



Prosperity Through Unity Exceptional Care for Idahoans

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Plan created on musculoskeletal health issues

An international research team has found that despite being the world's leading cause of pain, disability, and healthcare expenditure, the prevention and management of musculoskeletal health, including conditions such as low back pain, fractures, arthritis, and osteoporosis, is globally under-prioritized and have devised an action plan to address this gap.

Project lead, Professor Andrew Briggs from Curtin University said more than 1.5 billion people lived with a musculoskeletal condition in 2019, which was 84 percent more than in 1990, and despite many 'calls to action' and an ever-increasing aging population, health systems continue to under-prioritize these conditions and their rehabilitation requirements.

"One of the limiting factors to reform efforts is that no global-level strategic response to the burden of disability has been developed - until now. This novel data-driven initiative

will be critical to guiding global-level work in health reform, such as that undertaken by the World Health Organization," Professor Briggs said.

"Addressing musculoskeletal health requires more than just healthcare reform - it requires inter-ministerial prioritization and co-operation and collaboration with industry, transport and the built environment."

In response to a targeted call by the Global Alliance for Musculoskeletal Health (G-MUSC) headquartered at the University of Sydney, the international team of researchers mapped the current global landscape for the prevention and management of musculoskeletal health, identified current trends in national health policies, and developed a blueprint to prioritize musculoskeletal health reform efforts in eight key areas.

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Insight on the use of DCs by hospital-managed employer health centers

The National Association of Worksite Health Centers (NAWHC), in collaboration with the Foundation for Chiropractic Progress (F4CP), recently released the meeting summary of an in-person advisory roundtable showing that hospitals that manage onsite employer clinics require further education and assistance from the chiropractic community in order to better integrate doctors of chiropractic (DC) into their teams.

Working in conjunction with the F4CP, the NAWHC first conducted a survey then convened an advisory roundtable on the topic of "The Use of Chiropractors in Hospital-Managed Employer Health Centers." The advisory roundtable met to discuss survey findings on Dec. 1 in San Francisco, Calif. Participants of the advisory board are leaders from several

large health systems from across the U.S. that manage worksite health clinics.

Findings show that employer and hospital groups still find it challenging to integrate DCs in their worksite clinics, in part, due to unfamiliarity with chiropractic care or inaccurate perceptions about the practice and its doctors. For example, "some hospitals and private medical practices will not credential a DC due to their lack of knowledge about DC training and past perceptions of chiropractic knowledge and abilities," according to the report.

"While the chiropractic profession has made enormous strides in consumer acceptance and understanding in the

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IACP

The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.

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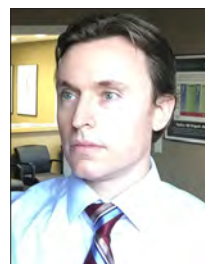
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Insight on the use of DCs by hospital-managed employer health centers

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last several decades, we can see there is still progress to be made among the healthcare provider and employer communities,” said Sherry McAllister, DC, president, F4CP, who presented to the advisory board. “Fortunately, the report also shows that younger allopathic doctors are eager to add doctors of chiropractic to their worksite clinic teams and that sharing information about the successes our doctors have had in these clinics so far could be an effective way to help more employees access our care.”

Knowledge Gaps and Misperceptions

The employer and/or hospital knowledge gaps or misperceptions explored in the roundtable include:

- Chiropractors’ skill at treating or managing problems related to workplace designs, physical tasks and movements
- The level of DCs’ education, training and experience
- Lack of standardized process for integrating DCs into a clinical team
- The role of the DC in a clinical pathway when working alongside orthopedic MDs and physical therapists
- The clinical and financial ROI of adding a DC to a worksite clinic

The report and roundtable discussion also explored the limited experience institutions have with hospital credentialing for DCs, which is mandatory for delivering care and also necessary to allow access to medical records.

Share Knowledge

To overcome these knowledge obstacles, presenters during the roundtable event shared how adding chiropractic to worksite clinics can reduce absenteeism and increase employee retention. Utilization of chiropractic care can also result in lower utilization of more costly services while improving neuromusculoskeletal function.

For example, combining chiropractic care with standard medical care offers a significant advantage for decreasing pain and improving physical function compared with standard care alone for men and women aged 18 to 35 with acute low back pain. A study by Whedon et al. in *Spine* (2021) found that when comparing opioid analgesic therapy versus spinal manipulative therapy, harmful medication-related incidents occurred 42 times more often in patients who

were first prescribed opioids as opposed to patients who first received spinal manipulative therapy. The roundtable presenters shared how DCs must go through rigorous training and education to receive a doctor of chiropractic degree, including graduating from a four-year college with a preferred focus on health sciences and then passing written and oral board exams, at national and state levels.

Prioritize Benefit Advisors and Consultants

The NAWHC meeting summary notes that effectively disseminating knowledge about the efficacy and cost-savings of chiropractic care should involve consultants and brokers. These key stakeholders hold tremendous influence over employers on health benefit design and worksite clinic services and need to be a priority.

The report also advises that the chiropractic community should develop and distribute financial analyses to consultants and advisors on how chiropractic care positively impacts neuromusculoskeletal disorders and pain management services based on health plan/employer medical and pharmacy claims data.

“Every employer wants their employees to be healthy, safe and productive,” said Larry Boress, executive director, NAWHC. “We have seen first-hand how integrating chiropractic care into more of these clinics is helping everyone achieve these mutually beneficial goals. This report and roundtable event are important for helping the healthcare community as a whole understand how and why we need to make these integrations happen in more worksite clinics today.”

About the National Association of Worksite Health Centers:

The National Association of Worksite Health Centers (NAWHC) is the nation’s only non-profit organization focused on assisting public and private employers and their vendor partners in developing and getting the greatest return from their onsite, near-site, shared and virtual health centers, onsite pharmacies and wellness centers. NAWHC offers educational programs, networking opportunities, resources, benchmarking and support for those interested and involved with worksite clinics. NAWHC serves as a clearinghouse of information on worksite health centers and the marketplace, providing educational programs, resources, benchmarking surveys, and employer case studies. To learn more, visit www.nawhc.org.

Plan created on musculoskeletal health issues

Continued from front page

Professor Lyn March from the University of Sydney said the blueprint was structured around critical areas for health systems reform, including community education; leadership and governance; health financing models; service delivery models that support integrated and person-centered care; equitable access to medicines and technologies; building capacity in the health workforce to deliver the right care at the right time; population health surveillance; and research and innovation.

“Importantly, the blueprint is informed by people who work across all areas of health, and, critically, people with lived experience of musculoskeletal conditions.

“This blueprint is practical and can inform what a global strategic response might look like and how countries can respond to musculoskeletal health in order to arrest the increasing global burden of disability and cost.”

Professor Helen Slater from Curtin University said the blueprint was developed with input from a panel of almost 700 stakeholders from 72 countries, representing 116 organizations.

“The research found global-level guidance, such as from the World Health Organization, is needed for

country-level responses on musculoskeletal health and this blueprint provides that guidance which countries, including low and middle-income countries, can then adapt to suit local needs and priorities,” Professor Slater said.

The work will now be considered by global agencies such as WHO and shared widely across countries, organizations, and disciplines so that musculoskeletal health is integrated with other health reform initiatives in the life course and aging, rehabilitation, non-communicable disease, and injury and trauma.

The project was funded by the Bone and Joint Decade Foundation, with additional funding provided by Curtin. The international team of researchers is from: Curtin University; Kolling Institute and the University of Sydney; University of Toronto; Canadian Memorial Chiropractic College, Kathmandu University, and the University of Southern Denmark.

Two research papers will be published in Global Health Research and Policy and BMJ Global Health and the resulting report ‘Towards a global strategy to improve musculoskeletal health’ will be published on the Global Alliance for Musculoskeletal Health website.

**The IACP Board of Directors and the staff
wish you and yours a most propserous New Year.**





Make a New Years Resolution to live a longer life

*People who live in the world's Blue Zones are living longer.
Here is what they doing to increase their lifes.*

Modern lifestyles—including sedentary behavior and poor eating habits—are a breeding ground for chronic illness. That makes it harder for people in the U.S. to live long and prosper. Yet, there are regions around the globe where pockets of people do appear to be living longer and healthier lives.

