



DREXEL UNIVERSITY

College of

Nursing and
Health Professions

Creating a Culture of Health & Healing

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Objectives

- Describe a framework for building a culture of health.
- Highlight the importance of the integration of public health with health care.
- Discuss the role of adversity in health and the need for a Life Course Perspective .
- Present the 3.0 model of transformation in health care.

Man is the only animal
that cries, because man
alone sees the difference
between what is and what
could be.

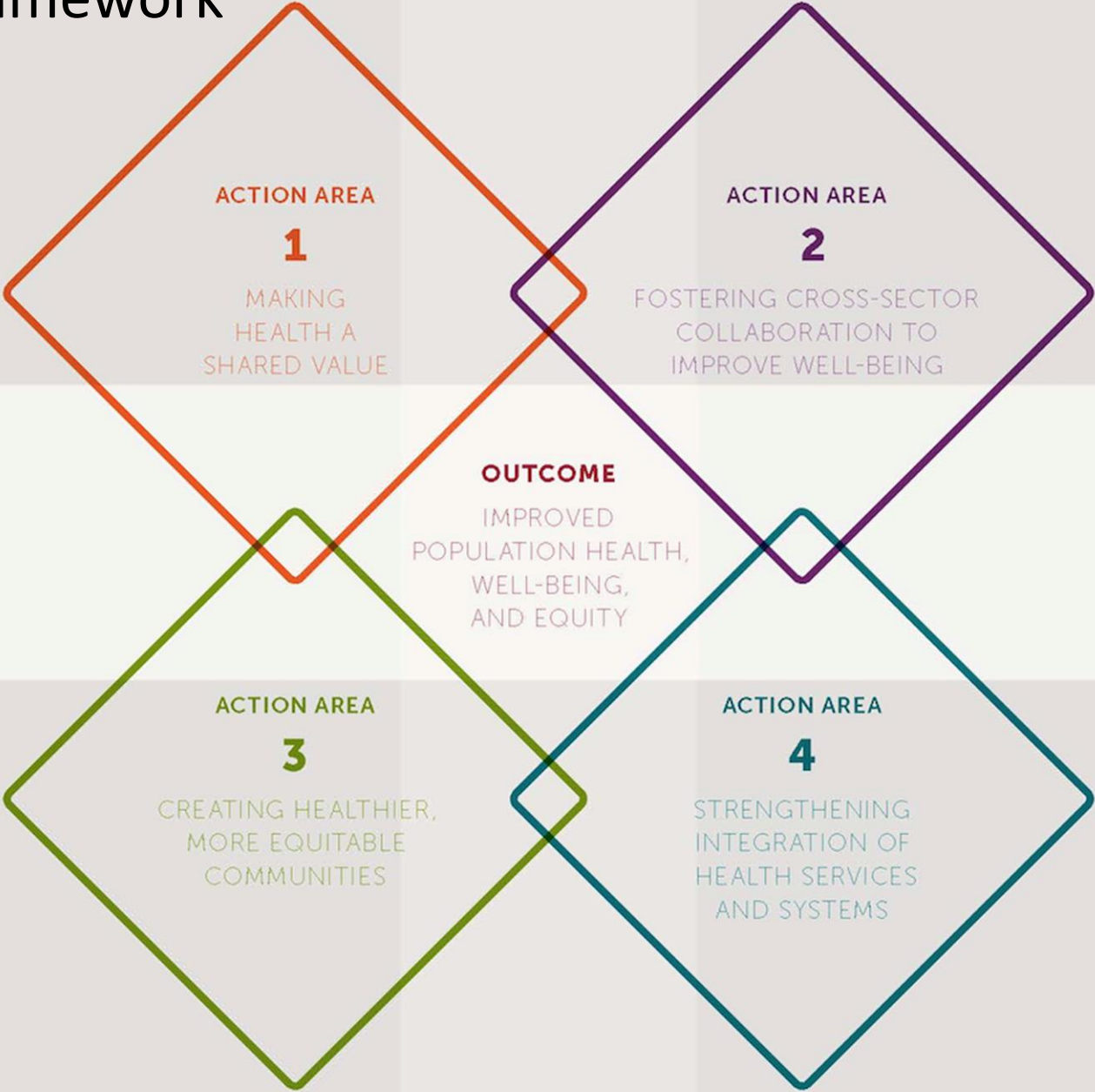
Creating a Culture of Health

Health and well-being can be greatly influenced by complex social factors:

- where we live
- how we work
- the soundness and safety of our surroundings,
- the strength and resilience of our families and communities

Health is created –interaction of people and their environments

Action Framework



ACTION AREA



MAKING HEALTH A SHARED VALUE

DRIVERS

MINDSET AND
EXPECTATIONS

SENSE OF
COMMUNITY

CIVIC
ENGAGEMENT

ACTION AREA



FOSTERING CROSS-SECTOR COLLABORATION TO IMPROVE WELL-BEING

DRIVERS

ENUMERATION
AND QUALITY
OF PARTNERSHIPS

INVESTMENT IN
CROSS-SECTOR
COLLABORATION

POLICIES
THAT SUPPORT
COLLABORATION



Primary Care

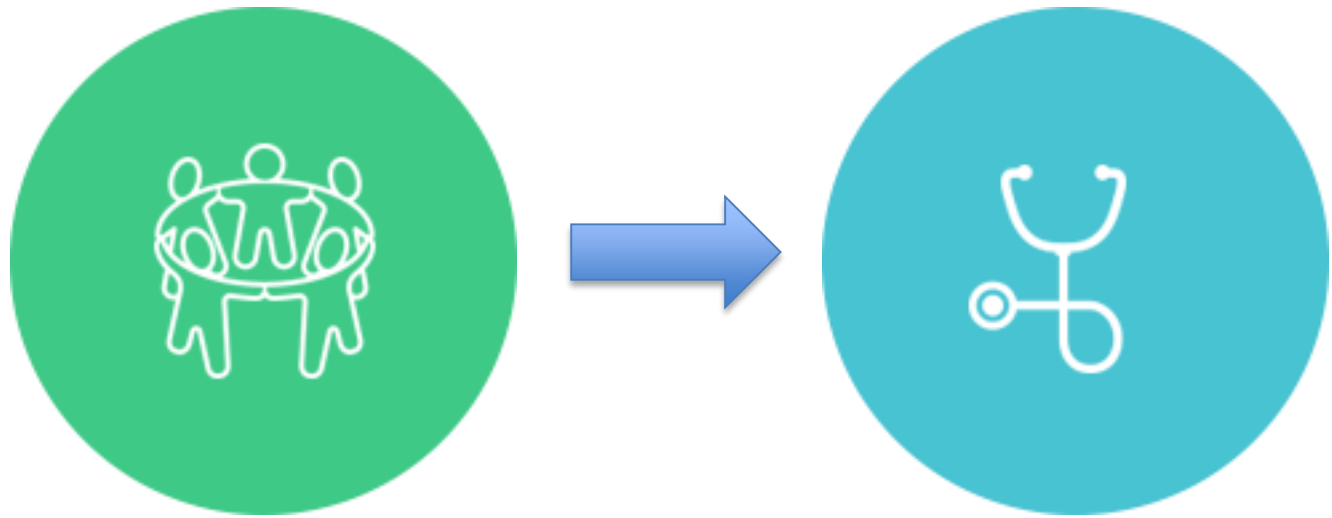
“The provision of integrated, accessible health care services by clinicians who are accountable for addressing a large majority of personal health care needs, developing a sustained partnership with patients, and practicing in the context of family and community.”⁴”



Public Health

“Fulfilling society’s interest in assuring conditions in which people can be healthy.”³”

