Importance of the Whole Person Health Model for the Emerging Profession of Yoga Therapy

Alyssa Wostrel, MBA

Executive Director, International Association of Yoga Therapists

IAYT THE INTERNATIONAL ASSOCIATION OF **YOGA THERAPISTS**

Today's Agenda

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Achieving Whole Health

A New Approach for Veterans and the Nation

Alex Krist, *Virginia Commonwealth University*

Jeannette South-Paul, *Meharry Medical College*

Andrew Bazemore, *American Board of Family Medicine*

Harold Kudler, *Duke University*

Sara Singer, *Stanford University*

Consensus Study Report

Veterans Health Administration

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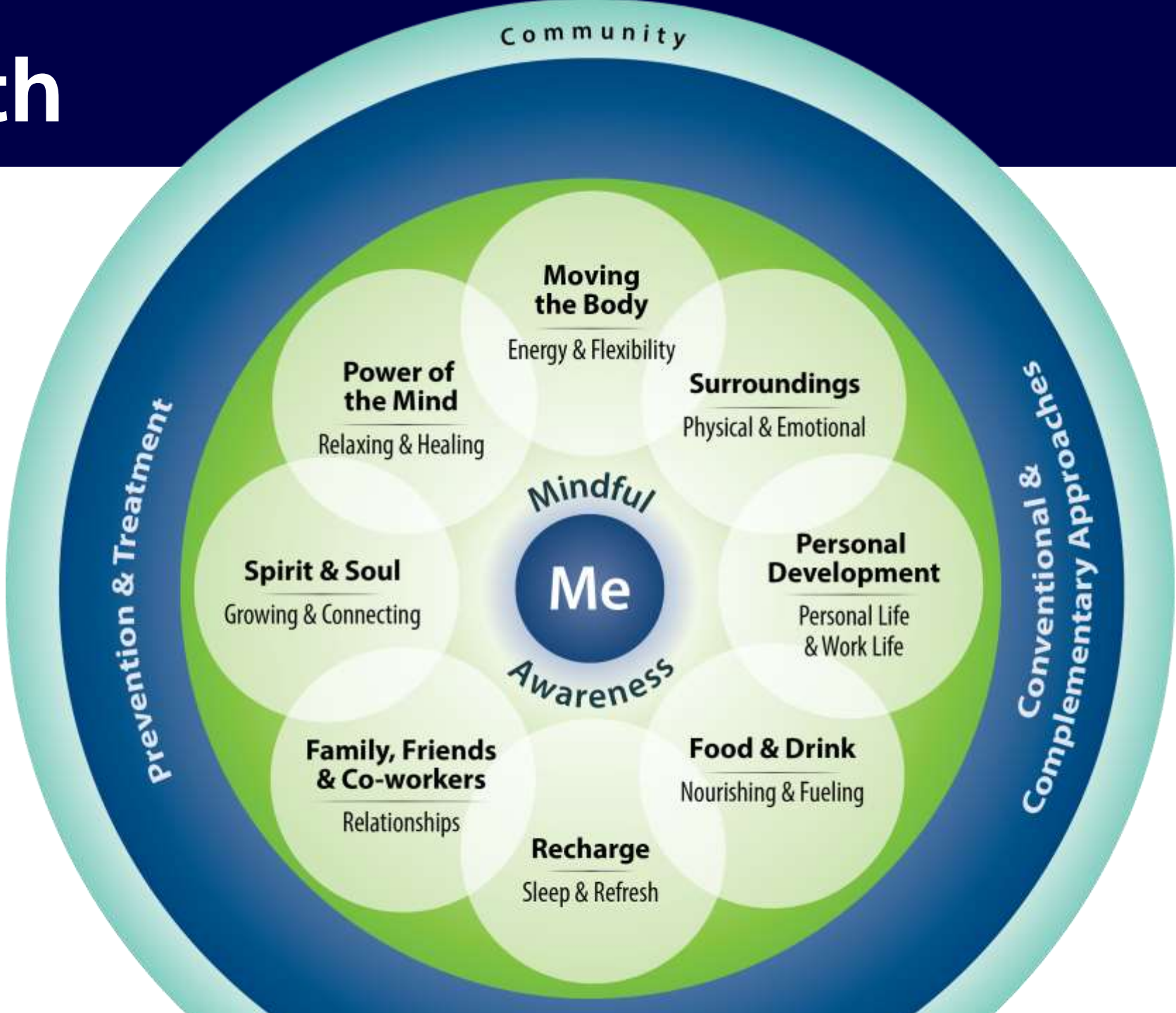- Systemwide clinical expertise regarding military service–connected conditions and disorders
- Team approach to primary care that centers on the individual
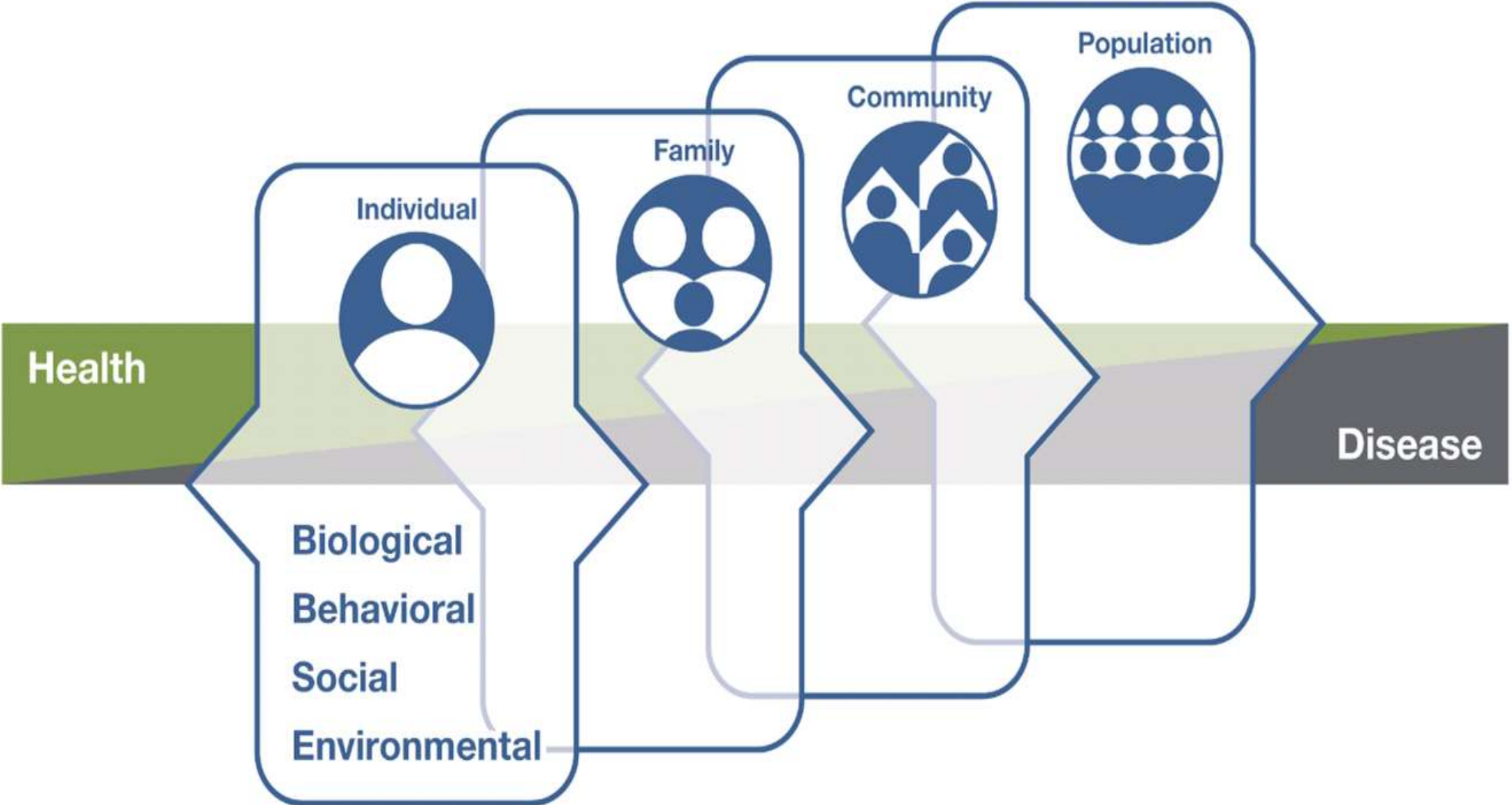
Whole Health

