



1737 King Street, Suite 600  
Alexandria, VA 22314  
703.229.4800 tel  
703.535.6752 fax

**Statement of Wayne B. Jonas, MD  
President and CEO  
The Samueli Institute**

**Hearing on “Principles of Integrated Health: A Path to Health Care Reform”  
Senate Committee on Health, Education, Labor, and Pensions**

**February 23, 2009**

Thank you, Senator Mikulski, and Members of the Committee for the invitation to testify about the potential of integrated health care to address many of the ills of today’s health care delivery system; and present a roadmap to ensure integrated health care’s inclusion in the national health care reform debate. My name is Wayne Jonas. I am a retired Army family physician; I see patients weekly at a Military Medical Center; and am President and CEO of the Samueli Institute of Alexandria, Virginia, and Corona Del Mar, California. I have formerly served as Director of the Office of Alternative Medicine at the National Institutes of Health, the Director of the Medical Research Fellowship at the Walter Reed Army Institute of Research, a Director of a WHO Collaborating Center of Traditional Medicine and a member of the White House Commission on Complementary and Alternative Medicine Policy.

The Samueli Institute, a 501(c)(3) non-profit scientific research organization, investigates healing processes and their application in promoting health and wellness, preventing illness and treating disease. The Institute is one the few organizations in the nation with a track record in complementary and integrative medicine, healing relationships and military medical research.

I am convinced of the importance of applying integrative health care principles to the health reform process to ensure lasting reform, to reduce costs and to improve the health of our nation. The United States does not have an effective health care system. We are first in health care spending but 37<sup>th</sup> in health of the industrialized nations. At current cost rates, health care will make up 25% of the GNP by 2025 and 49% by 2082. The first of the “baby boomers” will turn 65 in 2011 creating an avalanche of aging care needs that will bury the current Medicare system. We cannot expect to improve the health of our citizens through more or better access to the current system. We need a new vision and approach to creating health.

Science has clearly demonstrated that 70% of chronic illness is due primarily to lifestyle and environmental issues, including proper substance use (smoking, alcohol, drugs, diet, and environmental chemicals), adequate exercise and sleep, stress and resilience management, social integration and support, and selective disease screening and immunization. We know that health and illness are a continuum. It is unreasonable to wait until disease reaches an advanced



1737 King Street, Suite 600  
Alexandria, VA 22314  
703.229.4800 tel  
703.535.6752 fax

diagnostic threshold, and then provide expensive late-stage interventions. We must pursue prevention, health promotion, chronic disease management and healing—a new vision of health and disease based on self-care and lifestyle management. Self-care and integrative health care practices can reduce pain, improve quality of life and enhance well-being.

The recent stimulus package passed by Congress has set aside \$1 Billion for comparative effectiveness research. Some of this money should test the ability of lifestyle change and integrative practices to reduce patient suffering and prevent disease. For example, several recent studies have directly compared the effect of acupuncture to the best conventional therapies in the treatment of common and costly pain problems, such as headache, neck and back pain, and arthritis. These studies have shown that acupuncture is often twice as effective as what we do now. Similar studies are needed with the relaxation response, massage, behavioral medicine, and other self-care approaches.

With the input of many, the Institute has developed A Wellness Initiative for the Nation document which provides specific recommendations to proactively prevent disease and illness, promote health and productivity, and create well-being and flourishing for the people of America. A copy of the document is provided to accompany my written testimony for inclusion as part of the hearing record. The policies and principles of the approach are grounded in the continuity of health and the prevention of illness throughout the human lifecycle by applying comprehensive lifestyle and integrative health care approaches that have demonstrated effectiveness.

The Wellness Initiative for the Nation approach is multi-faceted with the following recommended reform steps to be pursued in a phased manner.

- Phase 1: Create a working group and coordinating office at the Executive or Congressional level. This office would focus specifically on creating policies and programs for lifestyle-based chronic disease prevention and management, integrative health care practices, and health promotion.
- Phase 2: Establish a lead systems wellness advancement team (SWAT) of national leaders to guide the office.
- Phase 3: Define the “new paradigm” that is the focus of the wellness initiative for the nation, to include the key vision, strategies, and tactics as well as the effective elements and metrics of comprehensive lifestyle and integrative health care practices.
- Phase 4: Collate, coordinate and align current health promotion and prevention policy efforts.
- Phase 5: Establish models for delivery of national wellness initiatives and acknowledge the lessons-learned by the Departments of Defense and Veterans Affairs.
- Phase 6: Create and evaluate new wellness demonstration projects across the human lifecycle and in various different settings, for example with children, worksites, military veterans and aging.
-



1737 King Street, Suite 600  
Alexandria, VA 22314  
703.229.4800 tel  
703.535.6752 fax

- Phase 7: Create parallel legislative tracks to support and incentivize effective public and private wellness initiatives throughout the nation.

In conclusion, if these recommendations are applied in a coordinated fashion, a “triple multiplier” of health, productivity and economic stimulus would result for the nation.

I appreciate the opportunity to appear before this Committee and I look forward to any questions.  
Thank you.