

Community Engagement: *Setting The Scene for Living Well*



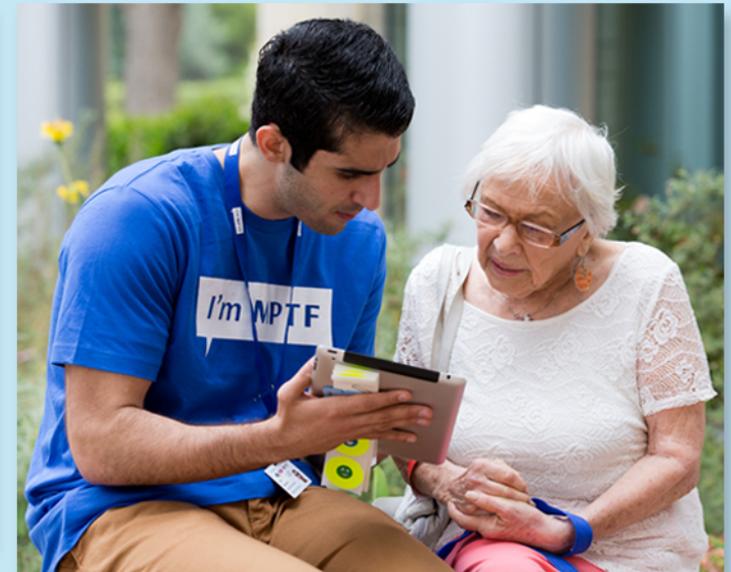
Health + Wellness:
Opportunities for Innovation & Engagement

