

# **TOTAL WELLNESS**

**Presented by**

**Bruce W. Randolph, MD, MPH**

# EDUCATION & TRAINING

- **Tuskegee University**  
(Undergraduate)
- **Univ. of Florida**  
(Medical School)
- **Univ. of Arkansas for Medical Sciences**  
(Family Medicine Residency)
- **Johns Hopkins School of Public Health**  
(Public Health/General Preventive Medicine Residency)
- **University of Oklahoma Health Science Center**  
(Residency in Occupational & Environmental Medicine)
- **America Board of Preventive Medicine**  
(Board Certification in Occupational Medicine 1999)  
(Maintenance of Certification in Occupational Medicine 2009)

# Work Experience Summary

- Practiced medicine for **40 years** specializing in occupational health, preventive medicine, and total wellness.
- **Gospel Minister & Founder of Issa Ministries, Inc.**, a non-profit religious corporation which promotes *Total Wellness & Empowerment* through **education, counseling, mentoring, and evangelism.**
- Approach is the culmination of the **knowledge, skills, and expertise** gained over the **40 years of practicing medicine and ministering.**

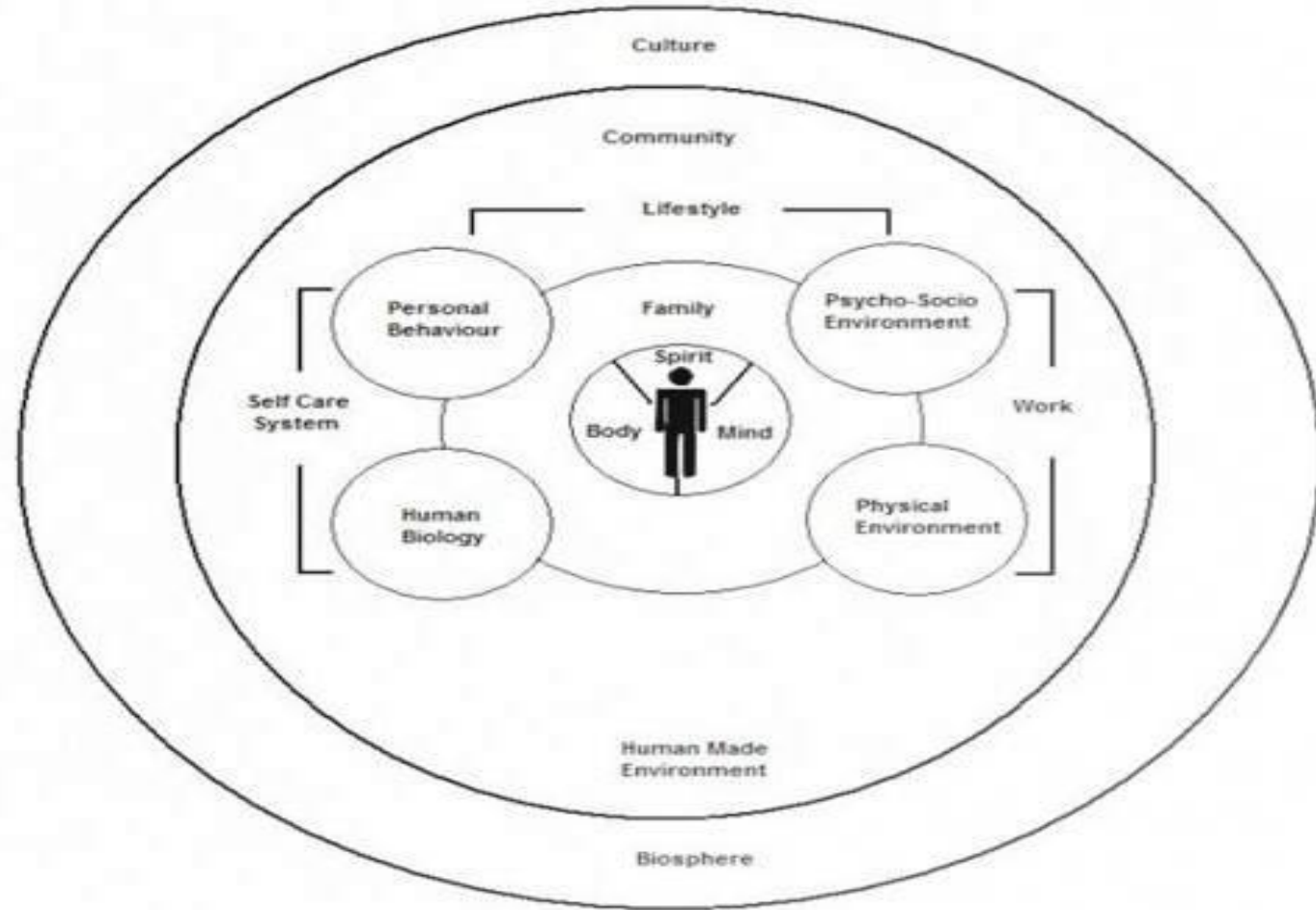
# Website

[roms-totalwellness.com](https://roms-totalwellness.com)



# Definition of Health

**Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**



# Social Determinants of Health

**Conditions** in which people are

Born

Grow

Work

Live

Age

Non-medical factors that influence health outcomes.

Wide set of **forces and systems** shaping the conditions of daily life.

# Social Determinants of Health



# Social Determinants of Health

Shaped by the distribution of:

**Money**

**Power**

**Resources**

Influenced by policy choices

**Mostly responsible for health inequities** – unfair and avoidable differences in health status within and between populations.

# Total Wellness is well-being of:

**Spirit**

**Mind**

**Body**

**Spirit (Spiritual)** – nonphysical part of a person which is the seat of emotions, morals, character; the essence of identity, importance, and esteem; the force within a person that gives life energy, and power

**Mind (Mental)** – intellect, thoughts, reasoning, resolving, emotions, feelings

**Body (Physical)** – anatomy, physiology, biology, genetics, biochemistry

# Achieving Well-being of Spirit

**Have faith**

**Read the Sacred or Holy Books of your faith**

**Practice the teachings of your faith**

**Pray, meditate, sing, and participant in sacred rituals of your faith**

**Display love, joy, peace, faithfulness, kindness, liberty, and