

MGH DGIM Healthy Lifestyle Program

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6 IN 10

Adults in the US
have a **chronic disease**



4 IN 10

Adults in the US
have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY
and Leading Drivers of the Nation's **\$4.1 Trillion** in Annual Health Care Costs



Unhealthy Lifestyles Take Lives

Table 2. Actual Causes of Death in the United States in 1990 and 2000

Actual Cause	No. (%) in 1990*	No. (%) in 2000
Tobacco	400 000 (19)	435 000 (18.1)
Poor diet and physical inactivity	300 000 (14)	400 000 (16.6)
Alcohol consumption	100 000 (5)	85 000 (3.5)
Microbial agents	90 000 (4)	75 000 (3.1)
Toxic agents	60 000 (3)	55 000 (2.3)
Motor vehicle	25 000 (1)	43 000 (1.8)
Firearms	35 000 (2)	29 000 (1.2)
Sexual behavior	30 000 (1)	20 000 (0.8)
Illicit drug use	20 000 (<1)	17 000 (0.7)
Total	1 060 000 (50)	1 159 000 (48.2)

*Data are from McGinnis and Foega.¹ The percentages are for all deaths.

Lifestyle Medicine is Evidence-Based, Guideline-Driven Healthcare

- “Nonpharmacological interventions are recommended for all adults with elevated blood pressure or **hypertension**.” (American College of Cardiology/American Heart Association 2019)
- “The most important way to prevent **[cardiovascular disease]** is to promote a healthy lifestyle throughout life.” (American College of Cardiology/American Heart Association 2019)
- “Refer patients with **prediabetes** to an intensive lifestyle behavior change program modeled on the Diabetes Prevention Program to achieve and maintain 7% loss of initial body weight and increase moderate-intensity physical activity (such as brisk walking) to at least 150 min/week.” (American Diabetes Association 2021; Grade A)
- “Effective behavior management and psychological well-being are foundational to achieving treatment goals for people with **diabetes**.” (American Diabetes Association 2021)

LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



MGH DGIM Healthy Lifestyle Program

Vision Statement:

- Establish the practice of **healthy lifestyle** as the **standard of care** for the prevention and treatment of chronic disease.