In these so-called Blue Zones, residents statistically live the longest and produce people ages 90 and above at seemingly extraordinary rates. The specific areas are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece) and the Seventh-day Adventist religious community in Loma Linda, California (USA) (Buettner 2008).

Their patterns of behavior were chronicled by explorer Dan Buettner and a team of anthropologists, demographers and epidemiologists. Buettner describes these patterns in *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest* (Buettner 2008)

Here Matthew Kadey, MS, RD, James Beard Award-winning journalist, Canada-based dietitian, freelance nutrition writer and recipe developer, summarizes some of the most important patterns and offers suggestions for how you can create your own Blue Zone.

1. Plant-Based Diets Predominate

Diet is an entrance ramp to better health. The average tofu-laced menu in Okinawa may differ from what's on offer in a Costa Rican village, where beans and rice dominate, but Suzanne Dixon, MPH, MS, RDN, a senior medical writer and epidemiologist with Cambia Health Solutions in Portland, Oregon, says a parallel among Blue Zones is that diets are predominantly [plant-based](#).

A cohort study in *Nature Communications* involving 56,048 adults in Denmark found that people who over a 23-year period habitually consumed moderate to high amounts of foods rich in flavonoids—naturally occurring chemical compounds found predominantly in plant-based foods—were less likely to die from cancer or heart disease. Participants consuming about 500 milligrams of flavonoids each day had the lowest risk of death related to these ailments. The protective effect appeared to be strongest for those at high risk of chronic diseases due to cigarette smoking and higher intakes of alcohol.

What You Can Do: Focus on minimally processed plants, including vegetables, fruit, legumes and whole grains. Look for ways to add more plants, and slice out some of the meat.

2. Physical Activity Fills the Day

Physical activity in all Blue Zone areas involves a consistent flow of natural movements, including those involved in gardening, pounding corn by hand to make tortillas, practicing tai chi daily and shepherding livestock in the hills.

What You Can Do: Get up and move—often! Beyond going hard at the gym, engineer more movement in daily life. Take the stairs instead of the elevator, go for a stroll while talking on the phone, embrace an active hobby (like gardening or bird-watching) and set a timer to signal movement breaks after sitting for more than an hour.

3. Purpose Defines a Long Life

Nicoyans call it *plan de vida*, and Okinawans refer to it as *ikigai*, both of which essentially translate to “a reason to live.” Elders who begin each day with a [sense of purpose](#) and fulfillment, while recognizing how they contribute to their communities, seem to live long lives or, at the very least, feel positive, upbeat and happy.

What You Can Do: Find and cling to your purpose. A sense of usefulness can come from something as simple as immersing yourself in a hobby or actively volunteering time to worthy causes. Crafting a personal mission statement can guide the way to living longer.

4. Social Circles Reinforce Health

Buettner and other researchers have identified [social interactions](#) as a major player in Blue Zone longevity (Buettner 2008). The Seventh-day Adventists in Loma Linda live in tightknit communities, while Okinawans have their *moai*, a social circle meant to provide support during life stressors and reinforce shared healthy behaviors. These communities focus on face-to-face time and not Facebook likes or social media activities.

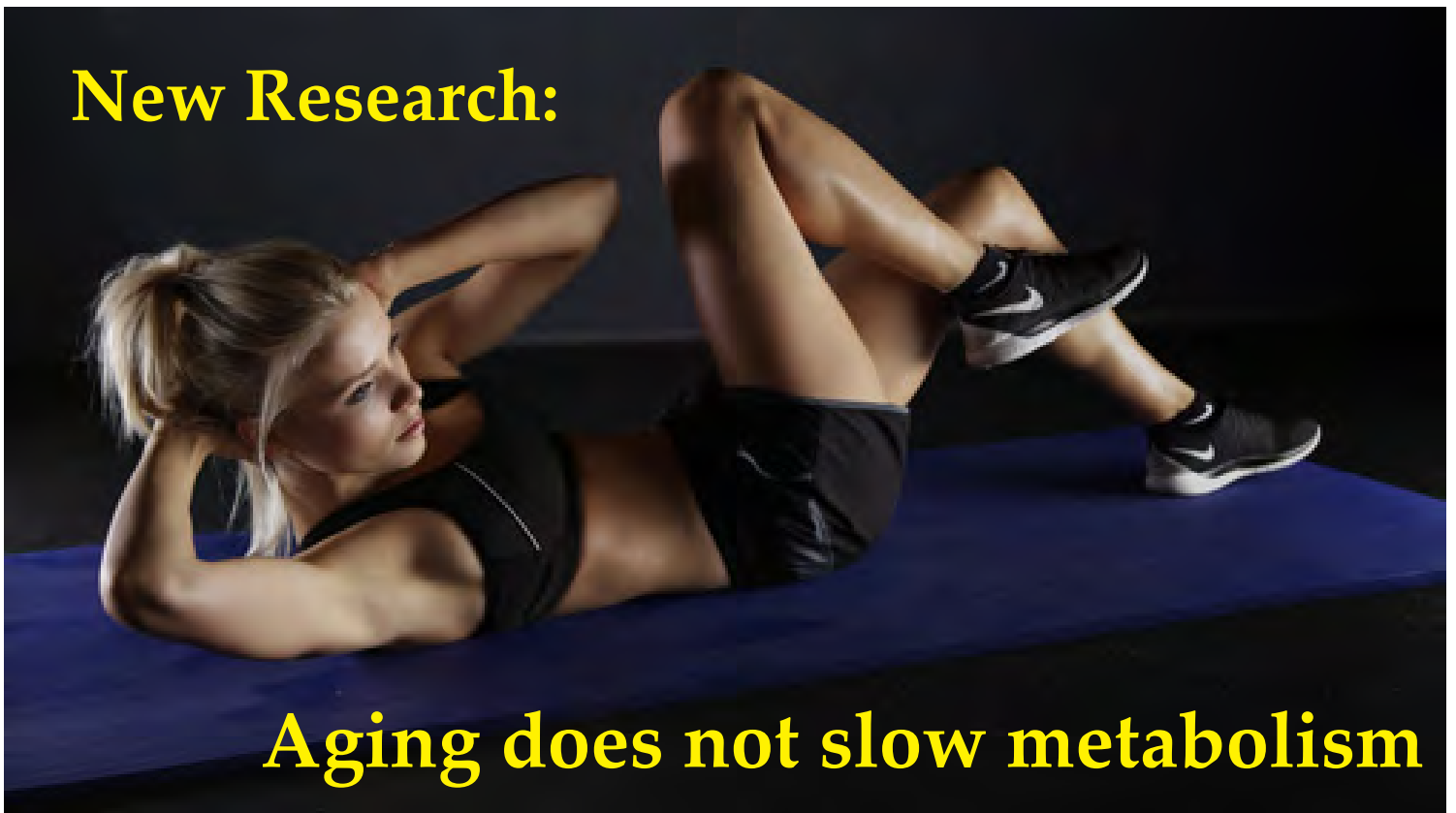
What You Can Do: Create an environment that encourages daily socializing with family and friends. Schedule weekly get-togethers with friends, volunteer for a cause that forces interaction with others or join a sports league. And find ways to enjoy more of your meals in good company.

Principles for a Living Longer

- Plant-based diets predominate
- Mindful, slower eating defines meals
- Physical activity fills the day
- Sleep nourishes lifestyles
- Purpose defines a long life
- Nature nurtures active lifestyles
- People connect in person
- Social circles reinforce health
- Most calories are eaten early in the day



New Research:



Aging does not slow metabolism

If you're middle-aged and have been slowly but steadily putting on weight for years, you've probably attributed it to an age-related decrease in metabolism. Your metabolic rate is the rate at which your body burns calories to keep you alive and functioning. It's a generally accepted belief that as you age, your resting metabolism slows --especially over age 40. And if you are a woman in menopause, your metabolism slows even more.

