Integrating Lifestyle Medicine into Behavioral Health Practice.

UCLA Health Michael Franc

Risks for CAD and PAD – Cardiovascular or Peripheral Artery Disease.

- Cigarette smoking, including exposure to secondhand smoke
- A diet in saturated fat, cholesterol, and/or processed meat
- A sedentary lifestyle
- High blood pressure
- High cholesterol
- Type 1 and 2 diabetes
- Chronic kidney disease
- Obesity
- Increasing age, especially among those 65 years and older
- Having atherosclerosis in other arteries
- Family history of CAD, PAD, heart disease, atherosclerosis, and/or stroke
- Hyperhomocysteinemia (elevated levels of homocysteine in the blood).

Metabolic Syndrome.

Obesity

Elevated blood sugar

High cholesterol

Elevated blood pressure

Lifestyle Disease

Hypertension Of ARNG Soldiers, 6.8% were identified as hypertensive. Among TS, 6.4% were identified as hypertensive, and 8.7% of AGR/Mil Tech Soldiers were identified as hypertensive.

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Cardiometabolic Conditions.

Heart attack

Stroke

Diabetes

Insulin resistance

Fatty liver disease

Cardiometabolic Syndrome CMS.

- High blood pressure
- Abdominal obesity
- Insulin resistance
- Dyslipidemia
- High cholesterol
- Impaired glucose metabolism
- Inflammation
- PTSD increases risk for cardiometabolic syndrome. (Adams, S and Allwood, M., 2024)
- Negative life events and maternal depressive symptoms in childhood associated with cardiometabolic risk through restrained and emotional eating in adolescence. (Doom, J, et. Al., 2024)

Inflammation.

- Inflammation is a defensive immune response that can cause swelling, redness, and fever. While sometimes helpful, it can also be a key factor in many serious diseases, including:
- •
- Autoimmune diseases: Rheumatoid arthritis, lupus, and psoriasis
- Cardiovascular diseases: Heart disease, stroke, and high blood pressure
- Gastrointestinal disorders: Crohn's disease, ulcerative colitis, and irritable bowel syndrome
- Lung diseases: Asthma and chronic obstructive pulmonary disease (COPD)
- Mental illnesses: Depression
- Metabolic diseases: Type 2 diabetes
- Infectious diseases: HIV/AIDS
- Cancer: Liver cancer and increased overall cancer risk
- Neurological diseases: Alzheimer's disease

Inflammation.

• Chronic, low-grade inflammation can contribute to these conditions. However, chronic inflammation can be reduced, which can lower the risk of developing these diseases. Some ways to reduce inflammation include: Eating anti-inflammatory foods, Exercising, Losing weight, Managing stress, and Controlling blood sugar.

• Inflammation can be caused by environmental factors, bacterial and viral infections, and foreign substances like cigarette smoke.

• "...current study suggests that childhood trauma and, specifically, emotional neglect are associated with IL-6 (interleukin) at midlife, specifically among males." (Natale, B., et. Al., 2024).

Outside Factors on Health.

Environmental Factor: Health Impact:

- Air pollution: Increased risk of respiratory diseases, heart disease, and stroke.
- Water contamination: Various health problems, including gastrointestinal diseases, cancer, and neurological disorders.
- Climate change: Exacerbated existing health problems by increasing heat stress, air pollution, and the spread of vector-borne diseases.
- Exposure to chemicals: Disrupted hormones and increased risk of cancer and other chronic diseases, erectile disfunctions in young people, fertility declines.

The High Cost of Lifestyle Diseases.

Lifestyle diseases impose a massive economic burden on individuals, healthcare systems, and economies worldwide.

Here are some staggering statistics:

Global Impact:

Chronic diseases account for 61% of all deaths globally.

US:

90% of U.S. healthcare spending is on chronic diseases

93% of Americans are metabolically unhealthy (pre-Covid data)

This is primarily driven by our diet.

The High Cost of Lifestyle Diseases in the US. Aside from the pain and suffering.

Heart Disease

Direct medical costs: Over \$350 billion annually.

Indirect costs: Lost productivity due to illness or death.

Stroke

Direct medical costs: Over \$45 billion annually.

Cancer

Direct medical costs: Over \$125 billion annually.

Diabetes

Direct medical costs: Over \$327 billion annually.

Obesity

Direct medical costs: Over \$147 billion annually.

The High Cost of Lifestyle Diseases in the US.

