



Equity-Based Integrative Health Innovation Towards Health System Redesign

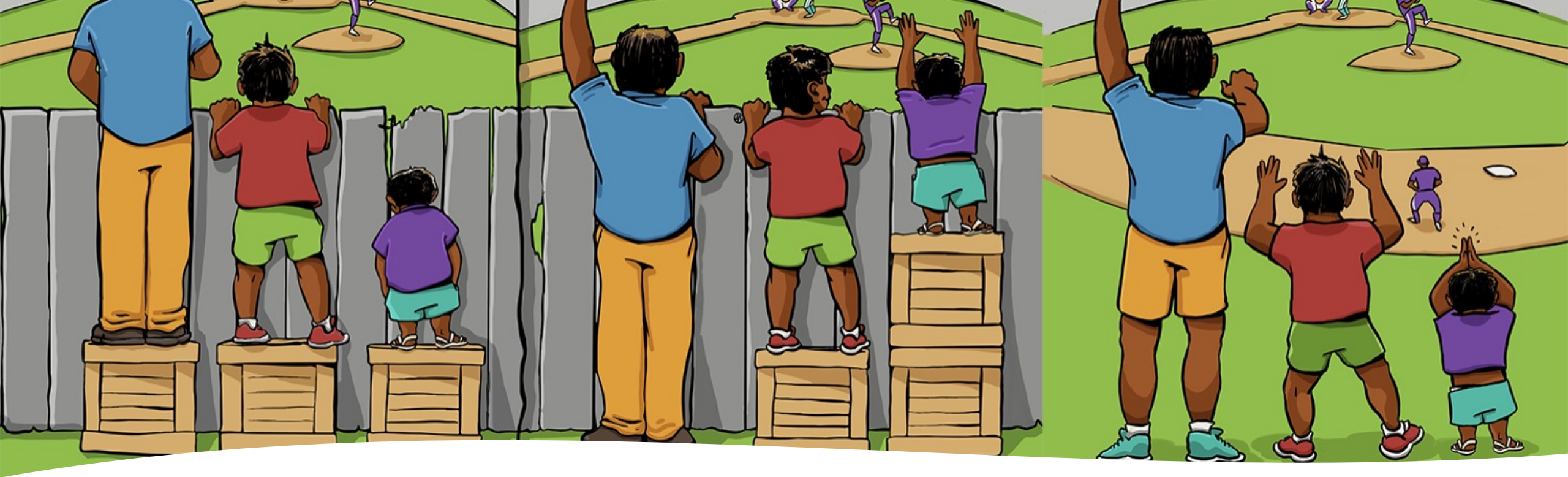
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Objectives

1. Briefly describe how addressing social and structural determinants of health is relevant to ensuring equitable and comprehensive health care.
2. Summarize one innovation in Integrative health addressing structural determinants of health as a core strategy for improving whole person and community health.
3. Identify at least one action the learner can take to further health equity in integrative health.



What is Equity?

- **“The term “equity” refers to fairness and justice and is distinguished from equality”**
- National Association of Colleges and Employers

Image source:

<https://healthcity.bmc.org/policy-and-industry/health-equity-vs-health-equality-whats-difference>

Social Determinants of Health

- “SDOH are the conditions where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes.” (Whitman, et al. 2022)
- Often include factors such as: housing, food and nutrition, transportation, social and economic mobility, education, and built environment.
- Impacted significantly by racism and other forms of discrimination and inequity, as well as personal and collective trauma.
- By conservative estimates, Social Determinants of Health likely account for about 50% of county-level health outcomes. (Whitman, et al. 2022)



Image source:

<https://reospartners.com/projects/possible-futures-health-health-equity-usa/>

By Definition

Established strong associations between housing conditions, access to healthy food, neighborhood safety, race-related stress (among other social drivers) and health.

Whitman et al., 2022; Gattis et al., 2021; Moran-McCabe et al., 2020; Rauh et al., 2002; US Dept of Health & Human Services 2009; Liu 2017; Dinan et al., 2012; Naeher et al., 2012, Walker et al., 2010, Goosby et al., 2018; Jackson et al., 2021

On Connection

- US Surgeon General Dr. Vivek Murthy's [Advisory on the Healing Effects of Social Connection and Community.](#)
- Perceived lack of adequate social connection is associated with “29% increased risk of heart disease, a 32% increased risk of stroke, and a 50% increased risk of developing dementia for older adults. Additionally, lacking social connection increases risk of premature death by more than 60%.”





