

The role of culture in shaping health



Anita Chandra
Institute of Medicine
June 5th, 2015

Increasing focus to create a culture of health, but why?

- Need to work in both improving population health *and* motivating cultural change at the same time
- Multiple sectors need to work together to make health and wellbeing a national priority

Culture is shared and aligned

A *culture of health* exists when expectations about the high value of health are shared across sectors and when individuals and organizations have capacity to:

- Promote individual and community wellbeing (as defined by physical, social, spiritual, and mental health);
- Create physical and social environments that prioritize health; and
- Support access to opportunities for healthy lifestyles and high-quality health care for *everyone*.

Cultural orientations to health come from many global initiatives, such as resilience



And wellbeing....



OUTLOOK

How are the people of Santa Monica doing?

COMMUNITY 

How strong is the sense of community & connection?

PLACE 

Does the physical & social environment support & promote wellbeing?

LEARNING 

Do people have the opportunity to enrich their knowledge & skill sets across their lifespan?

HEALTH 

How healthy is Santa Monica?

ECONOMIC OPPORTUNITY 

Can a diverse population live & thrive in Santa Monica?