April 25, 2016

Scott A Kaiser, MD

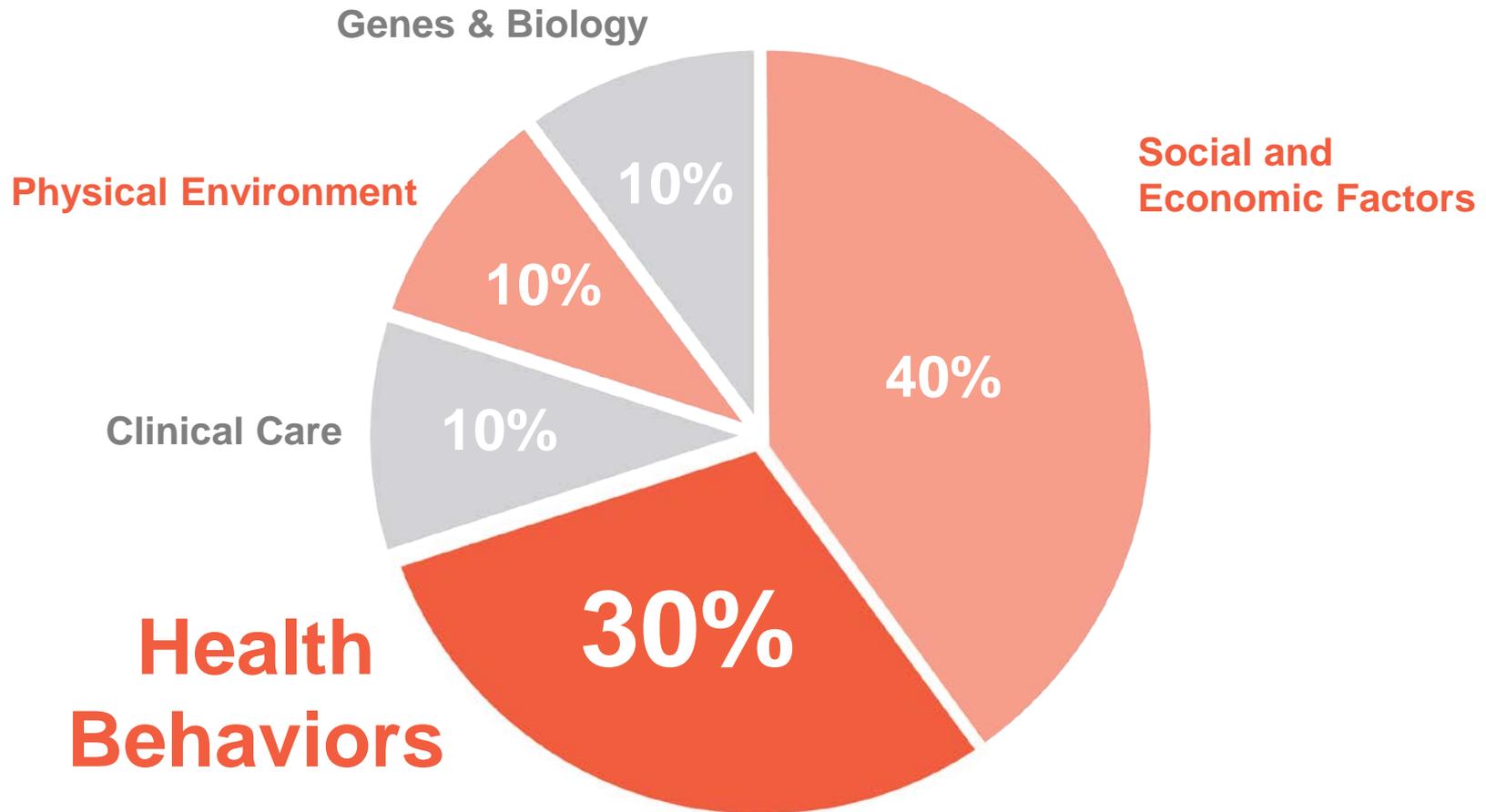
Chief Innovation Officer

Setting the Scene for Living Well



Supporting each other in living well and aging well, with dignity and purpose, and in helping each other in times of need.

Population Health: *Another Piece of the Pie*



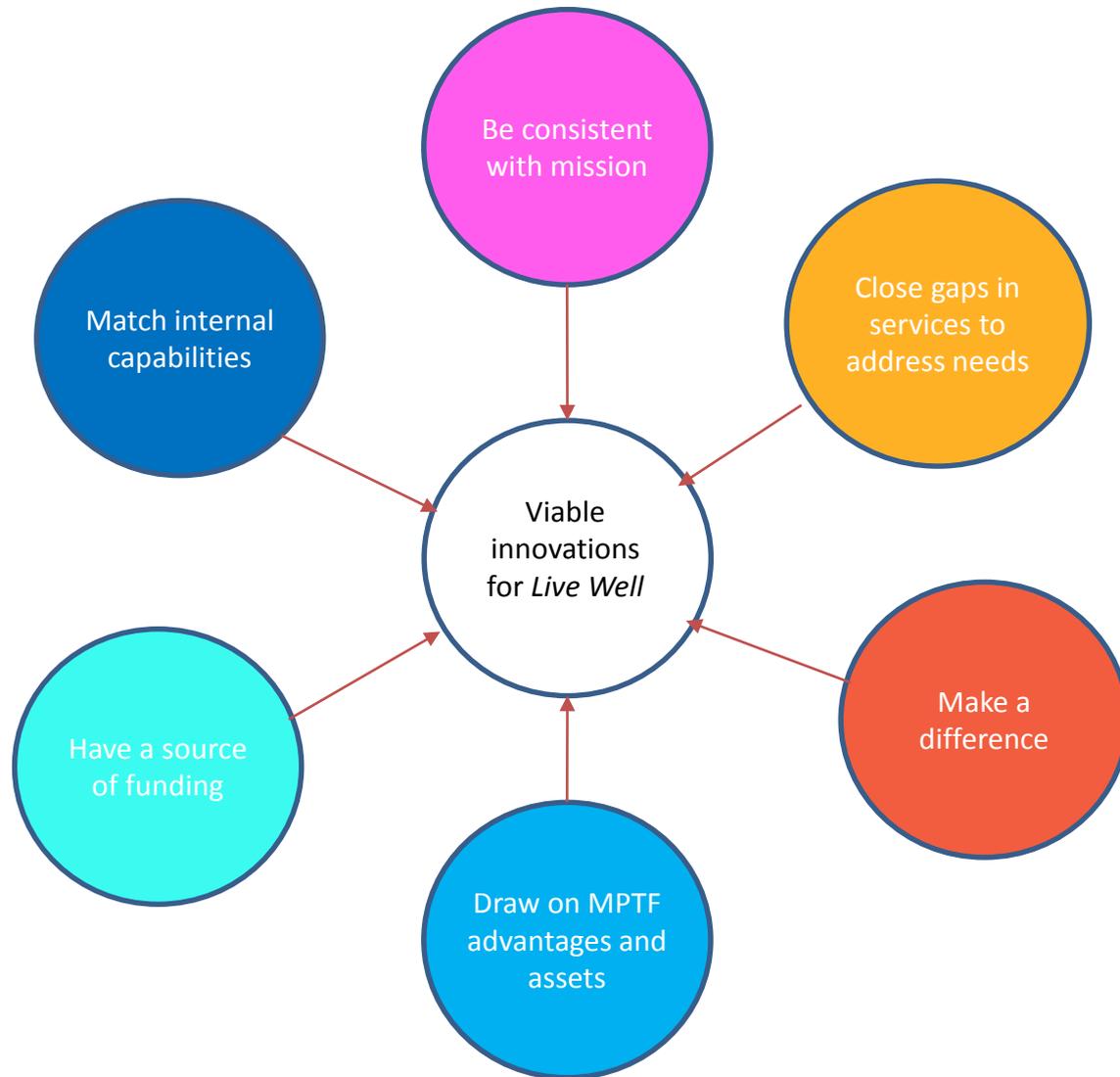
Source: Tarlov AR. Public policy frameworks for improving population health. *Ann NY Academy Sci* 1999; 896: 281-93..



