

THE FOUNTAIN OF HEALTH INITIATIVE

Promoting Brain Health & Resilience

RTO Wellness Symposium October 28th 2019

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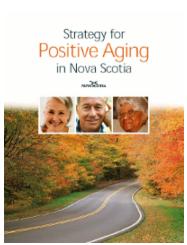
Learning Objectives

- Learn about The Fountain of Health
 - Evidence & rationale
 - Key Resources: Fountain of HealthTM paper tools and The Wellness App
 - 2 Key Projects: Brain Health and Wellness Project and Optimal Aging Workshop Project

Next steps: Possible RTO-FOH collaboration?

What is the Fountain of Health?

- Canadian initiative national non-profit
- Translates science of brain neuroplasticity & resilience to:
 - Public
 - Healthcare providers
- Promote brain health by modifying 5 key health behaviours:
 - Tools clinical practice to promote health
 - Move beyond illness treatment
- Supports optimal aging movement:
 - Age Friendly Communities



Main Criteria for Age-friendly Community (AFC)

- Housing
- Transportation
- Outdoor spaces
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Health and wellness services







How Did FoH Develop?

Founded in 2011 in Nova Scotia, funded by gov't/ non-profits Developed in phases:

- 1. Summary of science on key modifiable factors in brain health & resilience (2011-12)
- 2. Key messages, clinical tool & website development, speakers' bureau(2013-15)
- 3. Public & healthcare provider dissemination efforts (like this one!) (2016-18)

Who is Involved?

- NS & National teams.
- Stakeholders from provincial and national academic, healthcare, government & non-profit organizations.
- Academics: Experts in Psychiatry & in Cognitive Behaviour Therapy

Who's Behind the Fountain of Health?

FoH National Leadership Team

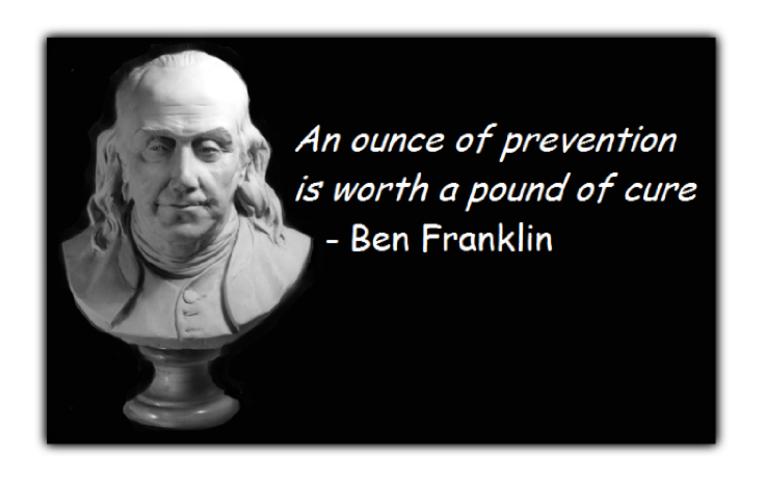






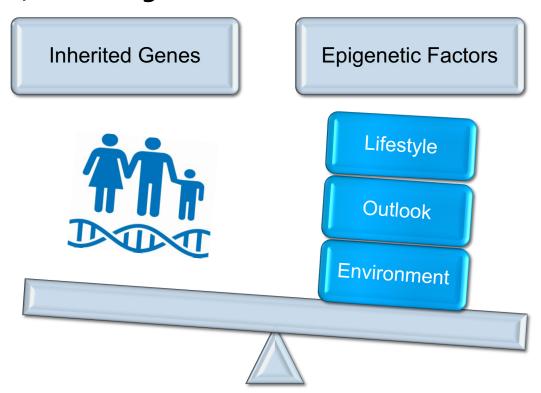
Centre Canada

Why is the Fountain of Health Needed?



The Evidence: Lifestyle & Health Behaviours

- Only 25% of longevity is accounted by inherited genes
- Lifestyle has a much greater impact!
 - Key to primary/secondary prevention and delay of many conditions, including dementia!



Brain Health: What is Neuroplasticity?



Health Behaviour Change is Difficult



FOUNTAIN OF HEALTH INITIATIVE



What You Need to Succeed:

KNOWLEDGE

METHOD

SUPPORT



What to focus on



How to do it



A community

What Do You Need to Know?



Did You Know?

- Light physical activity for only 15 mins a day can increase life expectancy by 3 years
- Being socially active improves health and well-being;
 Secure relationships are the single most predictive variable of well-being in late life
- Combined lifestyle factors, including challenging your brain with new learning, reduces dementia risk by up to 35%
- Positive thinking about aging can prolong life expectancy by up to 7.5 years

Optimal Health & Resilience Over the Lifespan: 5 Key Known Modifiable Lifestyle Factors

The Fountain of Health Prescription: 5 Things You Can Do

Changing the way you think about aging might be one of the most important ways to stay healthy. As it turns out, attitude is key to longevity and happiness! Here are the 5 key actions that can help you stay healthy for life:











Consider This:

What non-pharmacological treatment improves outcomes in heart disease, hypertension, diabetes, arthritis, depression, anxiety disorders, obesity, addictions & insomnia?

