

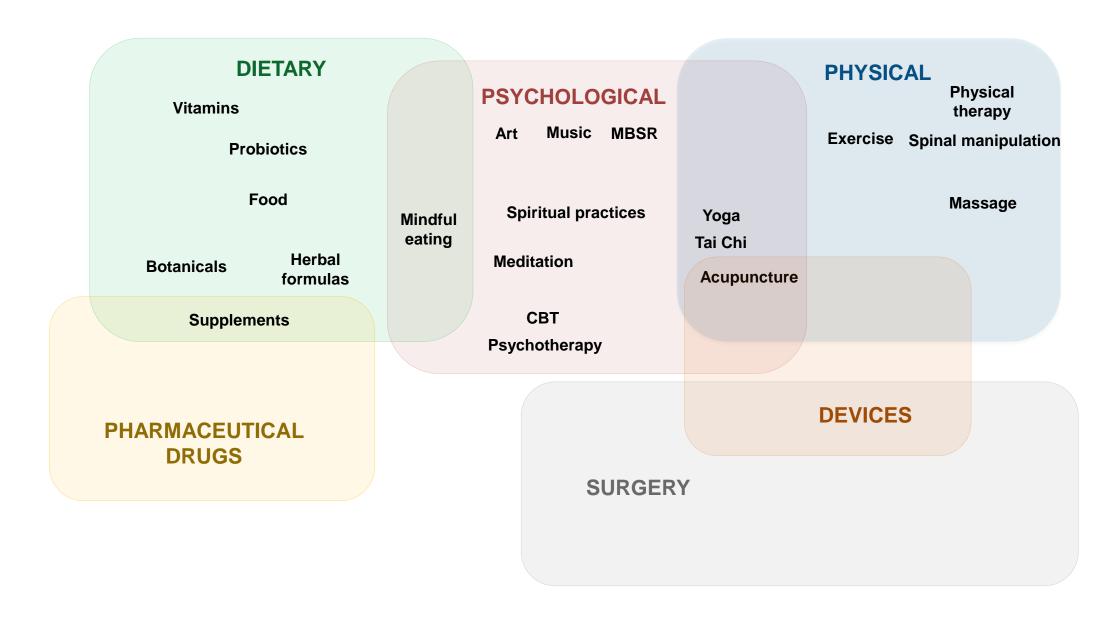
NCCIH Strategic priorities: Whole person health

Helene Langevin, M.D., Director, NCCIH



Includes **complementary** therapies and practices that use dietary, physical and psychological approaches