@ScottKaiserMD @MPTF



Framework: *Viable Innovations*



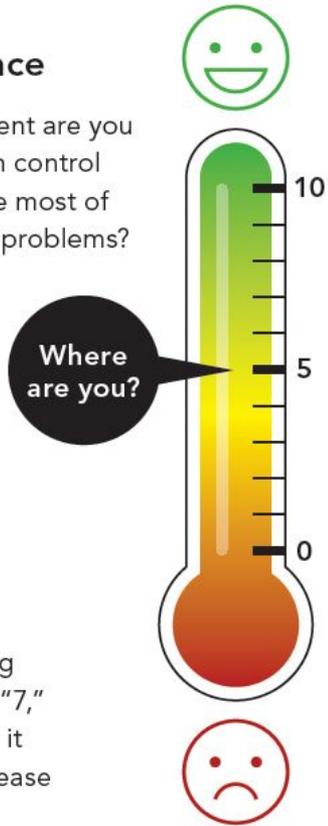
DO Ask, DO Tell

MY HEALTH CONFIDENCE

What number best describes your:

Health confidence

How confident are you that you can control and manage most of your health problems?



If your rating is less than "7," what would it take to increase your score?

Health information

How understandable and useful is the information your doctors or nurses have given you about your health problems or concerns?



If your rating is less than "7," what would it take to increase your score?

MPTF INVITES YOU TO CELEBRATE NATIONAL SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 27, 2015 10AM-2PM

MPTF Wasserman Campus, 23388 Mulholland Dr., Woodland Hills, CA 91364



Flex your muscles,
mind, and spirit!
Enjoy demonstrations,
special guests,
and giveaways!

Sit down luncheon
and socializing
with your
industry peers!



Please **RSVP** no later than **May 15, 2015** to **818-876-1530** or info@mptf.com
There is no cost to attend.



MPTF
MOTION PICTURE &
TELEVISION FUND

MPTF INVITES YOU TO WALK YOUR WAY TO WELLNESS

Walking is a wonderful exercise for **all ages** and **ability levels**.



Flex your
muscles, mind,
and spirit!

Enjoy social events,
friendly competition,
giveaways
and prizes!

Groups forming
soon in a
neighborhood
near you.

Enjoy all the health benefits walking has to offer. Call the number below
for more information on **MPTF Live Well** walking groups.

