

3 PROVEN STRATEGIES TO DRIVE PATIENT BEHAVIOR CHANGE:

Resulting in significantly lower body weight, blood pressure, and hemoglobin A1c

Date/Time:

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

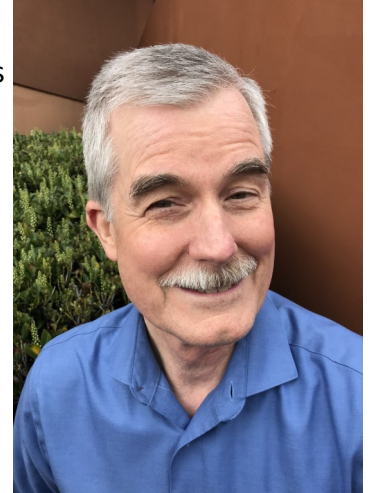
Are you frustrated with poor treatment adherence to lowering biometrics such as body weight, blood pressure and hemoglobin A1c?

Does it annoy you when patients will not change their habits?

Adherence to healthy habits may be as good or better than adherence to prescribed medication. Help patients achieve optimal outcomes using three simple techniques to maximize behavior change and treatment adherence.

In this talk you'll learn:

- *How to provide brief and effective lifestyle counseling to maximize treatment adherence (especially when your visit is short)*
- *How to document lifestyle counseling to satisfy required quality measures and maximize reimbursement*
- *When to refer your patients to intensive therapeutic lifestyle change services*



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. For more information see www.LifestyleMedicineInc.com.

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), an Oregon Licensed Dietitian (LD), a certified dietitian in the state of Washington, a Master Certified Health Education Specialist (MCHES), an Exercise Physiologist - Certified by the American College of Sports Medicine, and a Certified Intrinsic Coach[®]. Most recently, Dr. Gobble became a Fellow and Diplomat of the American College of Lifestyle Medicine.

Phone: (503) 652 - 5070

john@lifestylemedicineinc.com

www.lifestylemedicineinc.com

Locations in Clackamas, Oregon and Vancouver, Washington



Lifestyle Medicine Group

3 PROVEN STRATEGIES TO DRIVE PATIENT BEHAVIOR CHANGE:

Resulting in significantly lower body weight, 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."

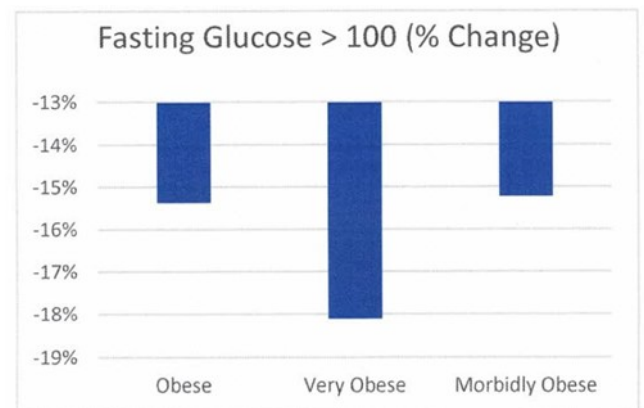
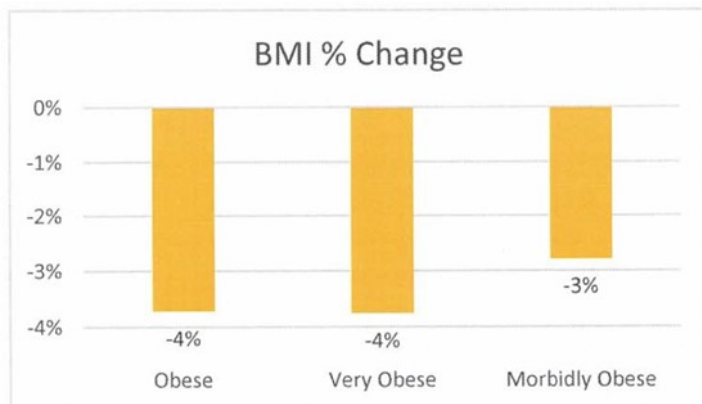
Richard M. lost 23.4 lbs.; BP 150/95 to 118/80; in 8 weeks. HbA1c 6.1% to 5.8% (5 months)

"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]

Phone: (503) 652 - 5070

john@lifestylemedicineinc.com

www.lifestylemedicineinc.com

Locations in Clackamas, Oregon and Vancouver, Washington



Lifestyle Medicine Group