Supports integrative research on whole person health















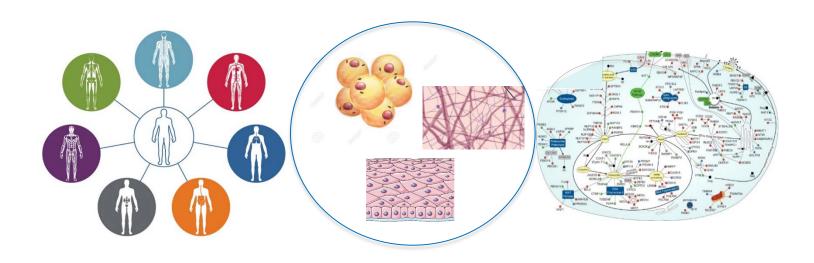






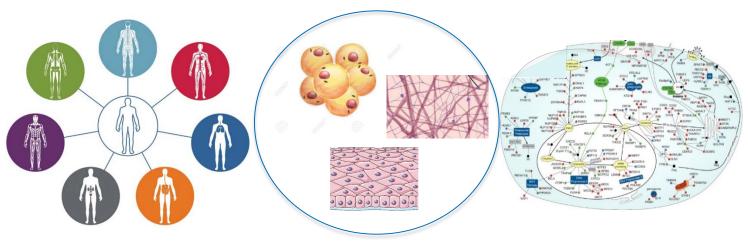


ANALYSIS



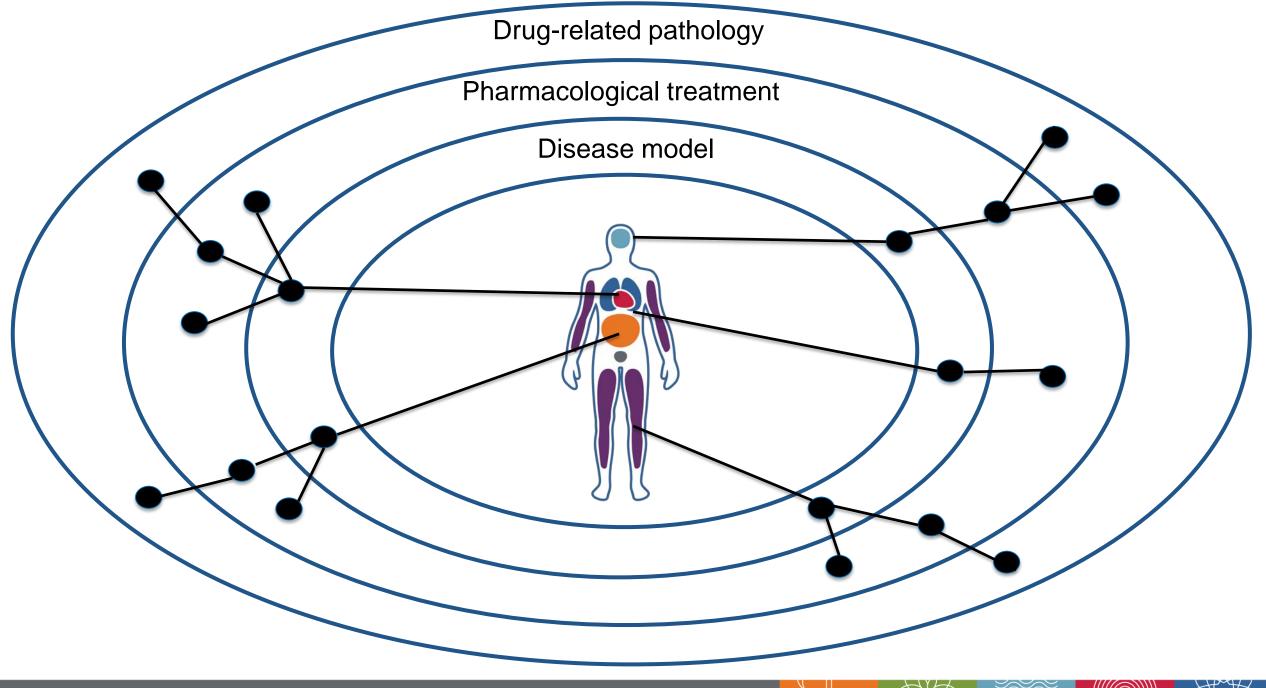
SYNTHESIS INTEGRATION

ANALYSIS

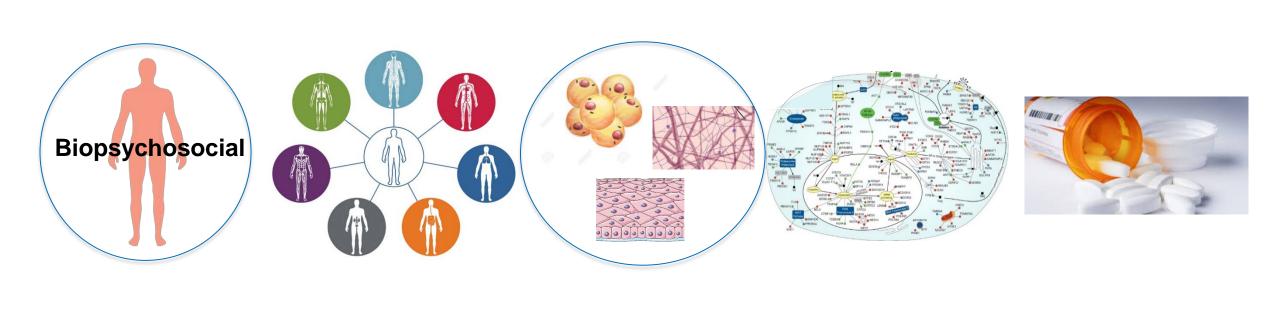




SYNTHESIS INTEGRATION



ANALYSIS



SYNTHESIS INTEGRATION

Addresses **health** promotion and restoration, disease prevention and symptom management