Not true, says a [new paper](#) published in *Science*. That work called, *Daily energy expenditure through the human life course*, analyzed data from nearly 6,500 people ranging in age from infancy to elderly. The paper's authors determined that resting metabolism holds steady from age 20 to 60 before logging a decrease of less than 1% per year thereafter. The research abstract says:

"Total daily energy expenditure ("total expenditure") reflects daily energy needs and is a critical variable in human health and physiology, but its trajectory over the life course is poorly studied. We analyzed a large, diverse database of total expenditure measured by the doubly labeled water method for males and females aged 8 days to 95 years. Total expenditure increased with fat-free mass in a power-law manner, with four distinct life stages. Fat-free mass-adjusted expenditure accelerates rapidly in neonates to ~50% above adult values at ~1 year; declines slowly to adult levels by ~20 years; remains stable in adulthood (20 to 60

years), even during pregnancy; then declines in older adults. These changes shed light on human development and aging and should help shape nutrition and health strategies across the life span."

Further countering conventional wisdom, the paper cites no real differences between resting metabolic rates of men and women, even for menopausal women, when controlling for other influences.

Now you might be wondering why you feel like your metabolism has slowed down. The answer is less about age and more about lifestyle. Although your baseline resting metabolic rate may not have changed between ages 20 and 60, the factors involved in boosting other aspects of your metabolism -- when you are not resting -- likely changed, lowering your ability to metabolize fat, maximize the caloric burn from exercise, increase energy-burning muscle mass and get quality rest to enable metabolic processes.

Don't worry -- this isn't bad news. It actually means that we have the power to make changes that will boost our metabolism, regardless of our age. What follows are four science-backed ways to boost metabolism.

1. Be active throughout the day

When asking yourself why you feel like your metabolism has

slowed down with age, you should also question whether your daily activity level has slowed down. In addition to all the other health risks associated with prolonged sitting, experts point to consistent inactivity as the biggest detriment to your metabolism.

“Being sedentary most of the day markedly reduces fat metabolism,” said Edward Coyle, professor of kinesiology and health education at the University of Texas at Austin. Fat metabolism refers to the type of fuel you are burning during resting metabolism.

Coyle, who is also the director of the school’s Human Performance Laboratory, said his research has found it’s necessary to take at least 8,500 steps per day — throughout the day, rather than all at once — in order to maintain adequate fat metabolism. Additionally, in his lab, Coyle has found that just five four-second bursts of exercise performed at full effort every hour throughout the day can dramatically increase fat metabolism by as much as 49%.

A [study](#) published in *PubMed* called, *Hourly 4-s Sprints Prevent Impairment of Postprandial Fat Metabolism from Inactivity*, found: “Conclusions: These data indicate that hourly very short bouts (4 s) of maximal intensity cycle sprints interrupting prolonged sitting can significantly lower the next day’s postprandial plasma triglyceride response and increase fat oxidation after a high-fat meal in healthy young adults. Given that these improvements were elicited from only 160 s of nonfatiguing exercise per day, it raises the question as to what is the least amount of exercise that can acutely improve fat metabolism and other aspects of health.”

Although doing 20 seconds of full-out sprints every hour isn’t practical for almost anyone, sedentary office workers whose time limitations and responsibilities make it difficult to get to the gym regularly should take heart that simply getting up and moving a few minutes per hour can pay significant dividends.

2. Do the right kinds of exercise

High-intensity interval training (HIIT) and strength training have both been shown to have statistically significant impacts on metabolism.

HIIT is a training style that involves periods of exercising intensely with an elevated heart rate alternated with recovery periods. It has been shown to elevate your metabolic rate, specifically for fat burning, long after your workout ends. One [study](#) called *The effect of high-intensity*

intermittent exercise on body composition of overweight young males, found that, after 12 weeks of HIIT, overweight men reduced their belly fat by 17% and overall fat mass by 4.4 pounds (2 kilograms), which is comparatively more than other studies on fat burning using alternate forms of exercise. The abstract from that study says:

“To determine the effect of a 12-week high intensity intermittent exercise (HIIE) intervention on total body, abdominal, trunk, visceral fat mass, and fat free mass of young overweight males. Participants were randomly assigned to either exercise or control group. The intervention group received HIIE three times per week, 20 min per session, for 12 weeks. Aerobic power improved significantly ($P < 0.001$) by 15% for the exercising group. Exercisers compared to controls experienced significant weight loss of 1.5 kg ($P < 0.005$) and a significant reduction in total fat mass of 2 kg ($P < 0.001$). Abdominal and trunk adiposity was also significantly reduced in the exercising group by 0.1 kg ($P < 0.05$) and 1.5 kg ($P < 0.001$). Also the exercise group had a significant ($P < 0.01$) 17% reduction in visceral fat after 12 weeks of HIIE, whereas waist circumference was significantly decreased by week six ($P < 0.001$). Fat free mass was significantly increased ($P < 0.05$) in the exercising group by 0.4 kg for the leg and 0.7 kg for the trunk. No significant change ($P > 0.05$) occurred in levels of insulin, HOMA-IR, and blood lipids. Twelve weeks of HIIE resulted in significant reductions in total, abdominal, trunk, and visceral fat and significant increases in fat free mass and aerobic power.’

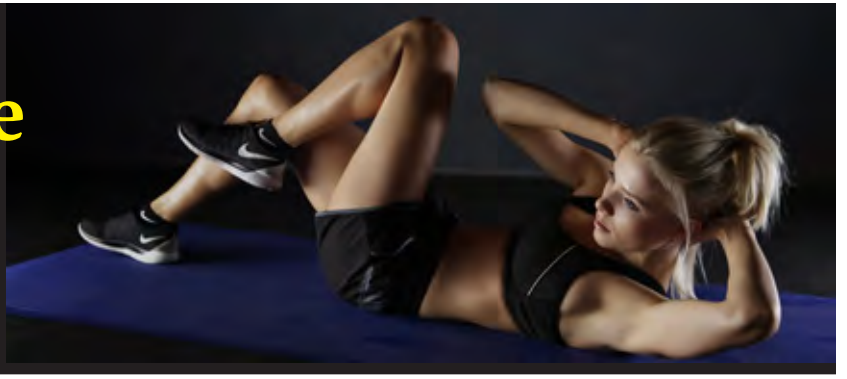
With strength training, you increase your body’s muscle mass, which increases your overall metabolic rate. Like HIIT, that means more calories burned after exercising. However, unlike HIIT, the muscle you build strength training will continue to burn caloric energy regardless of how often you work out, as long as you are doing enough to maintain muscle mass.

As such, strength training can also help you avoid muscle loss and metabolic decrease associated with dieting for weight loss. In a [study](#) of 48 overweight women on a diet of only 800 calories per day, strength training was shown to enable them to maintain muscle mass and metabolism, while those in the study who did only aerobic exercise or no exercise lost muscle and experienced decreased metabolism.

To maximize your metabolic boost through exercise, you should mix up your weekly workout program to include both strength training sessions and HIIT training sessions. That said, it is important to note that to get the most out of any kind of exercise program, you need to also break up long

Continued on next page

How well we age is up to us



Continued from last page

periods of sedentary time during the day with short bouts of activity, as mentioned above.

Doing a one-hour workout would normally increase your fat metabolism, Coyle said. But if you've been inactive all day long, it won't be as effective due to what he referred to as "exercise resistance."

Coyle's [research](#) has shown that people who are inactive all day long become resistant to some of the beneficial effects of exercise -- fat metabolism in particular. That's why it's crucial to engage in spurts of activity throughout your day in addition to doing longer workouts.

4. Fuel your body with protein and water

Digesting food actually increases your metabolism for a few hours, because it takes caloric energy to process the nutrients you eat. This is called the thermic effect of food (TEF). That doesn't mean you should eat more in order to boost your metabolism, but if you eat more protein, it can lead to bigger boosts in metabolism than other foods. That is because protein causes the largest rise in TEF, increasing your overall metabolic rate by 15% to 30%.

Eating protein is also essential for building and repairing muscle, which -- as established above -- boosts your metabolism. Additionally, ingesting protein helps you avoid muscle loss and the resulting decrease in metabolism that can come with dieting.

Registered dietician and Eleat Sports Nutrition owner Angie Asche, who is the author of the book, *Fuel Your Body: How to Cook and Eat for Peak Performance*, advised eating 20 to 25 grams of protein within an hour after working out. That's equal to a 3-ounce chicken breast (24 grams of protein), one 7-ounce container of 2% Greek yogurt (20 grams) or one scoop of whey or plant-based protein powder (grams of protein varies depending on brand).

Drinking more water may also briefly raise your metabolism. Research shows that drinking 0.5 liters of water can increase resting metabolism by 24% for about an hour. Additional research points to a possible enhanced metabolism boost if you drink cold water because of the energy expenditure needed to heat it to body temperature.

