



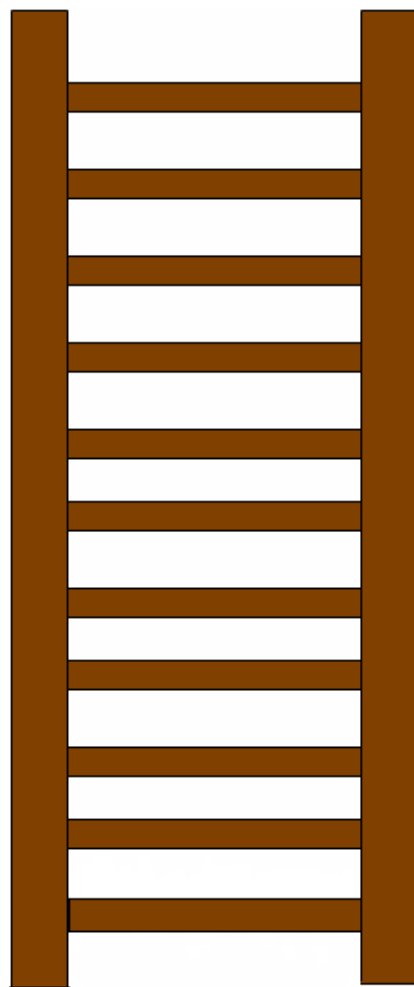
# Culture of *Well-being*

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# Gallup: Ladder of Life

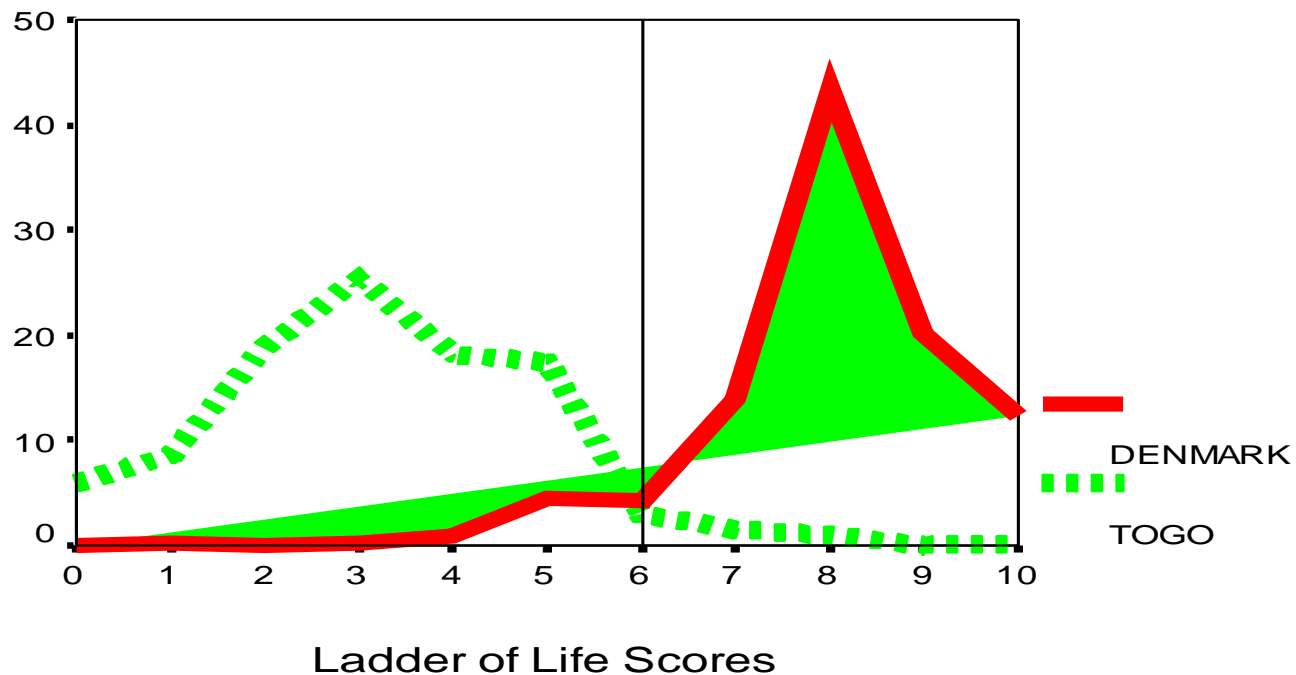


**10: Best Possible Life**

**0: Worst Possible Life**

# Ladder of Life Scores

94 % of Danes are Above  
97 % of Togolese





# What is Health?

- The 1948 Preamble to the Constitution of the World Health Organization states:

Health is a state of complete *physical, mental and social well-being* and not merely the absence of disease or infirmity.

- *Well-being* reflects the essence of what constitutes good health.



# Culture of Well-being

- We are on the cusp of the initiation of major work on the “*culture of well-being*”, in business, in government, and internationally.



# Well-being is a Personal Assessment

- Well-being reflects *what one thinks* of *one's own health*—physical, mental, social.
- It also reflects how one's health actually influences *what one thinks* about *one's participation* in one's family, school or workplace, and the community.



