

The Whole Child: Towards an Integrative Paradigm for Ecological Health

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Children First: Promoting Ecological Health for the Whole Child
October 1, 2010

children first

- "...the life and health of every infant are, both economically and morally, of paramount importance to society..."

– Dr. Abraham Jacobi, 1872



challenges and opportunities

- the challenges: complex problems
 - the state of children's health and the state of the world
- the opportunities: complex solutions
 - integrative solutions – transdisciplinary, “out of the box” thinking in all facets (clinical, education, research, advocacy)



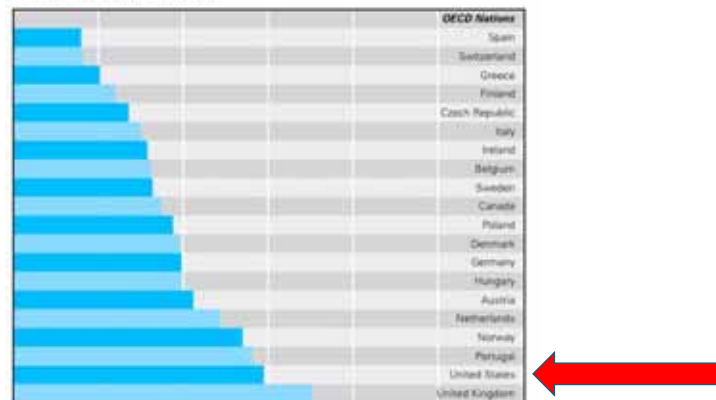
making children a priority

- “The true measure of a nation’s standing is how well it attends to its children – their health and safety, their material security, their education and socialization, and their sense of being loved, valued, and included in the families and societies into which they are born.”

- UNICEF, Child poverty in perspective: An overview of child well-being in rich countries, Innocenti Report Card 7, 2007

how are we doing?

Figure 6.1 Percentage of young people age 11, 13 and 15 who rate their health as 'fair or poor'



“Child poverty in perspective: An overview of child well-being in rich countries – A comprehensive assessment of the lives and well-being of children and adolescents in the economically advanced nations,” UNICEF 2007

the state of our children's health

- **CANCER:** Is the leading cause of death by disease in children. The age-adjusted annual incidence of cancer in children increased from 129 to 166 cases per million children between 1975 and 2002. (EPA)
- **OBESITY:** One in three adolescents are overweight or at risk of becoming overweight. One in six youths aged 6 to 19 years are overweight, a 45% increase in the past 10 years alone. (CDC)
- **DIABETES:** Affects one in every 400 to 500 children. Of those children newly diagnosed with diabetes, the percentage with type 2 ("adult-onset") has risen from less than 5% to nearly 50% in a 10-year period. (CDC/NIH)
- **ASTHMA:** Is the most prevalent chronic disease affecting American children, leading to 15 million missed days of school per year. From 1980 to 2008, the percentage of children with asthma has increased from 3.6% to 9.4%. (EPA/CDC)
- **ALLERGIES:** Approximately 34 percent of American children suffer from allergies. (CDC)
- **NEURODEVELOPMENTAL DISABILITIES:** One in six children is diagnosed with a neurodevelopmental disability, including 1/12 with ADHD and 1/110 with ASD. (CDC)

the state of our world



“perfect storm”: multiple simultaneous deteriorating arenas

- Nutritional
- Environmental
- Educational
- Familial
- Cultural
- Relational



Courtesy: Scott Shannon, MD, author of “Please Don’t Label My Child”

the response?



conventional response



Prescription drug use by U.S. children on the rise

Wed, May 19 2010

By Bill Berkrot

NEW YORK (Reuters) - Children were the leading growth demographic for the pharmaceutical industry in 2009, with the increase of prescription drug use among youngsters nearly four times higher than in the overall population, according to a report by Medco Health Solutions Inc.