What public health brings to a partnership



Data & Analytics

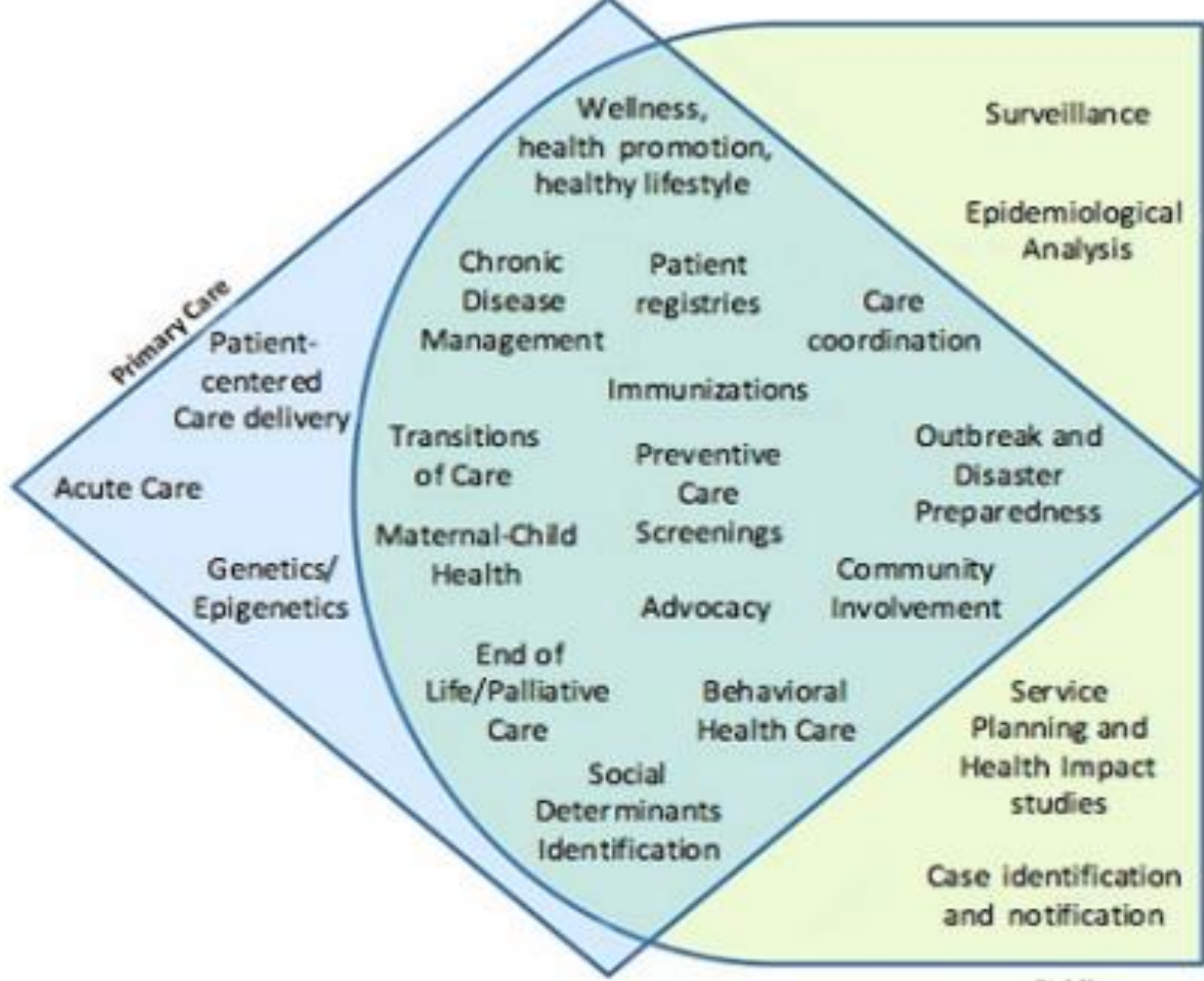
- Identify, address & prioritize population/community wide health issues
- Community level profiles relevant to clinical practice

Policy Influence

- Dedicated to the whole community's health
- Works to leverage opportunities that will impact entire population
- Convening role- galvanize support for critical issues
- Conduct research and develop white papers to inform and influence the thinking of decisions makers and government officials
- Advocates for changes in society that will mitigate disease & injury

Impact on Root Causes Of health

- Public health charge is to understand and address the social determinants of health to reduce the incidence and complexity of health issues.
 - Targeted messaging
 - Health education
 - Other interventions
- Partner with primary care to support people negatively impacted by the social and economic determinates of health



