

# How to Take Health Outside

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ADVENTURE AND HEALTH

HEALTHIER TOGETHER  
GRAND JUNCTION, CO  
SEPTEMBER 19, 2019



# Bottom Line Up Front (BLUF):

Time outdoors should be treated as a valid part of health care: behavioral and social determinants as well as medical care paid for or reimbursed from insurance and HSAs



# You can go outside now...



<https://www.visitgrandjunction.com/biking-trails>





- Received commission from Ole Miss in 2000
- Served in Bosnia (03-04) & Baghdad (06-07)
- EOD Tech in Angola (04-05) & Abkhazia / FSR Georgia (05)
- Used climbing and skiing as the foundation for overcoming addiction / PTSD, etc.
- National Geographic Adventurer of the Year in 2014 w/Nick Watson for work in getting veterans outdoors
- SHIFT Adventure Athlete of the Year in 2015
- Helped launch the Great Outdoors Lab in 2014 w/Cal-Berkeley
- First ascents with Alex Honnold in Angola, 2015
- First Ski Descent of Iraq's Mt. Halgurd in 2017
- Skied in Afghanistan 2019



























1. Veterans aren't the only ones with trauma
2. Its ok to seek treatment—even if treatment didn't work the way you wanted in the past



# VA Definition of PTSD

The development of characteristic and persistent symptoms along with difficulty functioning after exposure to a life-threatening experience or to an event that either involves a threat to life or serious injury.”



guilt

Poor Decision Making

MAJOR List of PTSD Symptoms

IRRITABILITY Startle reflex intensified

fatigue Headaches Intrusive Images Inappropriate Emotional

nightmares Denial

OUTBURSTS

Muscle Tremors Alcohol Consumption

Pacing Blaming Others Sweating

MEMORY Suspiciousness FEAR

twitches PROBLEMS Hypervigilance

Confusion Weakness Loss of emotional control

Depression Agitation Overwhelmed Concentration



1. Trauma begets trauma /  
trauma remembers trauma
2. Was it really PTSD?



# SSRIs

Although SSRIs are associated with an overall response rate of approximately 60% in patients with PTSD, only 20% to 30% of patients achieve complete remission

Two clinical studies of PTSD show sertraline (Zoloft) as significantly more effective than placebo, two additional studies show treatment of PTSD patients using sertraline as not statistically significant in comparison to the placebo.







# GOLab Research

- 27% reduction in PTSD symptomology
- 19% reduction in overall stress
- Hormonal balance (cortisol/DHEA) relates to positive emotions during trip
- Social connectedness during trip associated with reduced cytokines improving mortality by negating behaviors like smoking, excessive alcohol consumption & obesity



# AWE:

The sensation of being in the presence of something vast that simultaneously transcends one's understanding of the world: a state of being that straddles the boundary of pleasure and fear







# The Outdoors Connects

The outdoors connects us, deepens our commitment to one another, and also opens us up to not just wanting, but engaging in when possible, activity that makes us healthier.



FOLLOW UP!



# CATALYST FOR CHANGE













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# Adventure: Health



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