Putting People First: Working with Hospitals to Improve Community Health

What Does It Take to Be Healthy?

Location
Date
OUR QUESTIONS

1. What does it MEAN to be healthy?

2. What does it TAKE to be healthy?
   • What influences our health?
“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- World Health Organization
One way we can tell whether a community is healthy is by looking at these results:

- How long people in the community live
- How healthy people feel while they are alive (quality of life)
What Influences Our Health?

Our family tree (our genes) = 30%
What Influences Our Health?
What Influences Our Health?

- Physical Environment: 10%
- Social and economic factors: 40%
- Healthy Behavior: 30%
- Access to quality care: 20%

Source: County Health Rankings Model, © 2012 University of Wisconsin Population Health Institute
Why Does This Matter to Us?
Let’s reflect on this 5-minute clip describing the connections between PLACE, POWER, and HEALTH.


Source: PBS series *Unnatural Causes: Is Inequality Making Us Sick?*
Why Does This Matter to Us?

Because…

• These health factors impact all of us, all of the time

• But, not all of us are impacted the same way

• They don’t happen by accident
  • They are often the result of policies and programs chosen by decision-makers (people in government, employers, hospitals and insurance companies, for example)

• And, they do not always work well for everyone

Most importantly, they matter because…
Why Does This Matter to Us?

There are things **WE can do** to change what isn’t working for our community.