

Realigning Primary Care in The Time of COVID-19: Focusing on the Root Cause of Disease

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Health is a state
of complete physical,
mental, and social
well-being and
not merely the
absence of disease
or infirmity.



emergence genes epigenetics
health **rethink**
complex as networks environment
food medicine
systems adaptive
disease

Your Environment and Lifestyle Matter



“Crisis is shining a bright light on how unacceptable the disparities are.”

-Dr. Anthony Fauci

Disparity = Inequity

ECONOMIC: Access to healthy foods, limited resources, no telework (no white collar jobs).

ENVIRONMENT: pollution/asthma/copd, Flint Michigan/Baltimore, can't social distance, stressful environment (gun shots)

EDUCATIONAL = defines jobs, opportunities, resources

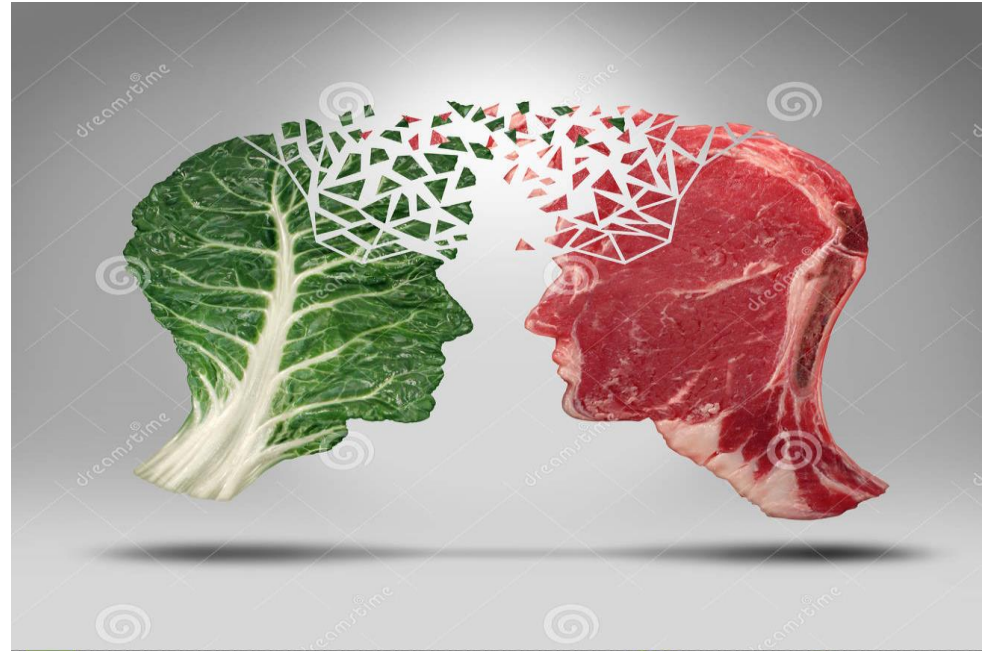
Protect Your N.E.S.T.

- Nutrition/IF
- Exercise
- Sleep/Stress
- Think/Trauma
- Relationships
- Organisms
- Pollution
- Experiences/Emotions



Nutrition

- Tells your body what to do
- Affects microbiome
- Affects hormones
- Immune system



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Nutrition

- Low carb (low glycemic)
- High-fat
- Hydration
- Reduces inflammation
- Weight loss
- Reduces cravings
- Reduce insulin



Exercise

- Weight maintenance
- Mood stabilizer (endorphins)
- Boost energy (ATP)
- BDNF(Memory/learning) (32%)
- Multiple chronic illnesses benefit(pain)(ED)
- Exercise type?



Sleep

- Reduces obesity (insulin, leptin, ghrelin)
- Strengthens immune system
- Decreases Inflammation
- Improves memory
- Reduce stress/T2DM
- Affects mood
- Reduces blood pressure



Stress

- Hypothalamus = CRF=
ACTH = cortisol
 - Increase glucose
 - Increase insulin resistance
 - Increase blood pressure
 - Decrease DNA repair
 - Increase leaky gut
- Reduce screen time
 - Increase fat/decrease
protein syn.
 - Think Positively!
 - *Improved CV health*
 - *Boosts immune system*
 - *Decreased depression*

Trauma

- Flashbacks
- Physical symptoms
- Insomnia
- Feeling anxious
- Stress
- Depression

