

HERO Wednesday Webinar Series

March 1, 2017



With guests:

Tom Kottke, MD, MSPH

Ginger Kakacek, MD



Hosted by:

Paul Terry, PhD

President & CEO





What Causes Well-Being and Where Does Health Fit In?

Disclosure

- We have no financial conflicts of interest
- We will not be advocating any commercial products
- We will not be advocating the off-label use of medications or devices

Last year we made a proposal.

PREVENTING CHRONIC DISEASE

PUBLIC HEALTH RESEARCH, PRACTICE, AND POLICY

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EDITOR'S CHOICE

“Well-Being in All Policies”: Promoting Cross-Sectoral Collaboration to Improve People’s Lives

Thomas E. Kottke, MD, MSPH; Matt Stiefel, MPA, MS; Nicolaas P. Pronk, PhD

Suggested citation for this article: Kottke TE, Stiefel M, Pronk NP. “Well-Being in All Policies”: Promoting Cross-Sectoral Collaboration to Improve People’s Lives. *Prev Chronic Dis* 2016;13:160155. DOI: <http://dx.doi.org/10.5888/pcd13.160155>.

What leads to “well-being”?

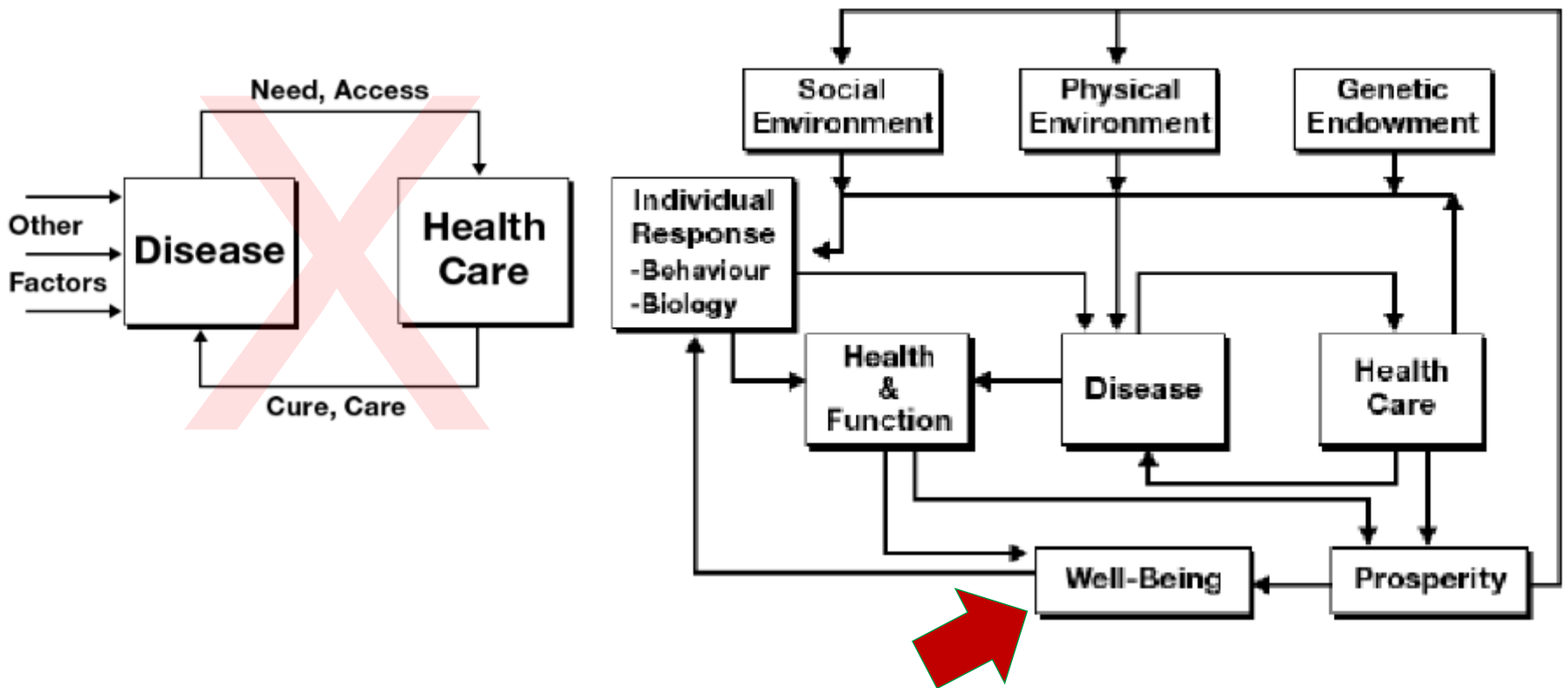
- A health-promoting physical environment
 - high quality air & water
 - safe housing & transit
- Social & economic opportunity
 - good education
 - stable employment
 - livable income
 - family & social support
 - community safety
- A satisfying life
- A particular lifestyle

Why not keep “health” as the goal?