MGH DGIM
Healthy
Lifestyle
Program

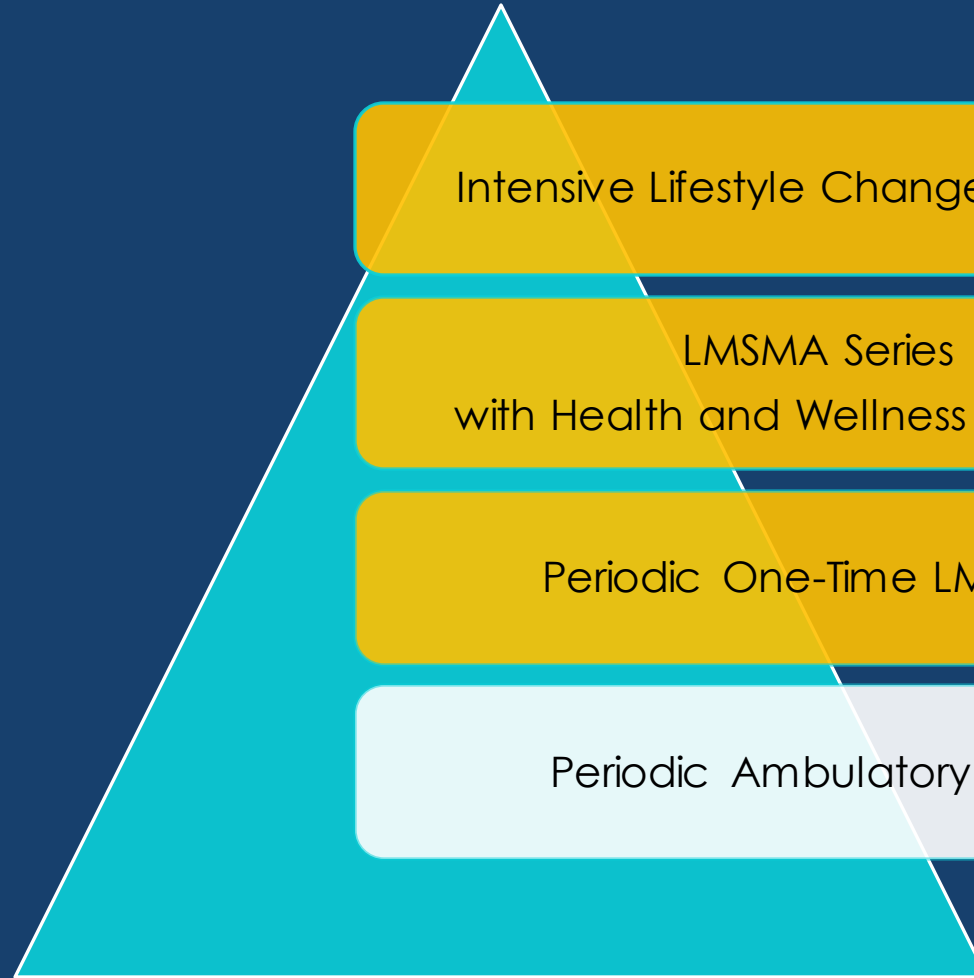


Research
Education

Higher patient engagement



Lower patient engagement



Intensive Lifestyle Change Program

LMSMA Series