A Complicated Conversation

- A dynamic interchange between external and internal factors, shaping one another.

- Impact of childhood adversity on trauma-related distress can be moderated by external and internal protective factors.
- A confluence of protective factors may mute impact of childhood maltreatment on development of anti-social attitudes and aggression among youth in probation.

Racine et al., 2020; Logan-Greene et al., 2023

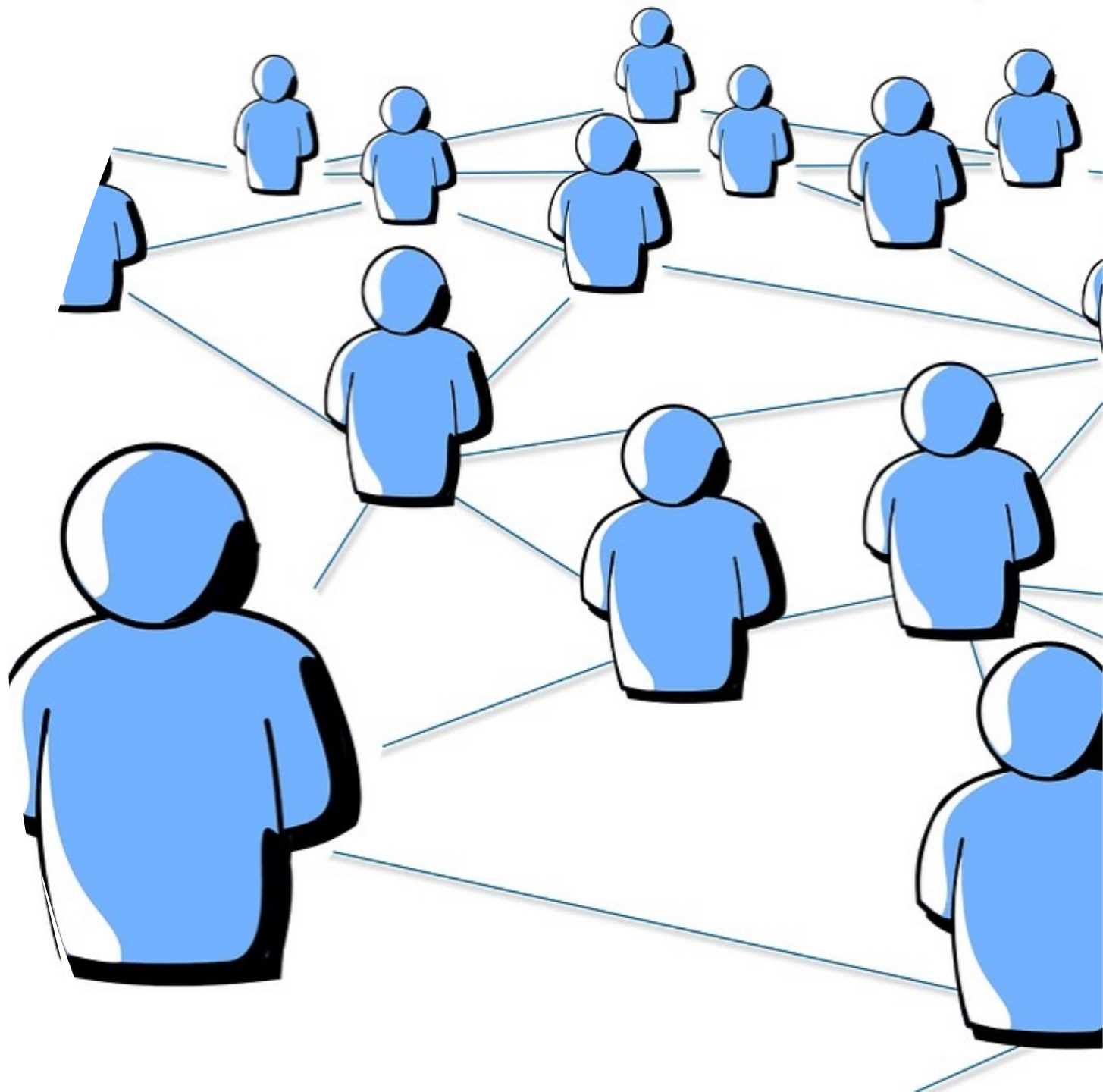




Equity In HealthCare Delivery Structures