Relationships

Social Support + Social Integration = decreased stress and improved mental state

Negative interactions = increased stress

Organisms

- Your microbiome matters
- Your exposures matter
- Relationship is either pathogenic or symbiotic

Pollutants

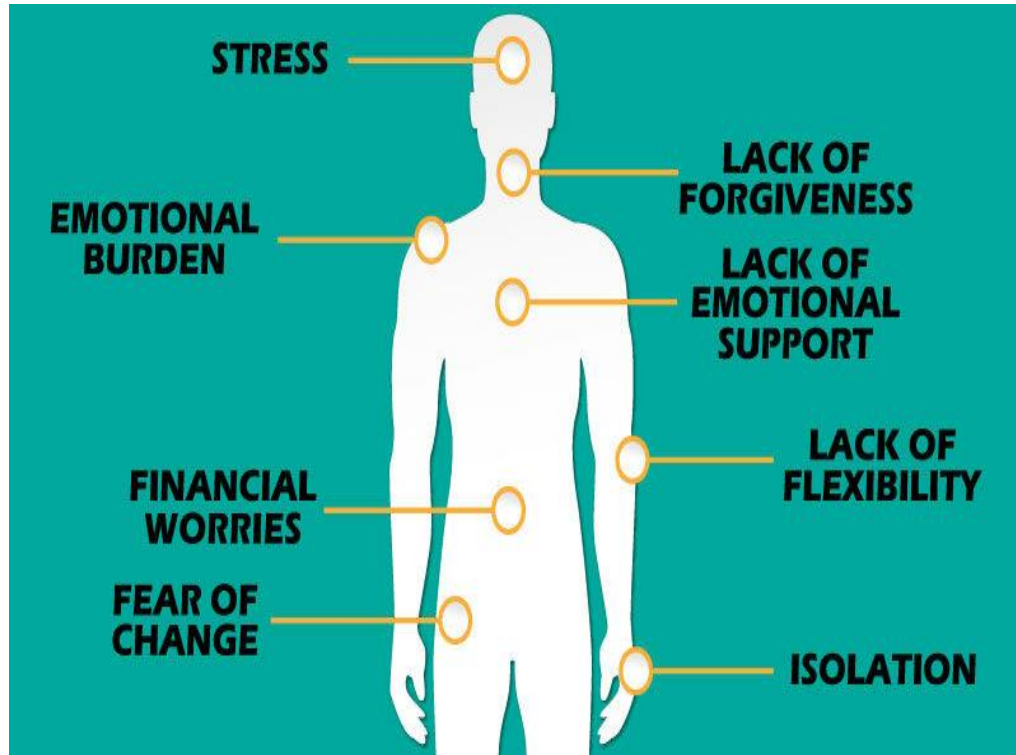


Some examples of Pollutants

- **Factories & Refineries** (Oil and industrial waste)
- **Agriculture** (Pesticides, fertilizers, Eutrophication)
- **Human Sewage** (Failing septic tanks, pit latrines)
- **Marine Dumping**
- **Mining** (sediment run off)
- **Agriculture** (Pesticides, herbicides and fertilizers)
- **Household chemicals** (soap, oven cleaners etc.)
- **Dumping** (non-biodegradable (plastic bottles))



