



## Defense Health Agency (DHA) Clinical Communities Speaker Series

### SEPT 2022 CCSS: Transformative, Innovation-Based Updates in Modern Health Care Practice

#### S01: Introduction to National Center for Complementary and Integrative Health's (NCCIH) Initiatives to Promote Whole Person Health

##### Resource List

[U.S. Department of Veterans Affairs \(VA\) Whole Health Approach](#) - The VA's Whole Health System of Care and Whole Health approach aims to improve the health and well-being of veterans and to address lifestyle and environmental root causes of chronic disease. The approach shifts from a disease-centered focus to a more personalized approach that engages and empowers veterans early in and throughout their lives to prioritize healthy lifestyle changes in areas like nutrition, activity, sleep, relationships, and surroundings. Conventional testing and treatment are combined with complementary and integrative health approaches that may include acupuncture, biofeedback, massage therapy, yoga, and meditation.

[U.S. Department of Defense Total Force Fitness Program](#) - The Total Force Fitness program arose within the U.S. Department of Defense Military Health System in response to the need for a more holistic approach—a focus on the whole person instead of separate parts or only symptoms—to the demands of multiple deployments and the strains on the U.S. Armed Forces and their family members. The focus extends the idea of total fitness to include the health, well-being, and resilience of the whole person, family, community, and U.S. military.

[Whole Health Institute](#) - Established in 2020, the Whole Health Institute's Whole Health model helps people identify what matters most to them and build a plan for their journey to whole health. The model provides tools to help people take good care of their body, mind, and spirit, and involves working with a health care team as well as tapping into the support of family, friends, and communities.

Health care is a challenging business. Providers are called to evaluate and treat the whole person, but the data captured about our patients are often not reflective of the whole-person philosophy, nor is it patient-centered. When providers fail to appreciate patients' strengths, they may underestimate the impact of these strengths upon health and health-related outcomes. Methods of assessment frequently do not capture the holistic overview of a patient's health status, therefore, perspective of population-based care processes also suffers. The article, [Capturing whole-person health data using mobile applications](#) (2021) highlights some mobile resources that seek to change the way patient-generated health data are collected and aggregated by combining individual and population-based health perspectives in an actionable platform for clinicians.



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### **References**

Austin, R., Monsen, K., & Alexander, S. (2021). Capturing whole-person health data using mobile applications. *Clinical Nurse Specialist*, 35(1), 14–17.

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National Center for Complementary and Integrative Health. (2021, May). Whole person health: What you need to know. Whole Person Health: What You Need To Know.

<https://www.nccih.nih.gov/health/whole-person-health-what-you-need-to-know>