- The association of the word “health” with “health care” is so strong that it creates a conflation of “health care policy” with “health policy” that is nearly impossible to break.
- Some policy makers in sectors outside of health care and public health are concerned that they are vulnerable to “health imperialism” if they consider the health implications of their policies.
- Policy makers in health care, particularly those in health plans and care delivery organizations, may not recognize the full range of opportunities that they have at hand to improve well-being while staying true to their missions.

Kottke TE, Stiefel M, Pronk NP. *Prev Chronic Dis.* 2016;13:E52.

Evans and Stoddart - 1990



Evans RG, Stoddart GL. *Soc Sci & Med.* 1990;31(12):1347-1363.

Evans and Stoddart - 2003

Really frustrated!

Lavis et al.⁶² remind us of this reality, quoting the eminent American philosopher Homer Simpson: “Just because I don’t care doesn’t mean I don’t understand.” ■

Evans RG, Stoddart GL. *AJPH*. 2003;93(3):371-379.

Six lifestyles that create well-being



Adequate physical activity



Not using tobacco



Eating 5 fruits and vegetables each day



Alcohol in moderation at most



Healthy sleep

Thank you. I appreciate your help!

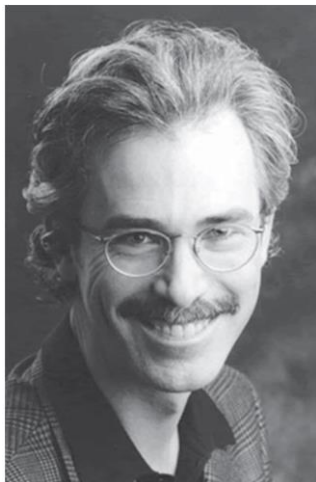
Healthy thinking



Mental health is not just the absence of mental illness

“The current national strategy of focusing solely on mental illness can, at best, reduce mental illness but not promote mental health.”

Keyes. DOI: 10.1037/0003-066X.62.2.95

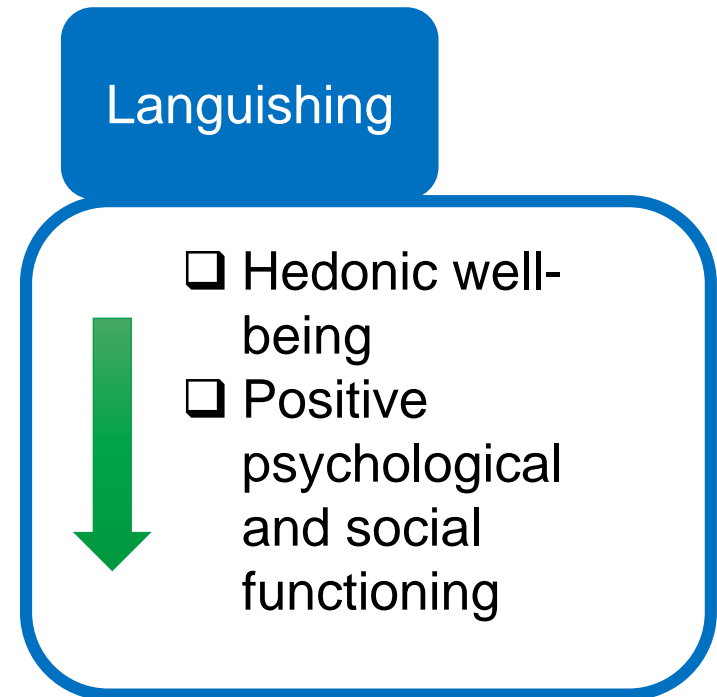
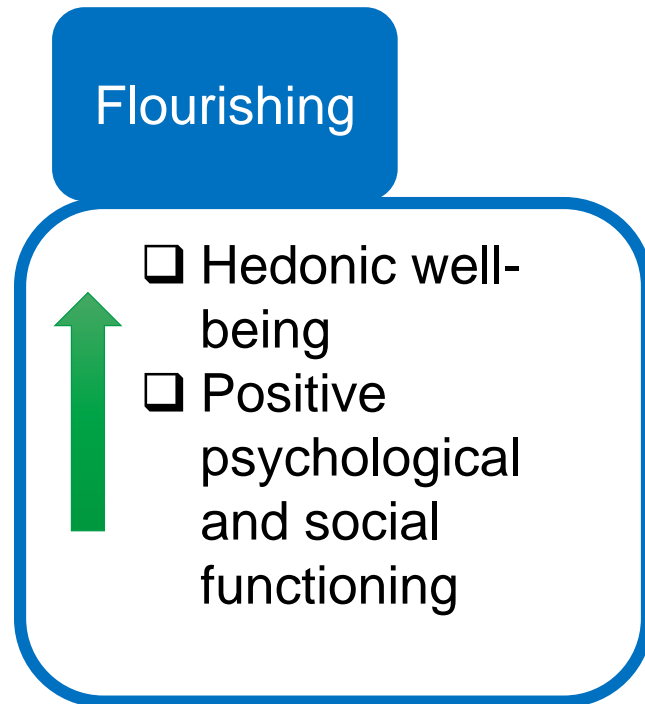