with Health and Wellness Coaching

Periodic One-Time LMSMAs

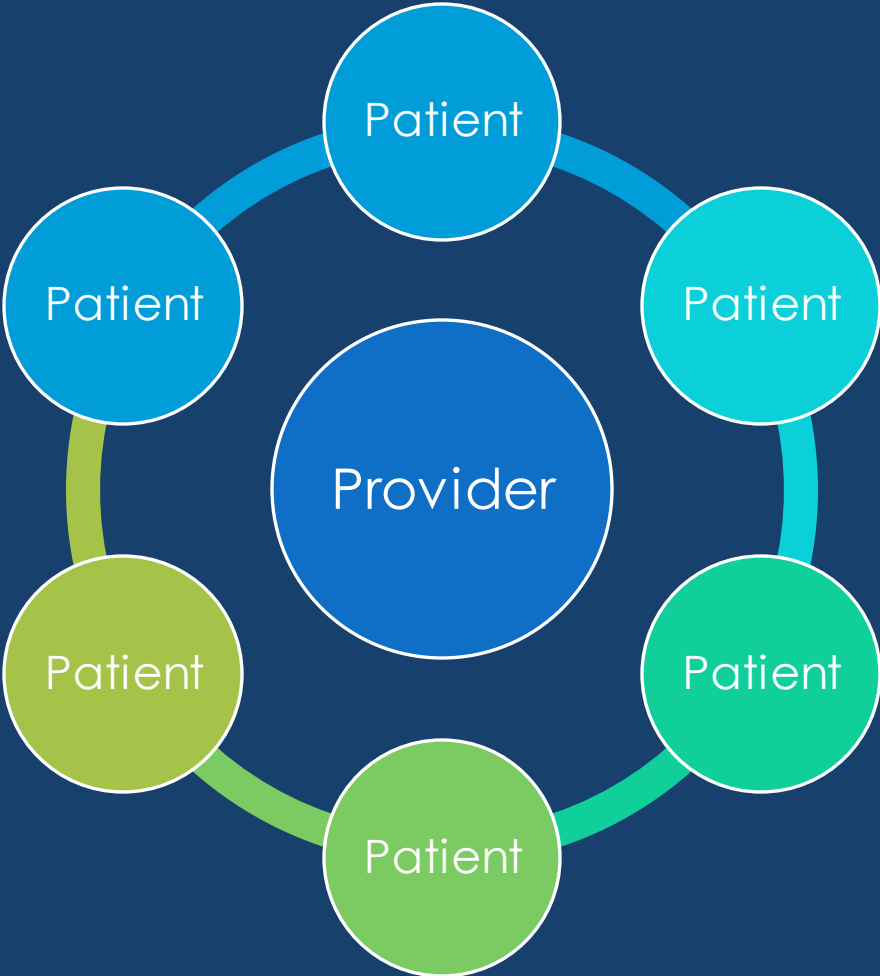
Periodic Ambulatory Care



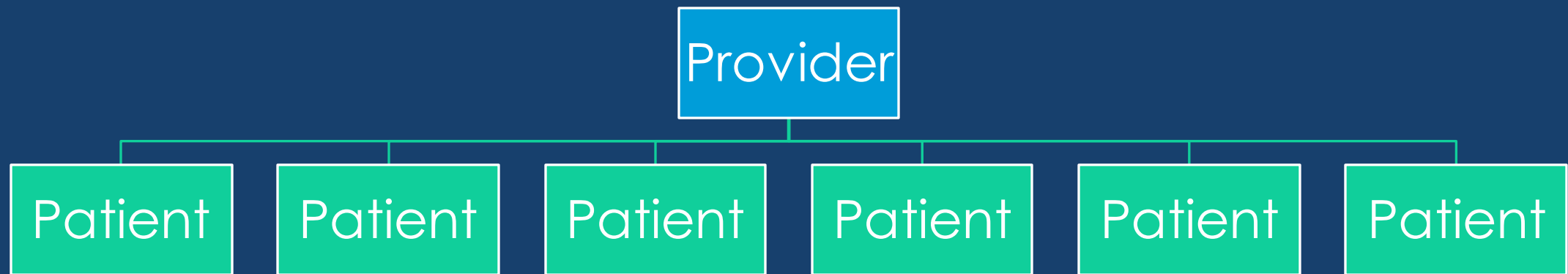
Lifestyle Medicine

Virtual Group Visits (VGVs)

