



HealthyTown™

EVERYWHERE

Move More - Eat Right - Live Well

Update 2018

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www.healthytowneverywhere.org

Disclosure

- One



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Outstanding in the Field



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Learning Objectives

- Describe HealthyTown, what it is and its deliverables to our practice communities.
- Describe the preventive health benefits for individuals attending these community-based programs.
- Describe the benefits for physicians participating in these community-based programs.



Today

- Where we have been.
- Overview of Healthytown Everywhere.
- Where we are going (with your help! 😊).



Before we begin...
A show of hands please....



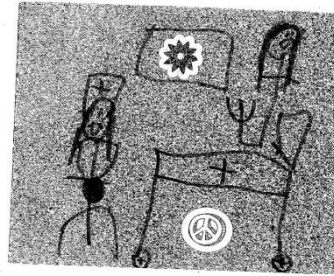
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How many of you in the audience...?

- S.I.T.-**S**tudents (inc. Residents/Fellows) **i**n **T**raining?
- D.I.P.-**D**octors **i**n **P**ractice?
- D.N.R.☺-**D**octors **n**ear **R**etirement=**M**entirement?
- D.I.R.-**D**octors **i**n **R**etirement ?



Where we have been



thank you
doctor for

taking care
of me love

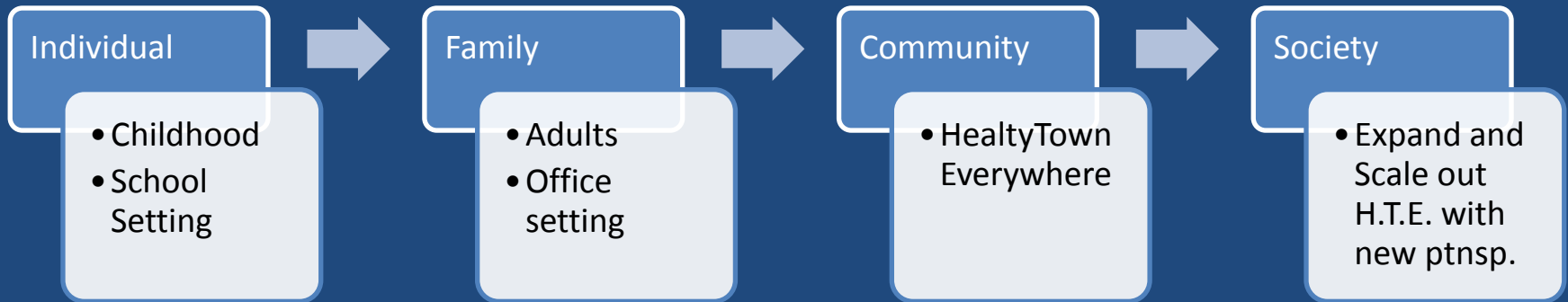
It was a process...from individual to family to community.....

- 2002-2008-Childhood Obesity/Book
- 2008-2015-The Family/Office
- 2015 to present-HealthyTown Everywhere

