

JULY NEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Whole Person Care

CONTENTS

- 2 // The Physical & Mental Health Connection
- 3 // Tips for a Whole Person Care Approach
- 4 // Resources and Events

Whole Person Care

Before the pandemic, one-quarter of all Americans had to choose between getting treatment for a physical health or mental health condition. Care access is even harder now.

If we want to improve our general health, it's important to pay attention to what is happening both physically and mentally. So, how can we change to a healthcare approach that pays attention to the whole person?



800.834.3773

<https://www.claremonteap.com/>



Physical and Mental Health Connection

The connection between mind and body is more than just theory. Mental health can help or hinder physical symptoms and conditions. And physical health can affect mental health. For example, research has demonstrated that poor mental health has a negative effect on heart health. In fact, stress has been associated with a 40% increased risk of developing heart disease. Other studies have found mentally healthy individuals have a lower risk of heart disease and mortality.

Multiple studies have shown that approaching the mind and body together within health care leads to better overall health. Treating both mental and physical health can alleviate anxiety and minimize pain. According to a study of heart patients, those patients who received integrated medicine reported a 50% decrease in pain and anxiety. Paying attention to both mental and physical health can also help people improve lifestyle changes and adopt practices that lead to better outcomes.

The approach that combines care for both physical and mental health is called whole person care.



WHAT IS WHOLE PERSON CARE?

Also known as integrative or complementary medicine, whole person care looks at the health of the whole person all together. Whole person care hopes to get away from care that focuses on organs, body systems, or types of health separately. Whole person care aims to integrate physical health practices and expand to include non-traditional wellness options such as yoga, meditation, guided imagery, and lifestyle coaching.

Research has found whole person care a valuable tool for chronic conditions like cancer and diabetes to help people with these conditions take a more active role in their health. People can use self-care and mental healthcare practices alongside traditional physical health approaches including screenings, lab work, and pharmacology.

For more information on the basics of whole person care and the mind and body connection, read our blog: <https://link.uprisehealth.com/mind-body>



Tips for a Whole Person Care Approach



Understand why it's important

Whole person care encompasses physical and mental health care with lifestyle, social, and spiritual support to improve health from all angles.



Broaden your healthcare activities

We usually think of health care as doctor's visit and medical treatments, but health care can include healthy meal planning, stress management courses, and flexible work schedules.



Know the health benefits

In a study from the University of Arizona, adults who received whole person care saw improvements in mental and physical health, work productivity, and overall wellbeing.



Understand access improvements

Whole person care is more accessible and affordable for many people because it includes more comprehensive health solutions than a traditional care approach.



Make simple lifestyle changes

There are multiple lifestyle changes recommended in whole person care including adding physical activity, adding massage therapy in your routine, and starting meditation practices.



Read more about whole person care

We have more information about whole person care and tips for adopting a whole person care approach. Read more at <https://link.uprisehealth.com/whole-person>

GOALS OF WHOLE PERSON CARE

Adopt a Person-Centered Approach

Whole person care is intended to approach each individual person with comprehensive care from all angles.

Improve Collaboration Between Providers

Whole person care brings together care professionals—from primary care doctor to wellness coach—to work together for the person.

Increase Communication Overall

By working across disciplines, doctors and specialists can see more data, understand more about the individual, and speed up effective care.

Use Resources Smarter

By increasing communication and collaboration, care teams can combine resources, avoid redundant spend, and reduce costs.

Prioritize Mental Health

59.9 million Americans live with a mental illness, but less than half have received care for their conditions. Whole person care prioritizes mental health.

Improve Health Outcomes

Overall, doctors and care professionals are shifting to a whole person care approach because it shows better health outcomes overall.



Resources & Events



This Month's Personal Advantage Webinar

Working it Out in the Workplace

It's essential to create and maintain positive relationships for your own personal and organizational success. During this webinar, we'll explore common challenges and provide you with steps for navigating them.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into [claremonteap.com](https://www.claremonteap.com), select Personal Advantage (sign in required if it is your first time) and click "webinars". Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

BIPOC Mental Health Month

Observed in July, National BIPOC Mental Health Month is a nationwide effort to bring awareness to the mental health experiences within BIPOC communities. Developed by Mental Health America (and formerly called Minority Mental Health Month), this month is also intended to raise awareness for inequities, systemic barriers, and historical events that all impact the mental health of BIPOC communities today.

Percentage of BIPOC Community Living with a Mental Illness

- **17%** of African Americans
- **15%** of Latina/Latino/Hispanic Americans
- **13%** of Asian Americans
- **23%** of Native Americans and Alaskan Natives

Resources on BIPOC Mental Health:

<https://www.mhanational.org/bipoc-mental-health>