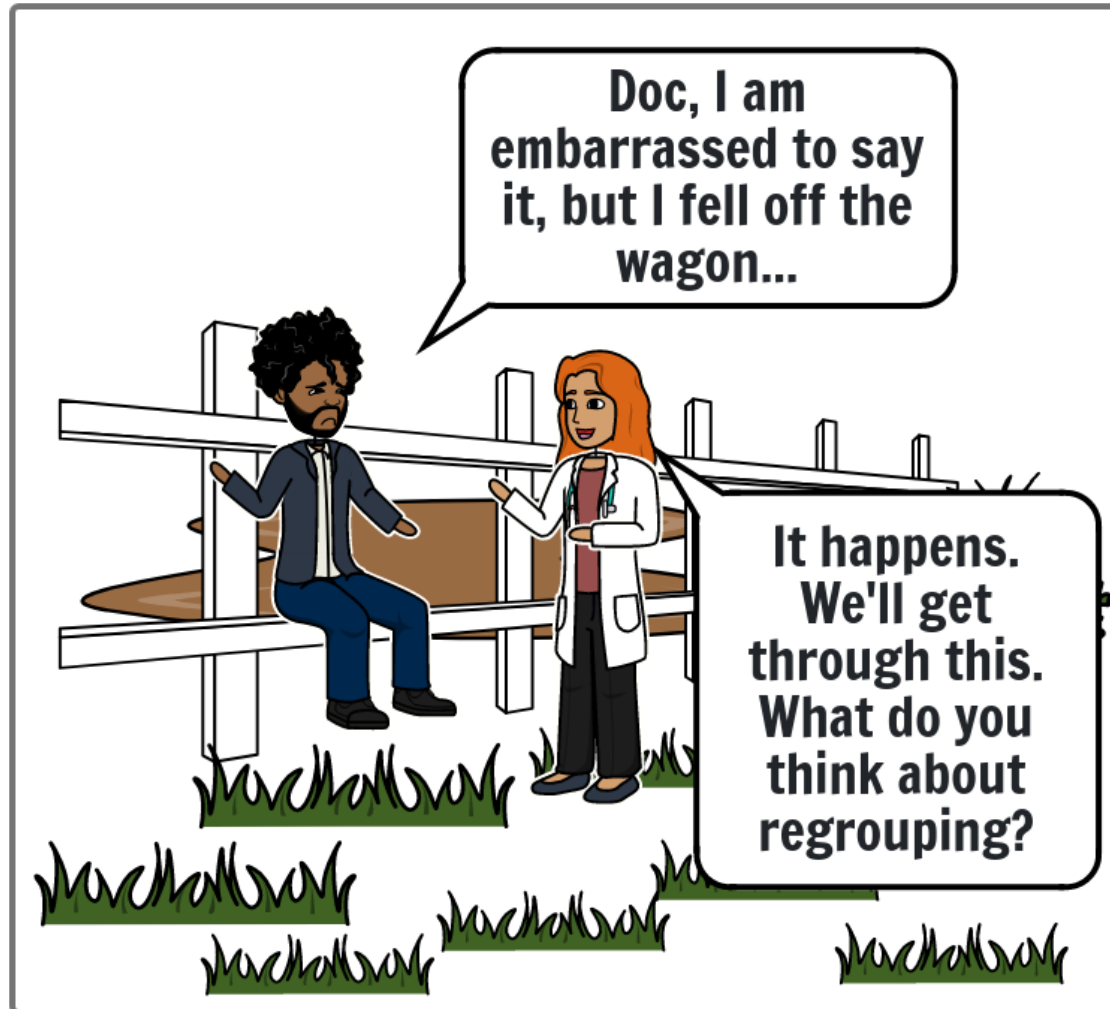


Patient

Shame

Vulnerability

“Don’t be mad,  
but my sugar is  
300 this  
morning”



Provider

Reorient to  
motivating  
factors

Avoid all or  
nothing  
thinking

Be  
consistent

# Lifestyle Prescription #1

Two handfuls of fruit  
once daily





Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

“The 2015-2020 *Dietary Guidelines for Americans* recommends that adults consume 1.5-2 cups of fruit and 2-3 cups of vegetables per day. Only 1 in 10 US adults eat the recommended amount of fruits or vegetables.”



**A fist or cupped hand = 1 cup**





**1 tennis ball =  $\frac{1}{2}$  cup of  
fruit and vegetables**

Healthy diets include a variety of  
colorful fruits and vegetables every day.



=



=



## Nutrition Facts

servings per container

**Serving size** (140g)

Amount per serving

**Calories** **80**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 20g 7%

**Dietary Fiber** 3g 11%

Soluble Fiber 0g

Insoluble Fiber 3g

**Total Sugars** 14g

Includes 0g Added Sugars 0%

**Protein** 1g



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# MYFOODDATA

## Top 10 Foods Highest in Fiber

28g of Fiber = 100% of the Daily Value (%DV)