Shared Medical Appointments

- Focus on practical learning, connecting, developing group support.
- Potential for stronger therapeutic relationship.
- Accountability and encouragement during early phase of change.
- Cost-effective for primary care and specialty practices.
- Improved self-efficacy





Engaging Life

- A man and a pot of stew...



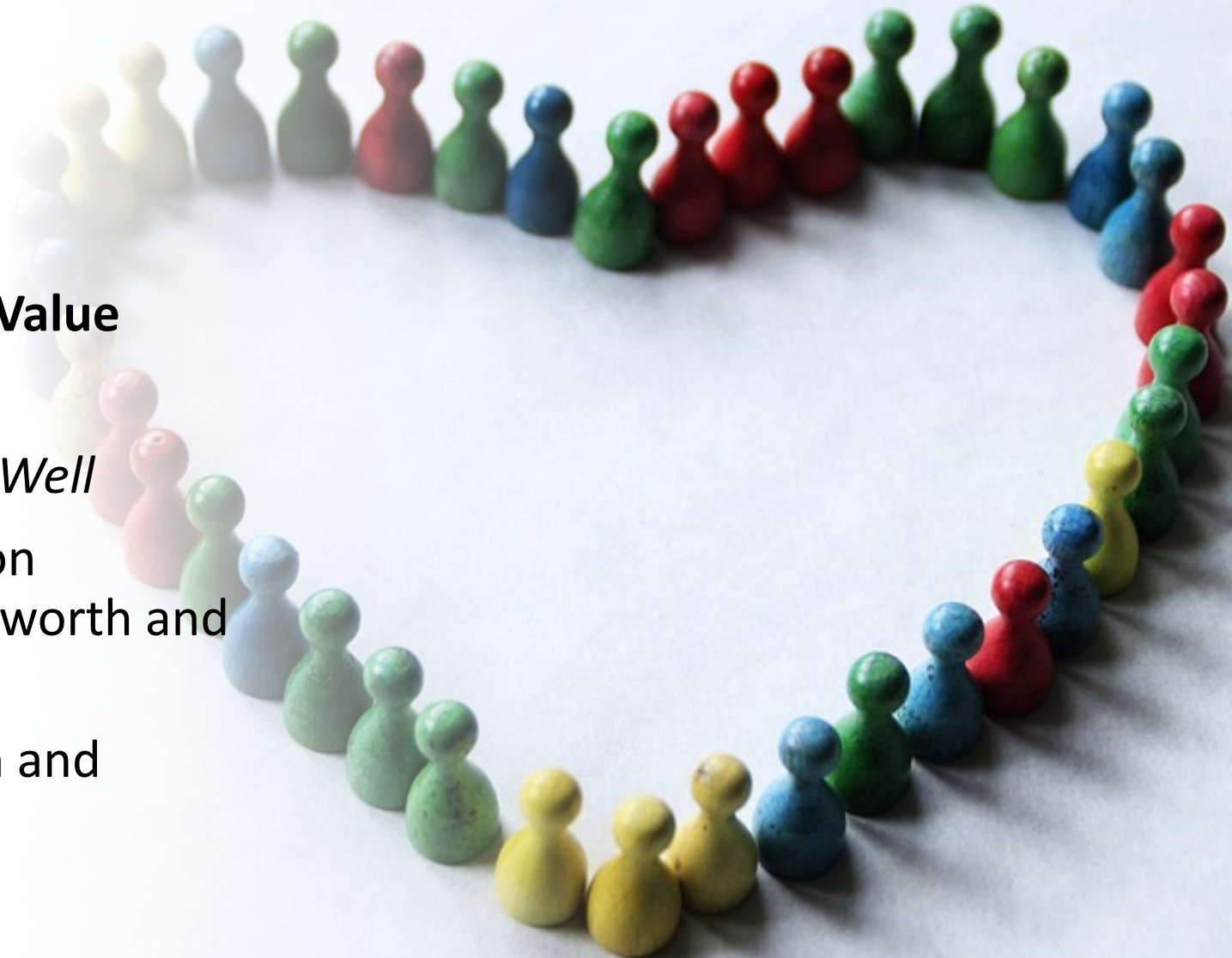
Hope

- Associations between positive affect and hope-engendering experiences and various measures of health and well-being.