Primary Care

Acute Care

Patient-centered
Care delivery

Genetics/
Epigenetics

Wellness,
health promotion,
healthy lifestyle

Chronic
Disease
Management

Patient
registries

Care
coordination

Immunizations

Transitions
of Care

Preventive
Care
Screenings

Outbreak and
Disaster
Preparedness

Maternal-Child
Health

Advocacy

Community
Involvement

End of
Life/Palliative
Care

Behavioral
Health Care

Social
Determinants
Identification

Service
Planning and
Health Impact
studies

Case identification
and notification

Surveillance

Epidemiological
Analysis

**Public
Health**

CARE CONTINUUM



- Isolation – Ignorant of others.
- Mutual awareness – Conscious but independent of others.
- Cooperation – Share resources and plans with others.
- Collaboration – Coordinate plans and execution with others.
- Partnership – Appear to the end user as one entity.
- Merger – Operate as one entity.

ACTION AREA



CREATING HEALTHIER, MORE EQUITABLE COMMUNITIES

DRIVERS

BUILT
ENVIRONMENT/
PHYSICAL
CONDITIONS

SOCIAL AND
ECONOMIC
ENVIRONMENT

POLICY AND
GOVERNANCE

ACTION AREA



STRENGTHENING INTEGRATION OF HEALTH SERVICES AND SYSTEMS

DRIVERS

ACCESS

CONSUMER
EXPERIENCE
AND QUALITY

BALANCE AND
INTEGRATION



IMPROVED POPULATION HEALTH, WELL-BEING, AND EQUITY

OUTCOME AREAS

ENHANCED
INDIVIDUAL AND
COMMUNITY
WELL-BEING

MANAGED
CHRONIC DISEASE
AND REDUCED
TOXIC STRESS

REDUCED
HEALTH CARE
COSTS

We need a compassionate public health approach to health that recognized the connection between physical and mental health.

Health & Healing

Heal the soul & the body will follow

The body remembers

Adversity & the Loss of Health Potential

- Adversity & prosperity have a dramatic effects on health development
- Adversity comes in many forms; economic, social, environmental, familial, behavioral
- Rising rates of mental, behavioral and developmental problems are indications of growing levels of adversity

WHAT ARE THEY?

ACEs are

ADVERSE
CHILDHOOD
EXPERIENCES

HOW PREVALENT ARE ACEs?

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

WHAT IMPACT DO ACEs HAVE?

*As the number of ACEs increases, so does
the risk for negative health outcomes*



Possible Risk Outcomes:

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



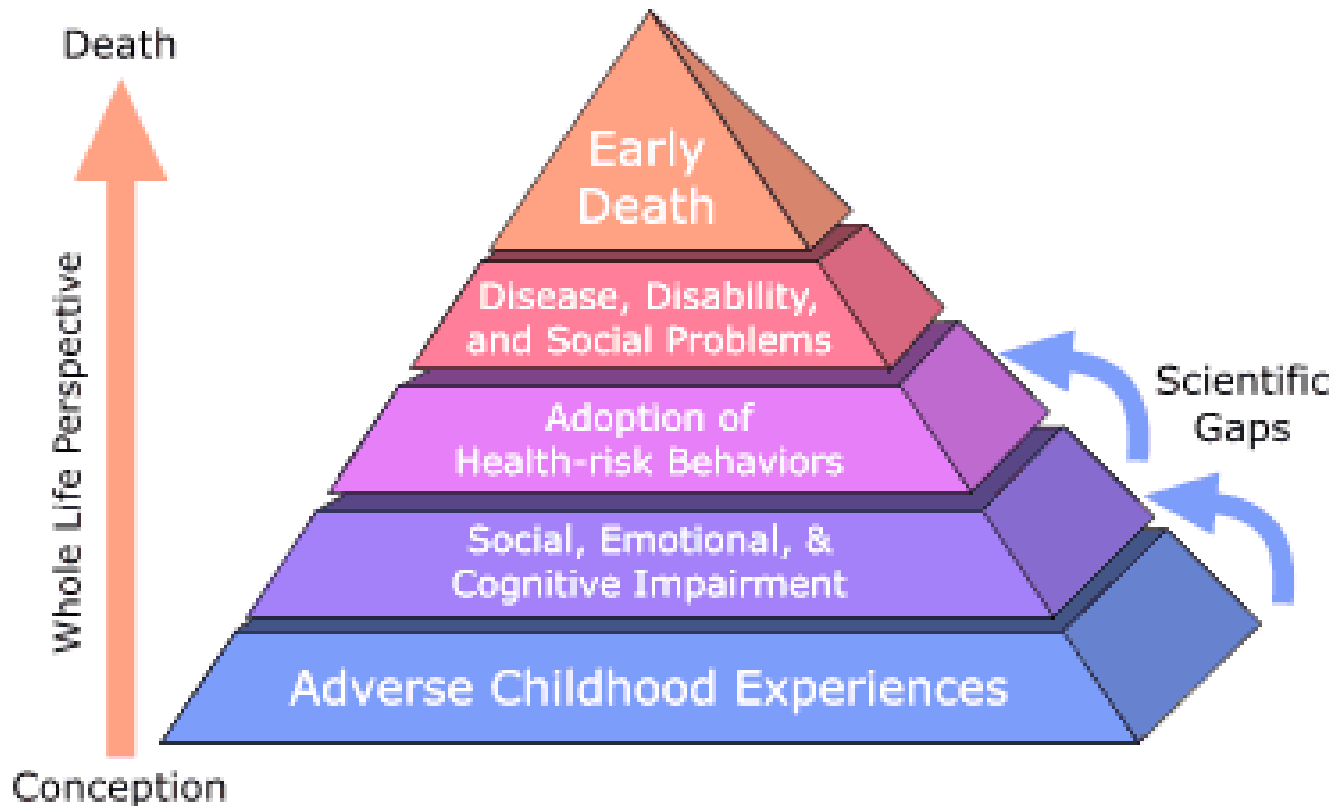
Stroke



COPD



Broken bones



ACE Pyramid - CDC

Epigenetics & Neural Development

Studies demonstrate how gene expression can be modified in response to environmental cues, and that biological and behavioral traits can even be perpetuated across multiple generations.

Complementary studies of the developing brain have demonstrated how stress and social adversity are embedded into the biology of human development during sensitive and critical periods

Risky families and toxic environments embed their influence through developing neural, immune and endocrine pathways, resulting in lifelong changes in bio-behavioral function.

This research on neural development, stress and biological embedding has provided an important empirical and conceptual bridge between observed social gradients in health and the experience-dependent influences on bio-behavioral systems that occur during the process of human development



Intellectual
Brain

Survival
Brain

Life Course Perspective

The life course approach to conceptualizing health care needs and services evolved from research documenting the important role early life events play in shaping an individual's health trajectory.

The interplay of risk and protective factors, such as socioeconomic status, toxic environmental exposures, health behaviors, stress, and nutrition, influence health throughout one's lifetime.