818-876-1554



Walking: The Wonder Drug

WALK
YOUR WAY TO BETTER HEALTH

Anatomy of Walking

BOOSTS ENDORPHINS
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES

REDUCES GLAUCOMA RISK

HALVES ALZHEIMER'S DISEASE RISK
OVER 5 YEARS

LIMITS SICKNESS
BY HALVING ODDS OF CATCHING A COLD

IMPROVES HEART HEALTH
BY INCREASING HEART RATE AND CIRCULATION

WORKS ARM & SHOULDER MUSCLES

ENGAGES AB MUSCLES

IMPROVES BLOOD PRESSURE
BY FIVE POINTS

BUILDS BONE MASS,
REDUCING RISK OF OSTEOPOROSIS

LIMITS COLON CANCER
BY 31% FOR WOMEN

STRENGTHENS LEGS,
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS

IMPROVES BALANCE
PREVENTING FALLS

BURNS MORE FAT
THAN JOGGING

ONLY 30 MINUTES A DAY,
5 TIMES A WEEK CAN MAKE YOU
HEALTHIER AND HAPPIER.

Every Body WALK!
The Campaign to Get America Walking

WWW.EVERYBODYWALK.ORG



Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

SHORT-TERM GOALS

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

LONG-TERM GOALS

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1.

2.

3.



MPTF INVITES YOU TO WALK YOUR WAY TO WELLNESS

✧ *MPTF Live Well*

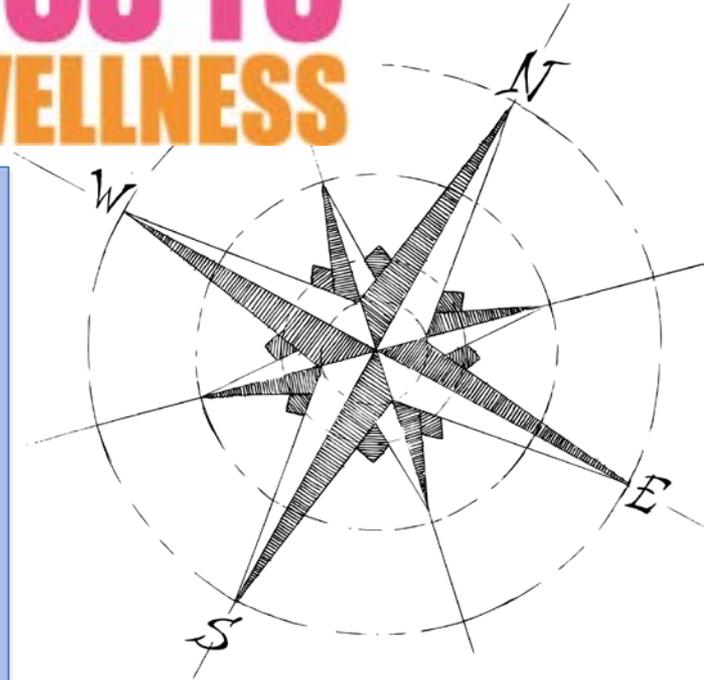
Team Building (11:00 – 11:30)

- ✧ **Step 1:** Select Group “Captain(s)”
- ✧ **Step 2:** Select Time(s)
- ✧ **Step 3:** Select Location(s)
- ✧ **Step 4:** Set Goal(s)

✧ Team Report-Back (11:30 – 11:45)

✧ Wrap / Survey (11:45 – 12:00)

✧ “Take a Hike” (Campus Walk)



