



Creating Large Scale Wellbeing

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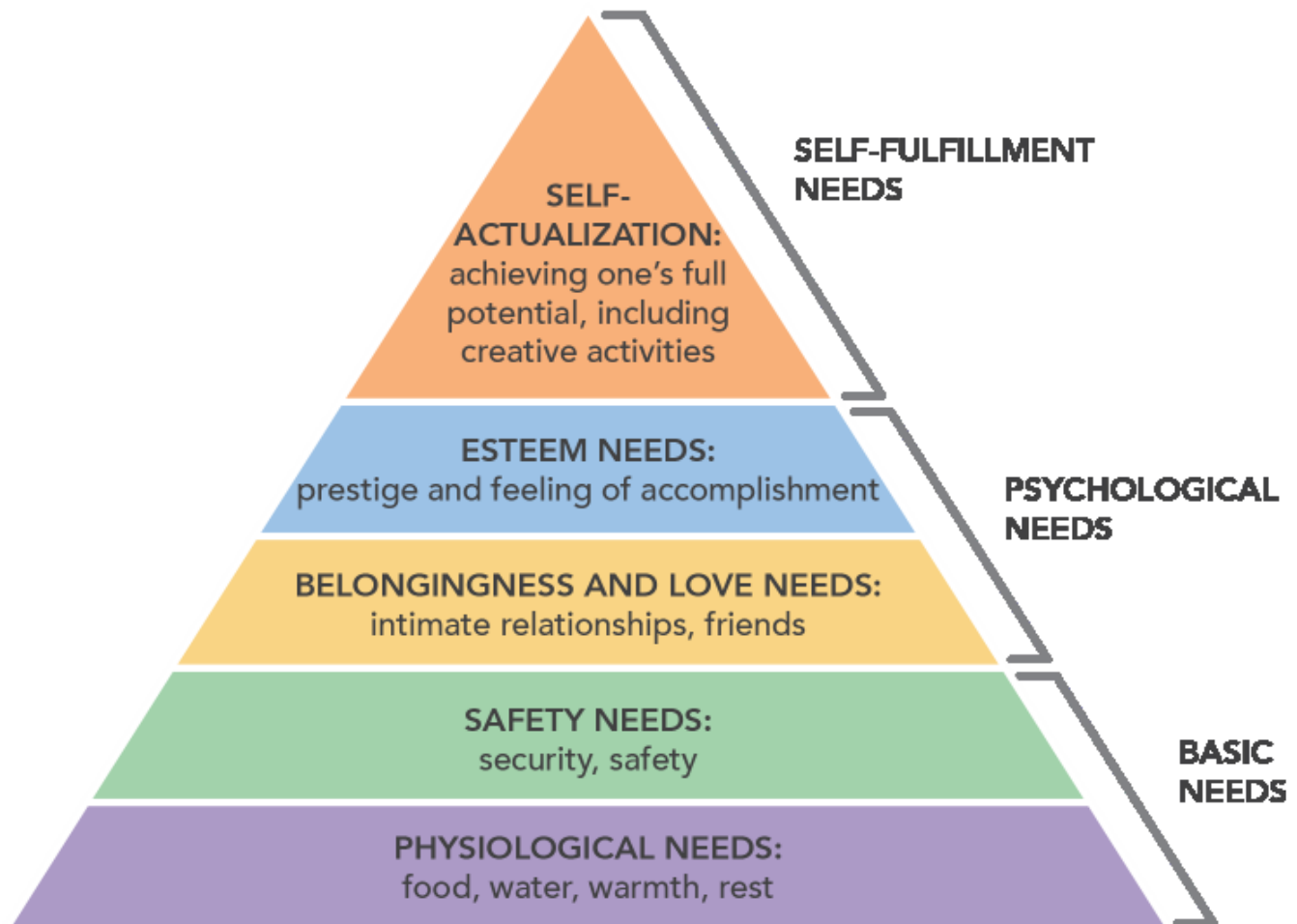
What is needed for Wellbeing?

If you could catalyze a country toward creating wellbeing, what are the key factors you would want to see change? Would you look for improvements in disease, such as lower mortality, less heart disease and cancer, fewer strokes; or changes in behavior such as better eating, more exposure to nature, less stress? Or would you want to see more acts of kindness, social connectivity or happiness; or, something else?



What Creates Human Flourishing?