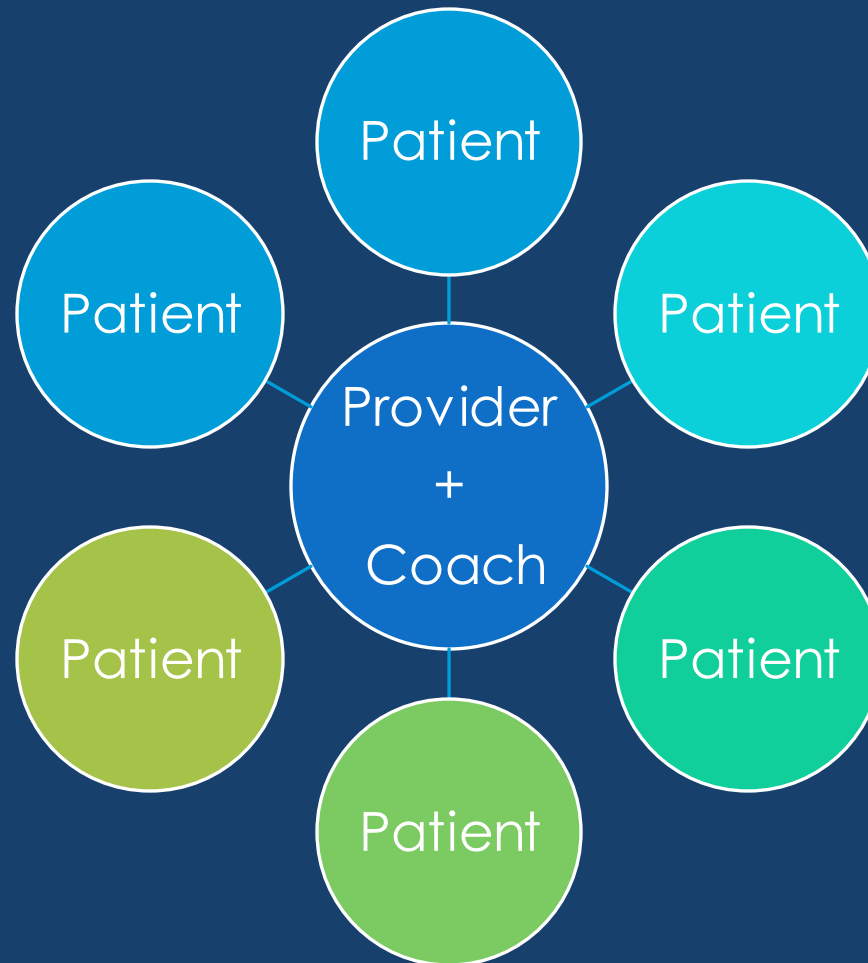
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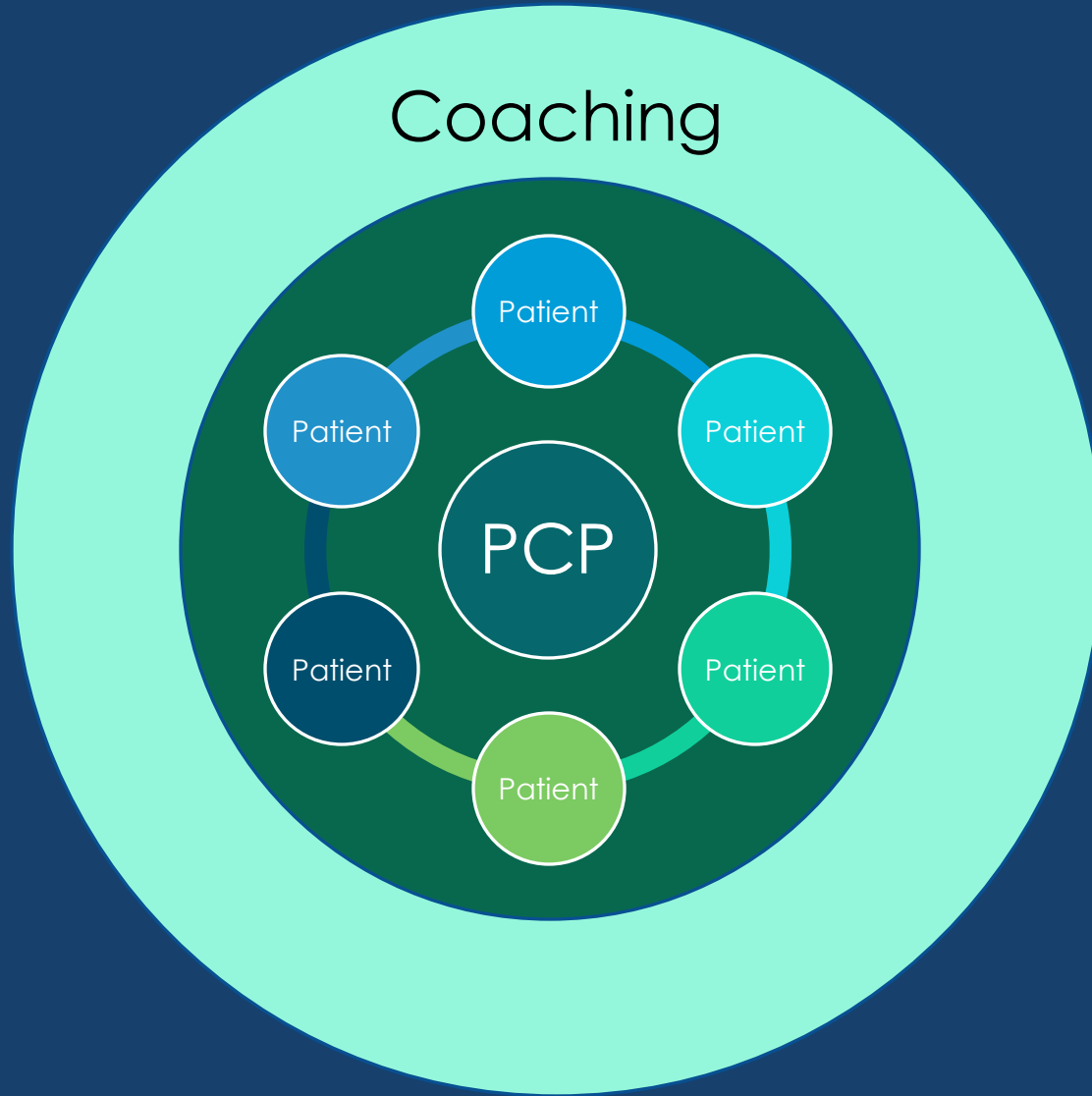
Virtual Group Visits (VGVs)

