

EXECUTIVE SUMMARY

HEALTH CARE COMMUNITY DISCUSSION

DECEMBER 29, 2008

SAMUELI INSTITUTE, ALEXANDRIA VA



OVERVIEW

The Samuelli Institute convened a Health Care Community Discussion on December 29, 2008 to help guide wellness and integrated health care practices into the next health reform effort. This meeting was organized in response to a call for input on health reform by then-President-elect Obama, and it was hosted by Wayne Jonas, M.D. and the Systems Wellness Advancement Team (SWAT). SWAT is a group of leading health and policy experts in comprehensive lifestyle self-care and integrative health care practices, science, and policy.

Over 150 professionals from a wide variety of disciplines participated, either in person or via teleconference, in an engaging and productive discussion around the specific questions requested by the Transition Team and the Wellness Initiative for the Nation (WIN) concept, a white paper drafted for guiding wellness and integrative health care practices in the next health reform effort. More information on the WIN is below, and the WIN document is available for download at <http://www.siib.org>.



Meeting participants completed an online survey following the meeting, through which they provided responses to a survey and several open-ended questions, as well personal stories that emphasize the need for health care reform. This valuable feedback was compiled and collated into a group report on health care reform that was submitted to the Transition Health Policy Team. Over 8,500 groups across the Nation conducted Health Care Community Discussions and submitted reports via www.change.gov.

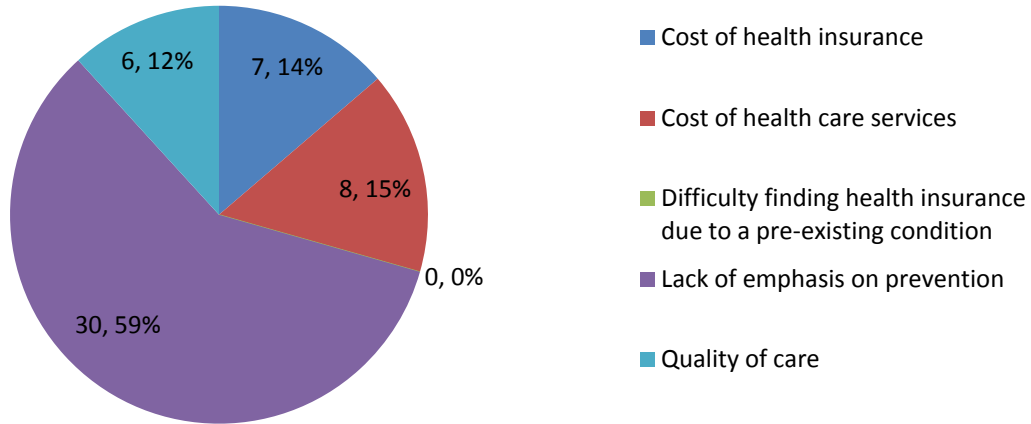
SUMMARY OF RESPONSES TO SURVEY QUESTIONS

Note: Respondents could select more than one checkbox, so percentages may add up to more than 100%.