Rasmussen et al., 2022; Lancaster et al., 2022; Kelsey et al., 2011; Howell et al., 2014, Iddon et al., 2019.

LOVE

- Unconditional Regard
- Awareness of **Inherent Value**
- Awareness of Purpose
- Calling forth of *What is Well*
- Self-Efficacy grounded on recognition of inherent worth and purpose
- Sharing safely in growth and challenges



Self-Worth

- The value of life is not determined by our actions and experiences.
- I am not my actions and experiences.



Joy

Joy, laughter, humor as powerful medicine.



McQuoid, 2017; Rinnan et al., 2018; Matraca et al., 2011; Seligman, 2009

Empowered Hope

- I am capable of engaging the complexity of my life towards my health and well-being and that of those around me.
- I am capable of shifting patterns of thinking, being and acting to align with the highest expression of the potential within me.





The heart sees deeper
than the eye.

Yogi tea bag

Designing from
the Heart

Zuni Youth Enrichment Program

- <https://www.zyep.org/>
- Food Sovereignty Programs
- Educational and Career Mentorship
- Culturally grounded physical activity and environmental stewardship.
- Sports leagues



Image credits:

<https://www.firstnations.org/native-giving/our-circle/zuni-youth-enrichment-project/>

<https://www.artplaceamerica.org/funded-projects/zuni-youth-enrichment-project>



Re-Inventing Care “Delivery” Models: Healthy Food, Healthy Life.

- 9-week culinary skills-building **celebration of health through food**
- Participant driven curriculum
- Longitudinal health coaching
- Local chefs and food advocates
- Culturally and socio-economically contextualized

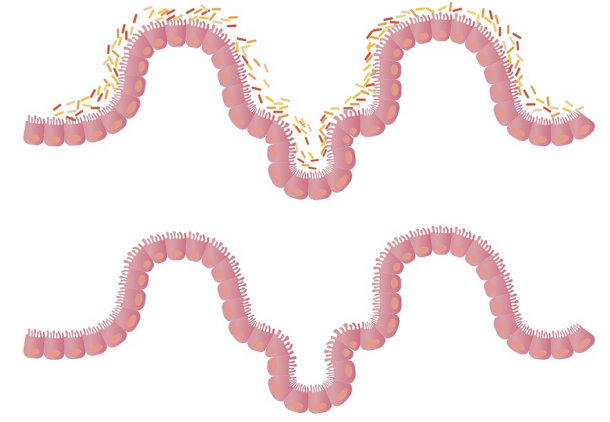
Addressing Structural Determinants

- Partnership with leaders in food sovereignty locally
- Local food suppliers
- Participant choice in food selection
- Home delivered



Bridging Towards Healthcare Transformation

- Microbiome assessment
 - Duke Microbiome Center
- Physiologic markers of health
- Patient reported markers of health & well-being
- Interest in engaging health plan payors and local policymakers