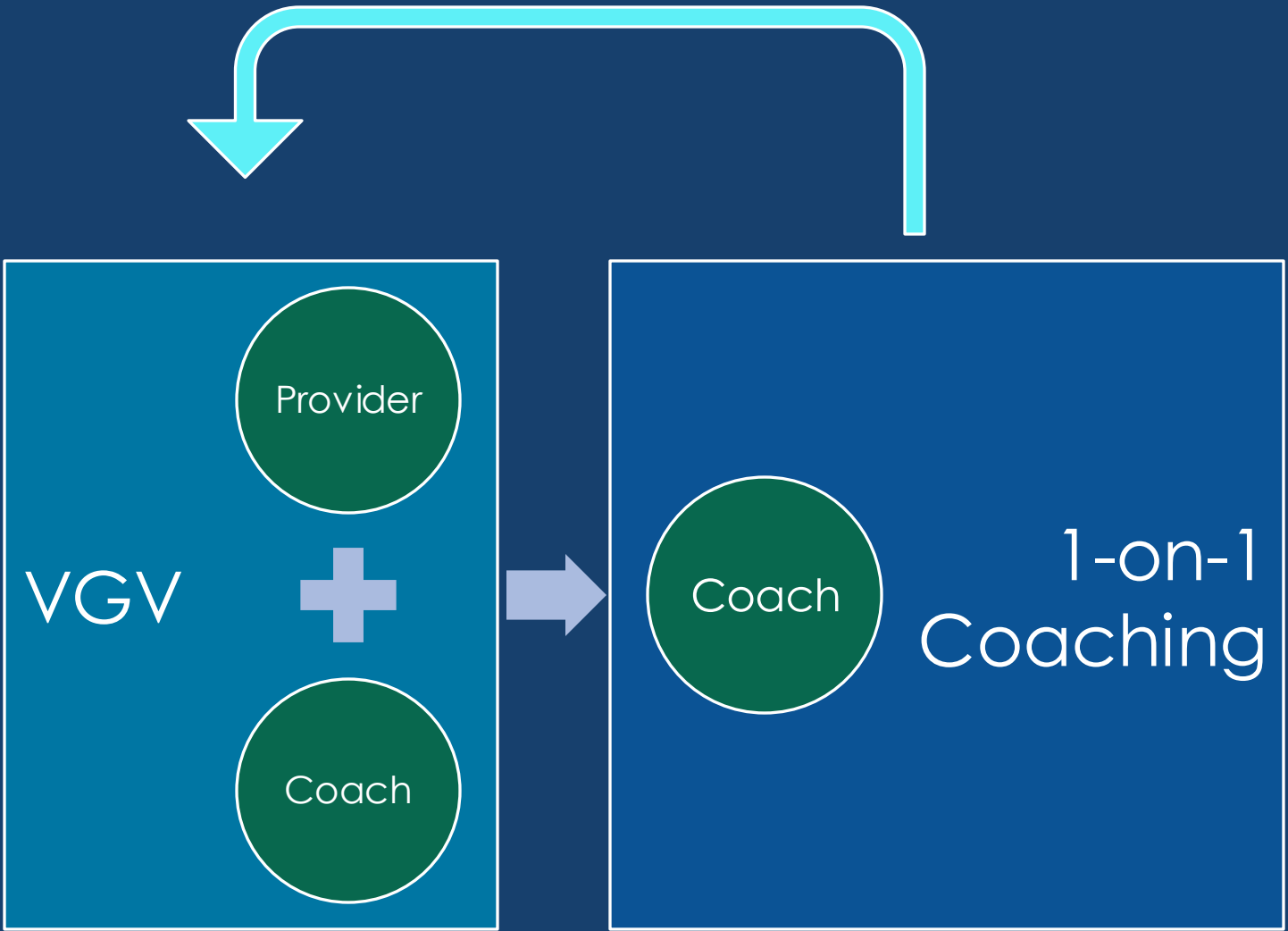


Virtual Group Visits (VGVs)



Coaching





Group Visit Evolution - MGH Primary Care

COVID



Diabetes Care
Group Visits
(MGH Women's Health)

Culinary Medicine
Group Visits
(MGH Beacon Hill)

CORE Health
Group Visit Program
(MGH Revere)

MGH DGIM Health Lifestyle Program
Virtual Group Visit Expansion
(Dr. Jacob Mirsky, Barbara Canada, Anna Baggett)

2000 -

2010 -

2012 -

2020 - 2021

2022

2023

Providers
Dr. Stephanie Eisenstat
Dr. Karen Carlson
Kathleen Ulman PhD
Allison Lipps Siegel MPH

Dr. Helen Delichatsios

Dr. Amy Wheeler

Dr. Jacob Mirsky
Dr. Sadie Jimenez

Pilot
Dr. Diana Cornell
Dr. Helen Delichatsios
Dr. Chin Ho Fung
Dr. Chris Gelev
Dr. Sarah Matathia

Expansion
Dr. Danielle Back
Dr. Carolina Abuelo
Claudia Guillen NP
Nicole Higden NP
Eileen McAdams NP/
Reem Jabr RD
Dr. Melinda Mesmer
Dr. Juliana Morris

Maturation
Dr. Laura Hu
Mary Ann Foley NP
Christine Goscila NP

Health
and
Wellness
Coaches

Anna Baggett

Anthony Montoya
Amy Sinclair
Jhos Galdamez Orellana

Katie Engels

MGH Healthy Lifestyle Program

Largest Lifestyle Medicine program in the country

- 17 providers running Lifestyle Medicine Virtual Group Visits
- 5 Health and Wellness Coaches
- 8 Group Types:
 - Hypertension 4-part series
 - Heart Health 4-part series
 - Pre-diabetes & Diabetes 4-part series
 - Brain Care 4-part series
 - Stress Reduction rotating series
 - Nutrition for Health rotation series
 - Culinary Medicine
 - Insomnia