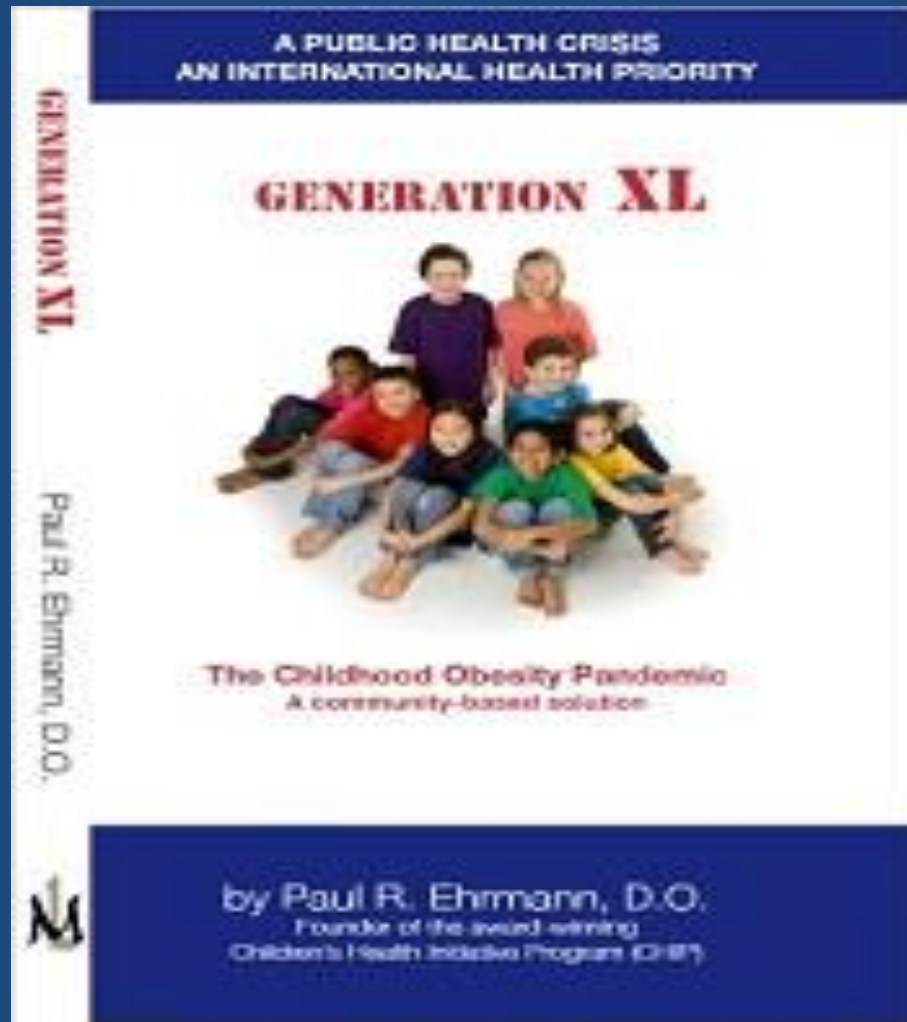


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It's a Process...



Children's Health Initiative Program (C.H.I.P.)





2005-Children's Health Initiative Program™

Paul Ehrmann, D.O.

Family Health
Care Center
Royal Oak



Royal Oak, Southfield , Flat Rock.

Overview of HealthyTown Everywhere





HealthyTownTM

EVERYWHERE

Move More - Eat Right - Live Well

Healthytown Everywhere: Defined

A nonprofit community based inter-professional delivered health and wellness program designed for the whole family.



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HealthyTown Everywhere: Mission Statement

Have physicians and allied health professionals replicate, execute and sustain this healthy living program in their own practice community that promotes a culture of wellness where we live, work and play by daily application of improved nutrition, exercise and lifestyle behavior.



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Healthytown Everywhere: Our 3 Pillars of Health

- Move More-Fitness
- Eat right-Nutrition
- Live Well-Lifestyle Behavior



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Healthytown Everywhere: Our 5 Content Areas

- **Warm up** by YMCA/**Fun walks** with Walk with a Doc- (walkwithadoc.org).
- **Grocery Store Tours** –led by Dietetic Students/overseen by R.D.'s
- **Health Fairs**-led by Medical Students/Overseen by DIP, Residents.
- **5th grade nutrition teaching** –led by Dietetic Students as part of their community service degree requirements
- **Mini-Medical Schools** -administered by Michigan Health Council – (mhc.org)-led by Medical students, taking place in elementary schools.



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Eat Right, Move More, Live Well



Pulling it all together

<https://www.youtube.com/watch?v=CRbuYep8MfI>



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Where we are going



Here comes my Pitch!



First catchers mitt age 8



First, some Undeniable Truths...

- 70% of deaths in the U.S. are due to **chronic disease** and over ½ are due to **unhealthy weight**
- Significant health care **costs** are attributed to **chronic disease**.
- **Prediabetes** affects 84 million people and 90% do not know they have it.
- **Diabetes** may shorten life by up to 13 years yet some cases may be preventable or mitigated
- **Overweight and Obesity** in both children and adults are the root cause in more than **20 different health problems**.
- Many **chronic disease** states are **reversible and preventable**.



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What can HealthyTown Offer you?

- 50% of us are burned out (1)-Maybe H.T.E. can help.
- 50% of those over age 55 will retire within the next 10 years (2)-Mentirement?-Maybe H.T.E. can help
- We have too little nutrition education in our training (3)-Maybe H.T.E. can help

(1) [December 2015](#) Volume 90, Issue 12, Pages 1600–1613 www.healthytowneverywhere

(2) <https://www.amnhealthcare.com/industry-research/survey/2016-physician-survey/>

(3) [https://www.amjmed.com/article/S0002-9343\(17\)31229-9/fulltext](https://www.amjmed.com/article/S0002-9343(17)31229-9/fulltext)

What's in it for you?

- If you have lost or losing it, recapture joy and passion of our profession!
- Give back to our students, our future.
- Walk the Walk.. Deeds, action and words.
- Hard to find health, here is one way to start looking.



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What is my ask?

- Consider bringing a Healthytown program to your practice community!
- For those over 55-Don't fully retire yet-how about Mentirement😊
- At least tell the world about H.T.E. through social media



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Community

“The normal physician treats the problem;
The good physician treats the person;
The best physician treats the community.”

Anonymous

Thank you!-Questions?

**Visit us at the Michigan Health Council booth
outside for sign up and more information!**



Join us -August 18th
Flint Michigan



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