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.
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

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

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

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