Value of VGVs



PATIENT
SATISFACTION



GUIDELINE-
DRIVEN CARE



PROVIDER
JOY



INCREASED
ACCESS

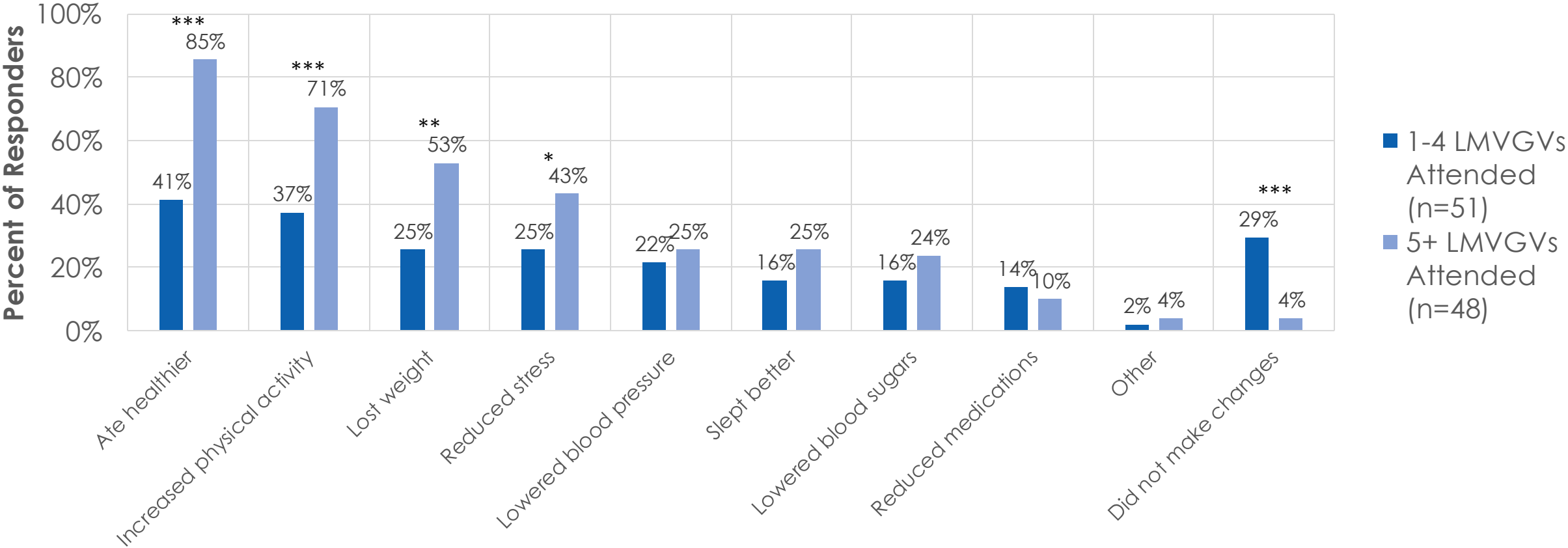


INCREMENTAL
REVENUE

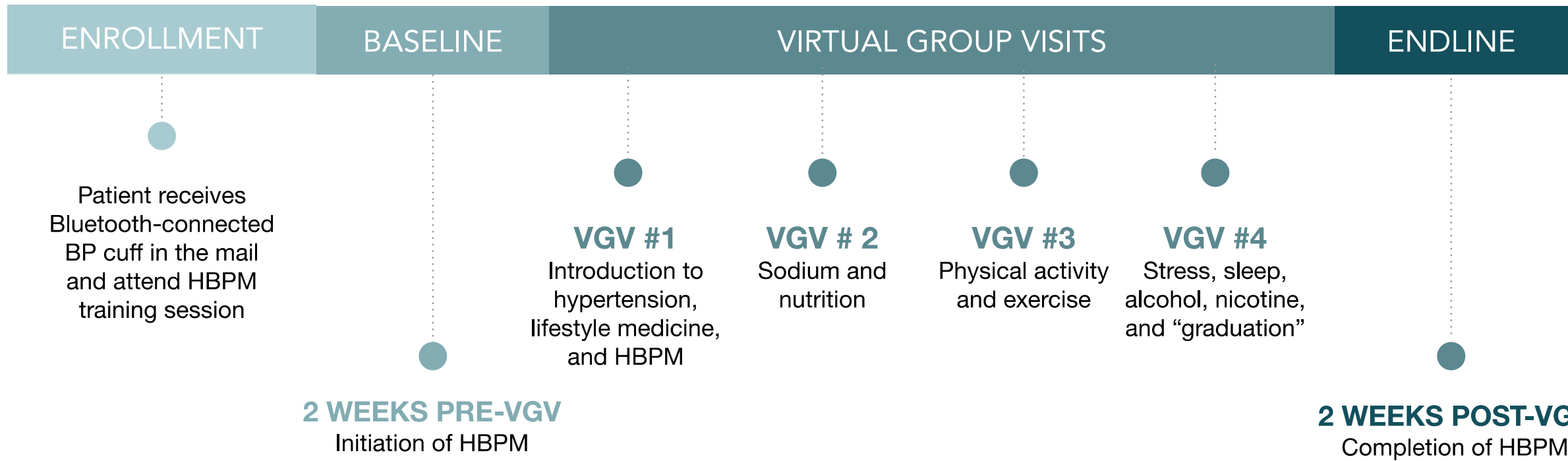
Patient Experience of LMVGVs

LMVGVs Attended	Total		1-4		5+	
	N=99	100%	N=51	%	N=48	%
How did VGV compare to expectations?						
Worse	6	6.1	5	9.8	1	2.1
Same	26	26.3	22	43.1	4	8.3
Better	64	64.6	22	43.1	42	87.5
Recommend VGV to family or friends?						
No	4	4.0	3	5.9	1	2.1
Yes	92	92.9	45	88.2	47	97.9