# Some Measures of Well-being

People's evaluations of their lives

– in feelings and judgments

Life satisfaction

Health satisfaction

Marital and family satisfaction

Satisfaction with medical care

Positive emotions and moods

Low levels of anger, depression, anxiety, etc.



# A Strength-Based Approach

- In behavioral health terms, *well-being* reflects a “**strength-based approach**”





# Predicting National Mean Life Expectancy (Diener)

	<u>Corr.</u> <u>r</u>	<u>Beta</u> <u>B</u>
<b>GDP/Capita</b>	<b>.66</b>	<b>.12</b>
<b>Health Expenditures</b>	<b>.47</b>	<b>.01</b>
<b>Life Satisfaction</b>	<b>.76</b>	<b>.65</b>



# Predicting National Life Expectancy

When one controls GDP and health expenditures:

**Well-being– Affect and Life Satisfaction – add  
16% more variance in predicting longevity!**



# “I have health problems”

128 nations

	<u>Betas</u>
• Life expectancy	-.16
• Affect balance (PA – NA)	-.45

People’s emotional state strongly linked to their belief that they have health problems

Huge potential impact on medical costs



# United Nations 2030 Goal

- UN has voted to implement a worldwide goal of improving *national well-being* by 2030.



# OECD Nations Affect Balance (PA-NA, -100 to 100)

Denmark	73
Sweden	72
Netherlands	68
New Zealand	67
...	
<b>U.S.A.</b>	<b>58</b>
France	58
Finland	57
Belgium	57
...	



# Essential Background

- ***Well-being*** is integral to:
  - the current major transformation underway in American healthcare
  - our ***Health First Era*** in which good health is becoming a personal goal



# Why Well-being?

- ***Well-being*** is an essential health ***process***, and an essential ***measure***.
- It is “***foundational***” because it reflects the dramatic shift in American healthcare from a focus only on ***disease*** and its treatment to a new focus on ***health***, disease ***prevention***, and health ***promotion***.
- We simply cannot overstate the importance of this transition to our ***Health First Era***.



# Pivotal Role of HP2020

- ***HP2020*** has played a ***very major role*** in fostering the ***shift*** from ***disease to health***.
- The framework for HP2020 addresses:
  - Social and Physical Health Determinants
  - Community and Clinical Health Promotion and Disease Prevention
  - Lifestyle and Health Behavior Change
  - Health Disparities and Equity
- Each area relates to each lifecycle stage.





# An Example: Role of HP2020 in Reducing Disparities

- The HP2020 framework can identify and address *disparities* in *health/health care*.
- *Disparities* are *avoidable* differences in health and health care in which those who are less advantaged fare worse.
- *Equity* represents an effort to reduce one or more disparities.
- Well-being is an excellent measure of disparities; it also can be used to track our efforts to promote equity.



# The Affordable Care Act

- The ***Affordable Care Act (ACA)*** of 2010 is designed to improve ***health insurance coverage***, the quality of ***health care***, and ***population health***.
- ***Measures of population health and health care outcomes*** are essential to the success of the ACA.
- Well-being is an excellent tool for these ACA efforts.



# Key ACA Prevention Measures

- One of the 10 ACA *Essential Health Benefits* for insurance is a **mandatory benefit for disease prevention and health promotion.**
- Well-being is a **key barometer of personal and social health.**
- Thus, it is excellent for assessing the progress made in maintaining and promoting good health under the prevention and promotion benefit.



# Key ACA Outcome Measures

- The ACA seeks to develop healthcare systems that are **person-centered**, in which the client is the “*true north*” of care.
- In this context, the **client’s viewpoint is paramount** for assessing care outcomes.
- Well-being reflects the client’s point of view.



# The National Prevention Strategy (NPS)

- Because of its focus on health determinants, disease prevention, and health promotion, **HP2020** was a *primary stimulus* in the development of a *National Prevention Strategy*.
- A majority of the *objectives* and *measures* that are part of the National Prevention Strategy *come directly from HP2020*.



# Key NPS Measures

- The ***National Prevention Strategy*** represents the first effort to coordinate all disease prevention and health promotion efforts nationally.
- These ***efforts will require evaluation*** to determine their effectiveness.
- ***Well-being*** is an excellent way to undertake these comparative assessments.



# Key “Take Aways” from Today

- ***Well-being*** reflects our ***tectonic shift*** toward health and away from an exclusive focus on disease.
- It is ***foundational*** for HP2020, the Affordable Care Act (ACA) and the National Prevention Strategy (NPS).
- It can be very useful for ***identifying issues in health/health care*** for action, as well as ***for local and personal advocacy***.



# Questions to Ponder This Week

- Do we need to develop **national *well-being* accounts**, just as we now have national economic accounts?
- How can we best use ***well-being*** to move SAMHSA's excellent work on the **eight dimensions of wellness**?
- How can we use ***well-being*** to develop **common outcome measures** across all fields of health?





# Contact Information

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