



Physical Health 101

Common Health Concerns & Impact on Behavioral Health





Learning Objectives

By the end of the presentation, participants will be able to:

- * Name three benefits of Integrated Healthcare
- * Identify at least two interactions between each mental illness and physical illnesses
- * Demonstrate how screening tool results determine physical health needs



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What is Health?

- * Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity. There is no health without mental health.

-The World Health Organization



Healthcare Disparities

Healthy People 2020 defines a health disparity as a “particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage.”





Possible Health Determinants

- * Lack of prenatal care
- * Exposure to adverse childhood experiences
- * Exposure to lead-based paint
- * Poverty
- * Food deserts



Healthcare Disparities Impact

Many factors play a role in these disparities that impact people with serious mental and/or substance use disorders, including:

- * Higher rates of cardiovascular disease, diabetes, respiratory disease, and infectious disease (including HIV)
- * Elevated risk factors due to high rates of smoking, substance misuse, obesity, and unsafe sexual practices
- * Increased vulnerability due to poverty, social isolation, trauma and violence, and incarceration
- * Lack of coordination between mental and primary healthcare providers
- * Prejudice and discrimination
- * Side effects from psychotropic medications
- * Overall lack of access to healthcare, particularly preventive care



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Best Practices in Healthcare

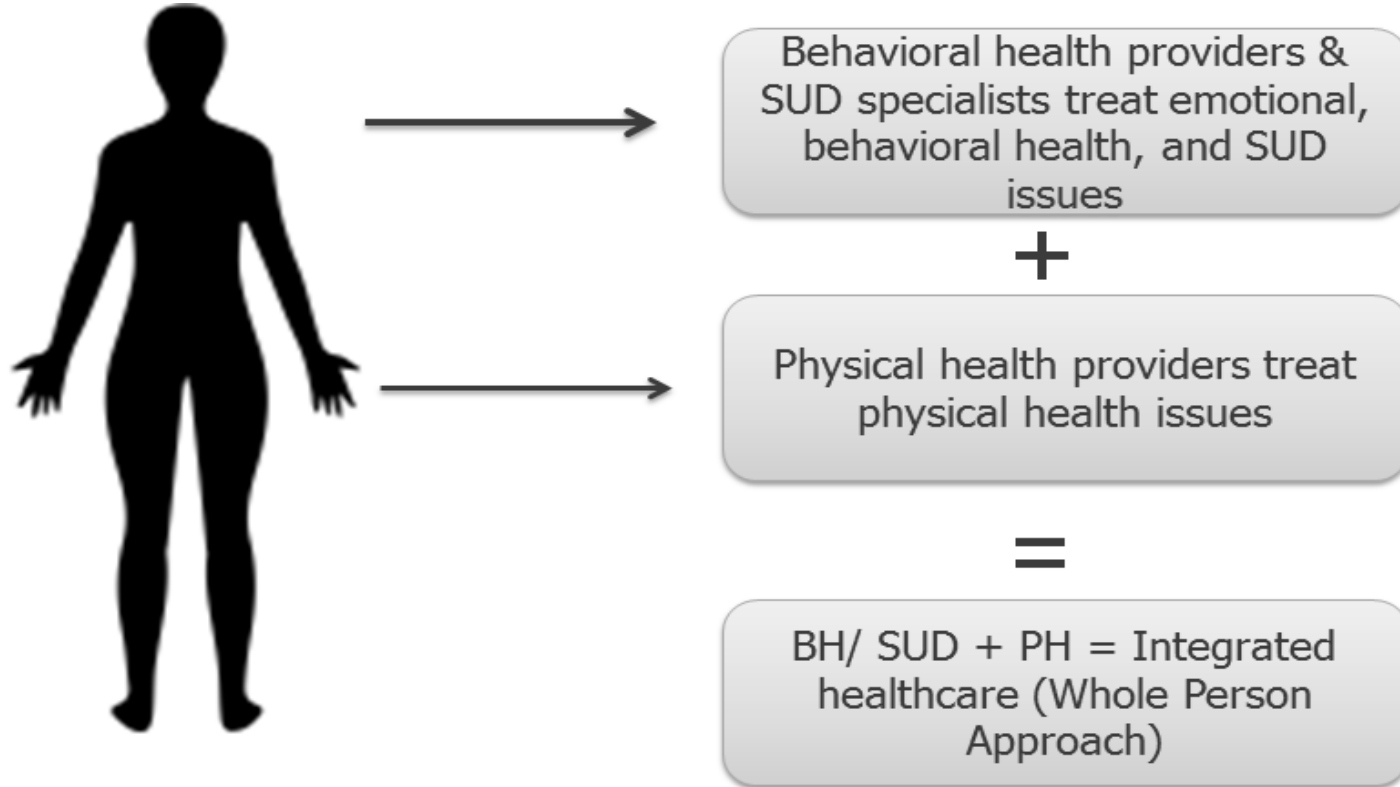




Why Integrated Healthcare?

- * SAMHSA data from its [National Survey on Drug Use and Health \(NSDUH\) – 2013](#) indicates that people with mental illness are more likely to have chronic health conditions such as:
 - * High blood pressure
 - * Asthma
 - * Diabetes
 - * Heart disease, and
 - * Stroke
- * Similarly, people with physical health conditions such as asthma and diabetes report higher rates of substance use disorders and serious psychological distress.

One Body, One Brain, One System



What are the benefits of Integrated Healthcare for members?



When Care is Not Integrated

- * One in four Americans experience a Mental Illness or Substance Use Disorder each year:
 - * The majority of those individuals have a comorbid Physical Health condition
- * Compared to the general population, these individuals have:
 - * Poorer medical outcomes
 - * Higher rates of use
 - * Die much earlier
- * Mental illness is often not addressed in Physical Health settings



Motivational Interviewing Approach

- * “Motivational interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.”



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Physical Health Diagnoses



What is Hypertension?

- * High blood pressure occurs when the pressure in the arteries caused by the force of blood pushing through them is too high. The heart must work harder, therefore increasing the overall workload on the heart.
- * A.K.A. “Arterial hypertension (HTN)”

| Category | Systolic mm Hg (upper #) | | Diastolic mm Hg (lower #) |
|-------------------------------------------------------|-----------------------------|-----|------------------------------|
| Normal | less than 120 | and | less than 80 |
| Prehypertension | 120 – 139 | or | 80 – 89 |
| High Blood Pressure (Hypertension) Stage 1 | 140 – 159 | or | 90 – 99 |
| High Blood Pressure (Hypertension) Stage 2 | 160 or higher | or | 100 or higher |
| <u>Hypertensive Crisis</u> (Emergency care needed) | Higher than 180 | or | Higher than 110 |

HTN

* Symptoms:

- * Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels.
- * A few people with high blood pressure may have headaches, shortness of breath, or nosebleeds, but these signs and symptoms aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage

* Risk Factors:

- * Smoking
- * Drinking/drug use
- * Overeating
- * Sedentary lifestyle
- * High-sodium diet
- * High stress

5 Simple Steps to Control Your Blood Pressure



High blood pressure can be fatal, so it's important to know your blood pressure reading and what you can do to keep things under control. **The good news is, we have an easy new way to help.**

JUST FOLLOW THESE 5 SIMPLE STEPS recommended by blood pressure experts from the American Heart Association, the American College of Cardiology and the U.S. Centers for Disease Control and Prevention. For more information ▶

1

Know Your Numbers.

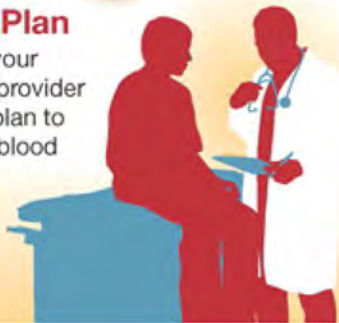
Most people diagnosed with high blood pressure want to stay below 140/90, but your healthcare provider can tell you your personal target blood pressure.