Variety of Healthy Lifestyle Changes after LMVGVs

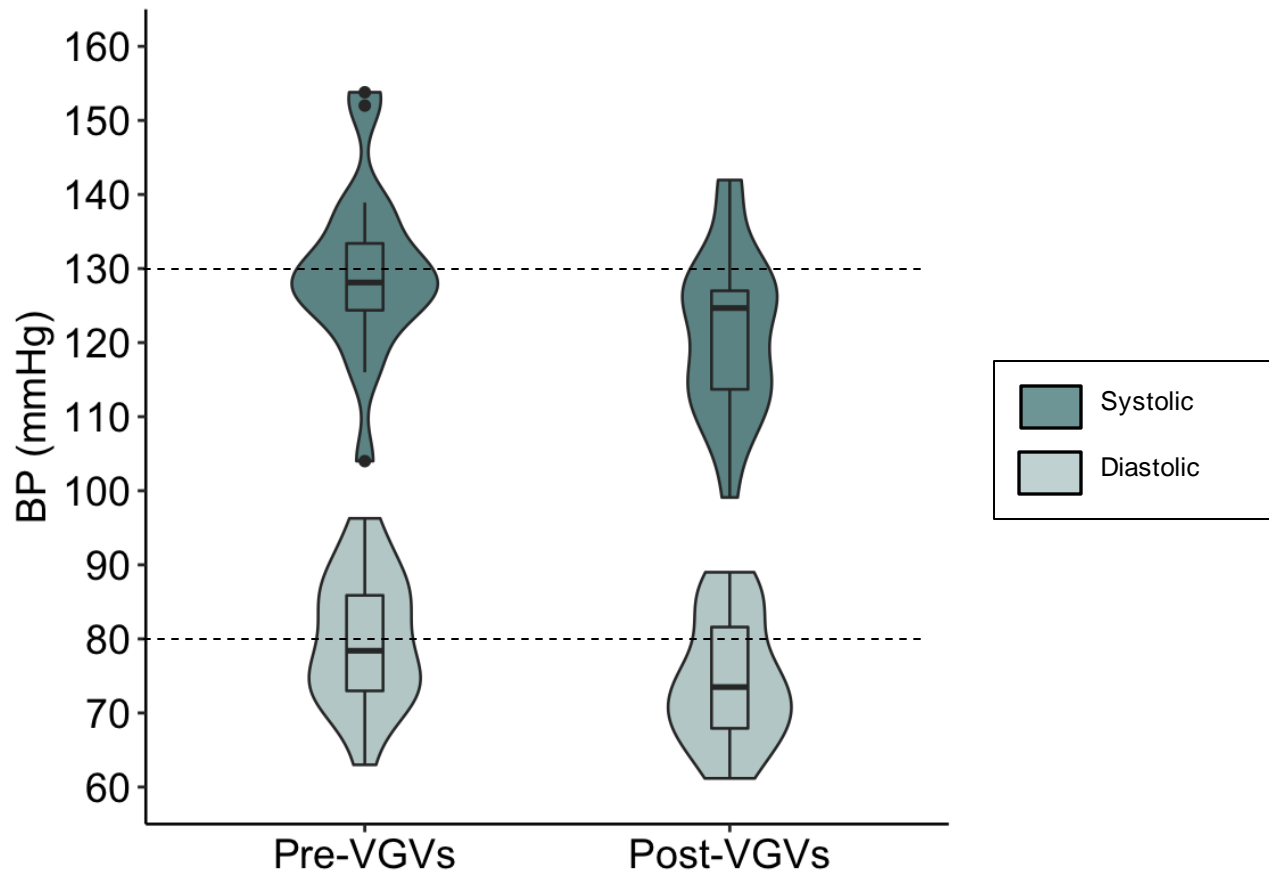


Hypertension Control and Medication Titration Associated With Lifestyle Medicine Virtual Group Visits and Home Blood Pressure Monitoring