More than one in four insured children in the United States and nearly 30 percent of adolescents aged 10 to 19 took at least one prescription medicine to treat a chronic condition in 2009, according to an analysis of pediatric medication use conducted as part of Medco's drug trend study issued on Wednesday.

Medco is forecasting overall pharmaceutical spending to rise up to 18 percent through 2012, driven by diabetes, cancer and rheumatology treatments. Spending is expected to rise 3 percent to 5 percent this year, and 4 percent to 6 percent the next two years.



how about an alternative response?



from disease care to **health** care



From Kiwi Magazine, August-September 2010

shifting towards wellness

18 BEHAVIORAL PEDIATRICS APRIL 2009 • PEDIATRIC NEWS

BEHAVIORAL CONSULT

Focus On What's Right With the Child

The medical literature is filled with myriad approaches to problems with various labels, from attention deficit hyperactivity disorder to depression to conduct disorder, many focusing on behavior modification or management.

What I often find exciting from such management strategies is a sense that we can—and must—build on each child's strengths to shore up protective factors in their lives for the long term, since the details of their difficulties may change but their vulnerabilities will endure.

It may be that you see these children in crisis when something in their world is falling apart. School failure, delinquency, or self-harm looms large as overwhelming issues.

Even in such a moment, I would argue that one of the most productive things to do is to focus on strengths.

It gets their attention, and introduces optimism into the encounter.

If you start by telling adolescents what's wrong with them, you'll lose

misses positive forces within the room, not only for the benefit of the patient, but for the parent witnessing the interaction.

A number of organizations outside of pediatrics have been working hard to foster a positive, affirming approach to children with such clarity I think we can learn from them and put their philosophy to work in pediatric visits.

Search Institute in Minneapolis, a nonprofit organization advocating healthy communities for youth, has developed an "developmental assets" for grades 6-12, from internal assets such as caring, integrity, and restraint to external assets such as adult role models, high expectations, and access to creative activities (www.search-institute.org).

Their research finds strong associations between the number of assets a child possesses and such attributes as leadership qualities and diversity appreciation. Conversely, a negative association is documented between a child's assets and their involvement in violence.

Think about the wisdom of approaching children in your practice with these four values in mind, acknowledging genuine ways they demonstrate those values, and asking them how they might nurture growth in aspects currently less developed.

► **Belonging.** Lakota Sioux anthropologist Ella Deloria summarized this Native American value in the words, "be related, somehow, to everyone you know." The wisdom of this philosophy is borne out in the research of developmental psychologist Tommy Werner, whose longitudinal research on the children of Kauai, Hawaii, pointed to the powerful protective factors imbued by a single close relationship over time with an adult and involvement in a community or religious organization. Ask children about the important relationships

► **Independence.** Instilling youth instrumental stresses the need to develop in children a sense of inner discipline. Adults can model and reinforce the steps necessary to make responsible decisions, but children need to be given encouragement and freedom to exercise autonomy within their current level of judgment. I help families understand how to explicitly allow their children to prove their readiness for progressive independence while staying alert to red flags in as needed for their protection and sense of security. Ask children in what ways they deserve and exercise freedom, and whether they think it is ever too much—a common American parenting mistake.

► **Generosity.** Children gain a sense of belonging in the world as they contribute to it. Many social problems stem from alienated youth. I encourage the development of a giving spirit even in the youngest of children, who may be able to sing at a nursing home or gather flowers for a sick friend. As they mature, children need even more to feel needed in meaningful ways, preferably by experiencing the pleasure of direct human service. Adolescents have many gifts that others need: time, energy, and



BY BARBARA J. HOWARD, M.D.



fundamentals to create a healthy habitat*

- Communication and Relationships
- Nutrition: Eat Healthy, Avoid Junk
- Fitness: Activity and Rest
- Stress Management: Emotional, Mental, Spiritual



*from "Mental Health, Naturally," Dr. Kathi Kemper (AAP Press 2010)

a model: The Whole Child Center

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Events

August 6: The Whole Child Center's second anniversary

October 1: Children First: Promoting Ecological Health for the Whole Child

October 23: Hubbs Home Network National Living Conference

The Whole Child Center, a revolutionary pediatric practice, provides children and families with high-quality, state-of-the-art integrative and ecologically sustainable healthcare.

