

# Contact Wellness Foundation

*partnering for life*

## Origins First 1000 Days™



# Wellness Algorithm™

- The CW Wellness Algorithm™ is a framework that provides an individual a process to make personally responsible decisions regarding wellness in a process of illness prevention...
- And to be well is simply to treat self & other as we would like to be treated: with human kindness and warm, friendly contact.....compassion
- Human kindness and warm, friendly contact is all about acceptance, belonging to a family and friends and a community that love and care about one another...
- The Wellness Algorithm™ *simply makes sense...*

# Elements of the Wellness Algorithm™

## Introducing a New Theory of Well-Being



Positive  
Emotions



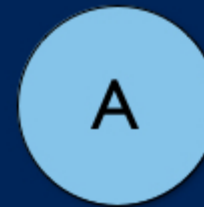
Engagement



Positive  
Relationships



Meaning



Accomplishment

# Tight Management & Control of Metabolic Function

Despite multiple research studies since 1993 confirming that diabetes complications can be avoided with tight management and control, the incidence and cost of diabetes complications are soaring.

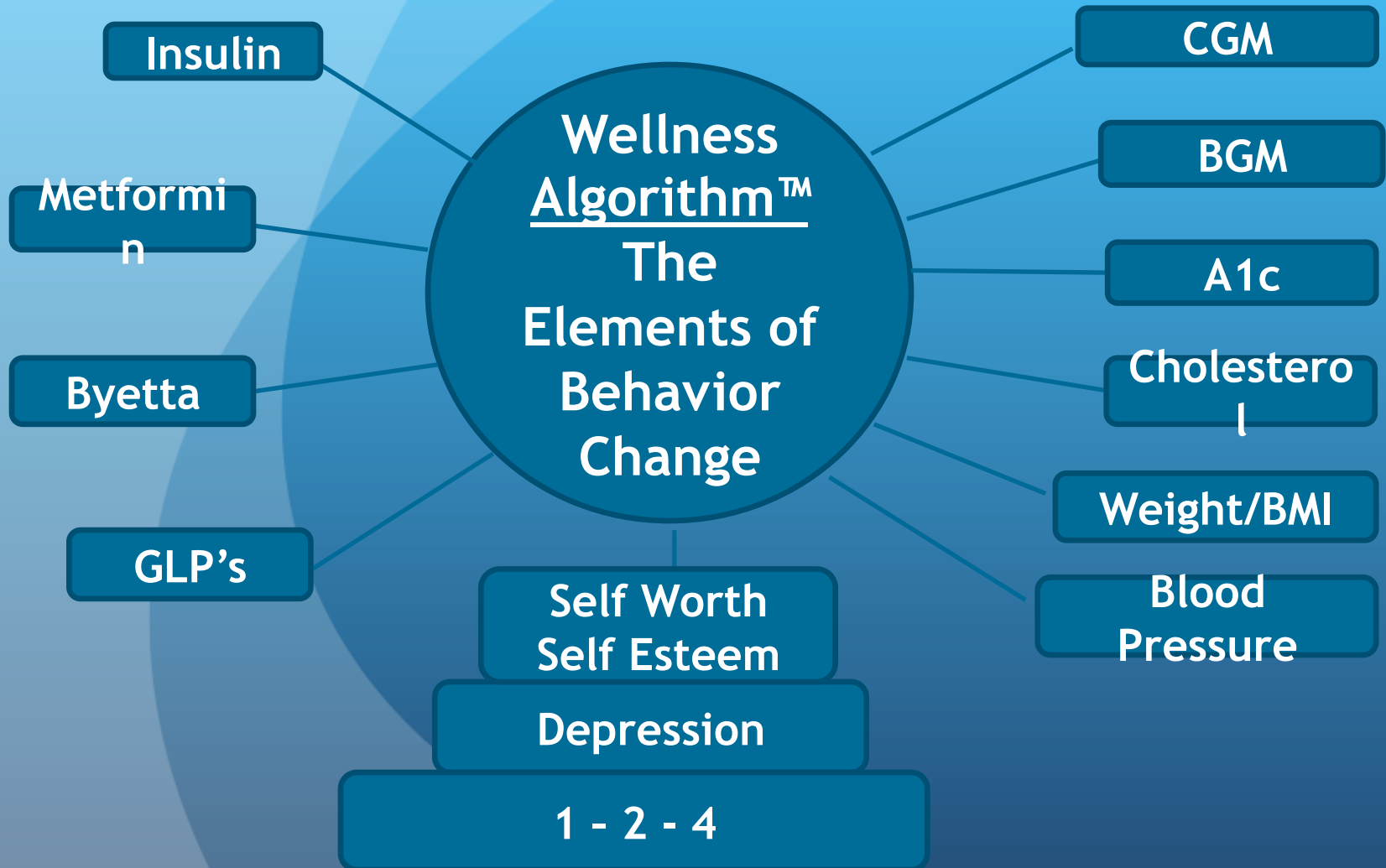
Less than 12% of people with diagnosed diabetes meet the recommended goals for management of:

- Glucose
- Blood pressure
- Cholesterol

8% of people with diabetes incur

18% of US medical expenditures

Personal Responsibility  
Accountability



# Patient Activation Measure™

## “PAM”

- A focus on activation as an outcome of care could be transformative for the delivery system, moving away from the current provider-centric perspective to one that is patient centered and supports the real work of the patient.
- Supporting activation will likely mean engaging consumers and patients where they are, and this implies moving away from a generalized approach to a tailored approach.

# The Small Group

## a Personal Area Network

- Small support groups can form into a personal area network that supports any person that chooses to create a health and wellness goal...
- Women that are contemplating pregnancy will benefit from creating their own PAN...
- Contact is a prime goal for a small group...
- Awareness and goal setting will take place within a small group setting...

# AWEsome™

a mobile social network for good

- The AWEsome™ mobile social network will be the chosen platform to advance the awareness of preconception and reproductive health as it relates to First 1000 Days and the importance of good nutrition in the womb.
- AWEsome™ is a mobile social network that works with any mobile phone or device. Members can join instantly with one text and exchange group messages, polls, reminders, and web alerts.
- AWEsome™ is a private personal area network (PAN)



# Improved Quality of Life

- The above *partnership for life* if adopted by people (women and men) that choose to join together to create a new human being through pregnancy have an opportunity to “build a better baby” through a process of good nutrition in the womb includes Nourishment of each other and exercise, all of which, biologically programs the fetus during the 40 weeks of gestation and to baby’s age 2 = The First 1000 Days.
- During this extraordinary 1000 day period of Nourishment, human development takes place resulting in the birth of a new human being not predisposed to chronic disease, but instead is predisposed to wellness and an improved quality of life over one’s lifecourse.

# A New Standard of Care for Maternal and Child Health

- Biological programming is an epigenetic phenomenon...
- It is now known that stresses experienced in the womb alter the structure of developing organs in the fetus and the expression of regulatory genes. Together these processes lead to vulnerability for disease in later life, through the process known as programming.
- Programming is known to underlie most if not all chronic disease. Among the fetal stressors that are known to program a person for later disease are under- or over-nutrition, high levels of stress hormone in the mother and low oxygen in the womb. Malnutrition of the fetus, which has varied causes ranging from poor maternal diet and sub-optimal maternal body composition to poor placentation, appears to be the most common cause of programming for cardiovascular disease, type 2 diabetes osteoporosis, obesity and other chronic conditions.

# Contact Wellness Foundation and Origins First 1000 Days™ have joined together in a *partnering for life*

- The Wellness Algorithm™ is the framework within which we choose to engage in community to nourish each other individually, in small groups, as family, friends and neighbors, creating a Unity Village™ as a neighborhood in a Smart City™ setting, where we all work together to reassemble civility, with love and care that transforms the human condition into a compassionate and empathetic society of wellbeing, wellness and happiness.
- An Improved Quality of Life will be the result...
- The process to that end is AWESome™.....