4. Get the rest you need

Sleep is crucial for the recovery and restoration of all of the processes of your body.

Sleeping fewer than seven hours on a regular basis is associated with numerous negative health implications, like weight gain, diabetes, hypertension, heart disease and stroke, depression, impaired immune function, increased pain, impaired performance, and greater risk of death, according to the American Academy of Sleep Medicine and Sleep Research Society.

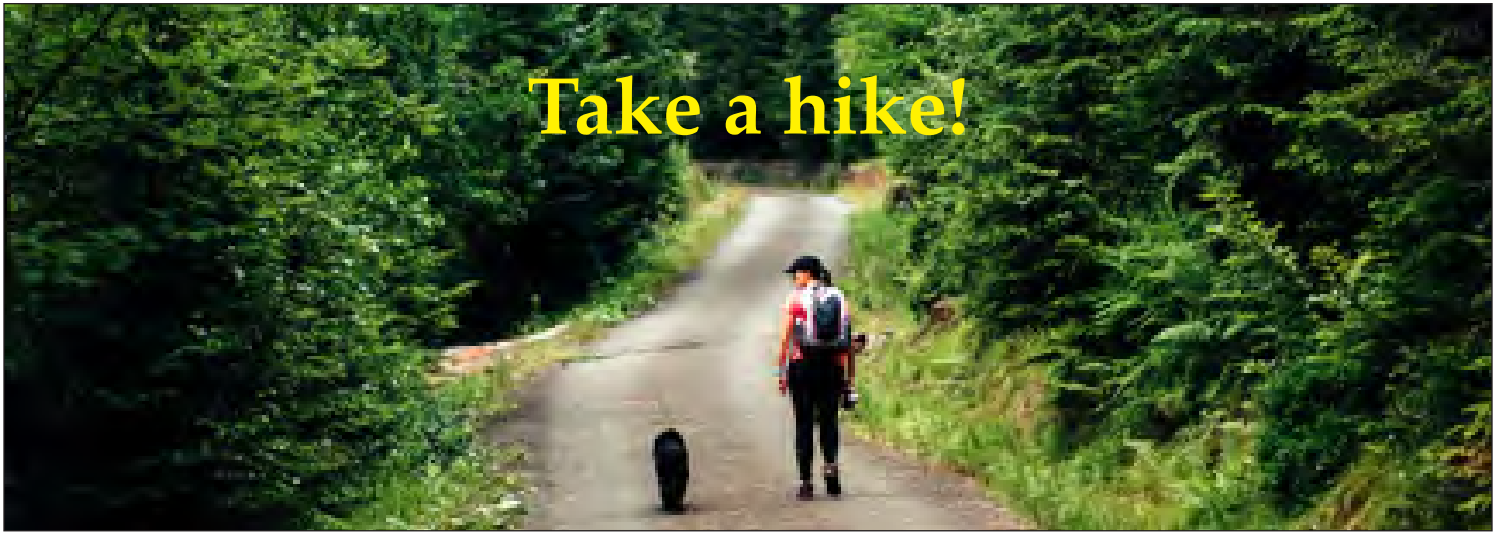
When it comes to the harmful effects of lack of sleep on body processes, metabolism is no exception. Sleep deprivation and reduced quality of sleep have been shown in research to have a detrimental impact on metabolism.

The US Centers for Disease Control and Prevention reports that 1 in 3 Americans don't get the recommended seven or more hours of sleep per night. To get the sleep you need to maintain a healthy metabolism and overall health and wellness, it's important to create a nightly routine that includes strategies that facilitate rest, such as breathing exercises to help calm your nervous system. You can also practice these four yoga moves to prepare your body for sleep.

How well we age is up to us

The latest research suggests that the rate of our metabolism, particularly fat metabolism, is largely in our hands. It's up to us to make lifestyle changes that will boost our metabolism and our overall health and wellness.

Take a hike!



Walking is the most popular aerobic physical activity in the United States, with 111 million people hitting the pavement in 2018 as part of their fitness goals. In addition, walking's sister activity, hiking, enticed 57.8 million Americans to get out on the trails in 2020, a figure that has increased notably since 2014.

Both tick the boxes for getting you moving outdoors, a low-risk activity in a pandemic. But are these two forms of exercise really that different from one another? And if so, which one is better for you?

Walking is generally an exercise that you do outside in an urban or suburban setting, or indoors in a gym on a track or treadmill. Hiking, in contrast, is walking that's done in the outdoors and along natural terrain. You'll usually encounter elevation changes when hiking, but not necessarily when walking.

Both activities are low-impact cardiovascular exercises that can help you manage blood pressure and cholesterol levels. They are also great for your heart, said cardiologist Dr. Fahmi Farah, founder and medical director of Bentley Heart Medical Center in Fort Worth, Texas. "Walking is one of the best workouts for heart health for all ages, including those with heart problems and conditions," she said. "Hiking is also heart-healthy and provides a higher calorie burn in a shorter amount of time." Neither form of exercise is better than the other, according to Farah.

"Both are great at improving heart and lung performance, and both hiking and walking can help you lose weight," said Darryl Higgins, a fitness expert and founder of Athlete Desk, a company that tests and reviews products such as treadmill and bicycle desks.

Which exercise is best for you depends upon your fitness

goals and personal preferences. Here are four top considerations to help you determine whether to head out for a stroll or a hike.

The number of calories you can torch on a hike versus a walk mainly depends upon how much you weigh, the trail grade and how much weight you're carrying on your back. Other factors include the weather, your age and sex, and the ruggedness of the terrain.

While you can burn around 100 calories per mile walking, you can easily double that figure when hiking. And if you strap a heavy pack on your back and tackle steep, arduous terrain, that number can soar to well over 500 calories per hour. Don't have time to drive to a trail? Then strike out on an urban hike, where you load up a backpack and walk around a hilly neighborhood. If you use trekking poles and move at a brisk pace, the arm movement adds intensity to your aerobic workout, helping to increase your calorie burn, according to the Mayo Clinic.

Both walking and hiking help dial down stress and anxiety, as do most forms of physical activity. Exercise is also great at improving alertness and concentration, lessening fatigue and boosting your overall cognitive function, according to the Anxiety & Depression Association of America. But hiking delivers additional calming benefits because it's done out in nature.

Scores of studies over the years have linked being in the great outdoors with mental well-being. A mere 10 minutes out in a natural setting increased happiness and lessened physical and mental stress, according to a 2020 Cornell University [study](#). And a 2018 [study](#) published in *Archives of Psychiatric Nursing* showed that when people were out in nature, they became calmer, plus developed a sense of community, shared purpose and belonging.

Most common New Year's Resolutions and how to follow through on them

Every year, millions of us make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

- Exercise more
- Lose weight
- Get organized
- Learn a new skill or hobby
- Live life to the fullest
- Save more money / spend less money
- Quit smoking
- Spend more time with family and friends
- Travel more
- Read more

Unfortunately, despite the best of intentions, once the glow of a fresh new year wears off, many of us struggle to make good on these goals. According to a [study](#) published in the *Journal of Clinical Psychology*, only 46% of people who made New Year's resolutions were successful. That means over half of the people who set a goal for the new year will fail! The study also involved non-resolvers, people who did not make a New Year's resolution, but had a goal they wanted to achieve that year. Only 4% of non-resolvers were successful at achieving their goals, a far bleaker result than those who did make a New Year's resolution.

Naturally, we don't want to be in the clump of folks that fail to achieve their aspirations and dreams for 2022, so here are some ideas to help you realize your New Year's resolutions:

1. Mentally prepare for change

Changing ingrained habits is no easy task, so before diving head-first into your New Year goals, it is important to take a step back and get ready for that impending change. The first breakthrough in change is taking a personal inventory. Being that it's the end of one year and the beginning of the next; it's perfect timing to take stock in the past year's accomplishments. Think about the following:

- What did I set out to do in the past year?
- Where did I make progress?
- Where didn't I see progress?

Naturally, your resolution may focus on areas that lack progress, but don't forget to savor the progress made, and find some small way to celebrate. Those happy feelings are useful! If possible, try to associate them with an object or word related to your accomplishment. You will want to keep upbeat with your new resolution, so you can use that positive association with last year's accomplishments to remind you of those good feelings when you are feeling challenged.