The United States' annual military budget for fiscal year 2025 is approximately \$850 billion, capped at 895 billion. This makes it the largest military budget in the world.

As of 2025, the total annual education budget in the United States is estimated to be around \$857 billion. This figure includes both public and private education spending at all levels, from K-12 to higher education.

The High Cost of Lifestyle Diseases in the US.

Total annual costs: The combined annual costs of these diseases are estimated to be **over \$1 trillion.**

Mental Health Statistics in the Unites States.

- 1 in 5 adults experience mental illness each year.
- 1 in 20 adults experience serious mental illness each year.
- 1 in 6 youth aged 6-17 experience a mental health disorder each year.
- Suicide is the second leading cause of death among people aged 10-14.
- Substance abuse often co-occurs with mental illness.

Case Management Model

Mental Health to Behavioral Health to Lifestyle Medicine. Specialized Medicine vs

Lifestyle Medicine

The core principles are to use daily healthy habits to prevent, treat, and even reverse chronic diseases.

World Health Organization (WHO) defines health not only as the absence of disease and infirmity; but as a complete physical, mental and social well-being.

6 Pillars of Lifestyle Medicine

1. Nutrition: Evidence supports the use of a whole food, plant-predominant diet to prevent, treat and reverse chronic illness.

2. Physical Activity: Regular, consistent physical activity is an important part of overall health and resiliency.

3. Stress Management: Managing negative stress can lessen anxiety, depression and immune dysfunction and leads to improved well-being.

4. Restorative Sleep: Improving sleep quality can improve attention span, mood, insulin resistance and can reduce hunger, sluggishness and more.

5. Social Connection: Positive social connections have beneficial effects on physical, mental and emotional health.

6. Avoidance of Risky Substances: Use of tobacco and excessive alcohol consumption have been shown to increase risk of chronic diseases and death.

Army H2F (Holistic Health and Fitness)

<u>Physical Readiness:</u> Focuses on improving physical strength, endurance, and overall fitness. Nutritional Readiness: Emphasizes the importance of healthy eating habits and proper nutrition for optimal performance. Mental Readiness: Addresses the mental and emotional wellbeing of soldiers, including stress management and resilience. Spiritual Readiness: Recognizes the importance of personal values and beliefs in supporting overall well-being and resilience. Sleep Readiness: Highlights the critical role of sufficient and quality sleep for physical and mental recovery.

10 Pillar Breakdown

- Examined Lifestyle
- Food and Nutrition
- Physical Activity
- Spiritual Life
- Social Life
- Stress Management
- The Brain
- Sleep
- Addictions
- Mental Illness

Examined Lifestyle

"And you. When will you begin to take that long journey into yourself?"

Rumi

Examined Lifestyle.

Who are you and what do you want?

Life satisfaction is a predictor of better CVH, CVH is a strong indicator of overall health. Aline, E. S. et al. (2024).

Food and Nutrition.

Food

Nutrition Relationship with food

Food

The U.S. Department of Agriculture defines food insecurity as "limited or uncertain access to adequate food" (USDA 2022). Recent studies of U.S. Army installations have indicated food insecurity prevalence from 16% to 33% (Wax and Stankorb 2016, Beymer et al. 2021, Rabbitt et al. 2022). However, these studies were not representative of the entire DoD.

And yet:

Obesity Of ARNG Soldiers, 23% were classified as obese in 2021 based on body mass index (BMI). In 2021, 25% of male ARNG Soldiers and 12% of female ARNG Soldiers were obese. Among TS, 21% were obese, and 29% of AGR/Mil Tech Soldiers were obese. Flagged for Weight Of ARNG Soldiers, 2.8% were flagged for weight in 2021.

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Nutrition.

1. Characteristics of the Standard American Diet (SAD)

a. High in Processed Foods

- Features: SAD includes a significant amount of highly processed foods that are often high in sodium, unhealthy fats, and added sugars.
- **Examples**: Fast food, sugary snacks, processed meats, and convenience foods.

b. High in Added Sugars

- Features: The SAD is characterized by excessive intake of added sugars, which contribute to empty calories and poor nutritional quality.
- **Sources**: Soda, sugary cereals, desserts, and candy.

c. High in Unhealthy Fats

- Features: The diet includes high levels of trans fats and saturated fats, which can contribute to heart disease and other health problems.
- **Sources**: Fried foods, baked goods, and margarine.