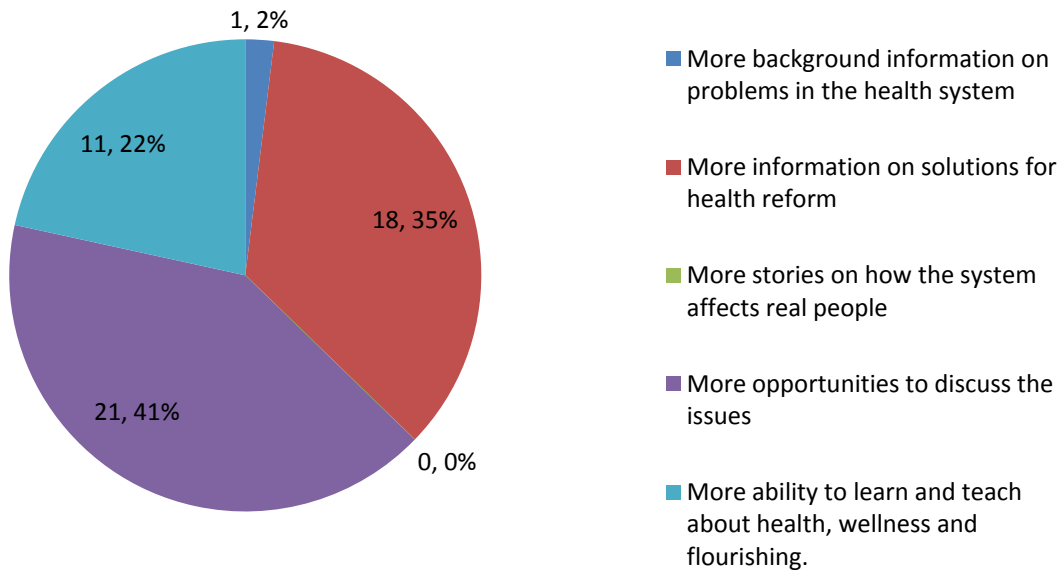


A. QUESTIONS RAISED BY THE TRANSITION TEAM

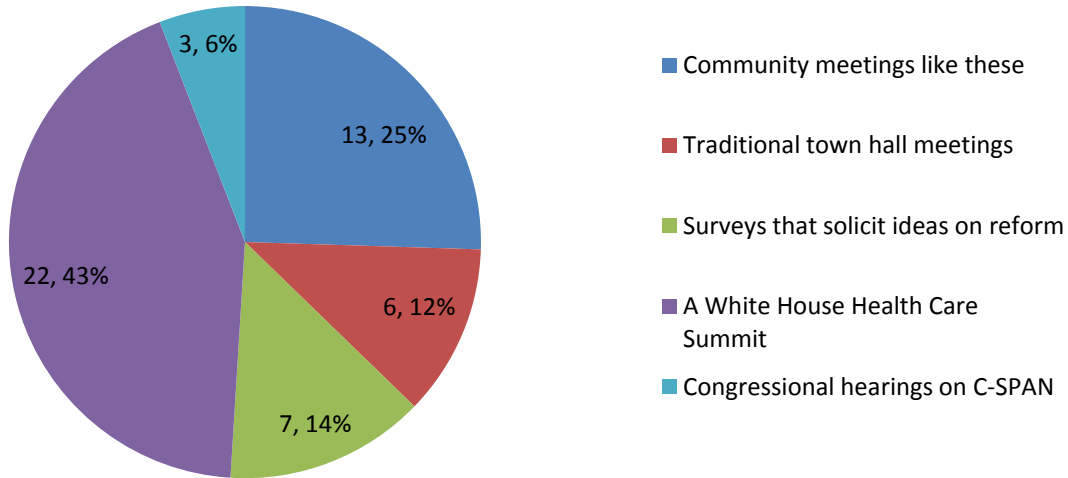
What do you perceive is the biggest problem in the health system?



After this discussion, what additional input and information would best help you to continue to participate in this great debate?