Whole Health

Whole Health: NCCIH

A New Domain of NCCIH Research: Spirituality

" What are the elements of spiritual health that would be most amenable to research and would interconnect with the biological, behavioral, social, and environmental domains that we study? "

Langevin H. Including spirituality into a fuller picture of research on whole person health [Internet]. 18 Aug 2023. Available from: www.nccih.nih.gov/about/offices/od/director/past-messages/including-spirituality-into-a-fuller-picture-of-research-on-whole-person-health

Yoga Therapy = A Whole Health Approach

Community

Prevention & Treatment

Conventional & Complementary Approaches

Working Your Body
Energy & Flexibility

Power of the Mind
Relaxing & Healing

Surroundings
Physical & Emotional

Mindful
Me
Awareness

Spirit & Soul
Growing & Connecting

Personal Development
Personal Life & Work Life

Family, Friends & Coworkers
Relationships

Food & Drink
Nourishing & Fueling

Recharge
Sleep & Refresh

Me + Self Care + Professional Care + Community = Whole Health

Moving the Body

Energy & Flexibility
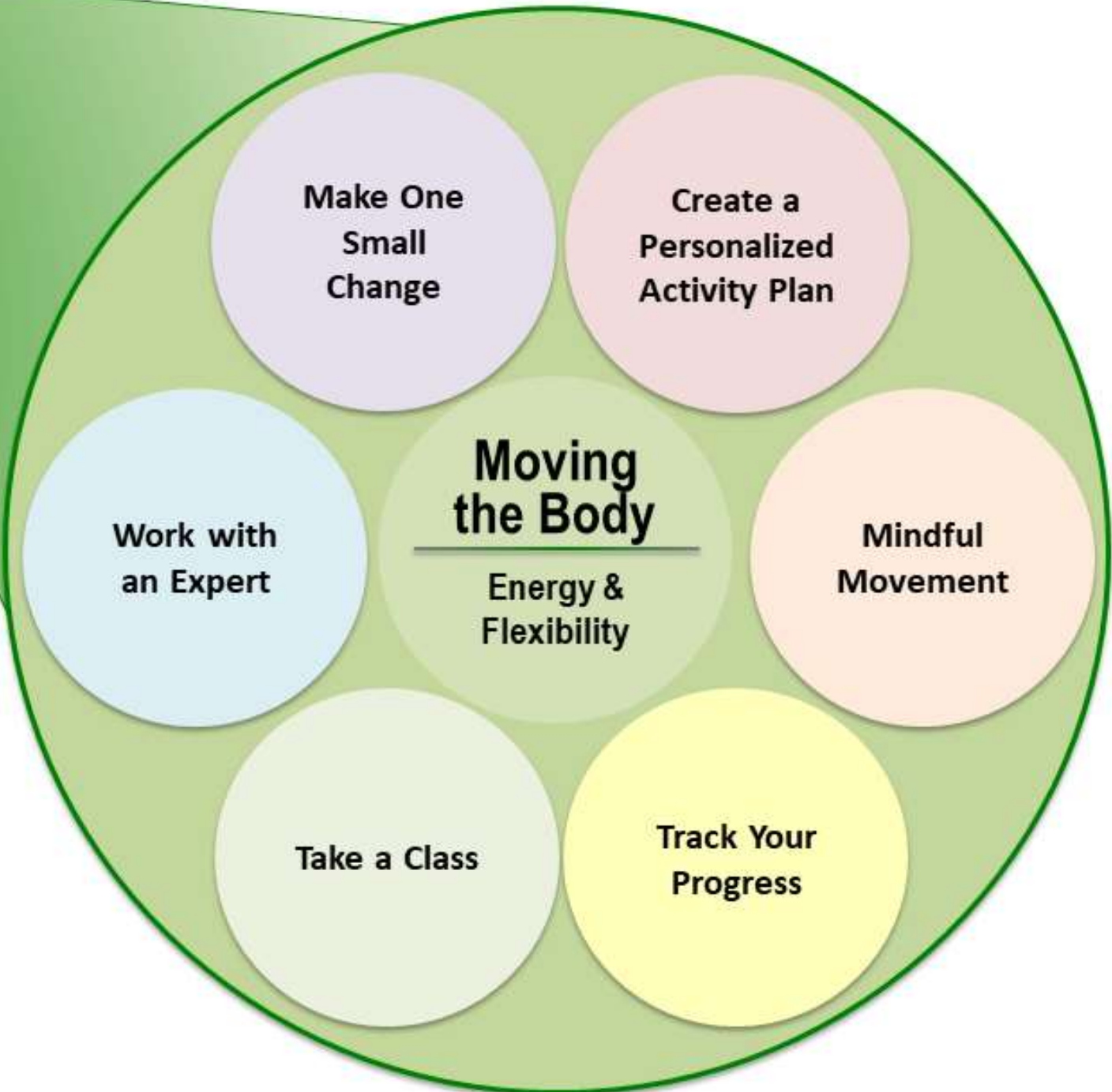
- Make One Small Change
- Create a Personalized Activity Plan
- Work with an Expert
- Mindful Movement
- Take a Class
- Track Your Progress