Mental health is not just the absence of mental illness

“Put simply, the absence of mental illness is not the presence of mental health; flourishing individuals function markedly better than all others, but barely one-fifth of the U.S. adult population is flourishing.”

Keyes. DOI: 10.1037/0003-066X.62.2.95

So, what is “flourishing”?



Keyes. DOI: 10.1037/0003-066X.62.2.95

To flourish or not: positive mental health and all-cause mortality

Corey L.M. Keyes, PhD, and Eduardo J. Simoes, MD, MPH

AJPH 2012;102(11):2164

1

Midlife in the United States (MIDUS) study.
Baseline in 1995; 10-year follow-up; 6.3% died

2

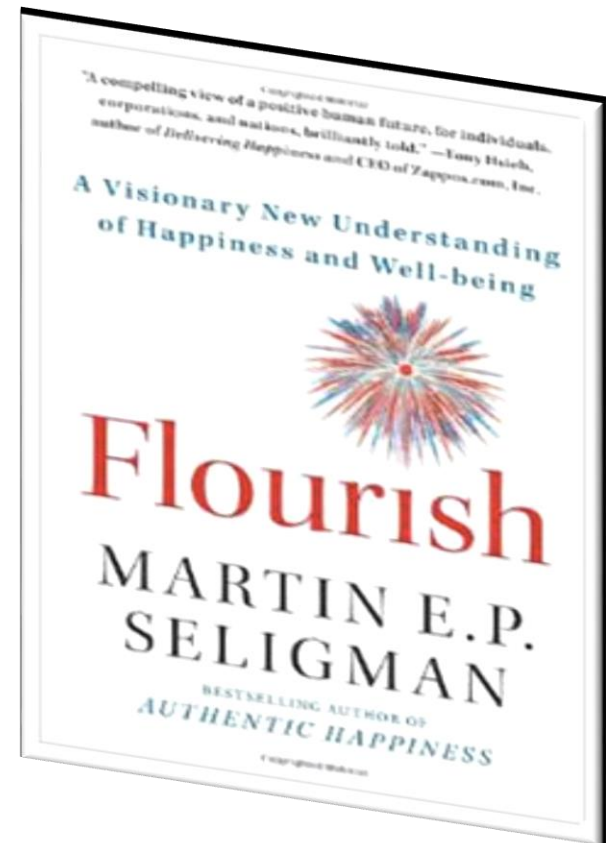
In fully adjusted model, risk of death for non-flourishing vs. flourishing was 1.62 (1.00-2.62)

3

Mortality impact was about the same as major depression but prevalence was 4x as great.

Martin Seligman's definition of flourishing

- **A construct comprising**
 - **P**ositive emotion
 - **E**ngagement
 - **R**elationships that are positive
 - **M**eaning and purpose
 - **A**ccomplishment



Martin Seligman's 24 character strengths

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
HUMOR Zest
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude
© www.VIACHARACTER.ORG VIA INSTITUTE ON CHARACTER

Which character strengths are most predictive of well-being?

