

# Why we need TM in PH

Victor J. Schoenbach, <http://go.unc.edu/vjs>

April 9, 2018

meeting on *TM in Schools and Communities*

Seattle Transcendental Meditation Center

# Public health overview

World Health Organization

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World Health Day 2018  
No one should choose between health and life necessities.

Join the movement

Events

Centers for Disease Control and Prevention  
CDC/24/7. Saving Lives. Protecting People.™

SEARCH

En Español

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Diseases & Conditions ▾ Healthy Living ▾ Travelers' Health ▾ More CDC Topics ▾

Getting enough sleep?  
Find out how much sleep you need to stay healthy.

f t +

U.S. Department of Health & Human Services  
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SURGEON GENERAL

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Advisory on Naloxone and Opioid Overdose

Naloxone is used to temporarily reverse the effects of an opioid overdose. Expanding the awareness and availability of this medication is a key part of the public health response to the opioid epidemic.

Learn More

PUBLIC HEALTH REPORTS  
Official Journal of OSD & USPHS

IHHS Opioids Resources

Become a Commissioned Corps Officer

FACING ADDICTION IN AMERICA  
The Surgeon General's Report on Alcohol, Drugs, and Health

Public Health Reports (PHR) is the official journal of the Office of the U.S. Surgeon General and the U.S. Public Health Service. Published since 1878, PHR has been a key resource for those working in the field of public health.

Help, resources and information is available to combat the National Opioids Crisis.

- Learn more about available opioids resources.

The U.S. Public Health Service (USPHS) Commissioned Corps is a diverse team of more than 6,500 highly qualified, public health professionals.

- Learn more about the USPHS.

The first Surgeon General's Report on the prevention, treatment, and recovery of substance misuse and substance use disorders.

- Learn more about the report.

astho  
ASSOCIATION OF STATE AND TERRITORIAL HEALTH OFFICIALS

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State and Local Public Health Relationships

Understanding the Relationship Between State and Local Health

In order to more systematically and accurately classify state health departments in terms of their governance relationships with local health departments, ASTHO engaged NORC, with input from NACCHO, to develop a State and Local Health Department Governance Classification System.

State Public Health Agency Classification: Understanding the Relationship Between State and Local Health

Decision tree

JPHMP Governance Classification

Promising Practices in Collaboration

The governmental public health system in the United States is comprised of federal agencies, state health agencies, tribal and territorial health departments, and more than 2,500 local health departments. Coordination across these different levels of government is essential in assuring the public's health. This study, part of the National Public Health Improvement Initiative administered by the Centers for Disease Control and Prevention, focuses on nine states and describes how state and local health departments have developed structures and processes to facilitate collaboration.

4/9/2018

UPCOMING EVENTS

Conversation and Cup of Joe: Addressing E-Cigarette Use in Schools  
Apr 10, 2018  
2-2:45 p.m. ET

Population Health Twitter Chat  
Apr 26, 2018  
6-7 p.m. ET

NAVCO Annual Meeting  
May 9-10, 2018  
FT Collins, CO  
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PHWINS  
PUBLIC HEALTH WORKFORCE INTERESTS AND NEEDS SURVEY

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AMERICAN PUBLIC HEALTH ASSOCIATION  
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Tribal Public and Environmental Health Think Tank  
Read the latest report highlighting the Think Tank's priorities.

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Improving the Health of Women, Children and Adolescents  
Join our series highlighting new evidence in the global health field.

Continuing Education

Continuing Education Program  
Want to earn CE credits for medicine, nursing, health education or public health? We can help!

NACCHO  
NATIONAL ASSOCIATION OF COUNTY AND CITY HEALTH OFFICIALS

Your Local Health Department's Biggest Advocate.

At NACCHO, we strive to be a leader, partner, catalyst, and voice for local health departments around the nation. All of our efforts focus on promoting health and equity, combating disease, and improving the quality and length of all lives.

LEARN MORE

READ NOW

NACCHO's Applauds Surgeon General's Naloxone Recommendations

Naloxone is a component in L4ED's efforts to reduce opioid overdose and death.

LEARN MORE

APHA/PHWINS: Public Health Workforce Interests and Needs Survey

# Major contemporary public health challenges

- Adversity – poverty, homelessness, food insecurity, abuse, health care
- Communicable diseases – HIV, Ebola, Flu, ..., antibiotic resistance
- Destructive conflict/war/terrorism/inequality
- Environmental toxins, degradation, water, soil, climate, species
- Governance failures
- Health disparities
- Injury and disability
- Migration and refugees
- Non-communicable diseases (Cancer, CVD, lung disease, arthritis, ...)
- Poverty, homelessness, food insecurity, mental health problems
- Substance use (alcohol, drugs, tobacco)

# Health is influenced by many factors

- **Biological** factors – genetics, micro-organisms, evolutionary forces
- **Behavioral** factors – activity, diet, sleep, substance use
- **Environmental** factors – air, water, food, nature, chemicals and toxins
- **Health services** – primary care, immunizations, risk factor control
- **Social** factors – economic, political, cultural, social support

# Broader perspectives

- **Complexity** – life is an “emergent phenomenon” that arises from the interactions of atoms, molecules, cells, organisms, people, groups, ...
- **Better behavior** – individual, social, political – may require more coherent functioning – more intelligence, cooperation, contentment, foresight, broader awareness
- Discontent causes friction and is contagious.

