

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*

What It Means to Be Healthy

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%

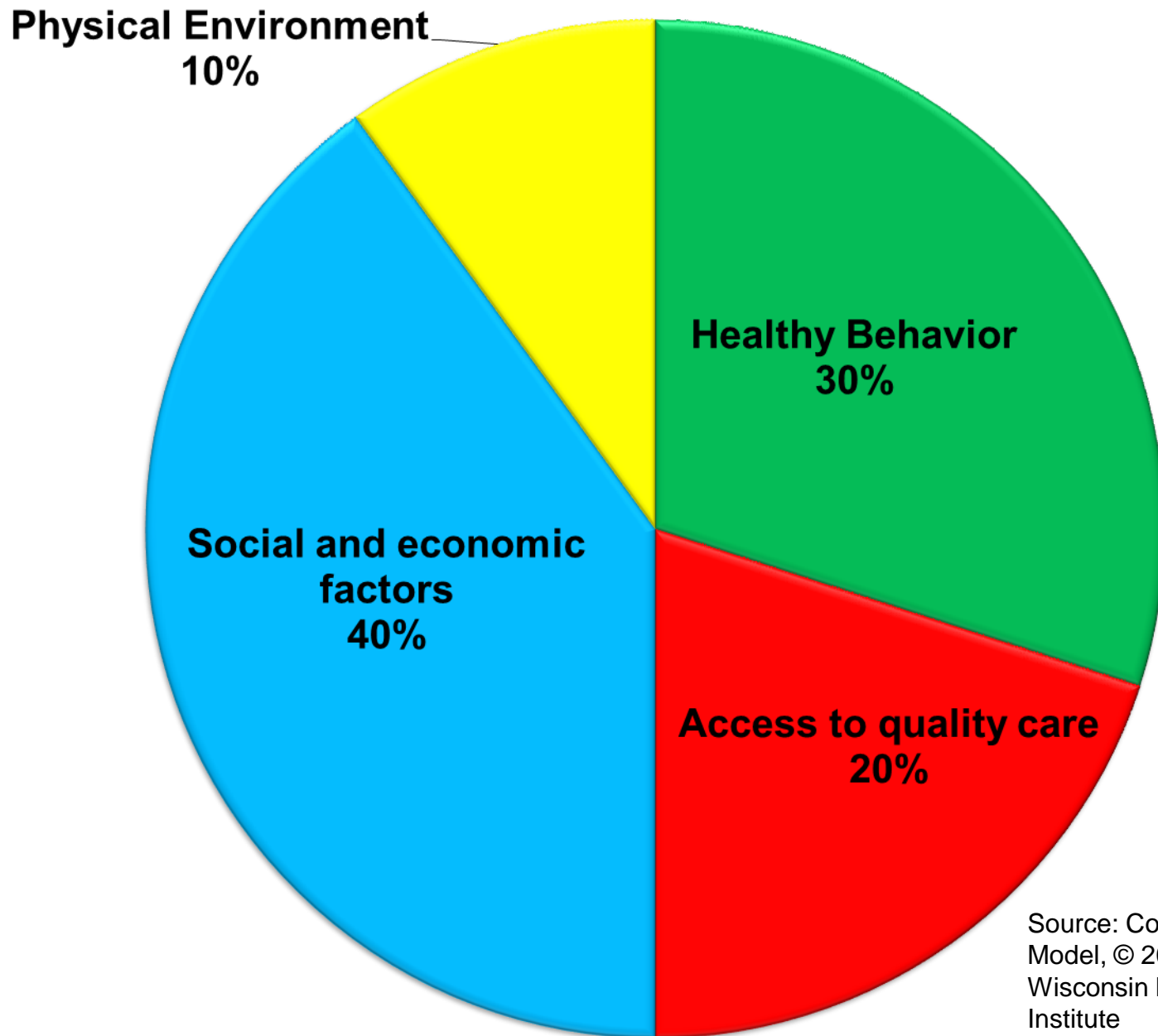
What Influences Our Health?



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Programmer designed by [Hadi Davodpour](#) from the [Noun Project](#)

What Influences Our Health?



Source: County Health Rankings Model, © 2012 University of Wisconsin Population Health Institute

Why Does This Matter to Us?



The Role of Power and Public Policy

Let's reflect on this 5-minute clip describing the connections between PLACE, POWER, and HEALTH.

http://www.unnaturalcauses.org/video_clips_detail.php?res_id=217

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.