HEALTH DISEASE











HEALTH DISEASE

























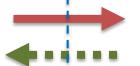








PRE-DISEASE



DISEASE

Healthy diet

Poor diet

ENVIRONMENTAL/

BEHAVIORAL

DYSFUNCTION

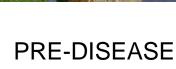
Weight gain Pre-diabetes Hyperlipidemia Obesity
Diabetes
Cardiovascular disease













DISEASE

Healthy diet

Active lifestyle

Poor diet

ENVIRONMENTAL/

BEHAVIORAL

DYSFUNCTION

Sedentary lifestyle Poor posture

Weight gain Pre-diabetes Hyperlipidemia

Chronic musculoskeletal pain

Obesity
Diabetes
Cardiovascular disease

Degenerative joint/disc disease





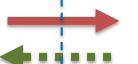








PRE-DISEASE



DISEASE

Healthy diet

Active lifestyle

Restorative sleep

Poor diet

ENVIRONMENTAL/

BEHAVIORAL

DYSFUNCTION

Sedentary lifestyle Poor posture

Psychological stress Poor sleep habits Weight gain Pre-diabetes Hyperlipidemia

Chronic musculoskeletal pain

Chronic sympathetic activation Insomnia

Obesity
Diabetes
Cardiovascular disease

Degenerative joint/disc disease

Cognitive decline Depression















DISEASE

Healthy diet

Active lifestyle

Restorative sleep

Poor diet

ENVIRONMENTAL/

BEHAVIORAL

DYSFUNCTION

Sedentary lifestyle Poor posture

Psychological stress Poor sleep habits Weight gain Pre-diabetes Hyperlipidemia

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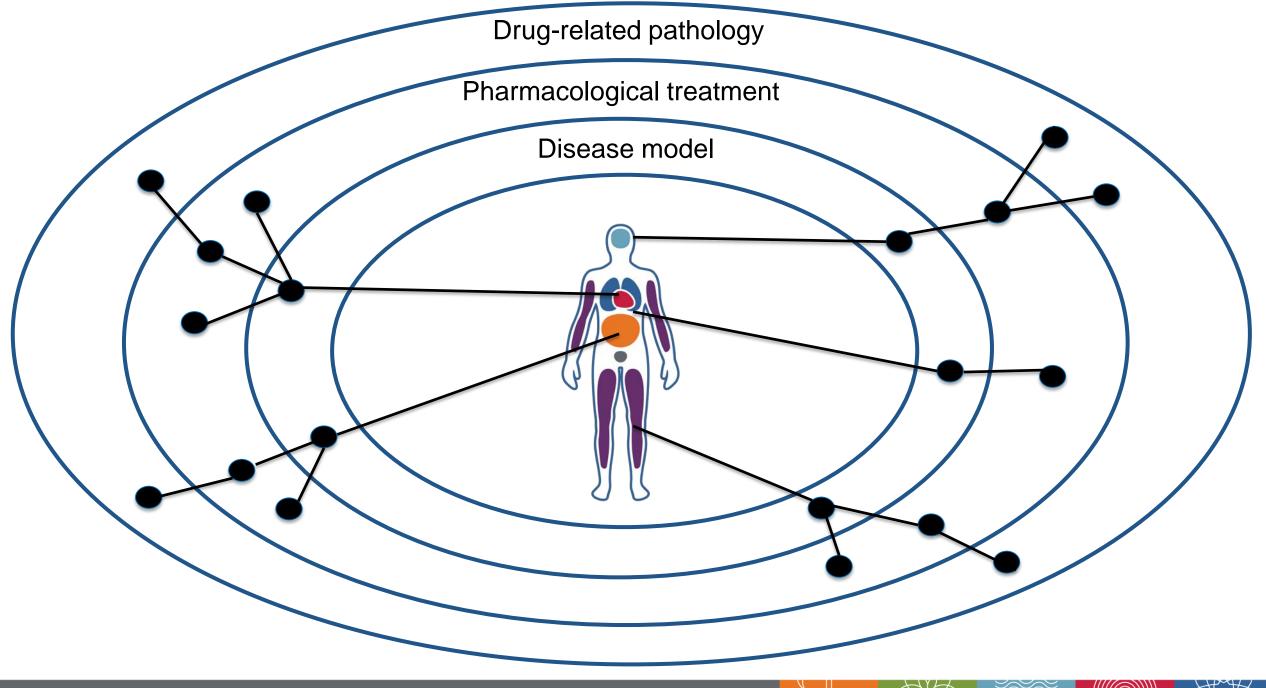
Degenerative joint/disc disease