# Grumpiness and lack of sleep

- Couples' shorter sleep duration related to higher stimulated cytokine production after marital conflict.
- People who slept less behaved more negatively and less positively only when their partner had also slept less.
- One's own and one's partner's use of emotion regulation strategies during conflict buffered short-sleep-related inflammatory reactivity.

Stephanie J. Wilson, *et al.* Shortened sleep fuels inflammatory responses to marital conflict: Emotion regulation matters.

*Psychoneuroendocrinology*. May 2017; 79: 74-83

<http://www.sciencedirect.com/science/article/pii/S0306453016305169>

## Former CDC Director Tom Frieden has meditated for 40 years

Julia Belluz: During the Ebola outbreak, you were all over the media, you were in a daily press briefing, you were dealing with the White House, your own staff, the outbreak response, a political firestorm here in the US. Yet you always seemed so calm. I heard you meditate. Is that your secret?

Tom Frieden: This is true. **I have not said this publicly before. But yes, for 40 years I have been meditating twice a day. Twenty minutes, twice a day.**

Julia Belluz: How did you get into meditation?

Tom Frieden: My brother was into it, then I got into it, and it becomes a self-reinforcing habit. I find — **and I don't recommend it for others**; people should do whatever they find is best for themselves — **but it makes me more efficient. It gives me more equanimity.**

Source: This is what keeps CDC director Tom Frieden up at night

Julia Belluz@juliaoftorontojulia.belluz@voxmedia.com Jan 17, 2017

<https://www.vox.com/science-and-health/2017/1/16/14042500/tom-frieden-vaccines-ebola-zika-trump-cdc>

## **TQM in Europe: a case study**

# **TQM and the Transcendental Meditation program in a Swedish top management team**

*Jane Schmidt-Wilk*

### **The author**

Jane Schmidt-Wilk is Assistant Professor of Management at the Maharishi University of Management, School of Business and Public Administration, Fairfield, Iowa, USA.

### **Abstract**

Drawing on a case study of a Swedish top management team whose members were practitioners of the Transcendental Meditation<sup>®</sup> (TM<sup>®</sup>) technique, this article argues for developmental maturity as an important causal factor for effective TQM behaviors and success. It suggests that, first, increased maturity permits expression of more effective cognitive, affective, and team TQM behaviors, as indicated by improved team functioning and successful TQM planning, and, second, practice of the TM technique promotes the psychological maturation that allows a greater range of appropriate TQM behaviors. Thus, the inner development provided by the Transcendental Meditation program has practical value for managers engaged in TQM implementation.

Jane Schmidt-Wilk. TQM and the Transcendental Meditation program in a Swedish top management team, *The TQM Magazine* 2003;15(4):219 - 229  
<http://www.emeraldinsight.com/doi/pdfplus/10.1108/09544780310486137>



# Meditation in the Classroom – The Maharishi School, Fairfield IA (Ken Chawkin, *The Edge*, Aug 1, 2004)

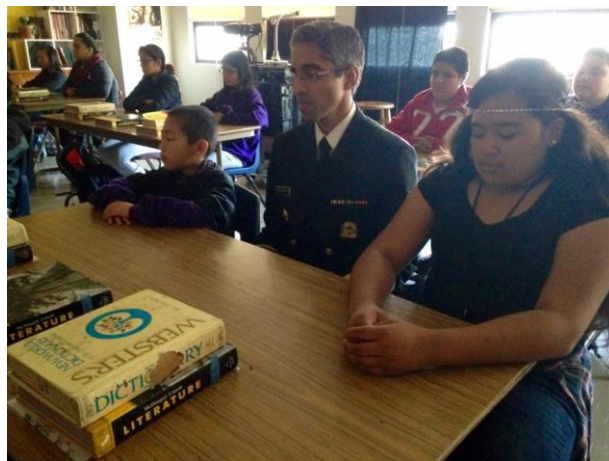
Dr. Charles Matthews, chairman and former professor of science education at Florida State University: “The students ... have the longest attention span of any I have seen in the 30 years of teaching and educational research in public and private schools.”

Julia Herbert, Ed.S., reading consultant in the Washington, D.C., area schools: “... I have never felt such a calm and silent atmosphere in a school of bright, lively, alert children...”



Jill Olsen-Virlee, Iowa Teacher of the Year for 1996 from Marion, Iowa: “Your school was truly an inspiration. The inner peace, the concern for one another, the respect and thirst for wisdom and a holistic approach to children are awesome.”

# Former Surgeon General Vivek Murthy visits the TM Quiet Time program in San Francisco



Murthy: The "Quiet Time" program has revolutionized schools in San Francisco. Grades are up, detentions/suspensions down, happiness on the rise, violence on the decline. These student and faculty practitioners are teaching us about more than stress management. They are teaching us how to love ourselves and one another.

# Santa Maria Tepantlali, Sierra Norte, Oaxaca





Mozambique President Joachim Chissano credits TM with ending the civil war in that country.



**From left to right: Richard Robertson, President Joaquim Chissano, Janine Decot Robertson and Antonio Gonçalves at the Fundação Joaquim Chissano in Maputo**



# The Maharishi Effect – Invincible Military

[Nepal](#), [Ukraine](#), and several militaries  
in [Latin America](#) are participating

(left: Ecuador:  
[http://www.davidleffler.com/enewsletter/20100703\\_IDT\\_News.html](http://www.davidleffler.com/enewsletter/20100703_IDT_News.html))

# Thank you!

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  - Interviews with SPH faculty, alumni
- 
- For TM, can go directly to <http://go.unc.edu/tm>