

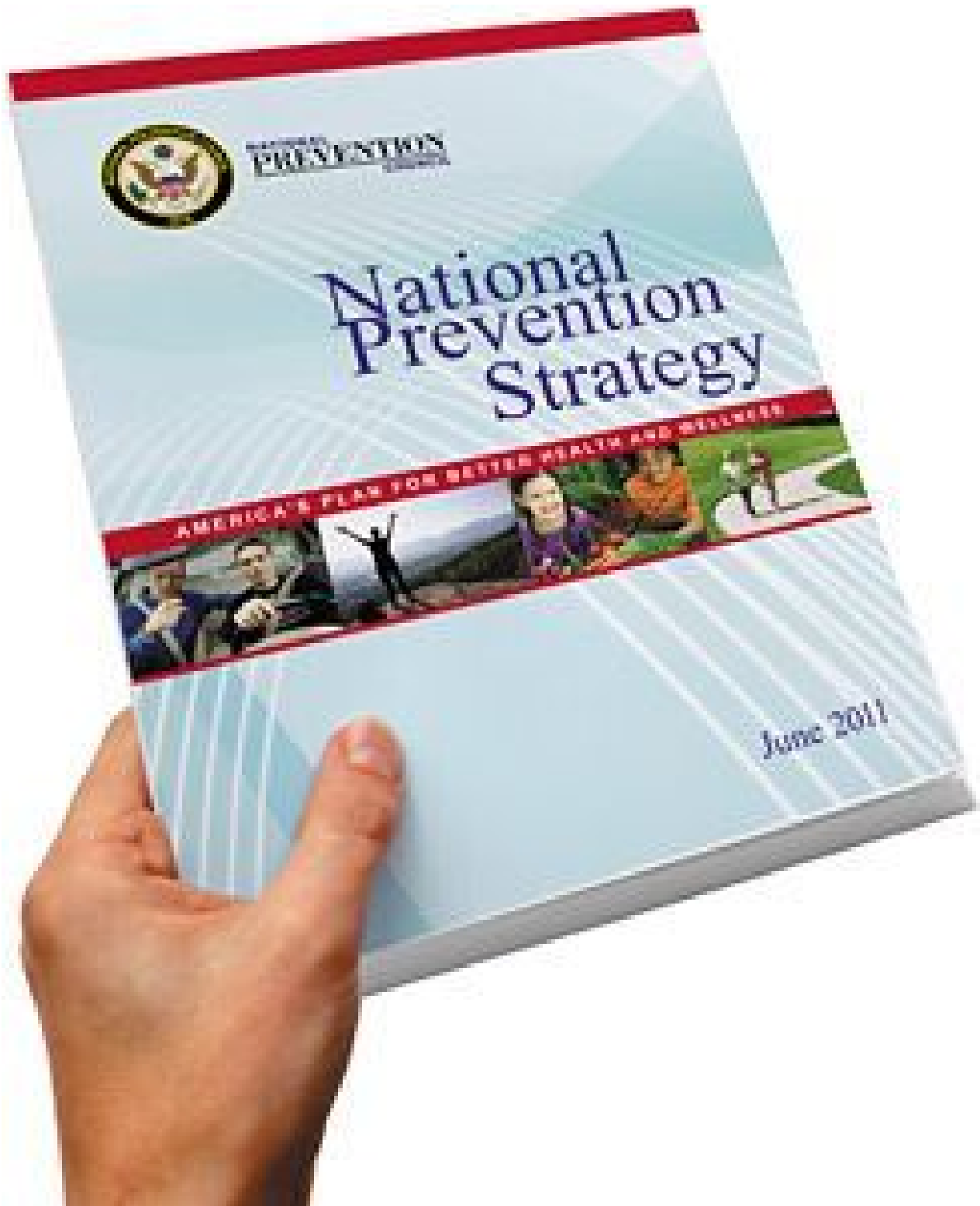
## Calling for National Health & Wellness

*NATIONAL PREVENTION COUNCIL OUTLINES WAYS - INCLUDING SPINAL MANIPULATION - TO IMPROVE HEALTH AND WELLNESS.*

Editorial Staff

The National Prevention Council, created by executive order in June 2010 and "charged with providing coordination and leadership at the federal level and among all executive departments and agencies with respect to [prevention, wellness and health promotion](#) practices," has released the first-ever *National Prevention Strategy: America's Plan for Better Health and Wellness*. Of note to DCs, regarding Clinical and Community Preventive Services, the report recommends "enhanced coordination and integration of clinical, behavioral and complementary health strategies," stating:

"Integrated health care describes a coordinated system in which health care professionals are educated about each other's work and collaborate with one another and with their patients to achieve optimal patient well-being. Implementing effective care coordination models (e.g., medical homes, community health teams, integrated workplace health protection and health promotion programs) can result in delivery of better quality care and lower costs. ... Evidence-based complementary and alternative medicine focuses on individualizing treatments, treating the whole person, promoting self-care and self-healing, and recognizing the spiritual nature of each individual, according to individual preferences. Complementary and alternative therapies for back and neck pain (e.g., acupuncture, massage, and *spinal manipulation*) can reduce pain and disability." (Emphasis added)



The 122-page report offers comprehensive evidence-based recommendations for improving the nation's health and wellness and focuses on seven priority areas, many of which doctors of chiropractic address in their clinical wellness recommendations: tobacco-free living, preventing drug abuse and excessive alcohol use; healthy eating; active living; injury- and violence-free living; reproductive and sexual health; and mental and emotional well-being. [The entire report is accessible online.](#)

"The National Prevention Strategy encourages partnerships among federal, state, tribal, local, and territorial governments; business, industry, and other private sector partners; philanthropic

organizations; community and faith-based organizations; and everyday Americans to improve health through prevention," said U.S. Surgeon General Regina Benjamin, MD, council chair. "For the first time in the history of our nation, we have developed a cross-sector, integrated national strategy that identifies priorities for improving the health of Americans."

"We know that preventing disease before it starts is critical to helping people live longer, healthier lives and keeping health care costs down. Poor diet, physical inactivity, tobacco use, and alcohol misuse are just some of the challenges we face. We also know that many of the strongest predictors of health and well-being fall outside of the health care setting. Our housing, transportation, education, workplaces, and environment are major elements that impact the physical and mental health of Americans. This is why the National Prevention Strategy helps us understand how to weave prevention into the fabric of our everyday lives."

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