d. Low in Fruits and Vegetables

- Features: SAD often has inadequate amounts of fruits and vegetables, leading to a deficiency in essential vitamins, minerals, and fiber.
- Examples: Limited consumption of fresh produce and reliance on processed or frozen alternatives.

e. Low in Whole Grains

- Features: The diet typically includes refined grains rather than whole grains, reducing fiber intake and essential nutrients.
- Sources: White bread, white rice, and pasta made from refined flour.

f. Low in Lean Proteins

- Features: Protein sources in SAD often come from high-fat meats and processed options rather than lean proteins.
- **Sources**: Processed meats, fatty cuts of beef, and poultry with skin.

Nutrition.

2. Nutritional Implications of the Standard American Diet

a. Increased Risk of Chronic Diseases

- **Cardiovascular Disease**: High intake of unhealthy fats and sodium can lead to hypertension, atherosclerosis, and heart disease.
- **Diabetes**: Excessive sugar intake and poor carbohydrate management contribute to insulin resistance and type 2 diabetes.
- **Obesity**: High calorie consumption from processed foods and sugars leads to weight gain and obesity.

b. Nutritional Deficiencies

- Vitamins and Minerals: A lack of fruits and vegetables can result in deficiencies in vitamins (e.g., vitamin C, vitamin A) and minerals (e.g., potassium, magnesium).
- Fiber: Low fiber intake from refined grains and low vegetable consumption can impact digestive health and increase risk for colorectal issues.

c. Poor Gut Health

- **Digestive Issues**: Low fiber and high processed food intake can negatively affect gut microbiota and overall digestive health.
- **Constipation**: Inadequate fiber intake can lead to constipation and other gastrointestinal problems.

"All diseases start with the gut." Hypocrites

- There are over 18,000 research papers on gut brain alone in PubMed.
- There are 10-15 times more neuronal connections from gut to brain than brain to gut.
- DRD2 gene tells us the density of dopamine receptors and how easily you respond to dopamine.
- TPH2 how well we produce serotonin
- Caution: tryptophan pathway after eating turkey on thanksgiving is why we go into food coma on Thanksgiving say DNA experts. But is it?
- 10 trillion cells in human body, 100 trillion bacteria in the gut. Plus, viruses and parasites.

Microbiome.

• "... it is reasonable to speculate that dietary alterations resulting from different emotional states could potentially impact microbiome diversity." (Lee, Sung-Ha et.al., 2024)

Nutrition.

Average American:

SAD 60-70% UPF.

150 lb of sugar annually (22 tsp a day, 32 for kids)

Liquid calories 40% of sugar intake

133 lb of flour annually

5-10% of children fatty liver, liver transplants for kids as young as 15 due to UPF.

Daily time spent eating and drinking.

France: 2h 11m Italy: 2h 05m Greece: 2h 04m Spain: 2h 02m

Daily time spent eating and drinking.

USA: 1h 01m

Nutrition.

- Rewrite the narrative how you think and talk about food.
- "Five studies suggest that people use more emotional language when they describe unhealthy foods. People used more emotional appeals to persuade others to eat unhealthy foods... ... results show the widespread nature of emotional appeals for unhealthy foods, potentially contributing to population-based attitudes that healthy foods are less desirable." (Turnwald, B and Fishbach, A 2024)

Learn to cook.

- Throughout history people paid close attention to food preparation.
- Then for economic and political reasons women left the kitchen.
- Manufacturers and advertisers took advantage.
- Pride in saying I don't know how to cook sign of masculinity for men and emancipation for women.
- It's time to get back in the kitchen men, women, and children.

Physical Activity

Fitness.

Worldwide:

Over 25% of adults are not physically active enough. Low- and middle-income countries often have higher rates of physical inactivity. Urbanization and sedentary lifestyles are contributing factors.

United States:

Approximately 36% of adults do not engage in any leisure-time physical activity. Rates are higher among certain groups, including low-income individuals and those with lower education levels.

Sedentary behaviors, such as excessive screen time, are on the rise. Impact of Physical Inactivity

Fitness and Military Readiness:

According to Pentagon research 77% of American youth in 2022 not eligible for military due to obesity. 71% of those between 17 and 24 didn't meet standards in 2020, a 65% increase from 2017.