As you start thinking about the changes you want to implement, make sure to do the following:

- Stay positive
- Try not to make big/quick changes
- Change should be gradual
- Build on smaller changes
- Allow a little room for error

2. Set a goal that motivates you

You would be surprised how often people set goals that are not for themselves. These goals could be dictated or coerced by a manager, spouse, or parental / peer pressure. While it's sometimes nice to have external support, if you don't share the same passion, the resolution has a small chance of succeeding and could even be dead on arrival. To do this, you need to make sure the goal you set is important to you and only you and that there is value or benefit for you in achieving the goal. It is these two things that will provide the reason and willingness to take action. This is also known as motivation! Thus, it's a safe bet if your resolutions align with the following:



- Your goals
- Your priorities
- Your dreams
- Your aspirations

Not only should you align around your inner-most desires, but you should also make sure the resolutions align around your top priorities. This will lead to a “must do” attitude.

If your goals are career-centric, like improving your Excel skills, creating your own professional development plan is a great way to stay motivated on the path towards your goal.

3. Limit resolutions to a manageable amount

A common mistake in resolution setting is having too many and spreading yourself too thin. We all want to learn 25 different languages, 15 new job skills, and eliminate 5 bad habits, but we are not superheroes. We only have so much attention span we can dedicate to self-improvement, so having too many resolutions is a great way not to achieve the many goals you have set out for yourself. So, you should make a short list of resolutions that you can manage in the upcoming year. Knowing that short list of priorities is the hard part. The key here is understanding how to prioritize.

Here is an exercise that you can undertake to help you figure out what is most important in your life. All you need is a post-it pad, a pen, and a wall:

- Write anything you want to accomplish for self-improvement purposes on a post-it
- Each post-it only gets one discreet tactic
- Place each post-it on the wall
- Go crazy - use as many post-its as possible
- Group together similar post-its
- Place the topics you feel strongly about at the top of the wall
- Put the topics you feel “meh” about on the bottom
- Spend a lot of time thinking about the order of the first 3-5 post-it (groups)

As you might suspect, the last item is the most time-consuming, because it will determine what resolutions you are going to take on this year.

The final piece of the puzzle here is knowing your limitations and personal bandwidth. With that in mind, you should focus on your top priorities while balancing how much attention you can honestly devote to a resolution.

Final thought: It’s better to tackle one resolution well than multiple resolutions poorly.

4. Be specific

When it comes to setting resolutions, it’s easy to set bad goals that could lead to poor follow through. Fortunately, SMART goal setting framework can help you craft better goals.

SMART goals are:

- **Specific** - Articulate the resolution as clearly as possible. For example, quitting smoking is better than being healthy. While “being healthy” is great, the wording can be interpreted in many ways.
- **Measurable** - Quantify your resolution if possible, i.e. I will lose 10% of my body weight.
- **Attainable** - Choose a goal within the realm of possibility, but yet challenging. Making 100 friends this year would be amazing, but probably pretty hard to do. On the other, making 10 new friends is doable.
- **Relevant** - Keep it relevant to your priorities and goals. See motivation section above!
- **Time-sensitive** - Give yourself a time-frame in which to achieve a goal. A deadline will instill some urgency and provide a time when you can celebrate your success.

5. Break up big goals into smaller goals

A lot of us tend to be over eager and grandiose when it comes to resolutions. We have the best of intentions and may accidentally take on a goal that is too big to achieve. Thus, it’s helpful to divide a big goal into smaller goals that are more achievable. Break up your year-long resolution into weekly or monthly goals. And have tasks planned for each month. Here are a few tips to help you make your big goals more achievable:

- Create a list of sub-tasks
- Prioritize and order them
- Use a visual map to display
- Assign milestones to each task
- Decide how much time each task requires
- Allocate resources accordingly
- Focus on the next step, not the big goal

6. Write down your goals

While it’s great to have goals, it is critical to document them in some way. They are easy to forget. While that may seem silly, we are human, and it is human to be easily distracted and forgetful.

Also, writing down your resolutions helps you clarify what it

Continued on next page

Keeping your New Year's Resolutions

Continued from last page

is you want to achieve. It forces you to make decisions and be precise with your words. Writing establishes intention, but action needs to be taken to achieve your resolution. Having a written account of your goals is a constant reminder to take action.

Written goals can act as a filter and guiding light for what opportunities to pursue. On any given day, there are a million decisions to make. When in doubt, refer to the goals you have set to dictate the way forward. Documented goals will help you overcome resistance to progress. We set goals to move forward, but there is a natural resistance to change. Your written goals spur you forward when you hit a speed bump or obstacle.

Finally, written goals are a reminder of how far you have come and what you have achieved. It's a nice feeling to look at back at the end of next year, and know your resolution has come to fruition. It's a reason to crack open that bottle of champagne and celebrate. Here are a few ways you can document your resolutions for 2022:

- Write them in a journal
- Draft an email to yourself
- Store in Evernote or some other note-taking tool
- Print and tape to the wall



7. Share your resolutions with others

It's great to make a resolution for yourself and maybe even write it down, but if no one else knows about it, it's easy to forget about or even ignore. And when you don't achieve it, no one will notice or care.

On the flip side, your counterparts who decided to tell someone about their goal, feel something different. Now that they've gone public with their goal, they feel a sense of obligation and accountability. Essentially, if you don't follow through, they are going to let everyone down. Crazy as that may sound, this sense of guilt is often more powerful than self-motivation. The upshot here is that when you do succeed, the people you shared with will celebrate with you!

If you want to take goal sharing to the next level, you could organize a mastermind group. A mastermind group is a collection of highly motivated people who share a common goal and are looking to encourage and help each other improve.

How to do it:

- Find some kindred spirits with similar goals
- Meet regularly (weekly or monthly depending on level of commitment)
- Share setbacks and progress
- Stay motivated!

Now if you don't have the time or inclination to do the above, another way to achieve the same result is to make a social media post declaring your intentions to all your friends. You can bet people will cheer you on and ask about your progress over the course of the year!

8. Automate where possible

The good news is you probably have technology in your pocket that can help you follow through on your resolution - automation in the form of reminder apps. Nowadays there are a million different apps and services to help you follow through on your resolutions. These free tools can help provide a constant reminder:

- **Google Calendar:** Set a recurring meeting tied to your resolution, i.e. scheduling workout sessions at the gym.
- **Google Now:** Personal assistant that provides information as you need it.
- **Reminders** (on iOS): Set up timed alerts for tasks.

- **Boomerang for Gmail:** Schedule reminder emails to yourself (Freemium).

9. Review your resolution regularly

Let's face it, if you are not thinking about your resolution regularly, you are not going to follow through. Thus, a crucial part of realizing your goal is a regular review. At a minimum, this review should be monthly, but the more frequent the better. It may seem a little crazy to think about your resolution every single day, but it is those smaller incremental steps that lead to massive changes over the course of a single year.

Here's one way to build in goal review into your routine.

- Schedule a monthly "big picture" review during the first week of each month. This will serve as a planning meeting where you distribute smaller tasks and goals to different weeks throughout the month.
- Do a weekly check-in to check progress on the monthly goal.
- Set a daily reminder for smaller resolution tasks.

10. If you fall off track, get back on quick

It will take time for your resolution to become a reality and change is difficult. Keep the following ideas in mind:

- Skipping an intermediate task is not a complete failure
- Missing a goal by 10% or even 80% is not a complete failure
- Finishing a task late is not a complete failure
- A moment of weakness is meaningless in the grand scheme of things

Setbacks can happen, but so long as they are handled correctly, they will not impact the big goal. The key is to avoid a defeatist attitude at all costs, i.e. "Well I screwed up once, why should I even try to do this anymore."

And if there is a setback, it's important to understand what led to that moment, and how you can avoid a similar situation in the future, i.e. "If I play video games after work, I will not go to the gym. Don't play video games after work!"

Once a mistake is made, own it and move on to the next thing. For example, if you skipped a study session, make it up tomorrow, and keep on moving. A few small mistakes shouldn't spoil your resolution for the year!