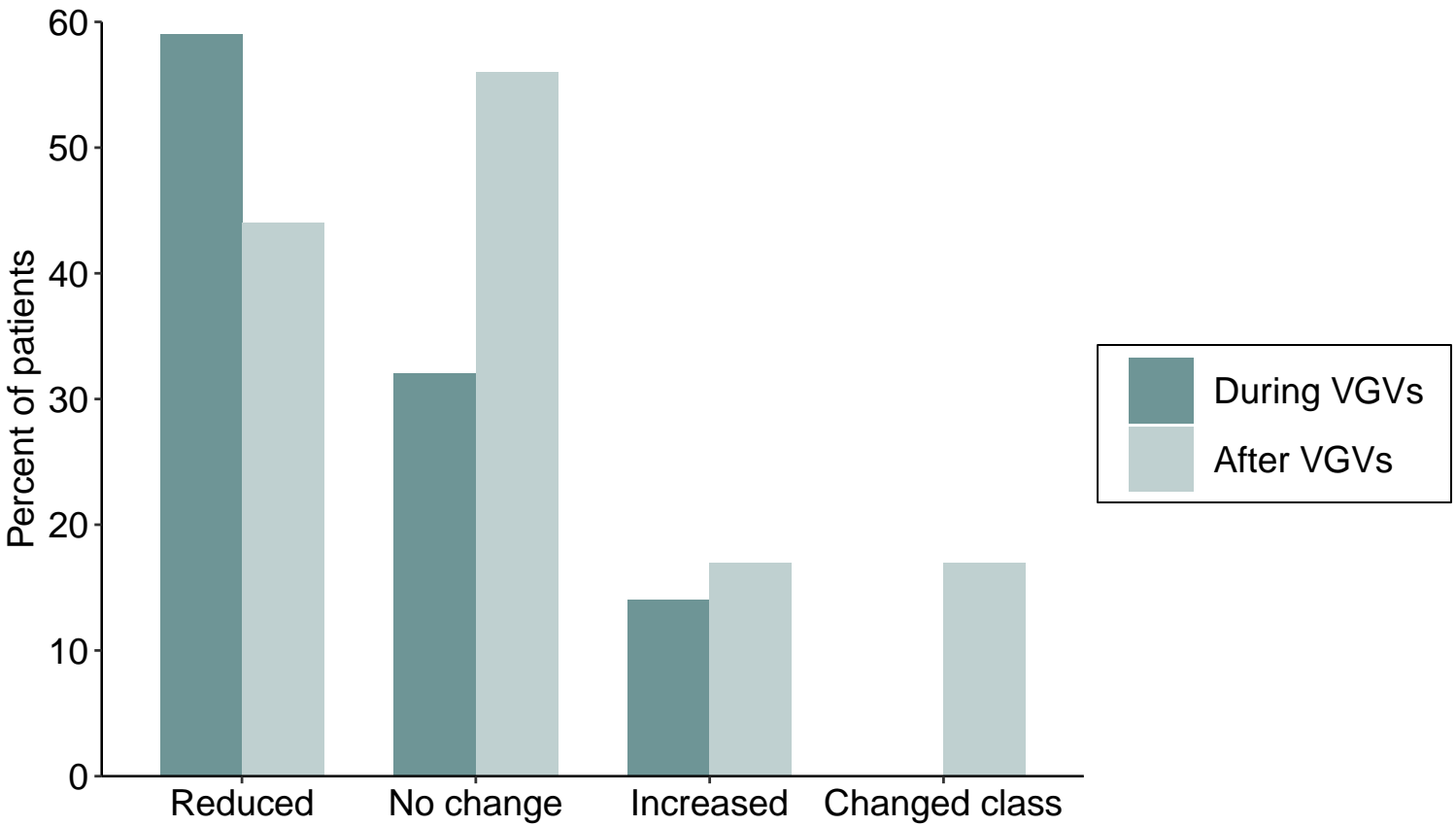
4-PART HYPERTENSION LMVGV SERIES

Average Blood Pressure Change



4-PART HYPERTENSION LMVGV SERIES

Anti-Hypertensive Medication Changes



4-PART HYPERTENSION LMVGV SERIES



Brain Care

Virtual Group Visits Series



MASSACHUSETTS
GENERAL HOSPITAL

McCANCE CENTER
FOR BRAIN HEALTH

HLP

Healthy Lifestyle Program

CHANGING LIVES FOR LIFE

In each
Virtual Group Visit

Schedule

- Ground Rules
- Introductions
- Topic “deep dive”
- Individual check-in
- Finish

Series Outline



Part 1: Introduction to brain health



Lifestyle

Part 2: Lifestyle factors



Physical

Part 3: Physical measures



Social
Emotional

Part 4: Social and emotional care

Brain Care Score Virtual Group Visits (BCSVGVs)

4-part series:

- Education on brain health and Brain Care Score
- Individual Brain Care Score review
- Group-based coaching for individual goal-setting
- Opt-in to individual health and wellness coaching

Patient Quotes

- What did you like about today's group visit?
 - "Listening to group issues; information provided about brain health and that **there are ways to keep healthy**. Enjoyed the powerpoint slides. Didn't realize how much nutrition played in brain health."
 - "I think **learning about health in a community is powerful** and helps normalize concerns and experiences. It felt good to know that many of us were motivated by bearing witness to Alzheimers."
 - "I found the **grounding in brain science and function to be helpful**. I really appreciate the sessions are structured to support behavior change, not just health information."

Patient Quotes

- What did you like about today's group visit?
 - "I like the combination of presentation and then doing an exercise - it helps consolidate the new information. I also liked seeing people's brain scores - we are all similar which surprised me."
 - "Working as a community on health, with strangers, is motivating. I can be fully candid about my worries or questions without worrying about being judged. At the same time, I get the benefit of hearing others' questions and commitment, which is positive peer enforcement."
 - "This is an incredible program to offer within primary care. When I've told people I'm taking part in it, their response is usually "I wish my PCP had that available."



Thank you!