

Promoting Health at Work and Home

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Overview

- Population health in context
 - Global/national
- Social determinants of Health
 - Linking the social environment to health
- Role of Health Promotion
 - Multi-dimensional health solutions

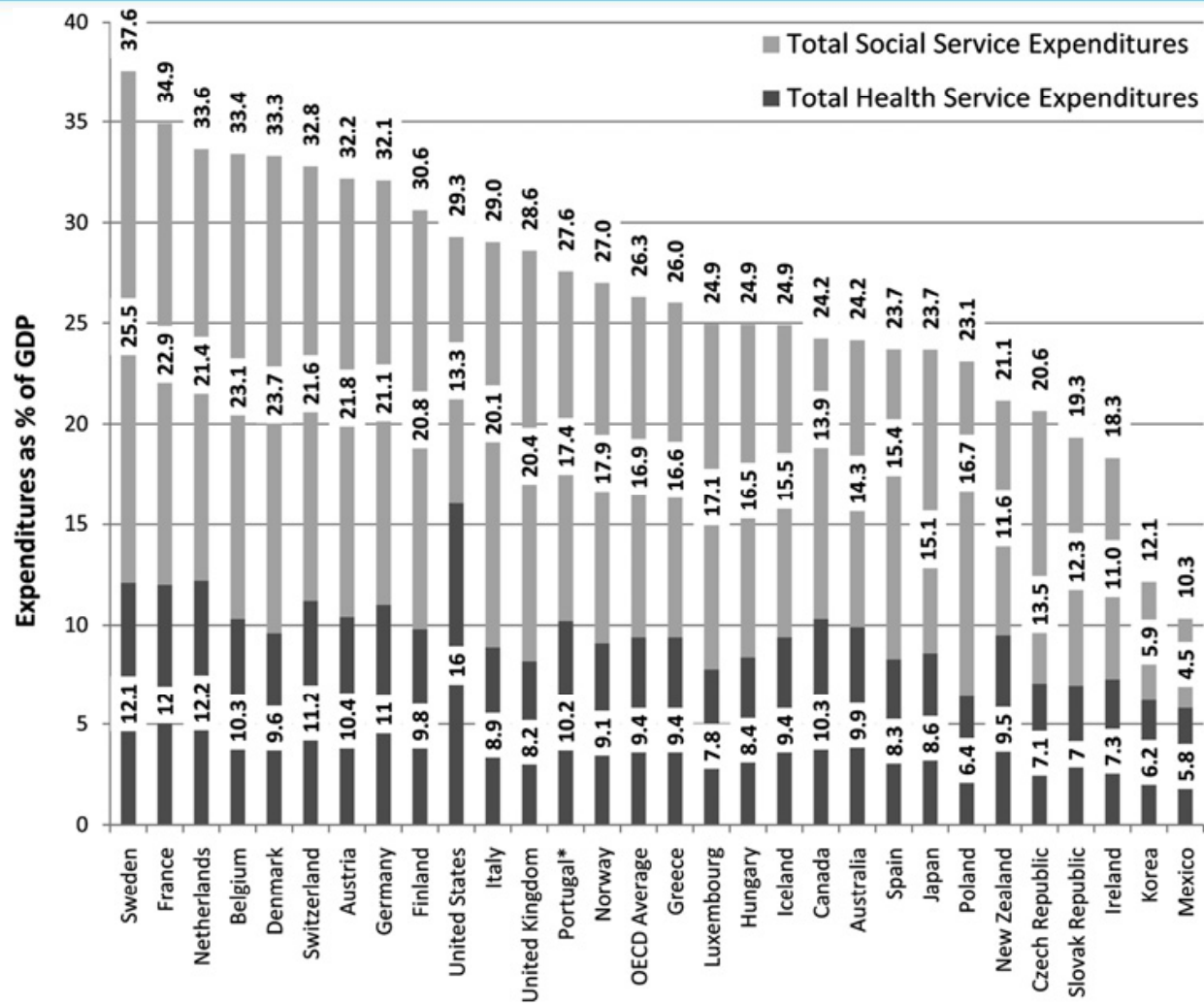


Global Context

- A health care spending paradox...
- The U.S. spends more than any other industrialized country on health, yet we rank among the lowest in many dimensions of health
- What really underlies the “spend more, get less” paradox?