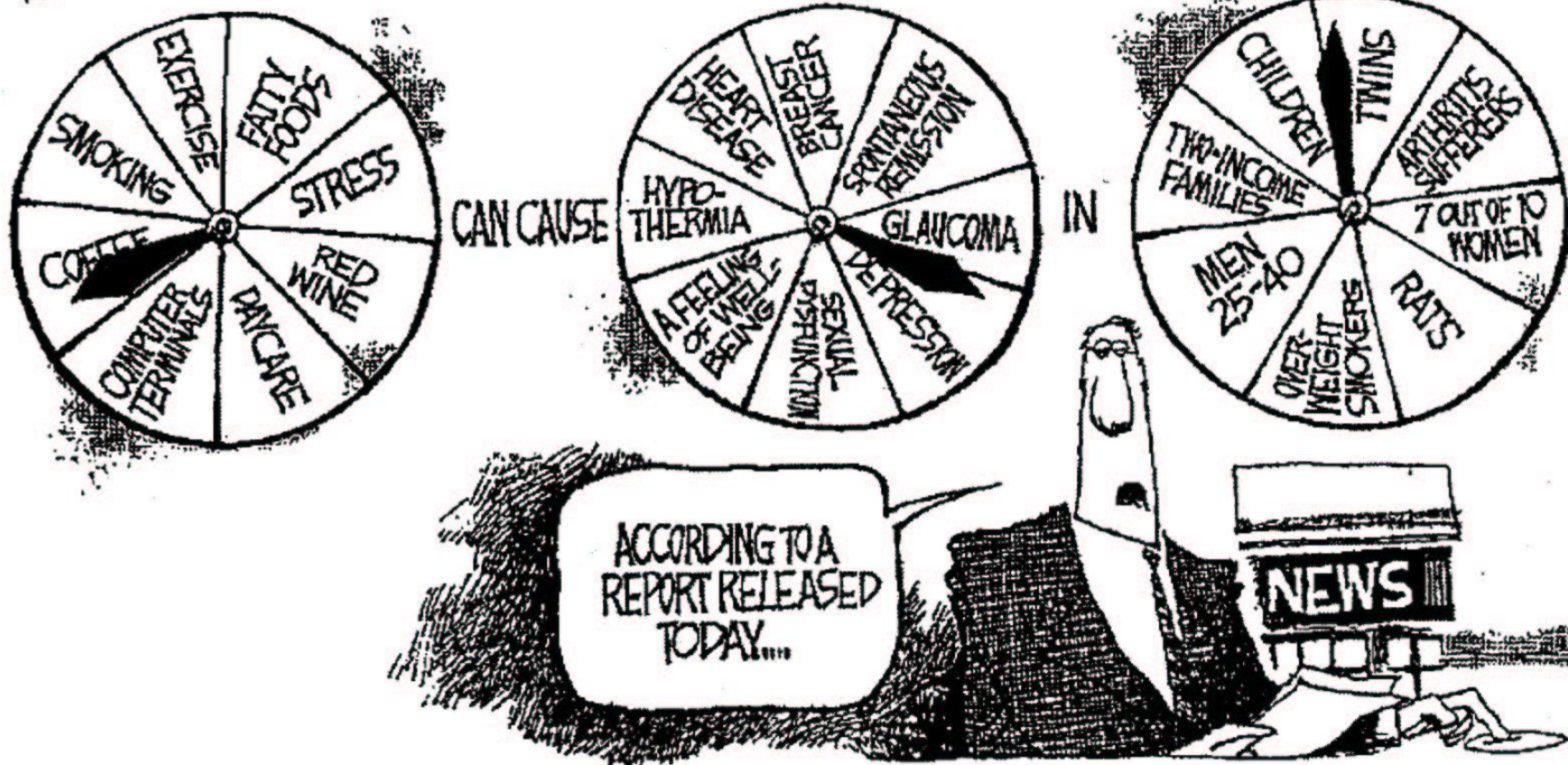
Protective Factors: Factors that improve health and contribute to healthy development (e.g. conflict resolution skills, steady employment, good peer group, community engagement, etc.).