What is the #1 powerful promoter of brain neuroplasticity? (Also reduces risk of dementia)

What is the single best thing we can do for our overall health?

Answer: Physical Activity!

- Best promoter of brain
 neuroplasticity across lifespan
 - 150 min/wk moderate exercise ideal
- All forms of activity help:
 - Simply not sitting is helpful!
 - Light physical activity (15 mins) comparable benefit to giving up smoking
 - For every daily flight of stairs climbed, increased brain grey matter - to equivalency of 0.58 years younger



Just Move!

What About Social Activity?

- Health risks associated with loneliness are of similar risk magnitude to smoking and obesity
- Isolation is an independent risk factor for developing dementia
- Secure relationships single most predictive variable in well-being in late life



Socialize!

What About Brain Challenge?

- Cognitive activity promotes brain neuroplasticity across lifespan
- Higher education reduces risk of dementia and delays onset
 - For every year of additional education, brain appears 0.95 years younger
- Complex, novel activities help most; changing routine can help



Try new things!

Method: What do you need to do?



FoH Method: 3 Key Steps

For effective behaviour change:

Step 1) Set a baseline

Step 2) Set one S.M.A.R.T. goal

Step 3) Track your progress

Repeat

Step 1 – Set Your Baseline

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Not at all	interested				Neutral				Very	interested
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Step 2: Set one S.M.A.R.T. goal

Specific - What concrete step will you take?

Measurable - How can success be measured?

Action-Oriented - What action or behaviour is needed?

Realistic - How realistic is it to accomplish?

Time-Limited - When will it be done? (what time, day, how often)

Examples of small S.M.A.R.T. Goals



PHYSICAL ACTIVITY

Walk to the mailbox 3 times a week for one week
Get up during the ads in the 6 o'clock news 4 times a week



SOCIAL ACTIVITY

Call a friend or family member once a week Set up a coffee date once in the next 4 weeks



BRAIN CHALLENGE

Read the paper 3 mornings a week Listen to a radio program twice a week





Other – Mental Health and Positive Thinking
Attend yoga class once a week for 4 weeks

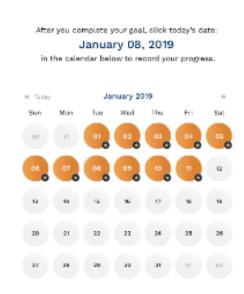
Write in a gratitude journal twice a week for 4 weeks

Step 3: Track Your Progress

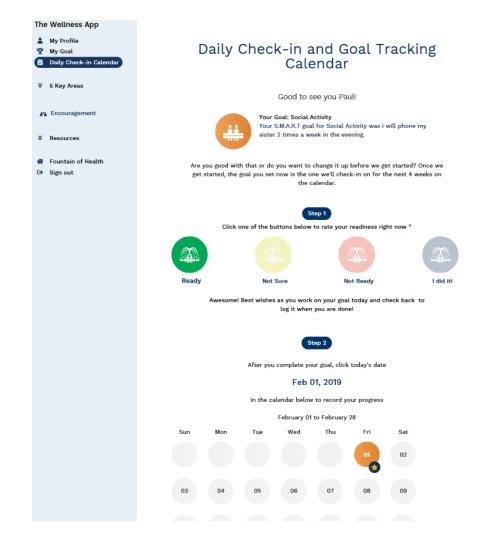
- On a calendar
- In a note book
- On social media
- With a friend, family member
- With a healthcare provider or other support person

Use The Wellness App: https://wellnessapp.ca

Goal-Tracking on The Wellness App



App users receive support, reminders & encouragement.
They can track progress & print / share a 4 week summary



Patient Goal-Tracking On The Wellness App

Useable on any device Free to use

App users receive support, reminders & encouragement.
They can track progress & print / share a 4 week summary with you



What are FoH Supports?



FoH Supports Include:

- FoH Website & resources: https://fountainofhealth.ca
- FoH Behaviour change support tools:
 - Paper-based
 - The Wellness App https://wellnessapp.ca

FoH Speakers Bureau:

- One hour lecture > community, conferences etc.
- FoH Knowledge Translation supports:
 - FoH Health Behaviour Change Tools → in health care
 - FoH Optimal Aging Workshop → 4 week workship in community



FOH OPTIMAL AGING WORKSHOPS: IN THE COMMUNITY

4 week FoH community workshop series:

- In communities across Nova Scotia
- 1.5 hours/ week



2015 & 2017 studies : 12 groups (N=104)

- Statistically significant improvements in:
 - Knowledge
 - Application to daily life
 - Self-perceptions of aging

The Fountain of Health Prescription: 5 Things You Can Do

Changing the way you think about aging might be one of the most important ways to stay healthy. As it turns out, attitude is key to longevity and happiness! Here are the 5 key actions that can help you stay healthy for life:











- 100% set a goal:
 - 26% completely met or exceeded goal; 26% partially met

2019 Optimal Aging Workshop Project

4-week FoH Optimal Aging workshop series in communities in NS in partnership with DoctorsNS (Funded by New Horizons grant):

- **Spring 2019-** Train the trainer half day for 10 group leaders (retired physicians)
- Summer 2019- Established community partners, workshop locations; recruited workshop participants
- Fall 2019 Now running 4 week series in communities across NS, quality assurance data
- Winter 2019- Analysis of results, final report due...