Most relevant:

Overweight – 11%

Drug and alcohol abuse – 8%

Medical/physical health - 7%

Mental health – 4%

Aptitude, conduct, or being dependent – 1% each

Multiple reasons - 44%

Spiritual Life

Spiritual Life.

What is a Spiritual Life?

A spiritual life is a personal journey of seeking meaning, purpose, and connection beyond the material world. It involves exploring questions about existence, values, and one's place in the universe.

Key elements of a spiritual life often include:

Connection to something greater: This could be a higher power, nature, the universe, or humanity as a whole.

Inner peace and well-being: Spirituality often fosters a sense of calm and contentment. Personal growth and development: Many find that spirituality encourages personal transformation. Ethical and moral values: Spiritual practices often emphasize compassion, kindness, and service to others.

Meaning and purpose: A spiritual life can provide a sense of direction and fulfillment.

It's essential to note that spirituality is highly personal and can manifest in countless ways. There's no single "right" way to be spiritual. Some people find meaning through organized religion, while others explore spirituality independently.

Effects of Lack of Spiritual Life.

While spirituality is a deeply personal experience, research suggests that it can have a profound impact on overall well-being. Conversely, a lack of spiritual connection may manifest in various ways:

- Emotional and Psychological Effects
- Increased stress and anxiety: Spirituality often provides a sense of peace and purpose, which can buffer against life's challenges.
- Feelings of emptiness or meaninglessness: A spiritual connection can provide a sense of purpose and direction in life.
- Difficulty coping with adversity: Spirituality can offer resilience and a framework for understanding suffering.
- Isolation and loneliness: Many spiritual practices foster a sense of community and belonging.
- Decreased empathy and compassion: Spiritual teachings often emphasize compassion and understanding for others.
- Behavioral Effects
- Impulsive decision-making: Spirituality can provide ethical guidelines and a sense of accountability.
- Difficulty building and maintaining relationships: A lack of shared values or a common spiritual ground can strain relationships.
- Increased materialism: Without a deeper sense of purpose, individuals may focus excessively on material possessions.
- Physical Effects
- While the connection between spirituality and physical health is complex, some studies suggest that a lack of spiritual connection may be associated with:
- Increased risk of chronic diseases
- Weakened immune system
- Higher levels of pain and fatigue

Spiritual Well Being.

Definition of Spiritual Well-Being

- Spiritual well-being is a holistic state of health that includes:
- 1. Sense of Purpose: Feeling that life has meaning and direction, and having goals or aspirations that provide a sense of fulfillment and motivation. This can be linked to personal values, goals, or a greater mission in life.
- 2. Connection to Something Greater: Experiencing a connection to something beyond oneself, which may include a higher power, the universe, nature, or a sense of oneness with humanity. This connection can provide a sense of comfort, guidance, and belonging.
- 3. Inner Peace and Harmony: Cultivating a state of inner calm and balance, even amidst life's challenges. Spiritual well-being involves managing stress, accepting uncertainties, and finding tranquility within one self.
- 4. Alignment with Values: Living in accordance with personal values and beliefs, which can lead to a sense of integrity and coherence in one's life. This often includes ethical living, compassion, and authenticity.
- 5. Meaningful Relationships: Developing and maintaining deep, supportive, and fulfilling relationships with others. These relationships can enhance spiritual well-being by providing a sense of community, support, and shared values.
- 6. Personal Growth and Reflection: Engaging in practices that promote personal growth, self-discovery, and self-reflection. This might include meditation, prayer, journaling, or other practices that foster a deeper understanding of oneself.
- 7. Connection with Nature: Finding spiritual nourishment and inspiration through a connection with nature, appreciating its beauty, and recognizing on e's place within the natural world.
- 8. Transcendence and Reflection: Experiencing moments of transcendence or spiritual insight that go beyond everyday experiences. This might involve profound moments of reflection, meditation, or spiritual practices that elevate one's consciousness.
- 9. Holistic Health: Spiritual well-being is an integral part of overall health and can influence physical and mental well-being. It contributes to a sense of completeness and balance.
- 10. Coping and Resilience: A strong sense of spiritual well-being can provide support during difficult times, helping individuals cope with stress, grief, and adversity.
- 11. Fulfillment and Satisfaction: Engaging with one's spiritual self can lead to greater satisfaction, joy, and a sense of purpose in life.

In essence, spiritual well-being involves nurturing the inner aspects of oneself and finding meaning, connection, and peace. It is deeply personal and can vary greatly between individuals, influenced by personal beliefs, values, and experiences.