U.S. Healthcare at a Crossroads

- 6 in 10 adults has a chronic disease
  - 4 in 10 adults have two or more!
- Leading causes of death and disability are preventable:
  - heart disease
  - cancer
  - lung disease
  - stroke
  - Alzheimer's disease
  - diabetes
  - kidney disease
- $4.1 TRILLION in annual healthcare costs

U.S. Healthcare at a Crossroads

Life expectancy at birth, in years, 1980–2021
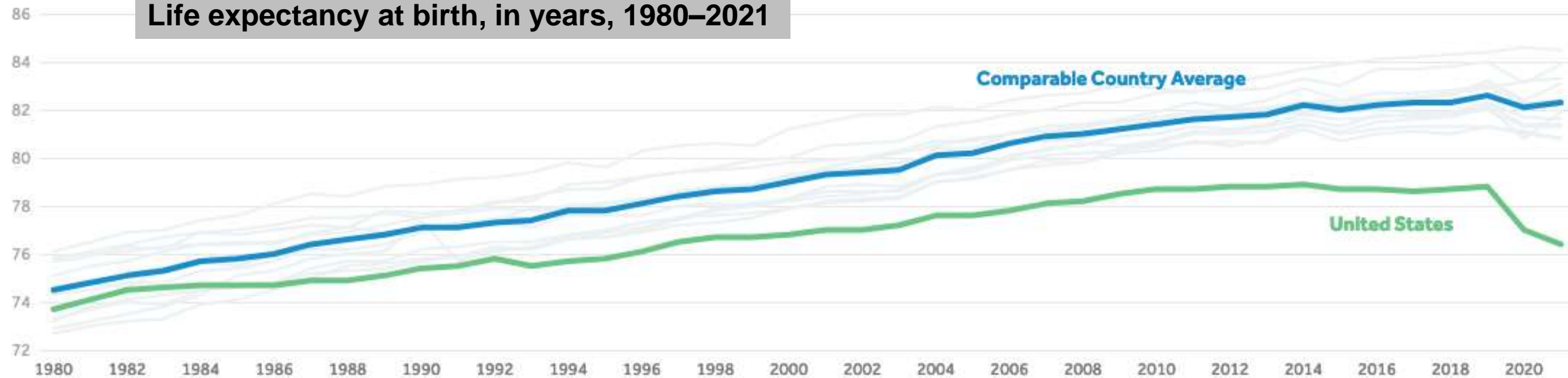
Comparable Country Average

United States

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- U.S. healthcare is fragmented