Ratio of Social to Health Services Spending

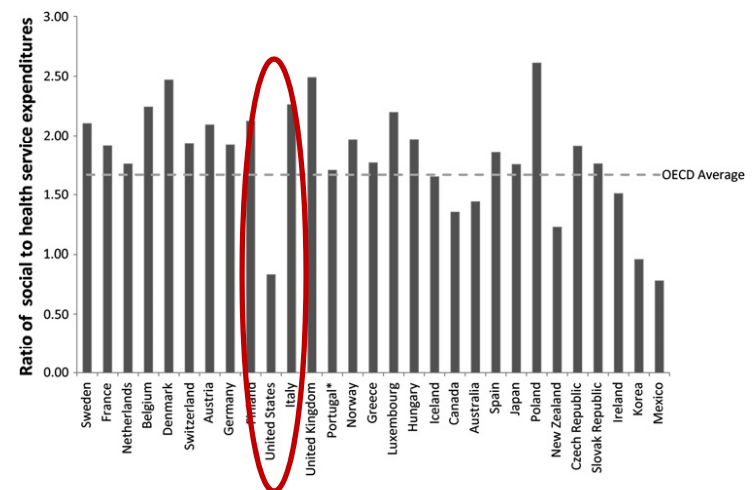




The Ratio of Spending Matters

- OECD countries, including the U.S., spend about 1/3 of their GDP on combined social and health services
- The ratio of social-service spending to health-care spending...
 - Is 2:1 among other OECD countries
 - Is less than 1:1 in the U.S.

However, the U.S.
has an inverted
allocation pattern





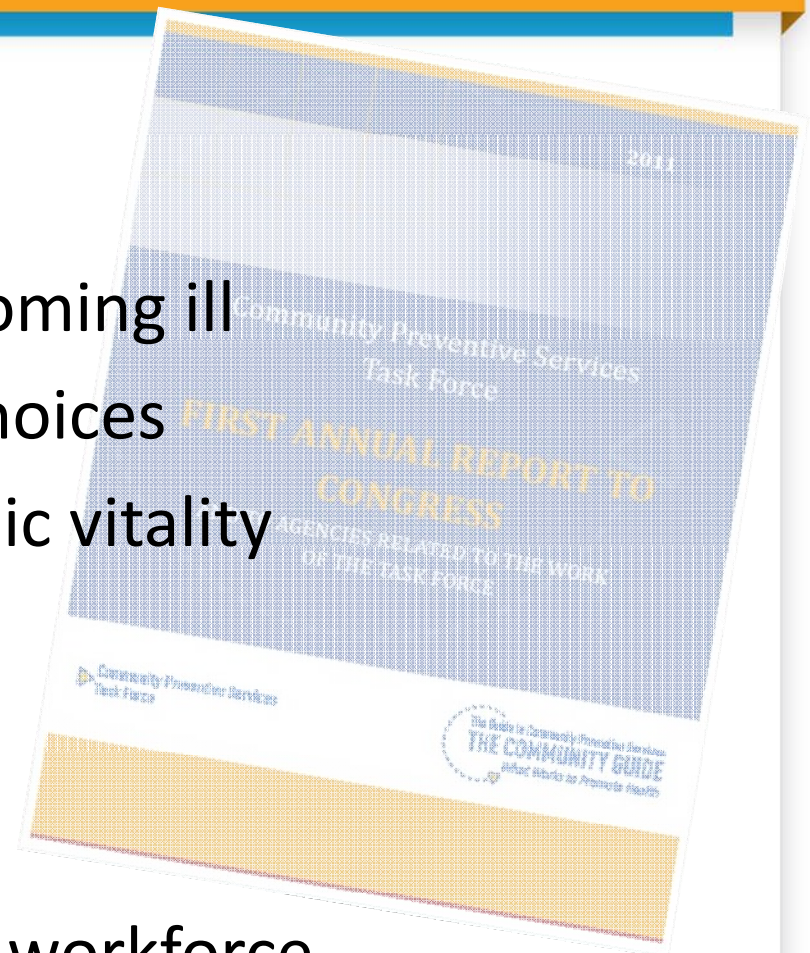
Paradox Take-Aways

- If improved population health is our goal, then the U.S. should look beyond the health-care system to achieve it.
- The results reflect a core principle of public and population health: social determinants of health matter!
- Measures of health determinants are even more important to consider since they can affect the future health of the population—measures of health outcomes represent what has already happened