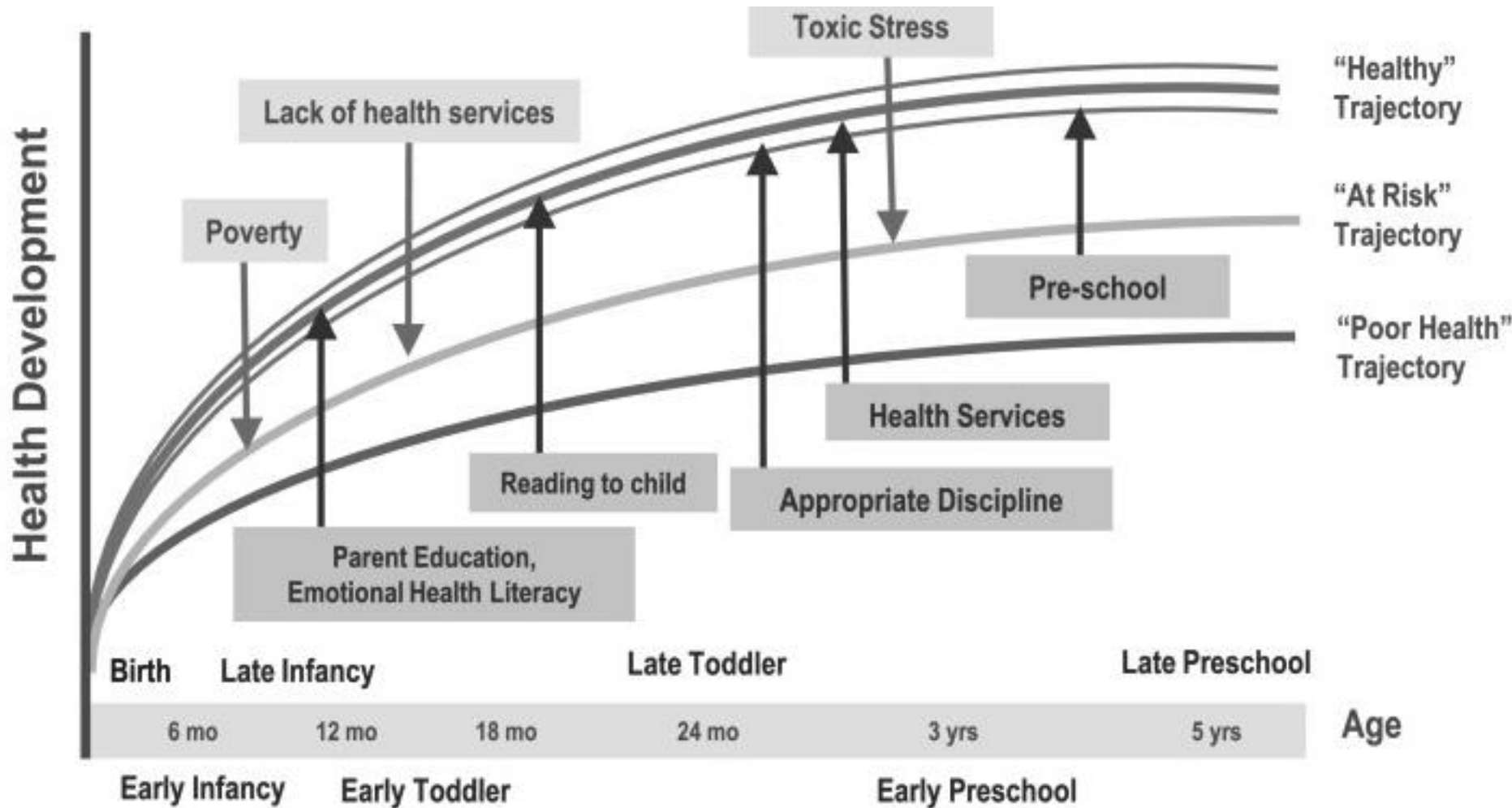
Risk Factors: Factors that diminish health and make it more difficult to reach one's full potential (e.g. low self-esteem, drug abuse, family distress, low literacy, etc.).