Maslow's Hierarchy



Core Components of Human Flourishing



Customizing Whole Systems Wellbeing



Self-Care Professional Care
 Duke Integrative Medicine

National Prevention Strategy



Wellness Initiative for the Nation



WellBeing



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Healthy People 2020 Ecologic Model of Health



Total Force Fitness



Optimal Healing Environments

INTERNAL		INTERPERSONAL		BEHAVIORAL		EXTERNAL	
DEVELOPING HEALING INTENTION	EXPERIENCING PERSONAL WHOLENESS	CULTIVATING HEALING RELATIONSHIPS	CREATING HEALING ORGANIZATIONS	PRACTICING HEALTHY LIFESTYLES	APPLYING COLLABORATIVE MEDICINE	BUILDING HEALING SPACES	FOSTERING ECOLOGICAL SUSTAINABILITY
Expectation	Mind	Communication	Leadership	Diet	Integrative	Color and Light	Eco-Friendly
Hope	Body	Compassion	Mission	Exercise	Person-Centered	Art & Architecture	Green
Understanding	Spirit	Social Support	Teamwork	Relaxation	Family-Centered	Aroma & Air	Energy Efficient
Belief	Energy	Empathy	Technology	Addition	Culturally Sensitive	Music & Sound	Nature
INNER ENVIRONMENTS				TO OUTER ENVIRONMENTS			

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What are the Conditions for Large Scale Social Change?

The conditions for cultural change are:

- 1) **WHY** - a common vision, agenda and plan; - why
- 2) **HOW** - mutually reinforcing activities
- 3) **WHAT** - shared measurement systems;
- 4) **TEAM** - continuous communication among the team; and
- 5) **SUPPORT** - a backbone support organization.

John Kania & Mark Kramer. *Collective Impact. Stanford Social Innovation Review*. Winter 2011, p. 36-41.

THE HELP APPROACH



- ✓ Working through community development workers
- ✓ We start from issues raised by local people
- ✓ We bring people and services together
- ✓ We develop sustainable partnerships
- ✓ We work with other local projects
- ✓ We do this in '7 steps'