Cognitive decline

Depression









HEALTH ENVIRONMENTAL BEHAVIORAL DYSFUNCTION

Healthy diet Active lifestyle Restorative sleep Poor diet
Sedentary lifestyle
Poor posture
Psychological stress
Poor sleep habits



PRE-DISEASE

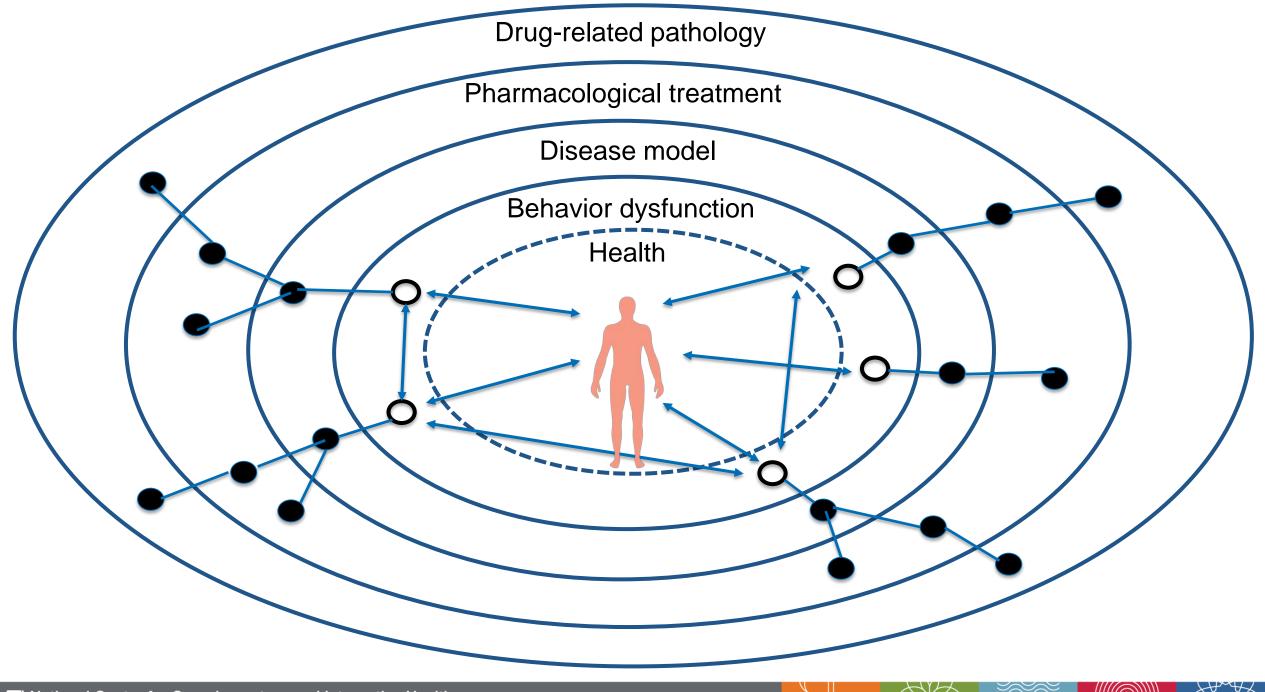
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Pre-diabetes
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DISEASE