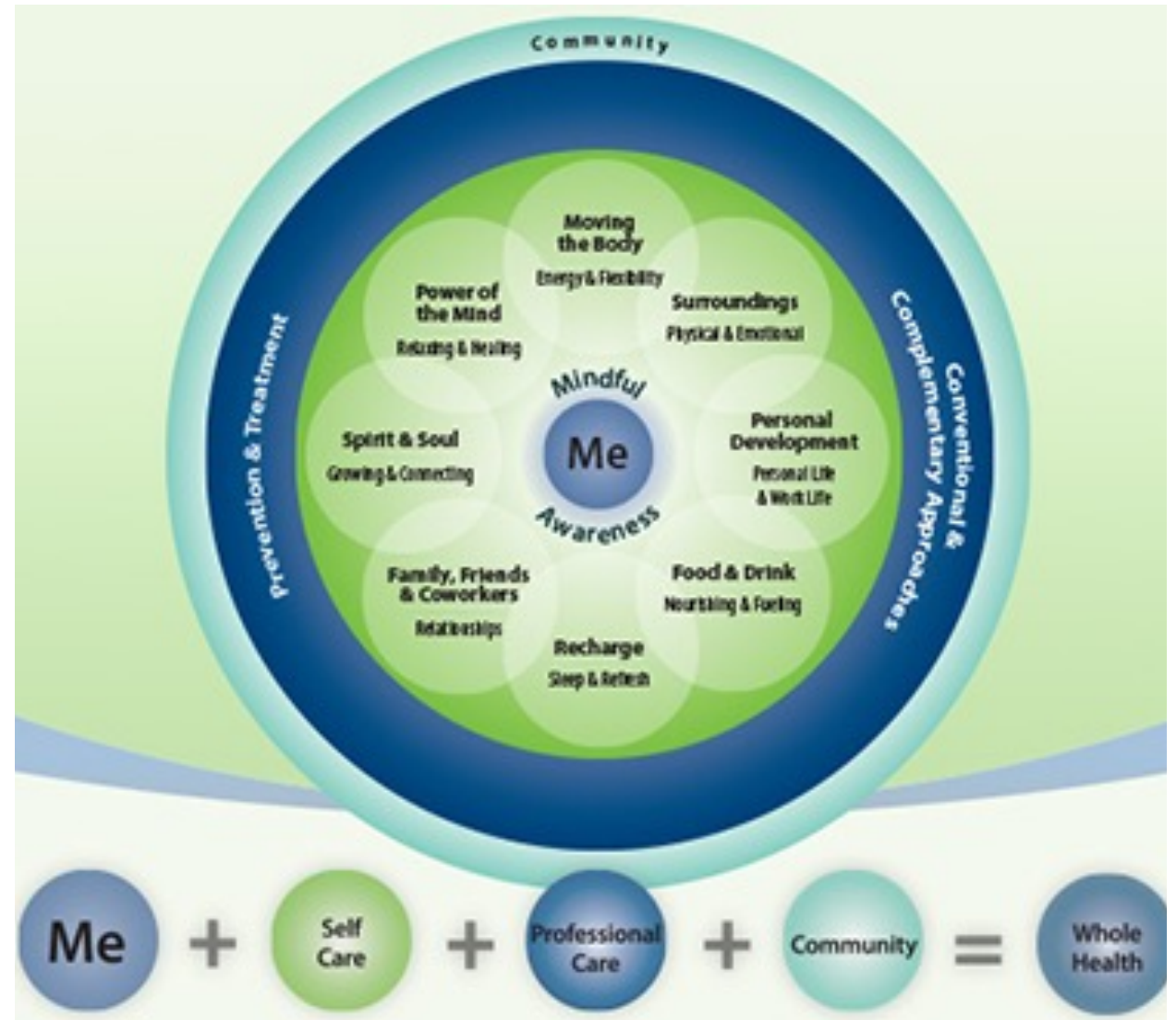
Whole Health

- “Whole Health centers around **what matters to you**, not what is the matter with you.”
- National Academy of Medicine Report: [Achieving Whole Health: A New Approach for Veterans and the Nation](https://www.va.gov/wholehealth/)-- calling for expansion of Whole Health model across the nation.



Whole Health

- An opportunity to inform large scale healthcare transformation grounded on well-being.





**“There is only love, everything
else is our resistance to it.”**

Jason Mraz, quoting Terces Engelhart

([for Love is Still the Answer](#))

A composite image featuring a night sky with a large, bright full moon on the right side. The sky is filled with numerous stars and a prominent blue nebula or star cluster on the left. Below the sky is a rolling green hill. In the foreground, there are yellow flowers on the left, a bee flying near them, a blue butterfly in the center, and red flowers on the right. The overall scene is a blend of natural and celestial elements.

Love In Action

How will I innovatively and
lovingly engage with social
and structural drivers of
health?

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