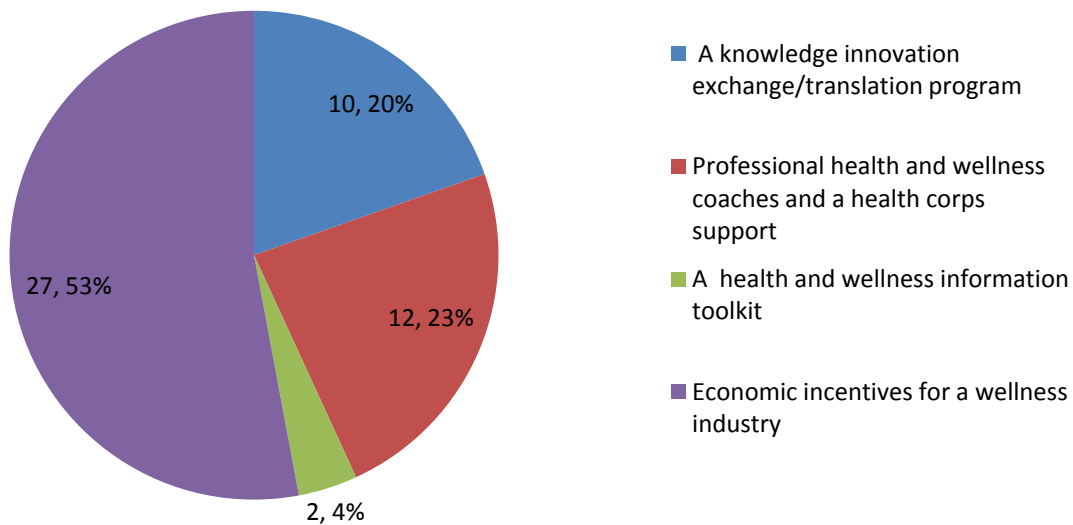


What do you think is the best way for policy makers to develop a plan to address the health system problems?

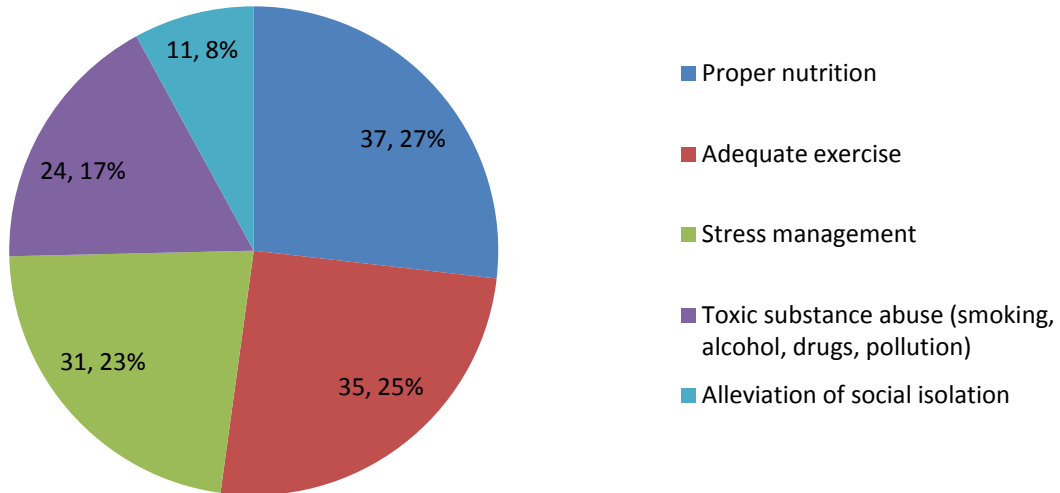


B. QUESTIONS ABOUT THE WIN

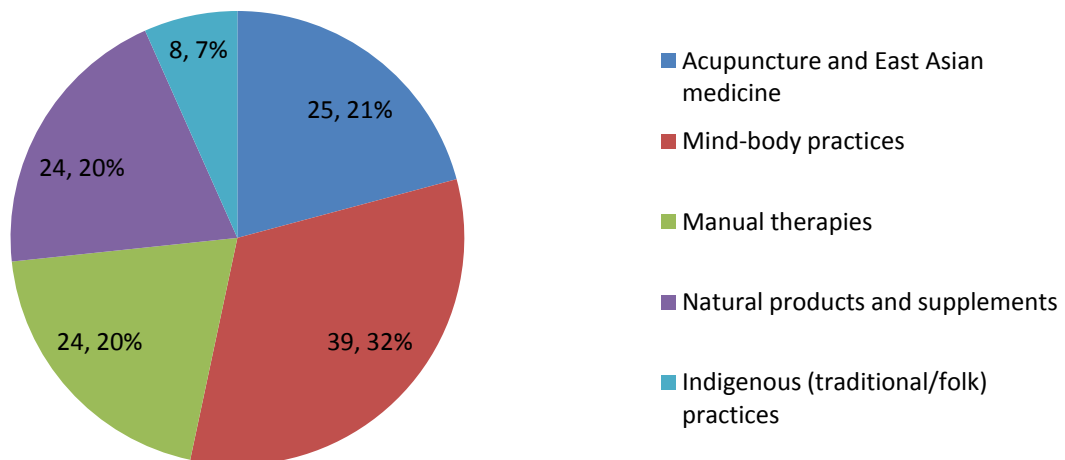
WIN makes four recommendations for the Nation. Which of the following would be the best approach to creating health in the nation?