### 1 Navy (Haricot) Beans



68% DV (19g)  
per cup  
255 calories

### 2 Avocados



48% DV (13g)  
per avocado  
322 calories

### 3 Chia Seeds



35% DV (10g)  
per oz (~2 tbsps)  
138 calories

### 4 Acorn Squash



32% DV (9g)  
per cup cooked  
115 calories

### 5 Green Peas



31% DV (9g)  
per cup cooked  
134 calories

### 6 Collard Greens



27% DV (8g)  
per cup cooked  
63 calories

### 7 Broccoli



18% DV (5g)  
per cup cooked  
55 calories

### 8 Whole Wheat Pasta



16% DV (5g)  
per cup  
174 calories

### 9 Oranges



15% DV (4g)  
per cup  
85 calories

### 10 Sweet Potatoes

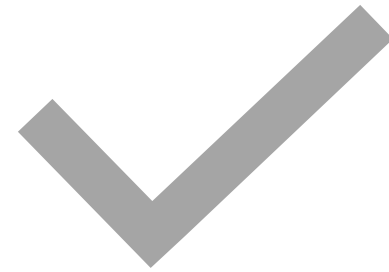


14% DV (4g)  
per cup  
114 calories



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# Lifestyle Prescription #2



Walk to mailbox

twice daily

Walking to the mailbox is 5 minutes

**Round trip to mailbox is 10 minutes**

Two trips to mailbox is 20 minutes

**Two trips six times per week is 120 minutes**



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



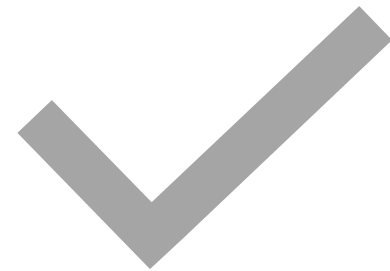
Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.



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# Lifestyle Prescription #2



Walk to mailbox

twice daily

Increase intensity carefully!

Insomnia – Walk day after the episode

Anxiety – Use scheduled and prn

# Lifestyle Prescription #3

Take one picture of a Great Blue Heron  
in the next month



# Address the stress!

“Some people drink, smoke, yell or overeat when they’re stressed? How do you typically get rid of stress?”



“What is it you feel when you’re stressed?”

“Have you ever heard about coping skills? What would you say are healthy coping skills?”

“No one ever taught us how to handle stress. If you’d like, we could talk about different ways to handle stress”.

“Has stress led to problems for you before?”





# Evidence-Based Stress Management

## *Tools to get you through the crisis*

- **Calm Breathing:** <http://www.anxietybc.com/sites/default/files/CalmBreathing.pdf>
- **Progressive Muscle Relaxation:** <http://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>
- **CBT strategies:** [http://www.anxietybc.com/sites/default/files/What\\_is\\_CBT.pdf](http://www.anxietybc.com/sites/default/files/What_is_CBT.pdf)
  - Realistic Thinking: <http://www.anxietybc.com/sites/default/files/RealisticThinking.pdf>
  - Challenging Negative Thinking: [http://www.anxietybc.com/sites/default/files/Challenging\\_Negative\\_Thinking.pdf](http://www.anxietybc.com/sites/default/files/Challenging_Negative_Thinking.pdf)
  - Tolerating Uncertainty: <http://www.anxietybc.com/sites/default/files/ToleratingUncertainty.pdf>
  - Self-help Strategies for Anxiety: [http://www.anxietybc.com/sites/default/files/adult\\_hmgad.pdf](http://www.anxietybc.com/sites/default/files/adult_hmgad.pdf)
  - Self-help Strategies for Social Anxiety: [http://www.anxietybc.com/sites/default/files/adult\\_hmsocial.pdf](http://www.anxietybc.com/sites/default/files/adult_hmsocial.pdf)
  - Self-help strategies for Panic Disorder: [http://www.anxietybc.com/sites/default/files/adult\\_hmpanic.pdf](http://www.anxietybc.com/sites/default/files/adult_hmpanic.pdf)
- **Mindfulness-based Stress Reduction:** Free Mindfulness App <http://stopbreathethink.org>

# HelpGuide



HelpGuide



Donate

## Stress Management

In small doses, stress can help you stay energized and focused. But when it's chronic or overwhelming, it can damage your health, productivity, and well-being. Learn the warning signs and what you can do to protect yourself.



### Stress Symptoms, Signs, and Causes

The harmful effects of stress and what you can do about it



### Stress Management

Using self-help techniques for dealing with stress



### Adjusting to Retirement

How to cope with the stress and challenges

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Psychology Today

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### Clay Parker

Counselor, LPC, LCAS, NCC, MS 

*Specialized areas include Substance abuse, sexual addiction, gaming addiction, anxiety, depression, relationship concerns, stress related issues, divorce, children and divorce, grief, stress management.*

My name is Clay Parker. I am a Licensed Professional Counselor, Licensed Clinical Addiction Specialist Associate, National Certified Counselor with a long history of working in the mental health field in various capacities. I have experience with adults, children, couple and

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View

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📍 Kannapolis, NC 28081

🖥️ Offers online therapy

# Lifestyle Prescription #4

## Lifestyle Medicine Prescription

Andrew W. Nance, MD, DipABLM  
Atrium Health

MRN:

Date:

Healthy Eating	Stress	Sleep	Exercise
Weight	Substance		Purpose

1) Write one lifestyle prescription to one patient in the next week

# Peer Consultation

Do you have an example of a time you and a patient made a lifestyle goal together?  
How did it go?

# Thank you for your time!

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