f Tinseltown Trekkers Scott Home 20+ 2



HOLLYWOOD



Tinseltown Trekkers
Community

Liked Message

Timeline About Photos Likes More

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ABOUT

- Hollywood MPTF Live Well Walking Group
- <http://www.mptf.com/>

PHOTOS

Status Photo / Video

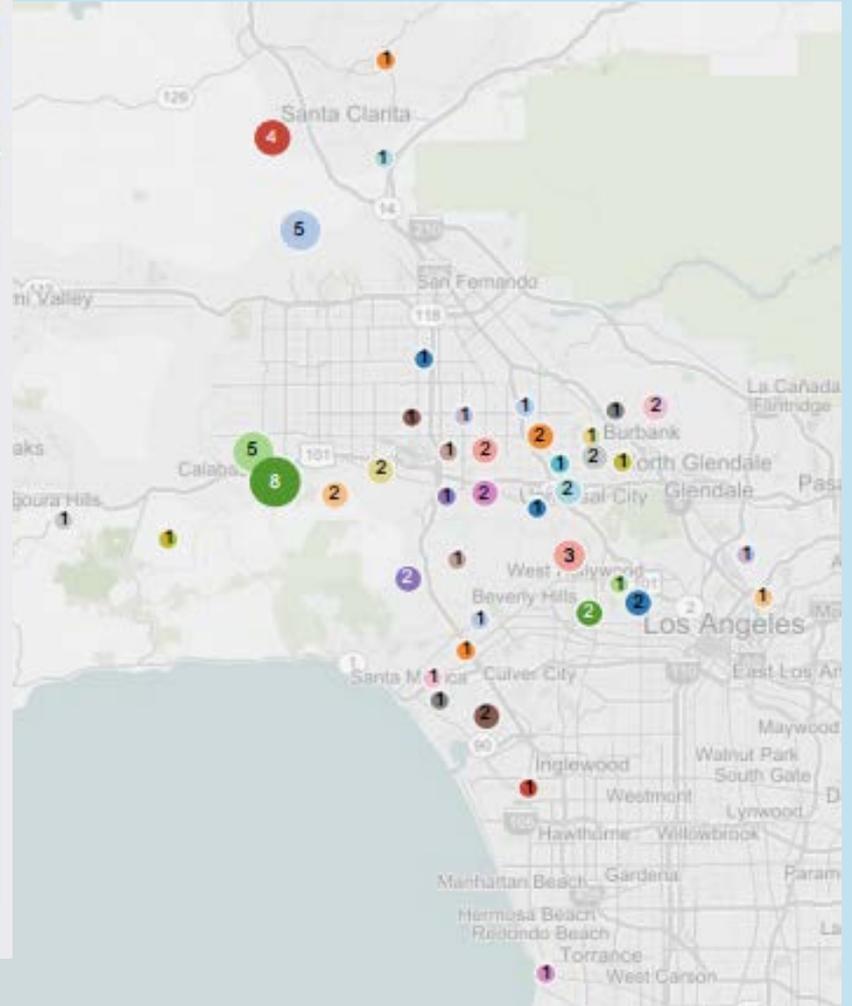
Write something on this Page...

Tinseltown Trekkers
March 9 at 10:20pm · 🌐

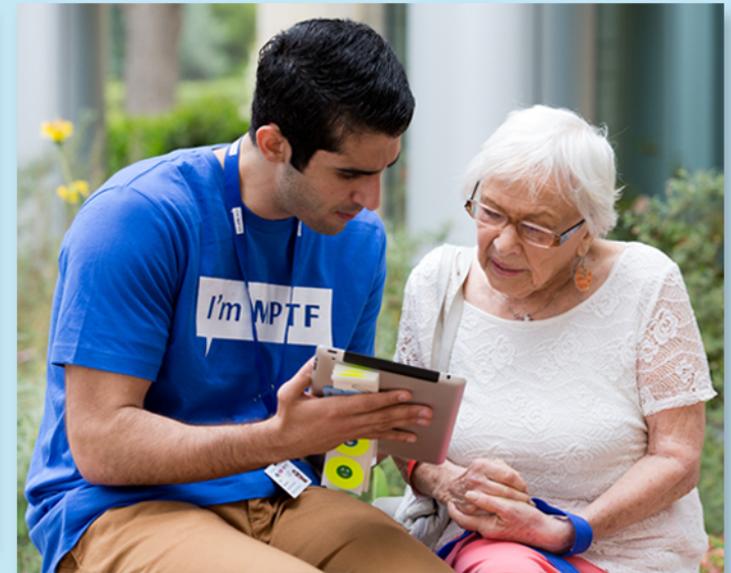
A straggler photograph from the 2/24 walk at Hollywood Bowl 🍷



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