Having the right insurance for your chiropractic office

By Dr. Ray Foxworth, President of ChiroHealthUSA

Operating a chiropractic office is a delicate business in every sense. The care and caution shown in treating patients must extend to protecting the practice by having the right policies in place. Otherwise, you're leaving yourself open to legal action on multiple potential grounds ranging from patient injury to poor documentation. Let's review some of the most valuable insurance options every office should budget for.

Malpractice Insurance

This is an absolute must for every chiropractic office regardless of the practitioner's level of experience. Malpractice claims can run into the hundreds of thousands of dollars, so chiropractors need to know their chosen insurance provider has the resources to help them cover a potential claim. Researching an insurer is thus [an essential step](#) while shopping around and before committing to any malpractice policy.

Business Interruption Insurance

Chiropractic offices can be put on hold through a variety of events such as natural disasters, bad weather, or a pandemic. Business interruption coverage can help offices recoup lost income during the downtime caused by a covered event. It can also help with a temporary or permanent move to new operating facilities.

General Liability Insurance

These policies can protect your office on multiple fronts by helping to cover expenses related to:

- Injuries sustained by visitors while on your premises.
- Slander or libel accusations.
- Personal and advertising injury
- Property damage.
- Legal defense costs.

Some offices opt for a Business Owners Policy (BOP) which can deliver the perks of general liability coverage plus the benefits of both property and business interruption insurance. Speak to a licensed policy provider to review the best options for your office.

Cyber Insurance

Your office's digital infrastructure is as vulnerable to damage as the physical ones and the fallout of compromised patients, reputation, and revenue is just as likely. Cybercriminals are on the rampage with phishing attacks, ransomware, info stealers, and more, creating an [online threat landscape](#)



that's expanding rapidly and could devastate your records and finances.

Cyber insurance provides important coverage that is simply essential in today's business world, helping to shield you against the effects of:

- Privacy invasion
- Data and record loss
- [Compromised PII](#)
- Litigation
- Software and/or hardware repairs

Some general liability, or BOPs, may have an element of cyber insurance written in, but it's recommended you get a dedicated policy that can provide first and third-party coverage. The first-party aspect helps take care of business liability costs incurred through a cyber event. The third-party aspect looks after anyone outside the business who was negatively impacted, such as a client or another business. Cyber insurance is still a developing field so it's important to scrutinize your policy to see what you're covered against (and for how much) and what you're still vulnerable to.

Audit Insurance

When I started out in practice, the biggest risk I faced was a potential malpractice suit. Thirty-five years later, the biggest threat to my practice is an audit. Often, audits are triggered by patients who are not unhappy with your clinical care, but you're billing or collection practices. Audit insurance policies can pay for the defense costs, civil fines, and penalties, arising from allegations of improper billing, HIPAA, EMTALA, and STARK violations. It is important to check that any coverage you purchase includes both governmental and commercial payers, qui tam plaintiffs, and voluntary self-disclosure. It is not a bad idea to ask your carrier if additional coverage for legal expenses for disciplinary proceedings by a state licensing board can also be added. If you're not sure where to get this type of coverage, reaching out to your malpractice carrier is a great place to start.

Learn more about what insurance needs you should consider for your practice by joining us on Tuesday, February 1, 2022, at 2:15 PM EST for a webinar with NCMIC. Register at <https://www.chirohealthusa.com/webinars/>

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Delivering beyond your expectations is one of the things you've come to expect from us, and it is one of the driving forces here at ChiroHealthUSA. Over the past year, when so many had an excuse to slow down, our profession stepped up.

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Chiropractic News



The American Chiropractic Association (ACA) will hold the annual ACA Engage event February 2-5, 2022 in Washington D.C. ACA's annual conference is part of ongoing efforts to position members for success by bringing them cutting-edge education, networking and leadership-development opportunities. Due to COVID-19 precautions and enhanced security procedures on Capitol Hill, ACA's Lobby Day will be conducted virtually in 2022. Details on ACA's 2022 Virtual Day on the Hill will be announced in the near future.

ACA Engage includes a wide variety of education offerings (with CE credit available), presentations from respected thought leaders and panel discussions that delve into some of the profession's most compelling and important topics. [Click here](#) to view the full schedule of events.

There is also a [current list of event speakers](#) available online.

ACA members receive discounted registration fees for ACA Engage. If you're not an ACA member, please visit [acatoday.org/join](#) to find out more about membership.

Earn CE credit from industry-leading presenters. Engage 2022 offers an unmatched education program, featuring 19 virtual and in-person sessions that offer high-quality, innovative presentations. Engage 2022 educational session themes include a focus on:

- **Innovation:** adapting to new realities in practice and putting evidence into practice
- **Integration:** building interprofessional bridges and collaborative care
- **Inclusivity:** expanding access to chiropractic to diverse populations and increasing parity

In person sessions will be held Friday, February 4 and Saturday February 5. Virtual sessions will be made available beginning January 27.

F4CP ends 2022 with strongest consumer engagement and awareness ever

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to educating the public about the value of chiropractic care, concludes 2021 with the strongest public engagement and awareness yet of the health benefits of chiropractic care – driven by a highly viewed 0:30-second TV commercial during the Summer Olympic Games.

“Despite a very challenging 2020, F4CP hit the ground running in 2021 and helped generate significant public interest in chiropractic care thanks to the numerous initiatives that were kicked off in the past two years,” said Sherry McAllister, DC, president of F4CP. “We are very proud of the worldwide success of the Summer Olympic Games TV commercial, positive results from the numerous pieces of educational content, new “Adjusted Reality” podcast as well as in-person and virtual events, capping off our most successful year to date.”

The Summer Olympic Games commercial, titled “I Know Pain,” featured past Olympian, now doctor of chiropractic (DC), Dr. Erica Witter-Davis. It aired 25 times over the event and was seen by an estimated 209 million viewers in 58 countries. Thanks to the generous sponsorship of the National Board of Chiropractic Examiners (NBCE), the commercial had a ripple effect online. It resulted in more than 1.2 million impressions on the F4CP's homepage, 500,000 social media views, created more than 400,000 impressions due to in-app marketing ads with chiropractic colleges encouraging a career as a DC and drove traffic to the F4CP's Find-A-Doctor Directory.

The Find-A-Doctor Directory is an online resource for the public to find a DC in their community. More than 133,000 web visitors have accessed the Directory during the week of the Summer Olympic Games, referred from the Olympics commercial website: [beyondthepain.org](#).

Consumer Awareness Trusted by the adjusted, “Adjusted Reality,” a podcast launched in early 2021 covers not only chiropractic, but all the physical and mental health elements needed to live a strong, healthy and vibrant life. Hosted by Dr. McAllister, notable guests from season two of “Adjusted

Reality” includes Dr. Witter-Davis from the Olympic commercial, Ret. Brig. General Becky Halstead, former National Hockey League player Theo Fleury and psychiatrist Dr. Anna Lembke, an expert in substance misuse. Since the launch in January 2021, “Adjusted Reality” has been downloaded nearly 30,000 times and has been streamed for thousands of other listeners on various podcasting platforms.

Additional content generated by F4CP includes 33 articles written by Dr. McAllister and other chiropractic leaders affiliated with the organization. These articles appeared in both consumer and industry trade publications reaching a potential 27 million readers. The articles resulted from proactive F4CP outreach to top-tier media outlets to secure positive editorial coverage of chiropractic care.

In September, for example, Dr. McAllister wrote a column that appeared in BabyBoomers.com advocating for non-pharmacologic methods of managing pain given the continued rise in opioid-related deaths in the U.S. The column also coincided with National Drug-Free Pain Management Awareness Month.

Additionally, F4CP crafted several articles that appeared on health and wellness site Thrive Global in 2021, including in June regarding the importance of treating physical and mental health issues, which are often highly interconnected.

Awards Won

F4CP’s Olympic Games TV commercial won three awards in 2021: it was a Gold Winner in The Telly Awards’ General Not-For-Profit Online Commercial category; it also won a Gold from the prestigious Viddy Awards and bronze in the Fall Digital Health Awards competition.

Adjusted Reality also won a bronze in the Spring Digital Health Awards competition, chosen from more than 700 entries judged by a panel of distinguished experts from AARP, American Medical Association, American University, Optum and WebMD, to name a few.