Obesity
Diabetes
Cardiovascular disease
Degenerative joint/disc
disease
Cognitive decline
Depression





HEALTH

BEHAVIORAL
DYSFUNCTION

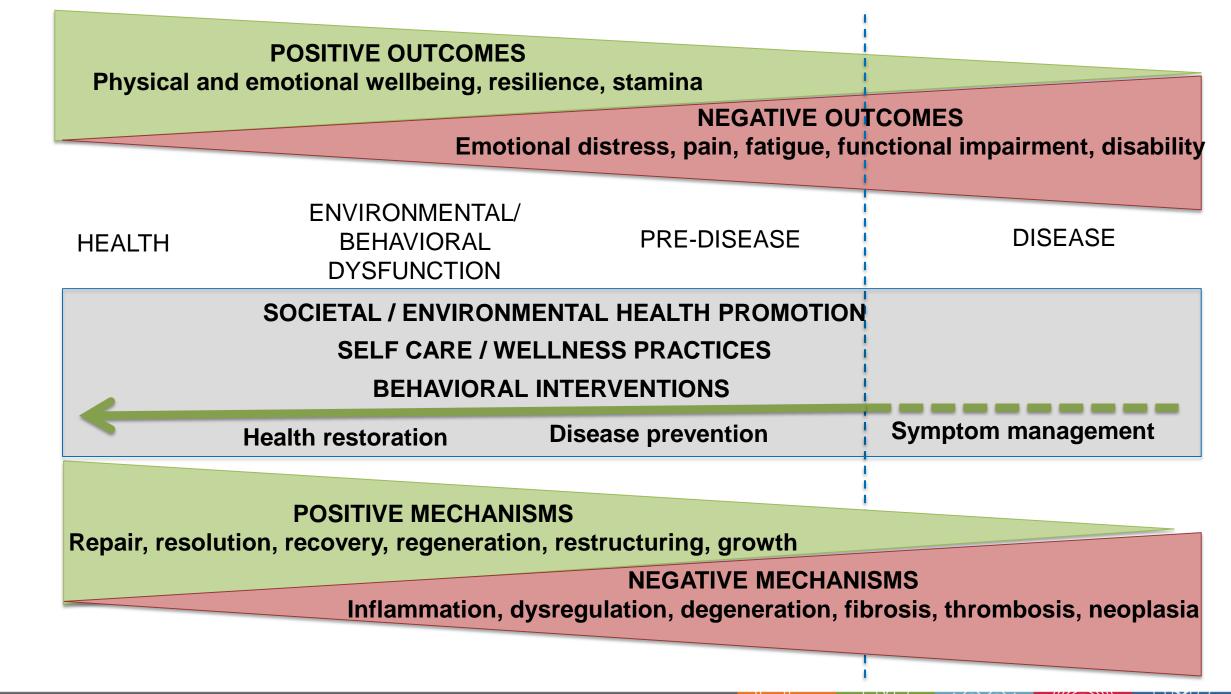
SOCIETAL / ENVIRONMENTAL HEALTH PROMOTION
SELF CARE / WELLNESS PRACTICES
BEHAVIORAL INTERVENTIONS

Health restoration

Disease prevention

Symptom management

POSITIVE OUTCOMES Physical and emotional wellbeing, resilience, stamina **NEGATIVE OUTCOMES** Emotional distress, pain, fatigue, functional impairment, disability ENVIRONMENTAL/ PRE-DISEASE DISEASE BEHAVIORAL HEALTH DYSFUNCTION SOCIETAL / ENVIRONMENTAL HEALTH PROMOTION **SELF CARE / WELLNESS PRACTICES BEHAVIORAL INTERVENTIONS Symptom management Disease prevention Health restoration**



Includes **complementary** therapies and practices that use dietary, physical and psychological approaches



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