Spiritual Well Being.

- Do you belong to a Church, Synagogue, Temple, Masque?
- Do you find solace in your faith?
- Do you have a meditation practice?
- How many people do you have that you call close friends. People you can depend on and confide in? Please explain.
- However you may define it, what do you do to "nourish your soul"?

Social Life

Loneliness.

Loneliness has been shown to have significant and wide-ranging consequences on both mental and physical health. Here are some key statistics that highlight the impact of loneliness:

1. Mental Health

- Increased Risk of Depression: A study published in JAMA Network Open found that individuals who experience loneliness are at a higher risk of developing depression. Loneliness is associated with a 45% increased risk of developing mental health issues.
- Anxiety: The American Psychological Association (APA) reports that loneliness can lead to increased levels of anxiety and stress. Loneliness can exacerbate feelings of isolation and exacerbate anxiety disorders.

2. Physical Health

- **Cardiovascular Health**: According to a meta-analysis published in *Heart*, loneliness is associated with a 30% increased risk of cardiovascular disease. The stress and isolation associated with loneliness can contribute to heart disease and high blood pressure.
- Mortality Risk: Research in *PLOS Medicine* indicates that loneliness is associated with a 26% increased risk of premature death. Loneliness can impact overall health, leading to higher mortality rates.

3. Immune Function

• Weakened Immune System: A study published in *Psychosomatic Medicine* found that loneliness is linked to a weakened immune response. Loneliness can reduce the body's ability to fight off infections and illnesses.

4. Cognitive Function

• **Cognitive Decline**: Research published in *Neurology* shows that loneliness is associated with a 20-30% increased risk of cognitive decline and dementia. Social isolation and loneliness can negatively affect cognitive health and increase the risk of neurodegenerative diseases.

Loneliness, continued.

5. Behavioral and Lifestyle Effects

• **Unhealthy Behaviors**: The National Institute on Aging reports that lonely individuals are more likely to engage in unhealthy behaviors, such as smoking and excessive alcohol consumption. Loneliness can lead to poorer self-care and lifestyle choices.

6. Quality of Life

 Reduced Life Satisfaction: According to the American Association of Retired Persons (AARP), loneliness significantly reduces overall life satisfaction. Lonely individuals often report lower levels of happiness and quality of life.

7. Social and Economic Impacts

 Social Isolation: Loneliness often leads to social isolation, which can affect employment and economic stability. Individuals experiencing loneliness may have reduced social support networks, impacting their ability to find and maintain employment.

8. Health Care Utilization

• Increased Health Care Costs: A study in *Health Affairs* found that loneliness and social isolation are associated with higher health care costs. Lonely individuals tend to have more frequent doctor visits and higher health care utilization.

Sex.

- Boys prefer porn to sex, decline in interest in sex until 35.
- When asked if they'd give up sex or social media most would give up sex.
- Lower sperm count due to diets, pollution, etc. Clear connection between microplastics and fertility.
- Decline in childbirth.
- Microplastics and fertility
- Erectile dysfunctions

Social Life

FOCUS

Stress Management

Stress.

1. Physical Strategies

- a. Regular Exercise
- b. Balanced Nutrition
- c. Adequate Sleep
- d. Proper Hydration

2. Mental and Emotional Strategies

- a. Mindfulness and Meditation
- b. Cognitive Behavioral Techniques
- c. Emotional Expression
- d. Relaxation Techniques

Stress.

3. Social and Relational Strategies

- a. Support Networks
- b. Healthy Boundaries
- c. Communication Skills

4. Spiritual and Personal Growth Strategies

- a. Spiritual Practices
- b. Connection with Nature
- c. Personal Development

The Brain

The Brain

Cognitive development

Cognitive maintenance

Cognitive Life.

COGNITIVE HEALTH:

Reading books, new languages, or just new things, doing crossword puzzles, all help maintain our cognitive health. Please give examples of the above that you engage in. Please list activities and how frequently you engage in them:

On the other hand, it appears that social media and passive entertainment may be detrimental to our cognitive health. How long do you spend on the following each day?

- Social Media:
- TV:
- Video Games:

Sleep

Sleep

In 2021, approximately 14% of Soldiers had a sleep disorder. The prevalence of sleep disorders increased with age and was more common among male Soldiers than female Soldiers in the older age categories. Apart from male Soldiers ≥45 years old, Black or African American Soldiers had the highest prevalence of sleep disorders compared to Soldiers in other race or ethnicity categories.