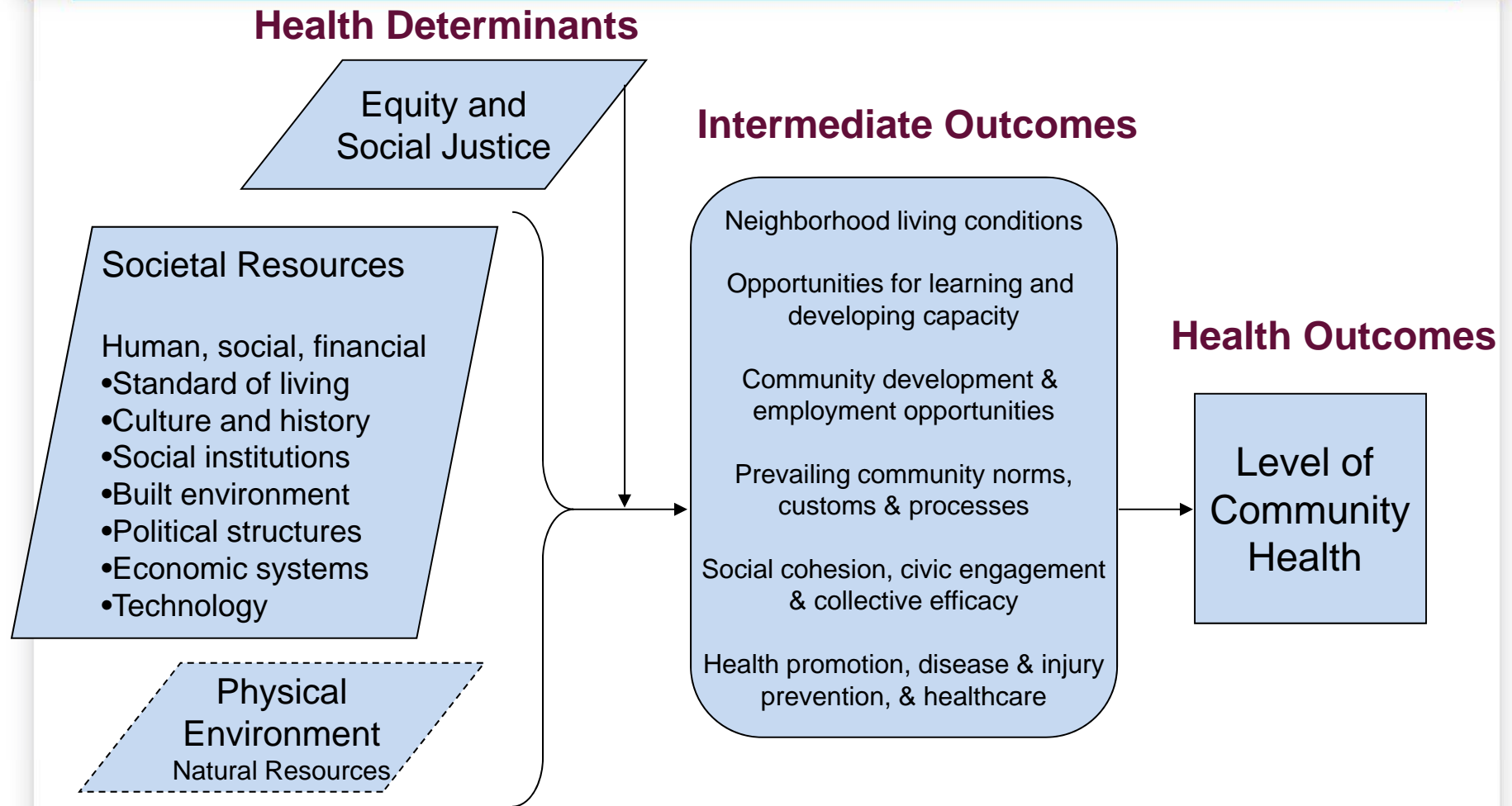
National Context—The Issues

- Reduce healthcare spending
- Reduce illness burden
- Reduce the likelihood of becoming ill
- Make healthy choices easy choices
- Maintain or improve economic vitality
- Reduce waste
- Increase longevity
- Enhance national security
- Prepare communities for the workforce





Linking the (Social) Environment to Health



The *Community Guide's* social environment and health logic model. AJPM 2003



Prerequisites for Health

- Improvements in health requires a secure foundation in basic prerequisites:
 - Peace
 - Shelter
 - Education
 - Food
 - Income
 - A stable eco-system
 - Sustainable resources
 - Social justice, and equity

WHO, 1986. The Ottawa Charter for Health Promotion, Nov. 17-21, 1986.