By Scott Barry Kaufman, Scientific American, August 2, 2015

- 1 517 individuals, ages 18-71; average age is 36
- 2 Assessed PERMA scores
- 3 Assessed character strengths and loaded all scores into a regression equation

The best predictors of flourishing: gratitude and love of learning



Kaufman, SB, Sci Am 2015

Evidence that well-being can be promoted

- Internet-based RCT
- Interventions
 - Placebo control exercise: early memories
 - Gratitude visit
 - Three good things in life
 - You at your best
 - Identifying signature strengths
 - Using signature strengths in a new way

Seligman ME., *Am Psychol.* 2005;60(5):410-421

Happiness and positive psychology interventions

| | Post-test | 1 wk. | 1 mo. | 3 mo. | 6 mo. |
|------------------|-----------|-------|-------|-------|-------|
| Early memories | | | | | |
| Gratitude | ✓ | ✓ | ✓ | | |
| 3 good things | | | ✓ | ✓ | ✓ |
| You at your best | ✓ | | | | |
| ID strengths | ✓ | | | | |
| Use strengths | | ✓ | ✓ | ✓ | ✓ |

✓ = statistically significant impact

Seligman ME., *Am Psychol.* 2005;60(5):410-421

It is easy to improve your own well-being...

Thank people
who help you –
even with the
smallest task or
favor

Be kind to
people when
ever you have
the opportunity

At the end of
every day, note
3 good things
that happened
and why they did

Your well-being improves the well-being of others

BMJ

RESEARCH

Dynamic spread of happiness in a large social network: longitudinal analysis over 20 years in the Framingham Heart Study

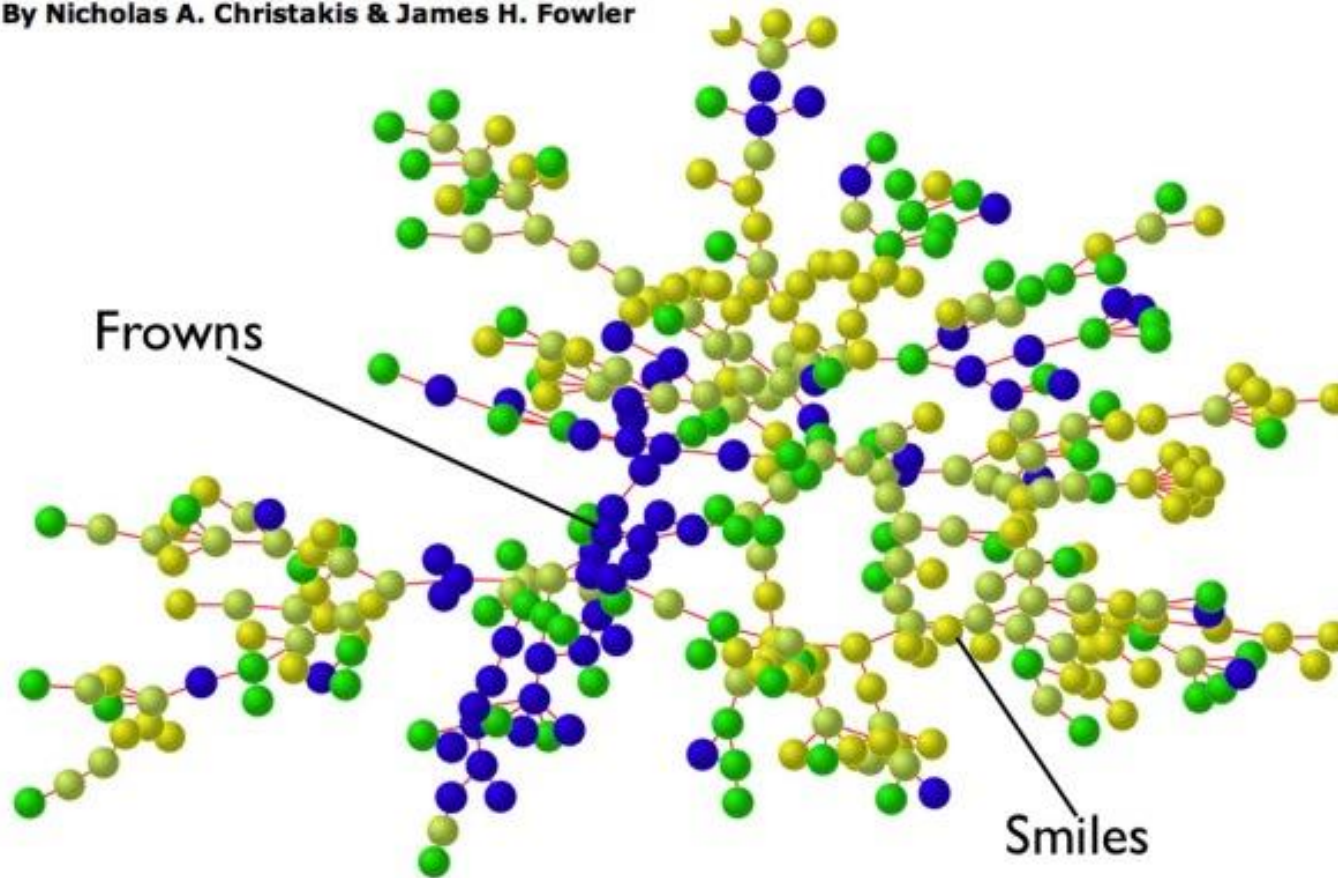
James H Fowler, associate professor,¹ Nicholas A Christakis, professor²