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Sleep Among all ARNG Soldiers, 47% reported getting 7 or more hours of sleep per night on weeknights, and 73% achieved this target on weekends.

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Sleep and stigma.

Our culture doesn't support sleep because when we sleep, we don't contribute.

Roots of the Stigma

- **1.Cultural Values**: Many cultures emphasize productivity and hard work, sometimes valuing long work hours over rest. In these contexts, sleeping too long can be seen as an indication of poor work ethic or lack of drive.
- **2.Misconceptions about Sleep Needs**: There is a widespread belief that everyone needs the same amount of sleep to be healthy and productive.
- **3.Workplace Norms**: In many professional environments, there is a premium placed on being constantly active and available. Taking long breaks or sleeping in can be viewed negatively, impacting perceptions of one's commitment or work ethic.

Addictions

Addictions.

- Substances
 - Media
 - Shopping
 - Gambling
 - Food
 - Sex
- Pornography

Addictions.

Use, abuse, misuse, addiction. Attachments.

Addictions

Drug Use In 2021, 2.1% of ARNG Soldiers tested positive for illicit drug use.

Tobacco Use Of ARNG Soldiers, 12% smoked, and 17% used smokeless tobacco in 2021. Among TS, 11% smoked tobacco, and 16% dipped or chewed tobacco; among AGR/Mil Tech Soldiers, 13% smoked tobacco, and 17% dipped or chewed tobacco.

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Addiction in the US:

1. Prevalence of Addiction

- Substance Use Disorder: According to the National Institute on Drug Abuse (NIDA), approximately 19.7 million Americans aged 12 and older had a substance use disorder (SUD) in 2020. This includes disorders related to alcohol, illicit drugs, and prescription medications.
- **Opioid Epidemic**: The Centers for Disease Control and Prevention (CDC) reports that opioids were involved in nearly 75% of all drug overdose deaths in 2021. In 2021, there were approximately 80,000 overdose deaths involving opioids.

2. Alcohol Use

- Excessive Alcohol Use: The CDC estimates that 1 in 6 adults in the U.S. binge drinks, with about 54.3% of those engaging in binge drinking having done so in the past month.
- Alcohol Use Disorder: According to the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately 14.5 million adults aged 18 and older had alcohol use disorder in 2019.

3. Drug Use

- Illicit Drug Use: The 2021 National Survey on Drug Use and Health (NSDUH) reported that approximately 21.5% of people aged 12 or older had used illicit drugs in the past year. Commonly abused drugs include marijuana, cocaine, and methamphetamine.
- **Prescription Drug Abuse**: The National Institute on Drug Abuse (NIDA) reports that about 16 million people aged 12 or older misuse prescription opioids in the past year.

4. Impact on Health

- Health Care Costs: A study published in *The American Journal of Preventive Medicine* found that substance abuse costs the U.S. healthcare system over \$700 billion annually due to lost productivity, health care expenses, and crime-related costs.
- **Chronic Diseases**: Addiction is linked to a range of chronic health conditions. For instance, heavy alcohol use is a leading cause of liver disease, with alcohol-related liver disease contributing to over 41,000 deaths annually in the U.S., according to the CDC.

Addiction in the US, continued.

5. Impact on Families and Communities

- Family Impact: According to SAMHSA, nearly 1 in 5 children in the U.S. live in a household where a parent or other adult has a substance use disorder. This can lead to various negative outcomes for children, including emotional and behavioral issues.
- **Crime and Violence**: The National Institute on Drug Abuse (NIDA) notes that substance abuse is linked to increased criminal activity and violence. Drug abuse is associated with higher rates of criminal offenses, including property crimes and violent crimes.

6. Economic Impact

• Lost Productivity: The National Institute on Drug Abuse (NIDA) estimates that substance abuse costs the U.S. workforce more than \$400 billion annually in lost productivity due to absenteeism, reduced work performance, and job loss.

7. Treatment and Recovery

- Access to Treatment: Despite the prevalence of addiction, treatment access remains a challenge. The 2021 NSDUH reported that only about 10% of individuals with substance use disorders received treatment at a specialty facility in the past year.
- Effectiveness of Treatment: Research shows that substance use disorder treatment can be highly effective. According to the National Institute on Drug Abuse (NIDA), effective treatment can reduce substance use by 40-60% and improve overall functioning in various areas of life.