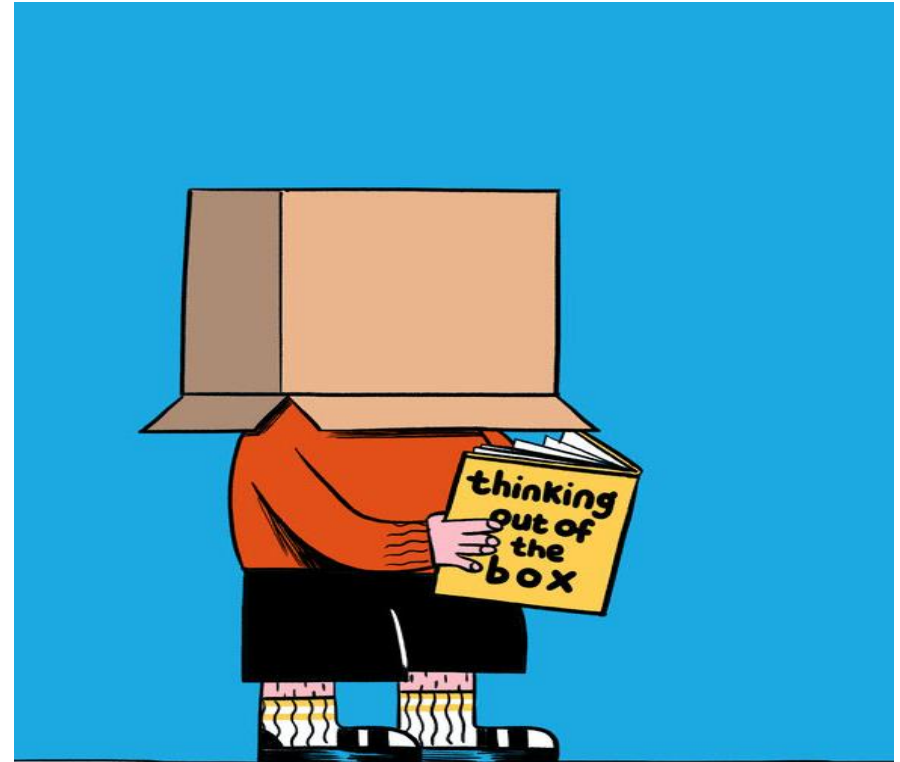
Emotions



Life Experiences



- **Philosophy**
= root cause analysis
- **Become a detective**



Address SDOH...



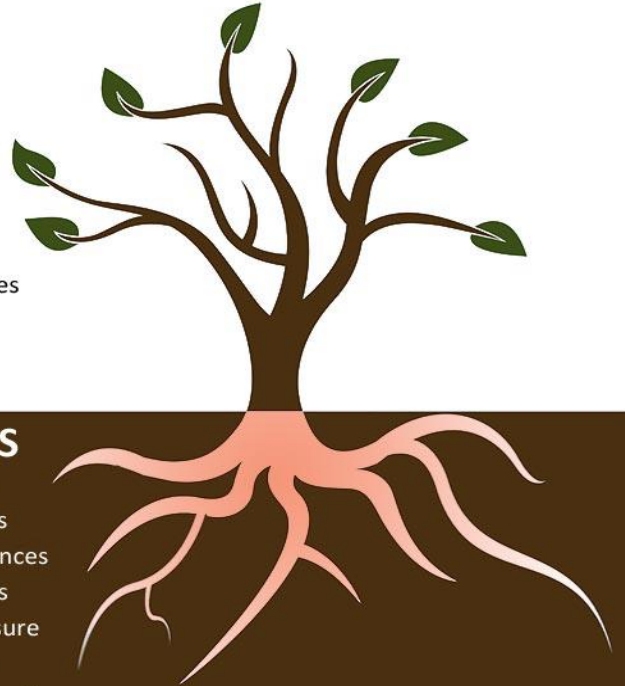
...Address Root Cause

DISEASES

- Diabetes
- Cancer
- Heart Disease
- Obesity
- Autoimmune Diseases
- Fibromyalgia
- Arthritis

ROOT CAUSES

- Immune Imbalances
- Structural Imbalances
- Inflammatory Imbalances
- Hormonal Imbalances
- Toxic Chemical Exposure
- Digestive Imbalances
- Mitochondrial Dysfunction





Community Health Programs

National Diabetes Prevention Program



NDPP

- Year-long, meets weekly to help patients reduce their risk for type 2 diabetes
- Curriculum created and sponsored by CDC

Church Partnerships

- Faithful audience
- Trust
- Built in support
- Accountability

Greater Chicago Food Depository



healthy
living

FARMACY

Go Live: August 22, 2018



Healthy Living Food Farmacy

- Collaboration with Chicago Food Depository to develop food pantry access program for identified patients
- Patients are able to secure healthy food options bi-weekly
- Collaboration involves AMG, AOS, Dietary, Nutrition & Food Services

Healthy Living Events



Healthy Living Events



Healthy Living Events



Join the Advocate Healthcare team for ideas on how to make simple, yet nutritious meals that you and your family will love! **healthy living**

June 29th HEALTHY LIVING EVENT

Delicious, Nutritious Made Simple



During our next Healthy Living event, Advocate Medical Group's Dr. Tony Hampton will share ideas on how to incorporate healthy eating into your daily life.