Cite this as: *BMJ* 2008;337:a2338
doi:10.1136/bmj.a2338

- Framingham Heart Study Social Network
- 4739 individuals followed from 1983 to 2003
- Happiness measured with validated 4-item scale

Happiness is contagious...

SOCIAL NETWORKS AND HAPPINESS
By Nicholas A. Christakis & James H. Fowler



BMJ 2008;337:a2338 doi:10.1136/bmj.a2338

The same behaviors enhance social relationships

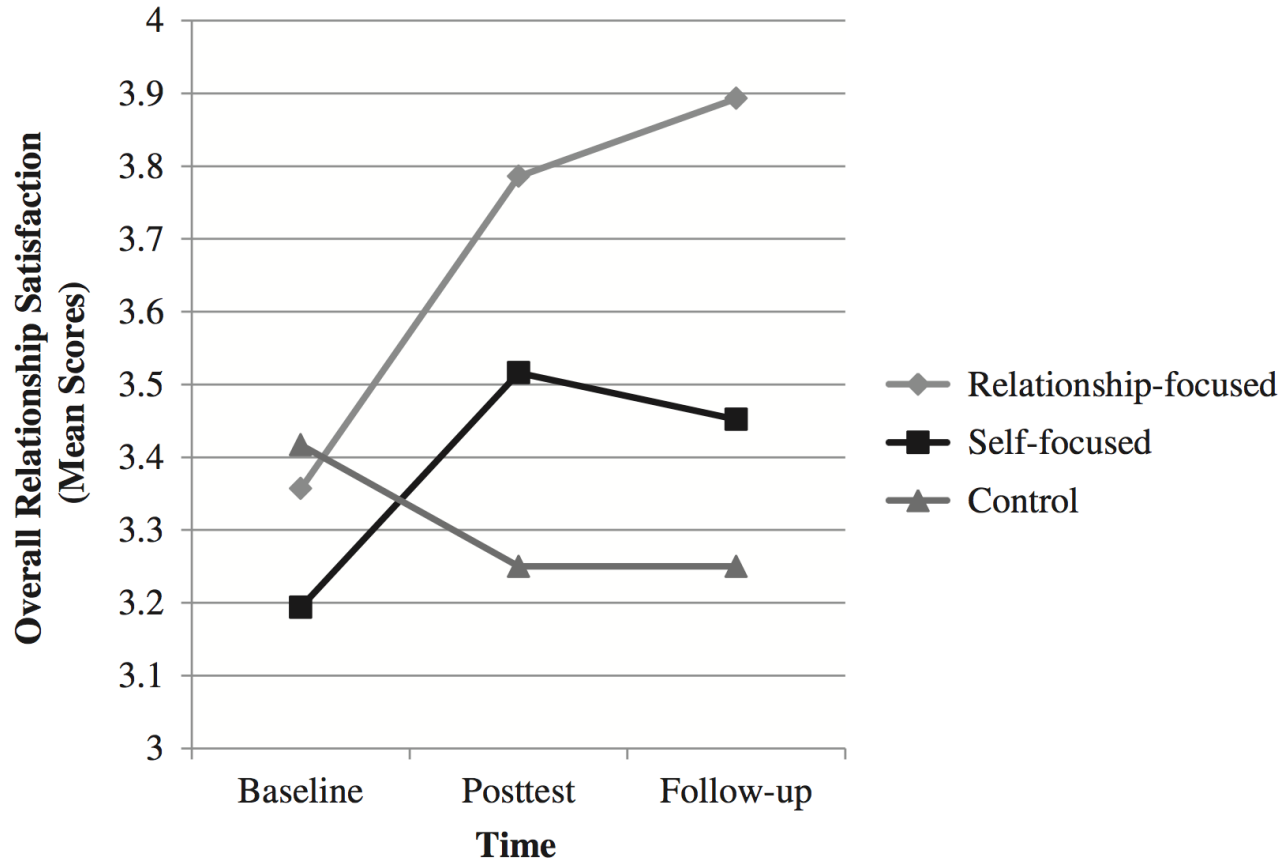
Brenda H. O'Connell^a, Deirdre O'Shea^b & Stephen Gallagher^a