Do FoH Clinician Tools Work?

Field-tested in NS >500 patients to date Effective:

- 80% success rate in goal attainment:
 - Patients partially attained (35%)
 - Fully met (40%)
 - Exceeded (15%) health goal in 3 months
- 86% betaApp-users found it helped achieve goal
- 73% significantly improved self-rated wellbeing measures

Efficient: Simple & quick

• 80% of clinicians found it easy, time-efficient to use

Aging & Brain Health Innovation

2018-19 Brain Health & Wellness Project

Purpose: Innovative national project to **offer free training and support tools to hundreds of clinicians** across Canada to use health behavior change tools developed by the Fountain of Health in the frontlines of care.

Canadian Centre for

Coalition Canadienne pour la Santé Mentale des Personnes Âgées

Partnership:

fountain of health

- National knowledge translation led by Canadian Coalition for Seniors' Mental Health https://ccsmh.ca
- Funded by Centre for Aging + Brain Health Innovation (CABHI)
 -https://www.cabhi.com
 Program (RCP²) and Nova Scotia Health Research Foundation

Results: Brain Health Project

- Over 2000 clinicians received training
- Over 700 requested the FoH Toolkit to use with patients

- Results in over 800 patients who set a health goal showed significant improved health behaviours & outcomes:
 - 85 % at least partially met their goal in 4 weeks
 - 85% reported improvements in wellbeing
 - Significant difference in self-rated health attitudes

Clinician Demographics



- 2184 clinicians received 30 minute KT
- 759 Clinicians registered to receive Behaviour Change Toolkit
 - (743 Canada, 3 USA, 13 International)
- 380 Client paper tools (pre-post data); 581 app users

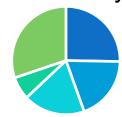






- East Coast (NS; NB; PEI) 32%
- Central Canada (ON;QC) 50%
- Prairies (MB;SK;AB) 9%
- West Coast (BC) 8%

Clinician by Type



- Nurse Practitioner 25%
- Social Work 19%
- Physician 19%
- Occupational Therapist 7%
- Other 30%

Results- Goals Set

Patient/Clients Health Goal Domain

Physical Activity: Paper (57%); App (62%)

Social Activity: Paper (18%); App (12%)

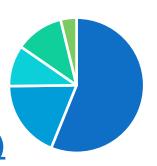
Mental Health: Paper (11%); App (9%)

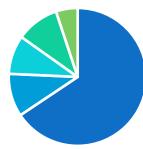
Brain Challenge: Paper (10%); App (8%)

Positive Thinking: Paper (4%); App (9%)

Paper Tool Users

App Users

















68% of clinicians invited their patients to use the Wellness App 14% of patients used the Wellness App and had in-person visits

Results – Effectiveness (Paper Tool Users)

Total Paper Tool Users: N= 380

Mean Age: 68 years

Sex: Men 32%; Women 68%



Goal Attainment

89% at least partially completed their goal

Well-Being

85% experienced at least some change in wellbeing

Behaviour Change

Overall statistically significant difference between pre and post scores of the Health and Resilience Questionnaire (p < .0001)

Results – Effectiveness (App Users)

Total App Users: N= 581

(547 recommended by clinician)

Mean Age: 52 years

Sex: Men **19%** Women **80**%



Goal Attainment

90% at least partially completed their goal

Well-Being

80% experienced at least some change in wellbeing

Behaviour Change

Overall statistically significant difference between pre and post scores of the Health and Resilience Questionnaire (p <.003)



Path Forward?

If widely adopted, FoH can serve to improve physical activity, social engagement/ inclusion, cognitive health, mental health and attitudes to aging of Nova Scotians and all Canadians

Next steps?

- National & provincial dissemination & scale up
- Collaborate with other key organizations like RTO for:
 - Communication
 - Public awareness/ education

RTO Collaboration with FoH?

- 1) Would RTO apply the FoH approach to itself as an organization? Ie. Use the FoH 5 key domains/SMART goal setting for health promotion initiatives for the membership?
- 2) Might we also harness the educational expertise of RTO to raise awareness about FoH in NS?
 - NS Public Education Program (modelled on successful Mental Health First Aid collaboration)
 - Training & materials provided by FoH to RTO members
 - RTO members give 30 60 min talks on Fountain of Health Optimal Aging program in the community

Q: ARE YOU INTERESTED IN BEING A SPEAKER?



Thank You!

Visit the Fountain of Health website: www.fountainofhealth.ca

Sign up for FoH Optimal Aging Workshops or Questions:

Email: info@fountainofhealth.ca