

How Healing Works references

Slide: Non Pharmacological approaches to pain

- [ACP Guidelines for Low Back Pain](#)- 2017
- [DoD/VA Guidelines](#)
- [Joint Commission's Pain Standards](#)

Slide: Challenges to our current health care system

- World Health Organization: [World Health Report 2000](#) – Health systems: Improving performance

Slide: NAM/IOM Shorter Lives, Poorer Health

- U.S. Health in International Perspective: Shorter Lives, Poorer Health (2013) [PDF Available](#)

Slide: Per Capita Health Expenditures & Life Expectancy

- Institute of Medicine. For the Public's Health: Investing in a Healthier Future. Committee on Public Health Strategies to Improve Health, Board on Population Health and Public Health Practice. Washington, DC: National Academies Press, 2012.
- Woolf, S. Aron, L. Failing health of the United States. BMJ 2018; 360 doi: <https://doi.org/10.1136/bmj.k496> (Published 07 February 2018)

Slide: Where Health Comes From

- McGinnis JM, Williams-Russo P, Knickman JR. The Case For More Active Policy Attention To Health Promotion. Health Aff (Millwood). 2002 Mar-Apr;21(2):78-93. doi: 10.1377/hlthaff.21.2.78
- Hood CM, Gennuso KP, Swain GR, Catlin BB. County Health Rankings: Relationships Between Determinant Factors and Health Outcomes. Am J Prev Med. 2016 Feb;50(2):129-35.

Slide: Joe's HOPE Note

- Lean, Michael EJ et al. Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial. The Lancet , Volume 391 , Issue 10120 , 541 - 551

Slide: Health and Wellbeing

- Hibbard JH, Greene J. What the evidence shows about patient activation: better health outcomes and care experiences; fewer data on costs. Health Aff (Millwood). 2013 Feb;32(2):207-14.

Slide: The Cost of Care

- Cohen SB. The concentration and persistence in the level of health expenditures over time: Estimates for the US Population, 2011-2012. Statistical Brief 449. Agency for Healthcare Research and Quality;2014.

Additional resources:

- Book: [How Healing Works](#) by Dr. Wayne Jonas, published January 9, 2018
- [Developing an Integrative Health Model: Who, What and How](#)
- [The HOPE NOTE: Bringing an Integrative Approach to Primary Care](#)