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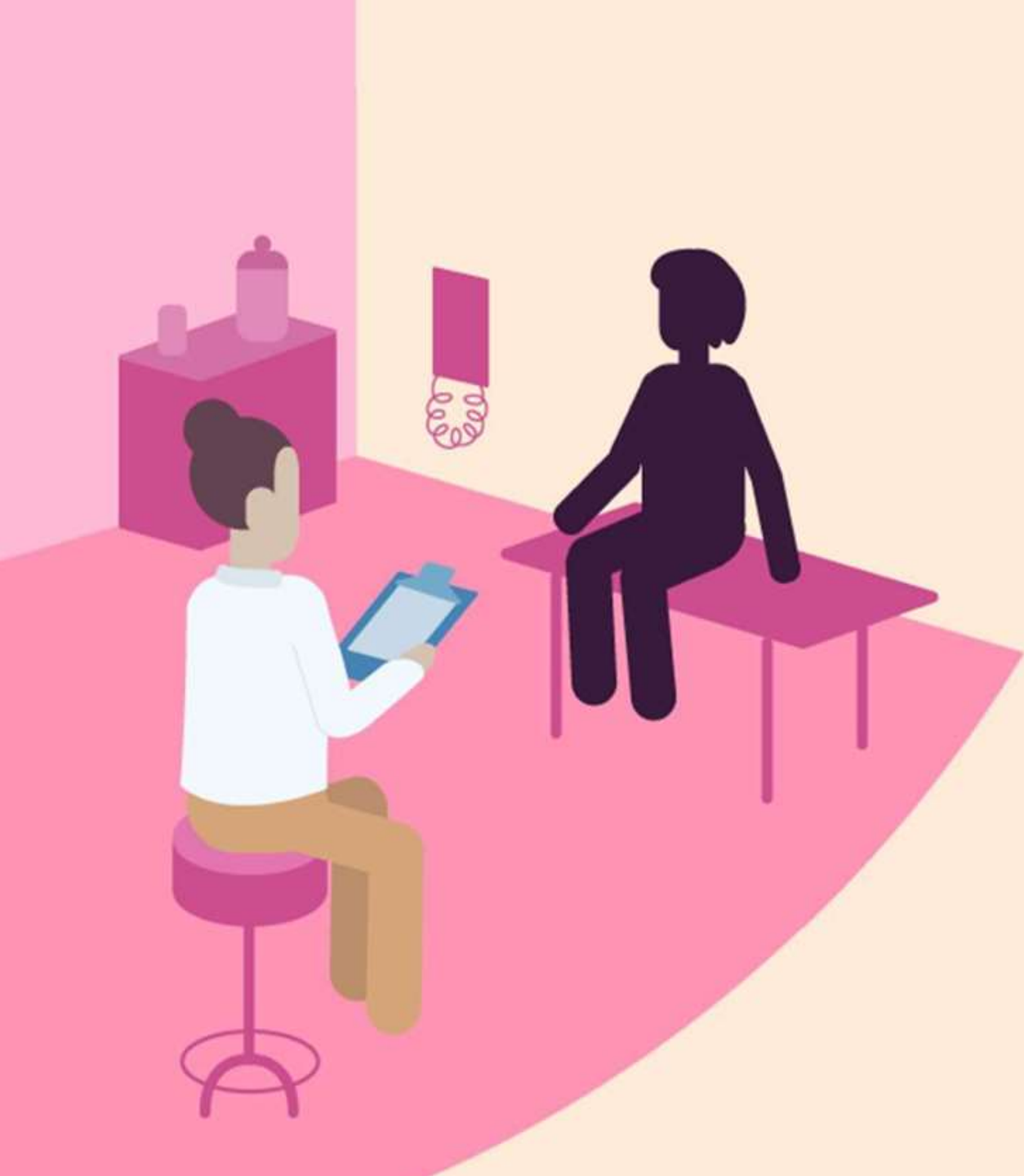
- Scaling up is next . . .

ACHIEVING WHOLE HEALTH

Five foundational elements of whole health that are necessary for an effective whole health care system.

1

PEOPLE-CENTERED

Understand peoples' needs and goals in the context of their family, community, and cultural environment.

2

COMPREHENSIVE AND HOLISTIC

Address the entirety of a person's well-being, spanning conventional medical care, complementary and integrative health, spiritual care, and social needs.

ACHIEVING WHOLE HEALTH

3

UPSTREAM-FOCUSED

Address health behaviors and the social and structural determinants of health.

