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Furthering Community Based Health: A Call To Action

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To My Fellow Health Professionals,

Here is an amazing statistic from the Partnership for Chronic Disease. 75% of all chronic disease is **PREVENTABLE AND REVERSIBLE!**

What is the most prevalent and preventable disease? If you said Pre-diabetes and Diabetes, you would be correct. We all know the best way to intervene in order to actively treat or prevent these disorders is to achieve a healthier weight.

I think most would agree that we are professionals in the business of helping our patients live long healthy productive lives. There is a problem however...

Most of our patients, for a variety of reasons that they may be able to control or not, are either unwillingly or unable to manage their weight effectively. Knowing this, how can we reduce their adverse health risk in our practices and in our community?



Dr. Paul Ehrmann is the creator of HealthyTown Everywhere

www.healthytowneverywhere.org

Defining Value/Quality Quality or Value=Passion+Competency+Need

We all know there is a need. Of all the health providers I have worked with for over three decades, it is my opinion that RD's have the most passion and clinical skill set to lead this effort. Through my association with RD's over much of my professional life, I have been fortunate to learn from you, however many physicians get little education in this area at the present time and hope things will change in the future. Talking the Talk All this said, what is my point...First, I digress. I am an outpatient based busy family physician for the past three and one-half decades. From the start of my practice career, I have been active in my community. I have always had a desire to both prevent disease but to promote health in my practice and in my community the virtues of good nutrition, fitness, and lifestyle behavior. Specifically, I have worked in this arena since 2002. In 2015, I created a non-profit together with the Michigan Health Council (mhc.org) called HealthyTown Everywhere. We have been running several proof of concept grocery store and farmer market tours with RD's and dietetic and medical students as part of their community outreach elective. It was our vision from the onset to expand and scale this kind of program to other practice communities utilizing similar local resources with some mentoring, if needed, based on several different models. Walking the Walk In addition, we added a fitness component, partnering with Walk with Doc (www.walkwithadoc.org) and the YMCA. We have been able to add this part to combining it with our tours. We have several exciting programs coming up for the remainder of the year and would welcome your participation! I would like to continue to reach out to the Dietetic community with hopes of working together with the common purpose of a healthier and happier patient, family and community.

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