Media Addiction.

1.Social Media Use

- Prevalence: According to the Pew Research Center, as of 2021, 72% of U.S. adults use social media platforms. For younger demographics, this number is even higher, with 84% of those aged 18-29 using social media.
- **2. Time Spent**: A study by the Global Web Index found that, on average, people spend about 2.5 hours per day on social media platforms.

2.Video Games

- **1. Prevalence**: The Entertainment Software Association (ESA) reports that 65% of American adults play video games, and about 20% of gamers spend more than 40 hours per week playing video games.
- **2. Addiction Rates**: The World Health Organization (WHO) recognizes "gaming disorder" as a mental health condition, with studies suggesting that around 1-3% of gamers may experience this disorder.

3.Internet Use

1. General Use: Data from the International Telecommunication Union (ITU) indicates that about 4.9 billion people globally use the internet, and many spend several hours online each day.

Dangers of Media Addiction.

1. Mental Health Issues

- 1. Depression and Anxiety: Research published in JAMA Network Open indicates that excessive social media use is linked to higher levels of depression and anxiety. Social media can contribute to feelings of inadequacy, jealousy, and social comparison.
- 2. Sleep Disruption: The National Sleep Foundation reports that excessive screen time, particularly before bed, can disrupt sleep patterns and contribute to insomnia. The blue light emitted by screens can interfere with melatonin production, making it harder to fall asleep.

2. Cognitive Effects

1. Attention and Focus: Studies, such as those published in *Computers in Human Behavior*, suggest that excessive media consumption can impair attention span and cognitive performance. Constant notifications and multitasking can lead to reduced ability to concentrate and process information effectively.

3. Physical Health

- 1. Sedentary Lifestyle: Excessive media use often leads to a sedentary lifestyle, contributing to obesity and related health issues. The American Heart Association notes that prolonged screen time is associated with an increased risk of cardiovascular disease.
- 2. Digital Eye Strain: Prolonged use of screens can cause digital eye strain, characterized by symptoms such as dry eyes, blurred vision, and headaches, as reported by the American Optometric Association.

4. Social and Behavioral Impact

- 1. Social Isolation: Contrary to the intention of connecting people, excessive media use can lead to social isolation. Research in Social Science & Medicine shows that heavy media users may experience reduced face-to-face interactions and social skills.
- 2. Reduced Academic and Work Performance: Excessive media use can negatively affect academic and work performance. According to a study in *Educational Psychology*, students who spend excessive time on media platforms often experience lower academic achievement.

5. Addiction and Dependency

- 1. Behavioral Addiction: Media addiction can lead to behavioral dependency, characterized by compulsive use despite negative consequences. The American Psychological Association recognizes internet gaming disorder and other media-related dependencies as areas of concern.
- 2. Interference with Daily Life: Research published in Addiction Research & Theory indicates that media addiction can interfere with daily responsibilities and relationships, leading to impaired functioning in personal and professional domains.

Mental Illness

It is a thing.

Mental Illness

Behavioral Health In 2021, 3.9% of ARNG Soldiers were classified as exhibiting symptoms of depression, and 5.0% were classified as exhibiting symptoms of Posttraumatic Stress Disorder (PTSD). Among TS, 3.7% were classified as exhibiting symptoms of depression, and 4.5% were classified as exhibiting symptoms of PTSD. Among AGR/Mil Tech Soldiers, 4.4% were classified as exhibiting symptoms of depression, and 7.4% were classified as exhibiting symptoms of PTSD.

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Female soldiers

Prevalence of BH Disorder Diagnoses by Sex, AC Soldiers, 2021 The most common BH diagnosis was adjustment disorder. The proportions of female soldiers diagnosed with adjustment disorder, anxiety disorder (excluding PTSD), or mood disorder were twice that of male Soldiers (e.g., 16% and 7.5% for adjustment disorder for females and males, respectively). Substance use disorder was the only BH condition evaluated for which the prevalence among male Soldiers exceeded that among female Soldiers (3.4% and 2.6% for males and females, respectively).

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Lifestyle Medicine: Barriers and Stigmas to Implementation.

- •The patient.
- The industry.
 - The doctor.

Ethics

When to educate oneself.

When to refer out. (keep a network of resources)

Resources:

Please contact me directly for any recommendations for reading or reference to studies.

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