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Complete Health Improvement Program to Implement Lifestyle Medicine

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Complete Health Improvement Program to Implement Lifestyle Medicine

Abstract

The health of many Americans continues to worsen. Over the past 20 years there has been a fifty percent increase in the incidence of Type 2 Diabetes Mellitus in the US. America has an increase in obesity rates, and lower mortality rates compared to other countries that spend less per capita. Currently the US healthcare system only contributes about 20% of the overall care of patients. Provider burned out is increasing and many remain uneducated regarding lifestyle medicine. Since up to 90% of chronic diseases are lifestyle related, a different approach to chronic disease care is needed. The Complete Health Improvement Program (CHIP) is an international program that can aid providers to address lifestyle as part of their overall care. This project will show how implementing CHIP as lifestyle medicine in a group setting can improve the overall risk factors for cardiovascular disease, including weight, body mass index, blood pressure, cholesterol levels, and blood glucose levels in participants. In addition, this project will show the feasibility for reimbursement of CHIP through group visits.

Keywords: lifestyle medicine, complete health improvement program, CHIP, group visits, reimbursable lifestyle interventions