2

Make a Plan

Work with your healthcare provider to make a plan to lower your blood pressure.



3

Make a Few Lifestyle Changes.

In many cases this will be your doctor's first recommendation, likely in one of these areas:

lbs. **Lose weight.** Strive for a body mass index between 18 and 25.

Eat healthier. Eat fruit, veggies, low-fat dairy and lean protein, but lower your saturated and total fat.

Reduce sodium. Stay under 1,500 mg a day, which is associated with the greatest reduction in blood pressure.

Get active. Shoot for 40 minutes, 3-4 times a week.

Limit alcohol. Drink no more than 1-2 drinks a day. (1 for most women, 2 for most men)

4

Keep Checking Your Blood Pressure at Home.

Whether you're at home, at a store or anywhere else where you can check your blood pressure, make a habit of checking it regularly, tracking your readings and sharing them with your healthcare provider.



5

Take Medication as Prescribed

Take medications exactly the way your healthcare provider prescribes them.



For more help lowering your blood pressure, visit Heart.org/hbp

HTN

High Blood Pressure Health-Risk Calculator

- * Estimate your health risks from high blood pressure.
- * Based on the knowledge and experience of American Heart Association medical experts, this health assessment can help you:
 - * Learn your blood pressure category, and what is normal
 - * See your risk for heart attack, stroke, kidney disease and more
 - * Estimate how lifestyle changes can lower your blood pressure and health risks
- * tools.bigbeelabs.com/aha/tools/hbp/

Discussion

- * Does anxiety cause long-term hypertension?



Hypertension & Behavioral Health

Anxiety Disorder (Sheps, 2014)



Alcohol Consumption (Sheps, 2015)



Depression (Woolston, 2017)





What is Coronary Heart Disease?

- * Coronary heart disease (CHD) is a disease in which a waxy substance called plaque builds up inside the coronary arteries.
- * These arteries supply oxygen-rich blood to your heart muscle
- * If the flow of oxygen-rich blood to your heart muscle is reduced or blocked, angina or a heart attack can occur.
- * If blood flow isn't restored quickly, the section of heart muscle begins to die.
- * Without quick treatment, a heart attack can lead to serious health problems or death.

Risk Factors of CHD

- * Unhealthy blood cholesterol levels
- * High blood pressure
- * Smoking
- * Insulin resistance
- * Diabetes
- * Overweight
- * Metabolic syndrome
- * Lack of physical activity
- * Unhealthy diet
- * Older Age - Genetic or Lifestyle
- * Family History
- * Sleep apnea
- * Stress
- * Alcohol
- * Preeclampsia - during pregnancy

As the number of risks increase, the probability of the development of CHD increases.

CHD Symptoms

Men/Women

- * Chest pains - Angina
- * Shortness of breath
- * Heart attack
 - * Sometimes a heart attack occurs without any apparent signs or symptoms.

Heart attack symptoms include:

- * Chest pain or pressure, or a strange feeling in the chest.

- * Sweating.
- * Shortness of breath.
- * Nausea or vomiting.
- * Pain, pressure, or a strange feeling in the back, neck, jaw, or upper belly, or in one or both shoulders or arms.
- * Lightheadedness or sudden weakness.
- * A fast or irregular heartbeat.

Discussion

- * Does a panic attack mimic a heart attack?



Coronary Heart Disease & Behavioral Health

Panic Attack vs. Heart Attack (ADAA, 2016)



Depression (Ziegstein, 2017)



Anxiety (McCann, 2017)



Reminder

- * Always rule out a medical diagnosis first before making a psychiatric diagnosis.

What Questions Do You Have?

Resources

- * Behavioral Health Equity – SAMHSA
www.samhsa.gov/behavioral-health-equity
- * Healthy People 2020 www.healthypeople.gov
- * Integrated Health Care www.apa.org/health/integrated-health-care
- * SAMHSA – HRSA Center for Integrated Health Solutions
www.integration.samhsa.gov/about-us/what-is-integrated-care
- * Social Determinants of Health
www.cdc.gov/socialdeterminants/index.htm

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