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Patient Care & Administrative Tools

Integrative Family Services

The whole child as integrative pediatric flag

www.wholechildcenter.org

integrative and ecologically sustainable



INTRODUCTION

It's time in the 21st century when a new reality, though sometimes uncomfortable, must be the focus of pediatric technology. Technology has become both our friend and our foe. More tools to help our patients, yet daily increases in the size of our ongoing learning curve. How will change this ever-changing, constant, and often painful, process? A clear direction of how we conduct all the parts of the green technology.

These areas of medical care professions that will have more significant than complete picture in the design and construction of the physical space where care is delivered. While some advanced design technology is already moving into the offices of private physicians, it

is, with not spending of advertising New York times, an education that aligns patients with the user of a tool. Better, or worse, concepts, not necessarily better, but we need to enhance the delivery of pediatric care using cutting edge technology combined with the practical application of current knowledge from many disciplines.

It is with these thoughts in mind that we begin an ongoing dialogue on the major issues of design, materials, and operations in the "green" pediatric office. By Lawrence D. Rosen, MD

ORANGE, CALIFORNIA, CA

PHOTO: J. ROSEN

integrative medicine



IM principles

- Caring for the whole child: mind, body, spirit
- Context: family-centered care
- Focus on wellness and prevention
- Ecologically-sustainable healthcare
- Individualized therapies
- Respectful, multidisciplinary collaboration
- Relationships are key

ecologically sustainable medicine



ESM principles

- Ecologically Sustainable Medicines are effective healing and wellness practices that do no harm to people and the global environment.
(www.teleosis.org/about-esm.html)
- Safe and harmless
- Clean and non-toxic
- Cost-effective
- Non-polluting
- Adaptable and flexible
- Renewable
- Protective of the quality of life on earth, the environment and earth's natural resources
- Synergistic with human health and planetary well-being
- Connected with the web of life

vision

- Children are society's most valuable resource and should be nurtured within the context of healthy families, communities and environments.
- The optimal functioning of children in all areas of life is essential to society. Improving the care of children will improve the world.
- Children, as well as adults, have inherent self-healing capabilities which can be enhanced and strengthened.
- Child healthcare is a right, not a privilege.
- Awareness of the mind, body and spirit are essential to the full attainment of quality of life.
- The healthcare system should be open to considering all aspects of the attainment of wellness.

how do we make this change?



by working together and creating communities



think globally

Welcome to the **kiwilog**
Growing families the natural and organic way

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with Clean Shopper
Celebrate Organic harvest
Horti!
Fun after school snacks

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The Whole Child: Truth, justice, and the American way
By kiwilog

Where is Superman when you need him? If only it were that easy. Facing one of the greatest environmental disasters of our time, the citizens of New Orleans could use a caped superhero capable of turning back time by spinning the world in the opposite direction. While he's at it, why