Raising Employer Awareness

F4CP continues to seek and earn article placements in media outlets read by employers and other healthcare providers. Recently, F4CP wrote an article that appeared in *The Self-Insurer*, a major publication for large employers and the health insurance industry. The article educates readers on how employees with back, neck, joint, headaches and other types of neuro-musculoskeletal pain should seek care from a DC first instead of another type of primary care doctor, such as a family physician or an internal medicine physician.

Other articles appeared in *WorldatWork’s Workspan Daily*, *Thrive Global* and *Forbes*. Similar articles by F4CP on how chiropractic care can assist in managing the primary care medical shortage and how DCs prevent chronic pain appeared in healthcare trade publications *Practical Pain Management* and *Healthcare Business Today*.

F4CP also raised employer engagement through events, some of which were in-person in 2021, as well as virtual. The largest event, The National, featured Florida Attorney General Ashley Moody, which had more than 3,000 attendees. Moody’s keynote address took place during the “Dose of Reality” presentation that F4CP organized. In her address, Moody noted that she signed off on designating September in the state of Florida as Drug-Free Pain Management Awareness Month, which occurs every September and is sponsored by F4CP.

Other notable events in 2021 included National Association of Worksite Health Centers (NAWHC) roundtable events in September and December, with the latter in San Francisco that included a roundtable discussion with major hospital systems and chiropractic leaders such as Drs. Susan Welsh, Josh Bruce and Sam Wang, who is the chief operating officer of Chiro One Wellness Centers.

Content Creation

Other evidence-based content created in 2021 included an updated Definitive Chiropractic Resource (DCR) Manual: A Safe and Cost-Effective Approach to Health, with the latest chiropractic research. Commissioned by F4CP, the comprehensive guide was written by Carl S. Cleveland, D.C. President of Cleveland University-Kansas City College of Chiropractic College of Health Sciences and offers a detailed review of the evidence and benefits chiropractic care delivers to patients’ health, but also to society and the economy.

F4CP also created new eBooks in 2021 to guide DCs and patients on important topics such as obesity, chiropractic and sports, the consumer health journey and corporate health clinics that offer chiropractic care along with other services. In addition, tip sheets about women’s health, nutritional supplements, aromatherapy and social media best practices were also created.

Harris Poll Survey

An indicator of the growing adoption of chiropractic care was also reflected in a Harris Poll commissioned by F4CP in October. The question posed was: “If you were experiencing

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Chiropractic News

Continued from last page

neck or back pain, would you be more willing to see a doctor of chiropractic or a medical doctor (e.g., primary care physician or orthopedist) for treatment?" As many as 54% of Gen Z (ages 18-24) and 52% of younger Millennials (ages 25-32) answered "doctor of chiropractic." Also encouraging for the industry, nearly half (48%) of employed Americans would be willing to seek care from a DC compared to only 39% of those who are not employed.

"The Harris Poll survey reflects how our message of evidence-based safe, effective, drug-free care is resonating with young people, who are the future of our profession, both as patients and doctors," Dr. McAllister said. "This trend is particularly encouraging because the younger generations have grown up with the Internet and able to access endless amounts of information. They do their research on the web and through social media before making healthcare decisions and are being pointed in the right direction, which is toward chiropractic care. We have numerous campaigns planned in 2022 to continue this upward trend."

Parker offers continuing education

Happy New Year 2022!

This isn't just the season to make resolutions that will fall by the wayside in a few weeks or months. This is the time to reflect on your practice and your patients' health – and set goals for the coming year. Our goal is to assist you with additional training, information and motivation to make 2022 the best it can be for you and for the health care of your community. New year, new goals, new chances to make a difference!



We plan as far in advance as possible to help you schedule. All live programs shown are held on the Parker University campus in Dallas unless otherwise noted and are dependent on pre-enrollment numbers and any current distancing rules and mandates. Check out our full lineup at Parker Success Academy.

For the best pricing on live programs, register more than 3 weeks prior to the event date. We accept MasterCard, Visa, American Express and Discover.

Discounts are available for Parker University alumni and TRI-eligible students, contact the Continuing Education office for promotional codes.

Our phone lines are open Monday – Friday, 8am – 4:30pm CST at 800.266.4723 or locally at 214.902.2401. We will be closed December 24th through January 2nd for the holidays but will return on January 3rd to assist you.

If you haven't heard: Parker Seminars will be live and in-person in Las Vegas February 10-12, 2022 – why don't you make plans to join us there for an event full of exciting speakers, networking opportunities and CE hours?

[Click here](#) for more information.

New Chiropractic Research

Changes in Wellness and Quality of Life During Subluxation-Centered Chiropractic Care

Coinvestigators: Ed Owens, Bob Irwin

ABSTRACT OF RESEARCH PLAN

Most studies of chiropractic efficacy have been limited to low back pain, neck pain or headaches. The notion that chiropractic may enhance one's life experience if used on an ongoing basis has been largely ignored in the literature. In that sense, chiropractic care, aimed at the removal of vertebral subluxation, may be of benefit to a wider proportion of the population (i.e. 100%), besides those complaining of specific illness or pain. Evidence is needed to justify the use of long-term chiropractic care in a population

in which the main goals of care are the advancement of health and human potential rather than the treatment of disease or the alleviation of pain.

Measuring benefits of care, beyond symptomatic relief, has been attempted in a chiropractic setting using tools derived from the social sciences. It has been found that general health, wellness and quality of life are quantifiable, from the patients' perspective. While general health measures have been shown to improve in patients undergoing chiropractic care, this has not been related to wellness or quality of life. A recent instrument developed by Blanks, Schuster, and Dobson seems to be able to access some relationship between the duration of care and wellness in patients undergoing a specific type of chiropractic care. However, this study should be expanded to include other types of chiropractic care and enhanced by the collection of longitudinal, rather than cross-sectional data.

The proposed research will involve the co-administration of the well-established SF-36 general health survey and the Self-Rated Health & Wellness Survey (SRHW) developed by Blanks et al. Surveys will be administered to all new patients in a chiropractic college health center environment. Patients

will be recruited regardless of entering complaint, will be cared for by student interns, and will complete follow-up questionnaires at monthly intervals. It is anticipated that as many as 1,200 patients will participate in the study.

Analysis of the data will test the effects of student-administered chiropractic care, aimed at the removal of vertebral subluxation, on patients' general health, wellness and quality of life. Statistical tests will be used to evaluate the reliability and internal validity of the newly developed SRHW, as well as compare its performance with the well-established SF-36. Significant overlaps between the two surveys are expected to be found, as well as unique aspects. For instance, while both surveys ask the patients to rate their physical functioning, only the SF-36 contains questions related to social wellbeing.

The project should be completed within two years, although, as a continuing feature of the college health center, continued data collection could allow better evaluation of patient progress, chiropractic clinical training effectiveness, and the long-term benefits of care.

[Click here](#) for more information on this research.

TELL THE CHIROPRACTIC COMMUNITY

***The IACP News* accepts press releases and news items.**

**Please email your news to Steve at C&S Publishing,
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Chiropractic College News

CUKC offers Student Mission Trips in 2022

Vacationing on a Caribbean island is about as ideal as it gets. Or is it? Ask any Cleveland University-Kansas City (CUKC) mission trip participant, and you'll hear how a vacation doesn't compare to a mission trip, which revitalizes and energizes entire communities.

According to Dr. Jeffrey Baier, CUKC director of clinical education, mission trips impact those who choose to get involved. "These week-long mission trips offer our students volunteer opportunities that provide experience interacting with underserved populations," Baier said. "Each trip transforms a trimester break into a meaningful and memorable experience for our future healthcare professionals."

CUKC is offering student mission trips in 2022 to the Dominican Republic, the second largest and most diverse Caribbean country. Two trips have been scheduled for April 23-30 and Aug. 20-27 in conjunction with the Christian Chiropractic Association.

Any CUKC student may apply for and serve on a mission trip. Chiropractic students in trimesters seven and above may provide hands-on patient care under the supervision of a licensed practitioner. CUKC students, faculty members, and alumni interested in learning more about the mission trips are encouraged to visit cleveland.edu/mission-trips/ and contact Dr. Baier at missiontrips@cleveland.edu

CUKC students win bucks for boards scholarships

Five chiropractic students from Cleveland University-Kansas City (CUKC) were among 50 winners of a \$500 "Bucks for Boards" scholarship during the third quarter of 2021.