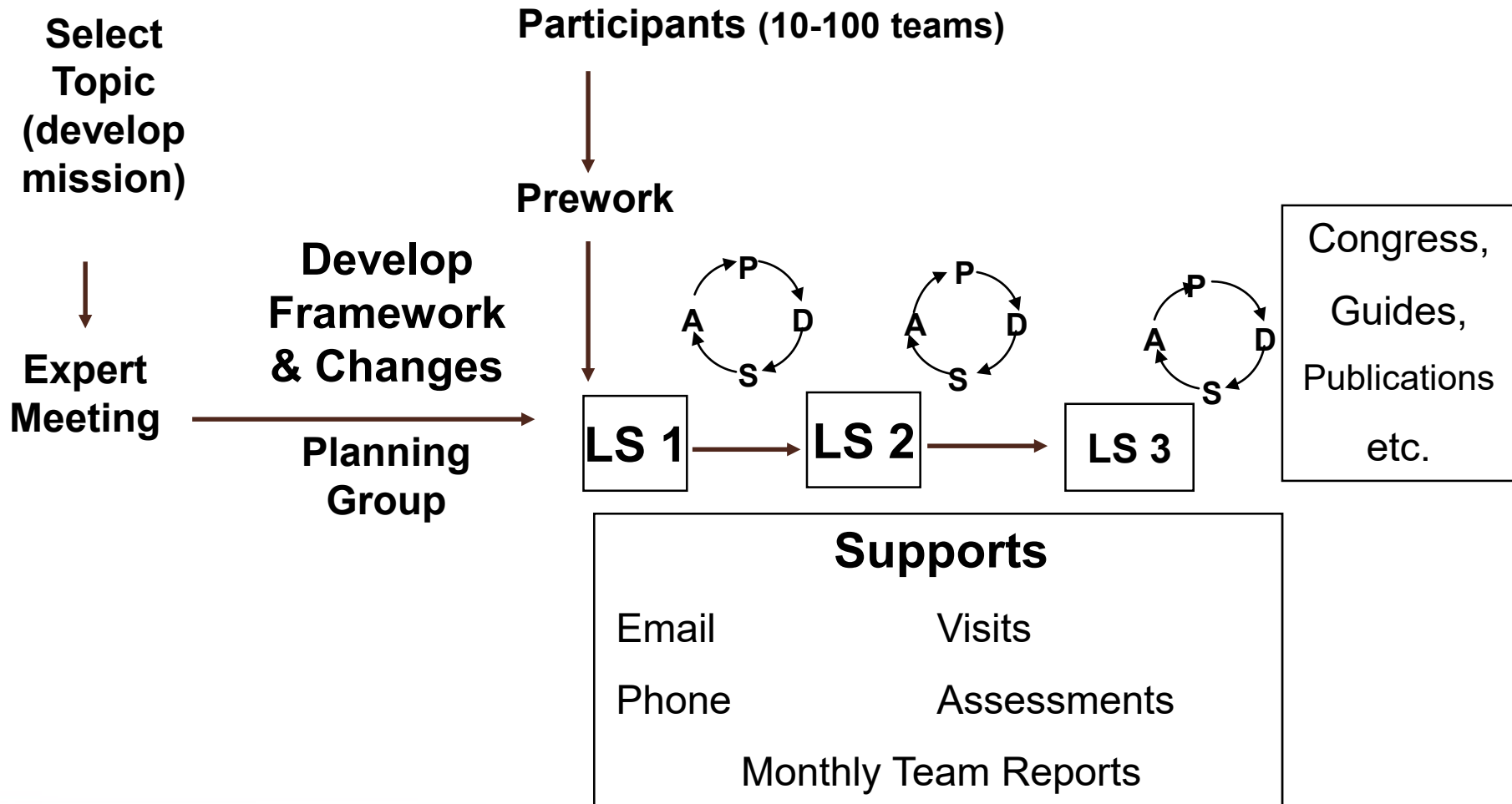
THE 7 S T E P S

7. Embedding sustainability - coordination, facilitation, communications
6. Evidence of change, social capital, organisational, health
5. Establish monthly public partnership meetings
4. Create formal partnership - links with community & service
3. Organise 'listening events' - residents and services
2. Joint workshops and learning to develop skills
1. Identify and support key residents. Establish a residents' & service providers' learning set

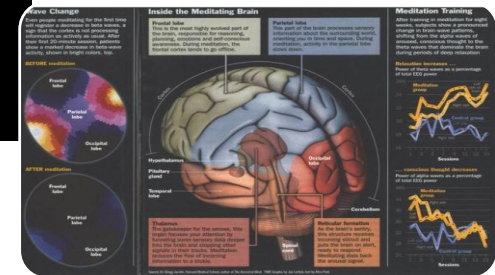
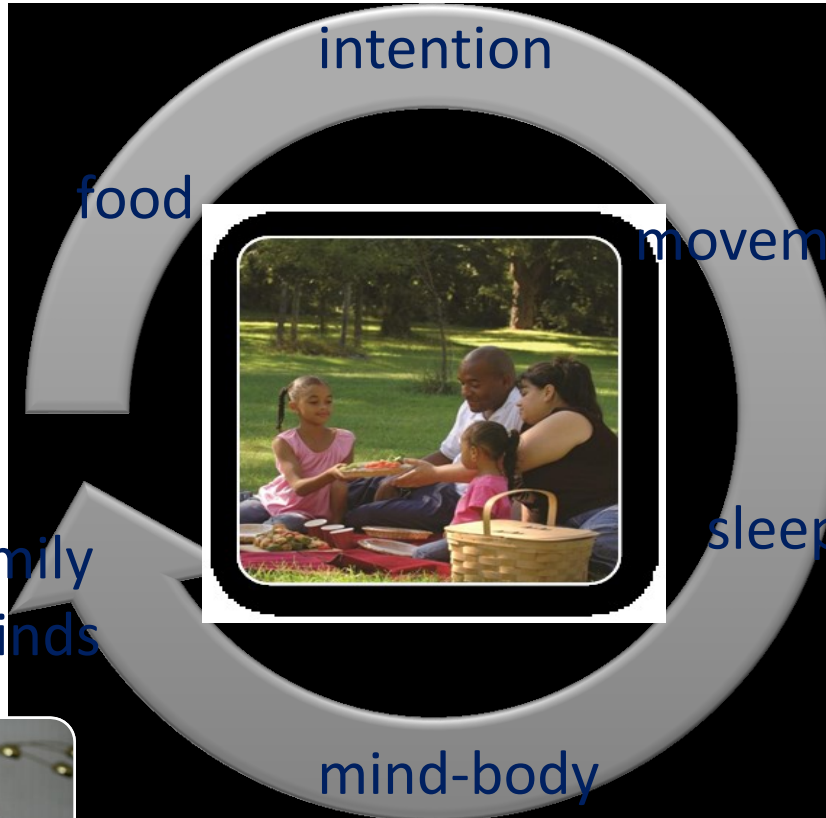
Using Breakthrough Collaborative Methods to Change Behavior

- ***Will*** to do what it takes to change to a new system
- ***Ideas*** on which to base the design of the new system
- ***Execution*** of the ideas

IHI Breakthrough Series (6 to 18 months time frame)



Personal Leadership in Wellbeing



A Triple Aim of Wellbeing?

