

Wellness, Nutrition and the Whole Person

Chiropractic health care is oriented toward caring for the whole person, helping individuals to fulfill active lifestyles. The education and training enables one to help make a difference in one's patients by conservative and natural care. A well adjusted body, good nutritional lifestyle and healthy activity counseling is one way doctors of chiropractic help patients thrive.

Helping people is one reason why the Department of Defense found in its demonstration of chiropractic care that patients found chiropractors to be the number one choice for patient satisfaction and patient outcomes as reported to Congress at the conclusion of its study. Chiropractic care was added to the care all active duty military know have the such services available.

Chiropractic is well known for back and neck care and getting people back on their feet. Our clinical skills are being acknowledged in new and exciting ways. Many chiropractors set up their own offices and clinics. Today opportunities to work in team practices such as the VA system or private group practices allow more diverse work environments.

Another exciting clinical pathway for chiropractors is beginning to emerge. With a focus on the whole person, Chiropractors are perfectly positioned to become wellness experts inside manufacturing companies. A manufacturing company in Wisconsin recently published a white paper on the effectiveness of on-site chiropractors on the company's health metrics. The chiropractors are full-time, salaried employees who are responsible for delivering the four areas of the wellness program: chiropractic care, nutritional consultations, wellness educational programs, and physical fitness programs. Over the span of 10-years the company saw the following changes in health metrics:

24% reduction in short-time disability

55% reduction in health costs of employees enrolled in wellness program (that is equal to an annual savings of ~\$13k per employee per year)

97% employee participation rate in the wellness program

18% decrease in health costs of spouses