Of the main components of comprehensive lifestyle programs, which is/are the most important to establish in the nation?



Of the complementary and alternative health care practices used by the public, which is/are the most important to properly integrate into health care system?



ABOUT THE WELLNESS INITIATIVE FOR THE NATION

More information is available at www.siib.org/win.

The purpose of the Wellness Initiative for the Nation (WIN) is to proactively prevent disease and illness, promote health and productivity, and create well-being and flourishing for the people of America. The paper addresses strategies for creating health, saving costs, and enhancing wellness through a concerted focus on self-care, core lifestyle change and integrative health care practices. In addition, WIN can prevent the looming fiscal disaster in our health care system.

The initial step towards a Wellness Initiative for the Nation (WIN) is to create a White House office, with a Director and staff, specifically focused on developing policies and programs for lifestyle-based chronic disease prevention and management, integrative health care practices and health promotion.

WIN proposes a national effort to create:

- A network of Systems Wellness Advancement Teams (SWAT) to maintain the wellness vision and guide implementation of a new paradigm based on health promotion, disease prevention and integrative practices.
- Professional health and wellness coaches and a health corps;
- Economic and other incentives for personal and community activities that establish social and cultural change and create public wellness values and a flourishing society; and
- A health and wellness information toolkit for providing evidence based information on illness prevention and self-management.

DEVELOPMENT OF THE WIN CONCEPT

The WIN document was developed by leaders in the fields of health policy, health promotion, lifestyle-based chronic disease prevention and management, and integrative health care practices. The policies and programs of WIN are grounded in the continuity of health and the prevention of illness throughout the human lifecycle and integrative health care approaches that have demonstrated effectiveness. WIN leadership will provide program analysis, develop policies, guide curriculum and evidence standards, and establish incentives and mechanisms that support these efforts in national health care reform.

A draft of the WIN concept was discussed by over 150 participants at this Health Care Community Discussion in December 2008. Dozens of these expert participants provided specific edits and comments on the draft document, many of which were incorporated into the final version of the WIN paper.

ALIGNMENT OF THE WIN

Thus, the WIN concept fits directly into the plans of the new administration and leaders in health care reform. We have aligned WIN concepts with the overarching goals of the following concepts, policies and documents:



- The Obama-Biden plan for health reform, specifically the goal to promote prevention and strengthen public health
- The new administration’s health reform recommendations, described in *The Health Care Delivery System: A Blueprint for Reform*
- Healthy People 2010 goals, specifically the focal areas on Increasing Quality and Years of Healthy Life and Eliminating Health Disparities;
- A Wellness Trust, described in *Promoting prevention and preempting costs: A new wellness trust for the United States*
- The Federal Health Reserve
- Recommendations of the White House Commission on Complementary and Alternative Medicine Policy
- The Institute of Medicine’s reports on health care quality, transformation, and integrative medicine.

GROUP PHOTO



ABOUT THE SAMUELI INSTITUTE

The Samuelli Institute is the leading non-profit organization doing research on healing practices and currently conducts research with hospital systems, schools and runs several major programs with the Department of Defense and Veteran’s Health Administration on resilience, wellness, and chronic disease prevention and management with behavioral and integrative health care practices. These and other programs could be models for use in WIN.