Health Promotion

- Health promotion is the process of enabling people to increase control over, and to improve, their health
 - Identify and realize one's aspirations
 - Satisfy one's needs
 - Change or cope with the environment
- Health promotion is not just the responsibility of the health sector, but goes beyond healthy lifestyles to well-being emphasizing social and personal resources and physical capabilities

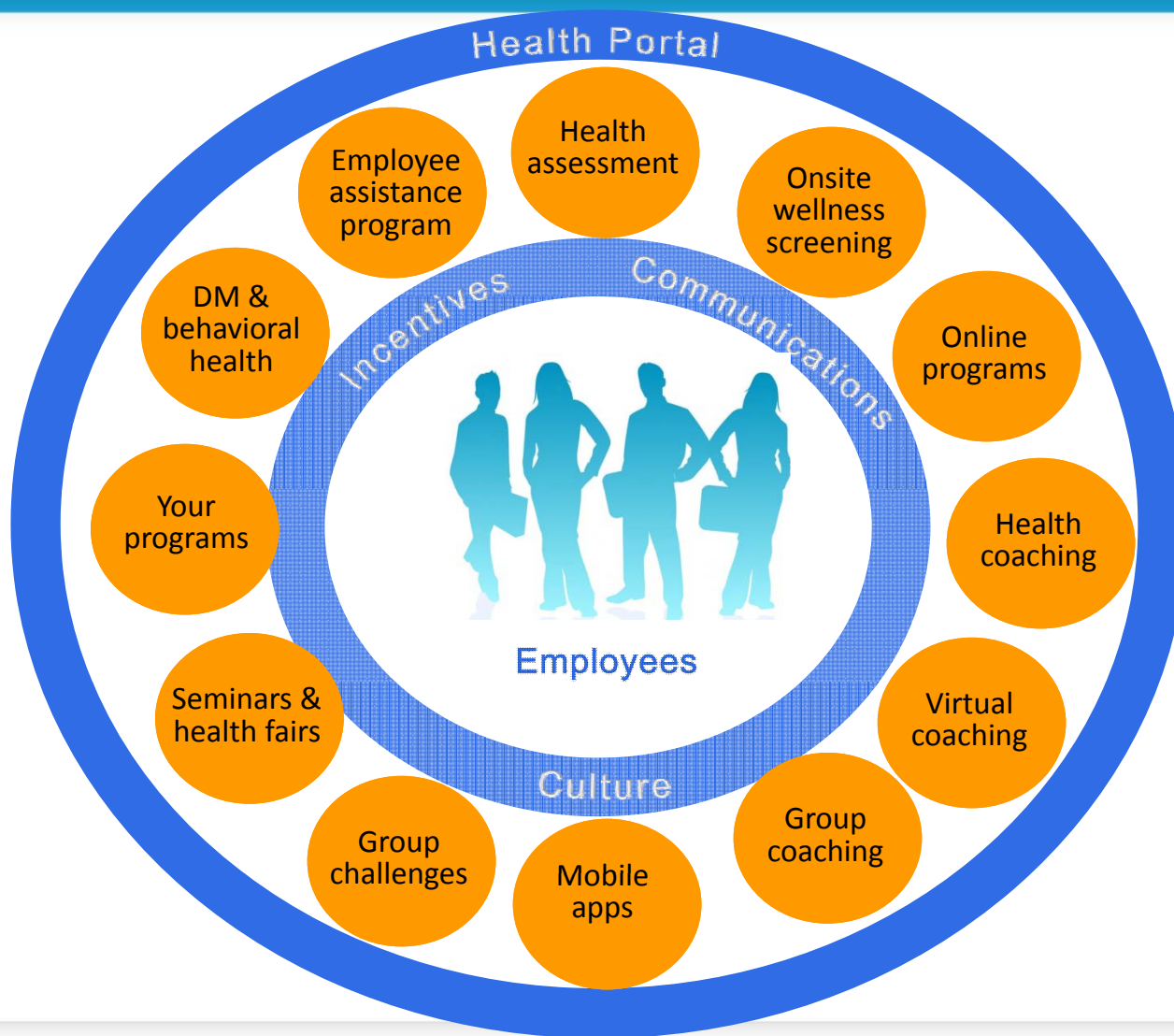


HealthPartners Mission

- Mission:
 - Improve the health of our members, our patients and the community.
- How:
 - Health Care
 - **Health Promotion**
 - Health Plan Services



Solutions





Resources



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Get and stay healthy with your one-stop spot for health and wellness resources.



Flu season
Get important updates on the flu and flu shots.



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Join the conversation on Facebook!

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Get moving



Rethinking drinking

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