self-control**

# Teachings of Your Faith

**Judaism:** Torah - the Five Books of Moses (Pentateuch) – Moses

**Christianity:** Holy Bible (Old Testament and New Testament) – Jesus

**Islam:** Qur'an – Prophet Muhammad

**Hinduism:** Vedas

**Buddhism:** Buddha

**Others:** e.g. Bahai, Sikhism, Spiritism, African Traditional, Indigenous

# Achieving Well-being of Mind

- Have confidence, positive thinking/identity/ self-esteem, and gratitude
- Manage stress with relaxation, exercise, prayer, meditation, mindfulness, and restful sleep
- Avoid unhealthy relationships, unsafe sexual practices, violence, and the misuse of tobacco, alcohol, and other addictive drugs

# Achieving Well-being of Mind: - continued

- Acquire knowledge, understanding, and wisdom through education and training.
- Earn, save, and spend money wisely
- Work, be active and productive

# Achieving Well-being of Mind - continued

- **Have fun with family and friends**
- **Laugh, enjoy life, and maintain a positive attitude**
- **Love and respect others and yourself**
- **Seek professional counseling and mental health services when needed**

# Achieving Well-being of Body:

- **Body Movement** - moving the body by stretching, walking, dancing, exercising, and engaging in physical activity
- **Healthy Eating** - eating vegetables, fruits, lean meat, less fat, less salt, less sugar, and smaller portions
- Doctor visits and health assessments when needed.

# Summary: How to Achieve Total Wellness

- Have hope, assurance, conviction, confidence, and positive self-esteem
- Display love, joy, peace, faithfulness, kindness, liberty, and self-control
- Avoid unhealthy relationships, violence, and unsafe sexual practices
- Avoid the misuse of tobacco, alcohol, and other addictive drugs

- **Manage stress with relaxation, meditation, prayer, and exercise**
- **Move your body by stretching, walking, dancing, exercising, and engaging in physical activity**
- **Eat vegetables, fruits, lean meat, less fat, less salt, less sugar, and smaller portions**
- **Reduce and control body weight**
- **Have regular doctor visits, health screenings, and physical examinations**

- **Acquire knowledge, understanding, and wisdom**
- **Earn, save, and spend money wisely**
- **Work, be active and productive**
- **Have fun with family and friends**
- **Laugh, enjoy life, and maintain a positive attitude**
- **Love and respect others and yourself**

# How to Achieve Total Wellness

Have Faith

Manage Stress

Move More

Eat Less

Get Rest