



Health and Well-Being for All

Accelerating Learning about Social Determinants

The rapidly evolving health care system is reshaping the training and development needs of today's health professionals. The shift from volume to value requires addressing underlying causes of illness. *Health and Well-Being for All* is an innovative and compelling way to explore the potential root causes of illness—the social determinants of health—with health and health care professionals at all stages of professional development.

WHAT IS HEALTH AND WELL-BEING FOR ALL?

The *Health and Well-Being for All* meeting-in-a-box provides everything needed to explore the determinants underlying health problems faced by patients and communities. This hands-on tool simulates a 6-step process for leading change to improve the community's health. It incorporates a big-picture visual with supporting materials, including data cards, group dialogue exercises, and facilitator tips to identify and engage collaborators.

1 

SEEING THE BIGGER PICTURE

2 

FOCUSING ON WHAT'S IMPORTANT

3 

FIND OTHERS WHO CARE

4 

WALKING A MILE IN SOMEONE ELSE'S SHOES

5 

ACTING ON WHAT'S IMPORTANT

6 

COMMUNICATING YOUR VISION & MISSION

MEETING-IN-A-BOX

WHY USE HEALTH AND WELL-BEING FOR ALL TO TRAIN YOUR HEALTH PROFESSIONALS?

Health and well-being are products of not only the health care we receive and the choices we make, but also the places where we live, learn, work, and play. *Health and Well-Being for All* is an interactive way to discuss factors that affect our overall health, including social factors, and to consider how to take action.

Health and Well-Being for All promotes teamwork and cross-sector collaboration to address social determinants. Working with partners maximizes the impact on the health of individuals and the communities in which they live.

Health and Well-Being for All has been tested by various audiences, from health care to academia.

What is included in Health and Well-Being for All?

- Carrying case
- Vibrant infographic/map (3' x 5' durable fabric poster)
- Facilitator's guide
- Three separate simulation modules about asthma, gang violence, and obesity. Each module includes:
 - A dialogue guide
 - A primary patient story
 - Discussion and data cards
 - Role playing scenarios

WHAT WILL PARTICIPANTS DO?

Participants will:

- Discuss the determinants of health—including socioeconomic, behavioral, environmental, and other factors—through a facilitated discussion and prompts.
- Compare and contrast the internal and external issues faced by key stakeholders through a role play exercise.
- Identify strategies for moving from group alignment to cooperative action through collective brainstorming.

WHO SHOULD USE HEALTH AND WELL-BEING FOR ALL?

- Health professions educators, students, and residents
- Faculty and students of other disciplines that also impact health (e.g., social work)
- Public health and health care professionals
- Community health workers and patient navigators
- Health systems senior leaders and administrators
- Others

“Hands on, active learning that makes social determinants of health come alive.”

Justine Strand de Oliveira, DrPH, PA-C | Vice Chair for Education, Duke Family Medicine

HOW CAN YOU USE HEALTH AND WELL-BEING FOR ALL?

- Curriculum for students in the health professions
- Interprofessional orientations for health professions students
- Community coalition meetings
- Problem-based learning exercises



FOR MORE INFORMATION
VISIT WWW.CDCFOUNDATION.ORG/HEALTH-IN-A-BOX