This limited seating event will include planning techniques to simplify meal preparation, guidance on selecting the best foods for everyday meals and snacks and delicious, healthier alternative to your family's favorite meals!

WHEN: Friday, June 29th at 9am-11am OR 2pm-4pm

WHERE: Chicago Kroc Center
1250 W 119th Street, Chicago IL
Celebration Rooms 1&2

Earn tickets to enter drawing for RAFFLE PRIZES!
Raffle qualifications are available during the Healthy Living Event. Must be present to win.



Each participant will receive a bag of fresh produce donated by our partners at the Greater Chicago Food Depository.



Register online at: <http://bit.ly/healthylivingevent>
Select 'Calendar'. Go to June events, then scroll down to June 29th.
Click on the correct event time that fits your schedule to register.
Or call 1-800-3ADVOCATE (800-323-8622)

Mention code: 2G57

Workforce Development

Advocate Workforce Initiative

- 50 Participants completed the program in 2017
- 78% of completed clinical and non-clinical rotations
- 20% employed by AHC
- 20% employed by other entities

Internships Through Collaboration

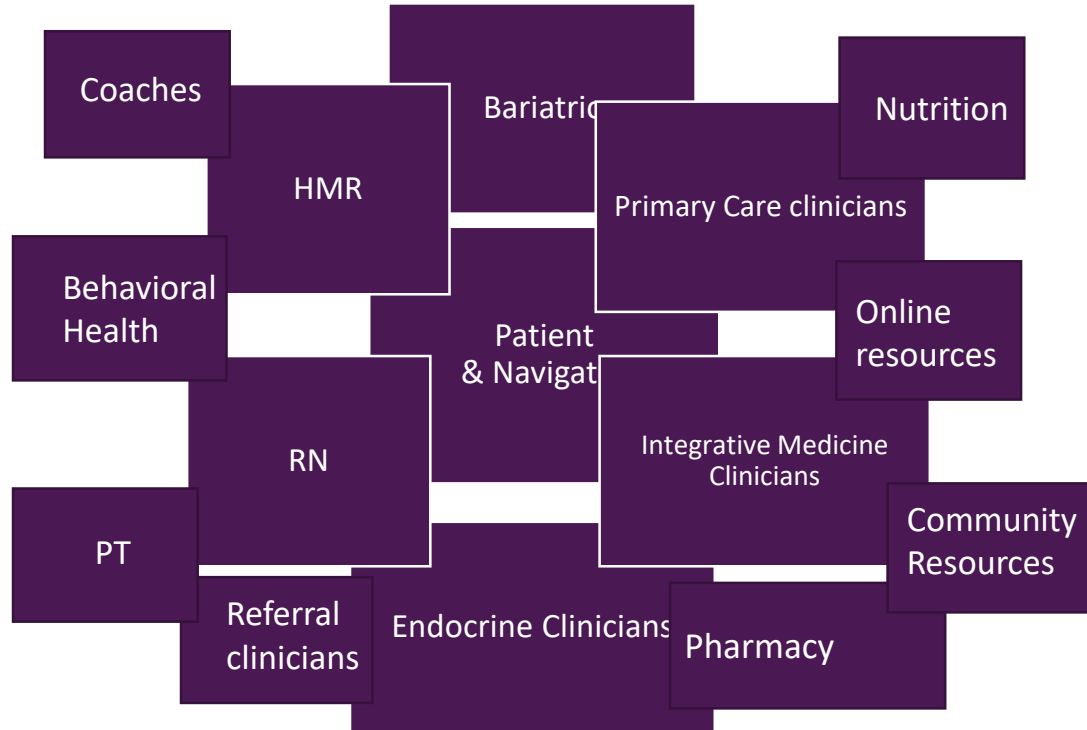
- 27 interns were accepted at Trinity Hospital
- 4,762 hours completed
- 7% of interns were hired by Trinity Hospital within 1 year of program

Imani Village: Advocate Trinity Hospital Community Initiatives

Partner For Community Health Intervention

- “Walk with a Doc”
- Community Health Council Involvement
- Health Careers Programs ImaniWorks – Program named “Imani Green Health Advocates”
- An apprenticeship program for high school students who will learn environmental health, green space, community gardens and community health improvement

AAH Comprehensive Weight Management



A Multi-Dimensional Challenge

To be successful, our Healthcare Transformation effort will need to solve three complex, interlocking problems.