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act locally



partner with parents



pay attention to the process



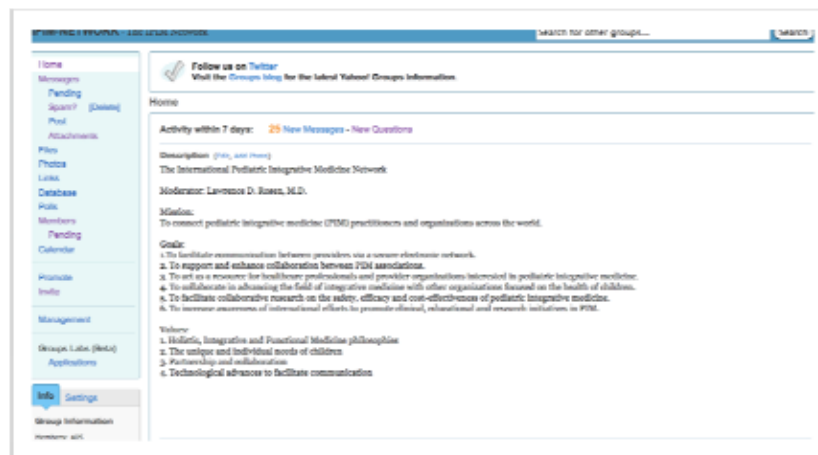
GEORGE DOMBEK NOW BE HERE

high tech, high touch

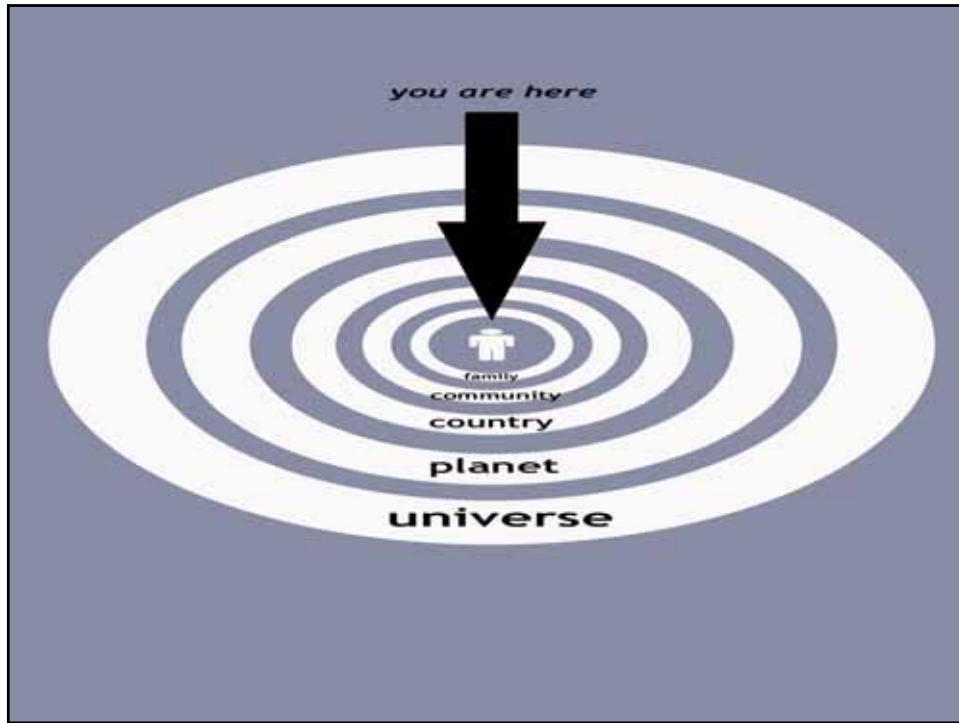


<http://www.facebook.com/thewholechild>

the IPIM-Network



<http://health.groups.yahoo.com/group/IPIM-NETWORK>

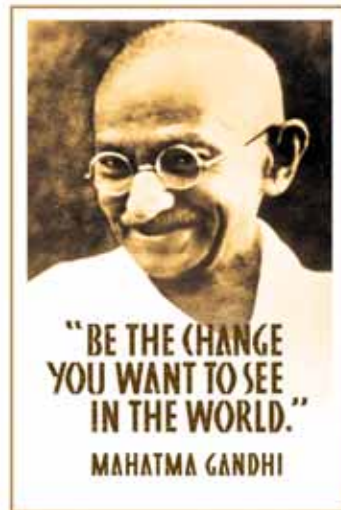


a message of hope



*"This We Declaration is a call to action.
It is the beginning of our heroic movement to restore our future,
save our nation, and preserve our planet."
(<http://www.gen-we.com>)*

a call to action



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