4

EQUITABLE AND ACCOUNTABLE

Ensure accountability for people, families, and communities and proactively engage with them to equitably address their whole health needs.
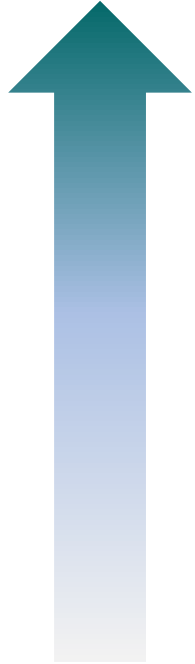
5

TEAM WELL-BEING

Ensure the well-being of care team members with a positive work environment and by helping them achieve whole health themselves.
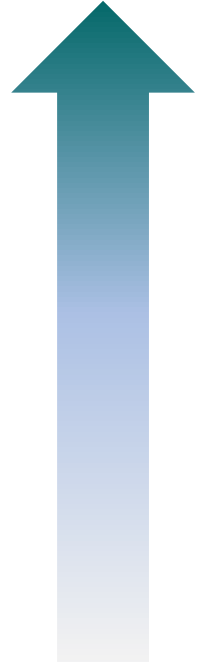
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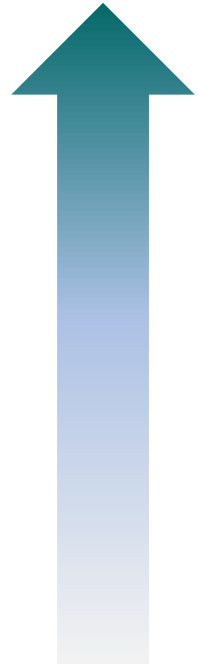
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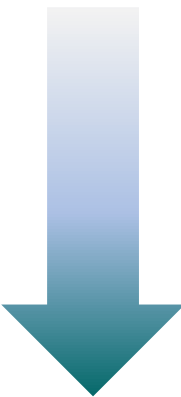
IAYT

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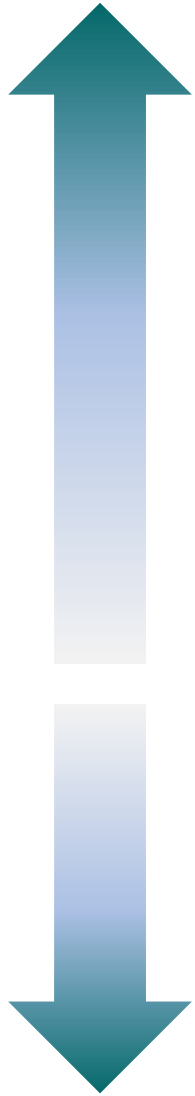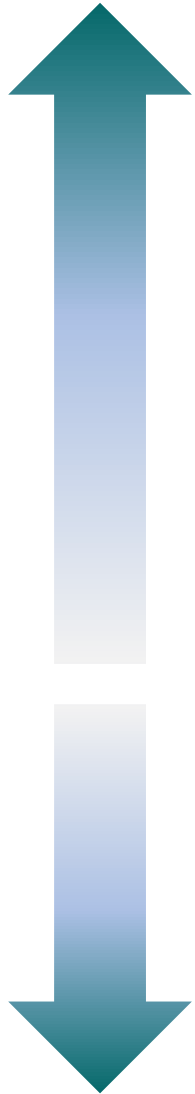
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- Some cost reductions

