

PROVEN STRATEGIES TO MAXIMIZE QUALITY MEASURE PERFORMANCE:

Resulting in significantly lower health risks, blood pressure, and hemoglobin A1c

Date/Time:

Speaker: John E Gobble, DrPH, RD, LD, FACLM Nutrition & Lifestyle Medicine Specialist

Are you frustrated with the pressure to meet certain quality measures? Are you concerned that patients may not accurately follow-your treatment advice?

Lifestyle Medicine Group is here to help your patients achieve optimal outcomes using three proven strategies for maximizing behavior change, adherence, and attainment of quality measures.

- Lifestyle planning;
- Lifestyle intervention; and
- Lifestyle evaluation.



In this talk you'll learn:

- *Why it is important and what to do to lower breast cancer risk among those in their 20s and 30s.*
- *How to bring registered dietitians and health coaches onto your team.*
- *How to improve quality measure for:* 1) Hypertension control,
2) Hemoglobin A1c control (< 9%),
3) Screening for colorectal cancer
4) Screening for breast cancer
5) Tobacco screening and use intervention

John E Gobble, DrPH, RDN, LD, FACLM

Founder of Lifestyle Medicine Group, Dr Gobble brings evidenced based nutrition and lifestyle medicine to primary care practices throughout the Portland Metro area. Since CMS began paying for Medical Nutrition Therapy (MNT) in 2002, Dr. Gobble has empowered hundreds of patients referred by their providers; improving health outcomes while supporting lifestyle change. He also built technologies for nutrition professionals to manage and track change while researching the most effective population health improvement modalities. His goal? To improve patient access to effective, evidenced based lifestyle medicine.

Dr. Gobble's research and experience focuses on results and his peer reviewed publications support this aspiration. Today he conducts one of the most effective nutrition and lifestyle change services in the Northwest.

John earned a Doctor of Public Health (DrPH) in Preventive Care and a Master of Public Health (MPH) in both Public Health Nutrition and Health Education from Loma Linda University School of Public Health. He is a Registered Dietitian Nutritionist (RDN), a Master Certified Health Education Specialist (MCHES), a Fellow and Diplomat of the American College of Lifestyle Medicine.

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Location in Clackamas, Oregon and virtually with Microsoft Teams



Lifestyle Medicine Group

IMPACT ON PATIENT BEHAVIOR CHANGE:

Significantly lower health risks, blood pressure, and hemoglobin A1c

WHAT PEOPLE HAVE TO SAY:

Jordi R. lost 17.8 lbs.; BP 152/91 to 108/64 in 8 weeks.

"I highly recommend it (the Complete Health Improvement Program or CHIP) to anyone who wants to try and see really great results. And be nourished; mind, body and soul."

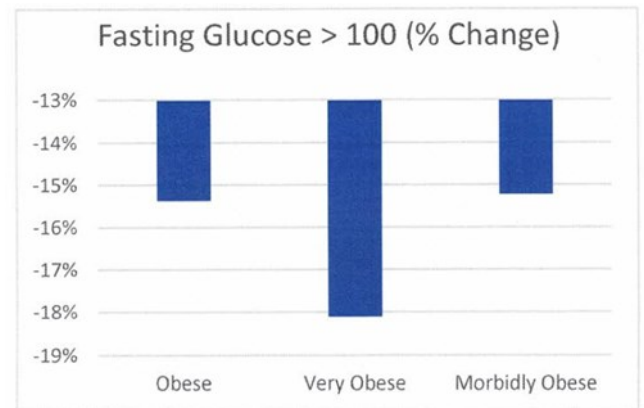
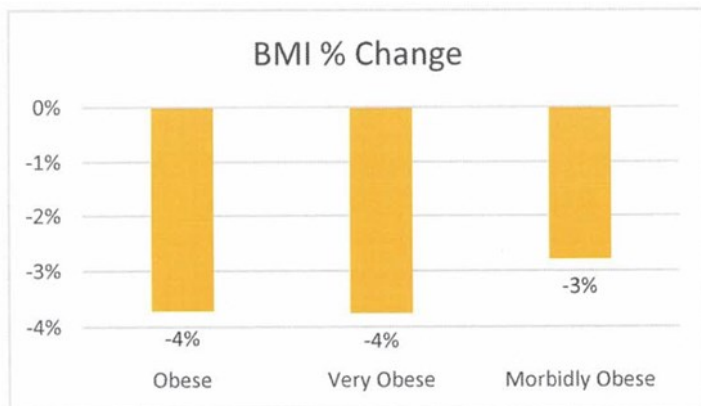
Richard M. lost 23.4 lbs.; BP 150/95 to 118/80; in 8 weeks. HbA1c 6.1% to 5.8% (5 months)

"I have been struggling with chronic diseases, high blood pressure, diabetes, cholesterol, and I even had a mini stroke TIA two years ago. Along with all of the above, I have gained a lot of weight. I have found that CHIP really does work as I have seen results in my chronic diseases, weight loss, eating whole foods and plant-based foods. Also, with the above, feeling emotionally and physically better and doing a lot of activity. People ask me, how did you do it? My answer is just do it and the results will come."

Jim D. lost 13.7 lbs.; BP 144/92 to 122/74 in 8 weeks; HbA1c 7.1% to 5.9% (5 months)

"My doctor decided I should take some very definitive action to improve my health....not just my overweightness; I was diagnosed with diabetes just 6 months ago. My cholesterol level has been up, and I've been taking medication for that. My doctor told me to come to CHIP. What has happened during that ten weeks? My health markers are all going the right direction. I was a little skeptical when I started, but I'll tell you what, if you're willing to make a change, CHIP is for you."

RESULTS FROM MORE THAN 200 PATIENTS WITHIN 60 DAYS



Supporting Publications

Rankin, P., Morton, D. P., Diehl, H., Gobble, J., Morey, P., & Chang, E. (2012). Effectiveness of a volunteer-delivered lifestyle modification program for reducing cardiovascular disease risk factors. *Am J Cardiol*, 109(1), 82-86. doi:10.1016/j.amjcard. 2011.07.069.

Merrill, R. M., Aldana, S. G., Greenlaw, R. L., Diehl, H. A., Salberg, A., & Englert, H. (2008). Can newly acquired healthy behaviors persist? An analysis of health behavior decay. *Prev Chronic Dis*, 5(1), A13. doi:A13 [pii]

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