Announced by the National Chiropractic Mutual Insurance Company (NCMIC), the quarterly scholarships can be used by students to defray the cost of board exams administered by the National Board of Chiropractic Examiners (NBCE), or for other expenses associated with their education. The CUKC recipients were Luke Bergner, Melissa Couce, Mitchell Harling, Kennedy Riekenberg, and Brittany Tromp.

Two hundred Bucks for Boards scholarships were awarded in 2021, with 50 students each quarter receiving the gift. NCMIC launched the scholarship program in 2020 in conjunction with NBCE. The program is meant to recognize the dedication of students working toward their Doctor of Chiropractic degree. In the second quarter of 2021, three CUKC students received Bucks for Boards scholarships.

"We understand the financial burden that can come with getting a great chiropractic education," Dr. Wayne Wolfson, president of NCMIC, said. "The Bucks for Boards program directly benefits students working toward a career in chiropractic with financial support. We are grateful to be able to help them along their journey in this way."

Recipients must be enrolled at a chiropractic college, or be a current doctor of chiropractic who graduated within the last six months, to be eligible. Scholarship winners are chosen via random drawing for each entry period, and participants may enter only once per period. Those who enter can win only one of the scholarships per year.

Logan University teams with regional health commission for blueprint to fight chronic pain

Logan University contributed to a report from the Saint Louis Regional Health Commission (RHC), "Addressing Chronic Pain: Integrating Physical Function Services into Community Health Centers," which provides a blueprint for community health centers to implement physical function services.

These services include treatment therapies such as chiropractic care, occupational therapy and physical therapy that improve healthy moving and functioning and are effective in the management of chronic pain.

"We know the importance of providing evidence-based, non-pharmacological treatments for chronic musculoskeletal

pain, and we felt the intentional inclusion of all disciplines by the RHC in their chronic pain initiative was the perfect way to do that,” said Logan’s Director of Health Policy and Interdisciplinary Care Patrick Battaglia, DC, DACBR.

Research has shown that chronic pain disproportionately affects low-income adults, women and adults over 65 years old. As chronic pain may affect one’s biological, psychological, social and economic state of being, its impact is widespread throughout entire communities. [Click here](#) to access the report.

Logan alumnae find success as instructors at Maryville University

Logan University Doctor of Chiropractic (DC) graduates are well-prepared for a variety of rewarding careers, including in education. Three former Logan students, Quen Bell, DC (’07), Jamie Young, DC (’07), MS and Kate Wagner, DC (’17) are using their DC degrees as instructors at Maryville University in St. Louis.

After graduating from Logan, Dr. Bell moved to Los Angeles to practice chiropractic with her aunt; however, she quickly discovered a passion for patient education. “It didn’t take long for me to realize teaching was my favorite part of my job,” she said. Dr. Bell also believed a career in academia would allow her to spend more time with her four children. When she returned to St. Louis, she started teaching part time at nursing schools in need of instructors. She began a full-time position at Maryville after the COVID-19 pandemic spurred a staffing shortage at universities across the region. As a biological science general education instructor, Dr. Bell teaches an array of courses, including biology, anatomy, physiology, kinesiology and nutrition. She is grateful for the example that Logan professors set for her.

“Logan University prepared us to be educators as well as health care professionals,” Dr. Bell said. “Lectures consisted of so much more than professors regurgitating information in our textbooks. They inspired us with their passion. When I stand in front of my students, I hope they enjoy their learning experience as much as I did.”

When she was growing up, Dr. Young’s father told her she would make a great college professor due to her love of learning, interacting with people and appreciation for science. But she didn’t believe she was cut out for a career in education until she started teaching as a graduate assistant.

Currently an assistant professor of biology, Dr. Young has taught at Maryville since 2011. She serves as the lead

instructor for the university’s anatomy and physiology series, which includes students from physical therapy, nursing, occupational therapy, exercise science and biology programs.

“The value of having a chiropractor provide the first exposure to anatomy and physiology to future nurses, doctors and physical therapists cannot be overstated,” Dr. Young said. “It’s becoming increasingly obvious the future of health care lies in the ability to work within all disciplines. We owe it to our patients to provide a multifaceted approach, and the earlier students can interact with chiropractors, the better.”

Dr. Young believes her experience at Logan prepared her for her role at Maryville. “I could never forget setting up model patients for X-ray imaging or practicing doctor-patient verbal interactions,” she said. “The active learning that I enjoyed as a student has influenced my ability to design engaging exercises in my own classrooms and labs.”

Dr. Wagner planned to go to medical school until she started working at her family chiropractor’s office as a college student. “I was in awe that chiropractors could make such immediate, massive changes in their patients’ lives,” she said.

Logan was Dr. Wagner’s first and only choice because of its reputation as a highly respected chiropractic college and proximity to her home in St. Louis. Shortly after graduating and opening her own practice, she was offered a position as an adjunct instructor at Maryville. For the last four years, she has taught biology, anatomy, physiology and nutrition to freshmen.

“My professors at Logan were the highlight of my experience,” Dr. Wagner said. “All of them went above and beyond to contribute to my education, and I try to do the same for my students. The knowledge they learn in my classroom sets the foundation for the rest of their education and careers.”

Dr. Wagner is currently preparing for an additional role as a chiropractic physician at Mercy Integrative Medicine and Therapy Services.

“My jobs are complimentary,” Dr. Wagner said. “My students enjoy discussing my clinical experience in class. Sometimes a piece of information seems unimportant to them until I walk them through a scenario when it was relevant. I see them perk up as they realize a seemingly insignificant detail is actually applicable. On the other hand, some patients need reassurance about their condition, and I say, ‘This is so common that my students and I are discussing it.’”



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Tips for keeping those New Year's Resolutions

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Tips for Keeping Those New Year's Resolutions

The new year is here, and perhaps you are already struggling with your New Year's resolutions. If so, you are not alone. About half of all Americans make resolutions, but research suggests only eight percent keep them. Mindy Boccio, MPH, has ideas on how you can better make resolutions — and keep them. As a senior consultant with Kaiser Permanente Northern California's Regional Health Education, Boccio trains physicians, nurses, and wellness coaches on how to help their patients make healthy changes in their lives. She offered suggestions based on research around behavior change.

Q. What advice do you have for people making resolutions?

A. I see 'resolutions' as simply the decision to make a change in your life. Three suggestions come to mind. First: Get clear on your 'why.' Ask yourself how this change will benefit your life and support your values. For example, the deeper reason for deciding to quit smoking may be that you want to be a healthy role model for your children. Understanding that can boost your motivation initially and help keep you on track when you hit the inevitable rough patch.

Second: Try to be specific about the behavior change you propose to make. We know from research that the more specific you are about the change, the better. If your resolution is to exercise more regularly, getting specific might be saying, 'I know I can fit in 15 minutes of walking three times a week.' It's helpful to start with something achievable so you don't feel overwhelmed. You can increase your goal later.

Third: Ask for help. Getting support from family and friends has been shown to help us make lasting change. It's also good to partner with someone who's making the same behavior change. That creates accountability, and the camaraderie helps too.

Q. Thoughts on logging your progress?

A. Research supports that tracking your progress helps you to achieve your goals. Even if things aren't going perfectly, tracking your progress can be viewed as helpful feedback to make course corrections instead of abandoning ship. Plus, when you're logging your progress daily, it keeps your goal front of mind. It doesn't matter how you track your progress. Some people keep it simple and mark the days they exercise on a calendar. Others like technology to track exactly how many steps they take each day. If you like using apps, some good health-related ones include KP's Every Body Walk app, My Fitness Pal, and Lose It!

Q. Any advice for when the going gets tough?

A. When you're faced with a dilemma around keeping a resolution, slowing down can help. Take pause and recognize that you may have more choices in the moment than you think. If your resolution is to cut back on sweets because you'd like to lose weight, and then someone offers you a piece of cake, your immediate thought may be 'I want that delicious cake!' You could eat the cake and have the immediate gratification. You could also step away for a few minutes to see if the craving for the cake dissipates. Or you could decide to have a small piece and do more walking that day to burn the additional calories. If you pause, consider your choices and call to mind your 'why' (the deeper reasons for making a change), you can then make a more deliberate decision. You'll feel positive about that, and you're more likely to repeat that mindful approach.



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The Idaho Association of Chiropractic Physicians

The IACP News

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