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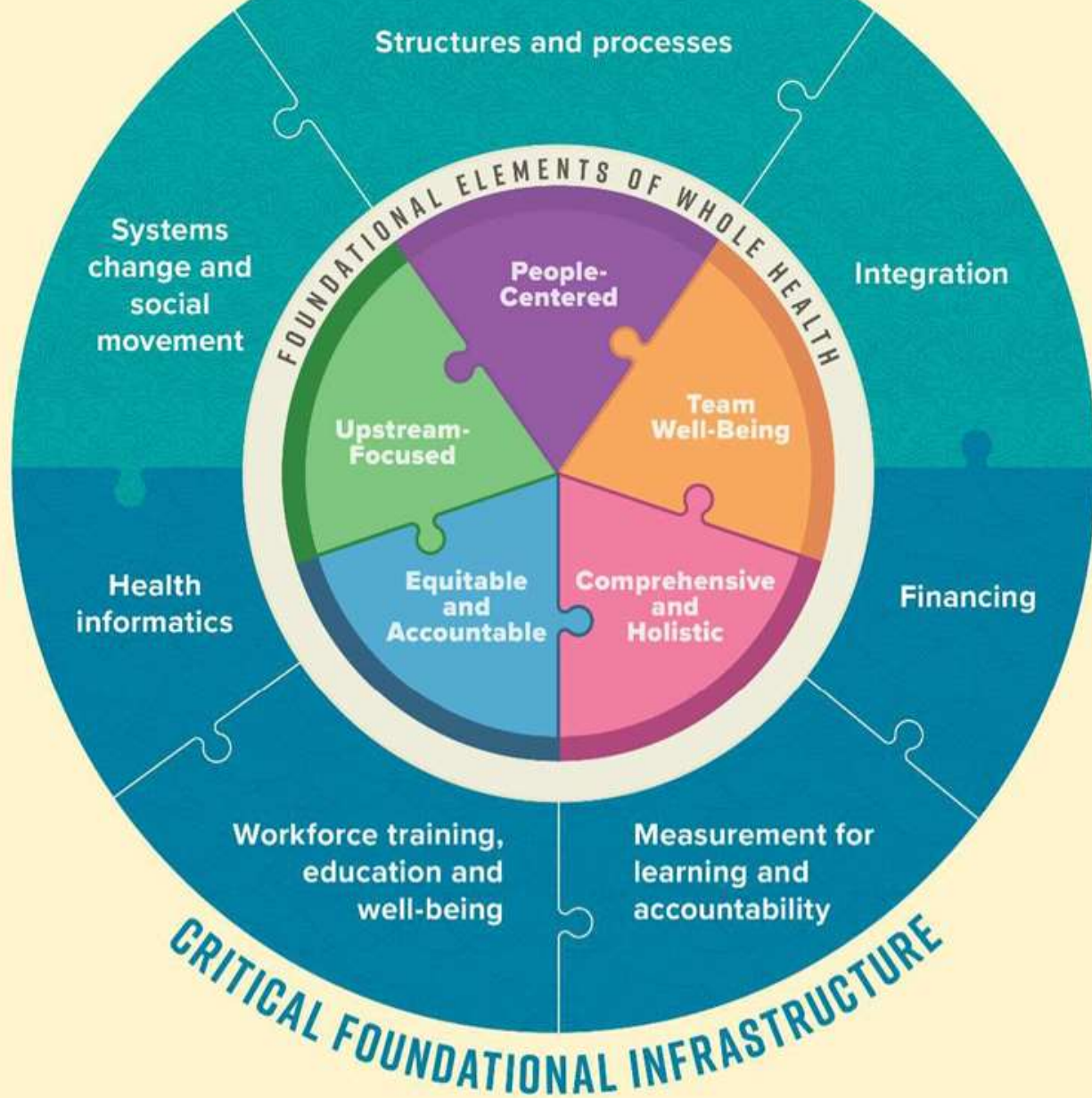- ✓ Upstream factors difficult to integrate

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- ✓ Financing mechanisms pool risk
- ✓ Upstream factors difficult to integrate
- ✓ Team well-being often neglected
- ✓ Systematic evaluations of implementation are scarce

ACHIEVING WHOLE HEALTH

Key contextual conditions and critical foundational infrastructure for scaling and spreading whole health.

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- Expect BARRIERS (cultural, leadership, administrative, resources, clinical and policy/procedural) and overcome them through flexibility and creativity

Becoming Whole Requires

- The spread of integrated primary-behavioral health

- Coordinating traditional with complementary and integrative health

- Addressing medical and social needs

- integrating new professionals (e.g., health coaches, YOGA THERAPISTS) into whole health teams!

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6. Design public and private sector policies and payment to support whole health as a common good and whole healthcare as a way of achieving whole health

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Achieving Whole Health

https://nap.nationalacademies.org/read/26854/chapter/1

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