<http://dx.doi.org/10.1080/17439760.2015.1037860>

The Journal of Positive Psychology

- Those assigned to the relationship focused gratitude activity were instructed to write and deliver a positive message to someone in their social network
- Those assigned to the relationship focused kindness activity were instructed to do something kind for someone in their social network
- Those in the self focused groups were instructed to do these activities to themselves
- Those in the control condition were asked to list three things that occurred over the day and reflect upon how they felt
- All participants, regardless of condition, were instructed to complete their assigned activities every second day over seven days

Relationship-focused gratitude and kindness improves relationship strength



O'Connell, BH. [dx.doi.org/10.1080/17439760.2015.1037860](https://doi.org/10.1080/17439760.2015.1037860)

But wait, are you asking me abandon my aspirations?

Nope! You can practice healthy thinking and still aspire to a goal of a better life. Unless you are a bank robber or a street thug, healthy thinking is more likely to get you your dreams than being morose, mean, and dispirited.

Won't promoting well-being just increase disparities?

Most of us would benefit from improved mental health even though we are not mentally ill.

Ignoring the needs of individuals who could benefit from better mental health does not help the mentally ill.

Simple maneuvers can increase mental health.

Happiness in individuals creates happiness in groups.

A couple of final thoughts...

1

We can train our brains like we train our bodies.

2

The only cost of cheerfulness is the loss of our own grumpiness





So,...

...stay active,
eat your veggies,
drink a little wine,
don't smoke,
ban electronics
from your
bedroom,
give thanks,...
...and be healthy
and well!

Thanks so much!

virginia.l.kakacek@HealthPartners.com thomas.e.kottke@HealthPartners.com

Poll Question #1

The tools I have at my disposal to advance healthy thinking are every bit as accessible and effective as those to advance fitness or nutrition.

- A. Strongly agree
- B. Agree
- C. Not Sure
- D. Disagree
- E. Strongly Disagree

Poll Question #2

Considering your EAP and other policies or strategies, how upstream is your organization in supporting mental well-being?

- A. Fully Upstream
- B. Heading Upstream
- C. Struggling Upstream
- D. Mostly Downstream
- E. What Stream?

Poll Question #3

How does the stigma of addressing mental illness compare to stigma associated with addressing mental well-being?

- A. Very Similar
- B. Somewhat Similar
- C. Not Sure
- D. Somewhat Dissimilar
- E. Very Dissimilar

Poll Question #4

What's your view on how flourishing (meaning, accomplishment, positive emotion) fits in your health promotion portfolio?

- A. Bring It!
- B. Share It!
- C. Not Sure
- D. Get Real!
- E. Get A Grip!

Poll Question #5

How integrated are your EAP and health and well-being strategies, policies and data?

- A. Fully
- B. Partly
- C. Barely
- D. Not at all for now
- E. Never have been, never will be

Poll Question #6

Relative to the mortality burden of depression, the burden “languishing”, as opposed to flourishing, for the American population is:

- A. The burden for languishing is the same as for depression
- B. The burden for languishing is half the burden of depression
- C. The burden for languishing is four times the burden of depression
- D. The burden for languishing is twice the burden of depression
- E. The burden for languishing is one-quarter the burden of depression

Poll Question #7

According to Seligman, what states do people strive for as endpoints?

- A. Positive Emotion – Happiness
- B. Engagement – “Flow”
- C. Relationships That Are Positive
- D. Meaning, Purpose and Accomplishment
- E. All of the Above