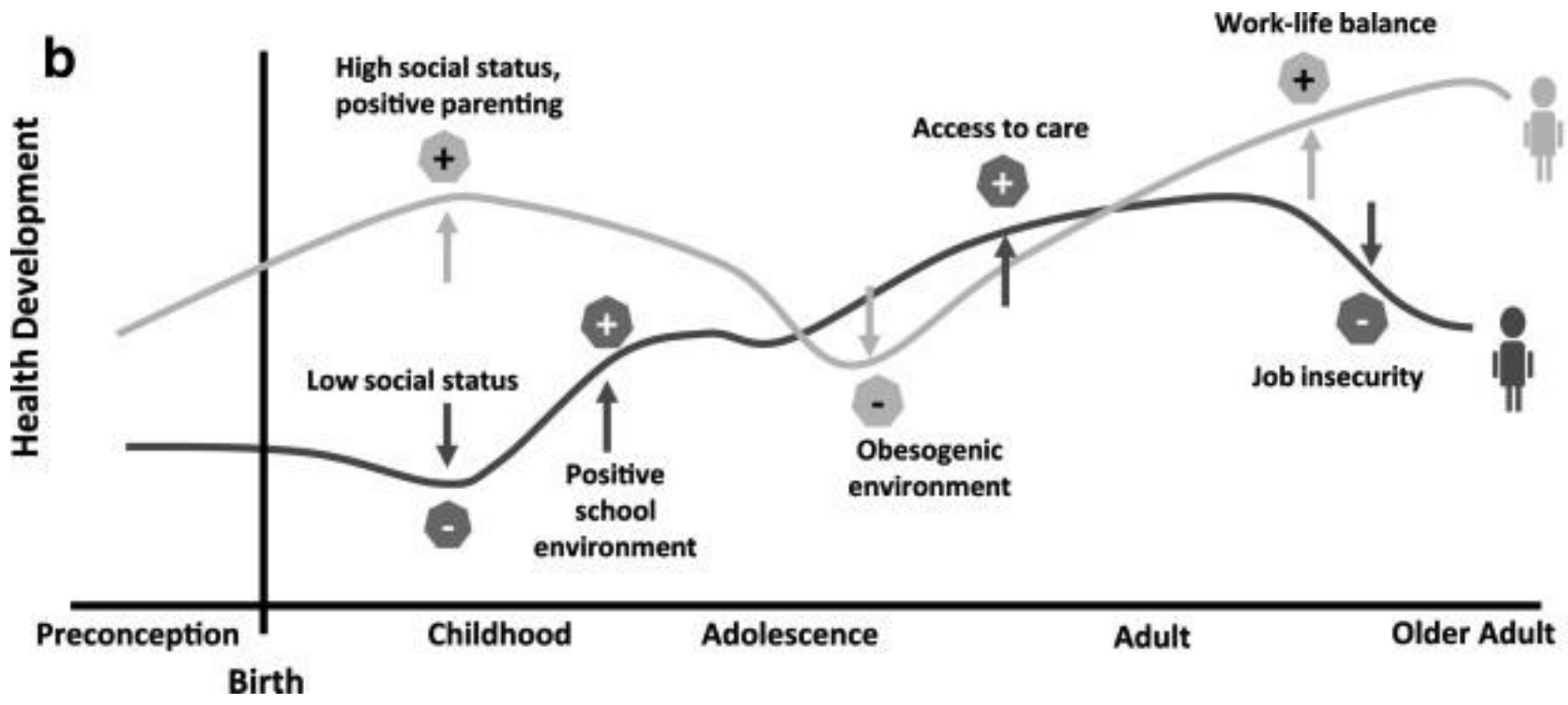
Today's Random Medical News

from the New England
Journal of
Panic-Inducing
Gobbledygook

JIM GOSMAN







As we discuss the future of health care, maternal and child often health finds itself at the margins of the discussion.

Life Course models dictate that it should be central to any reform efforts.

Addressing the health risks that occur early in life is important not just in terms of improving later adult health, but in setting a strong foundation for the entire nation's well-being

Change, Innovation, Improvement Strategies

- Fixit– fix broken parts and pieces
- Incremental Improvement
Evidence based improvements in services and care -
Most of health care improvements fall into this category (new screening tool, new program)
- Transitions
New way of performing; - Where innovations drives improvement - Requires nudges and jolts
- Transformation: Paradigm Shift - New Operating System

The First Era (Yesterday)

- Focused on acute and infectious disease
- **Germ Theory**
- Short time frames
- Medical Care
- **Reducing Deaths**

Health System
1.0

The Second Era (Today)

- Increasing focus on chronic disease
- **Multiple Risk Factors**
- Longer time frames
- Chronic Disease Mgmt & Prevention
- **Prolonging Disability free Life**

Health System
2.0

The Third Era (Tomorrow)

- Increasing focus on achieving optimal health
- **Complex Systems - Life Course Development**
- Lifespan/ generational
- Investing in population-based prevention
- **Producing Optimal Health for All**

Health System
3.0

Transitioning to a 3.0 Operating Logic

	Old Operating Logic	New Operating Logic
Definition of Health	Absence of Disease	Development of Capacities and Realizing Potential
Goal of the Health System	Maintain Health, Prolong Life	Optimize Population Health Development
Client Model	Individual	Individual, Population, Community
Health Production Model	Biomedical	Life Course Development of Biopsychosocial Health
Intervention Approach	Diagnosis, Treatment and Rehabilitation	Disease prevention, Preemptive Interventions, Health Promotion, Optimization
Time Frames	Short/ Episodic	Life Long & Continuous

3.0 Transformation Framework

Components	Current System	3.0 System	Change Strategies
Operating Logic			
Organization of Health Producing Sectors			
Organization & Delivery of Individual Care			
Medical Education & Workforce			
Market			
Funding			
Regulation & Governance			
Performance Monitoring			