

Adventist Health

Priority Area Overview



Wellness

Wellness is about the general health and social outlook for an entire population or community, not linked to any particular subgroup or population type. Interventions may include any effort that contributes to health and wellness in a community, open to the entire population and not targeted to particular population.

IMPLICATIONS

Health: About 31 million adults aged 50 or older are inactive, meaning that they get no physical activity beyond that of daily living. Inactivity can affect members of the younger population as well. The CDC estimates only 26% of teens get one or more hours of physical activity daily. Not getting enough physical activity comes with high health and financial costs. It can contribute to heart disease, type 2 diabetes, several cancers, and obesity.

Cost: There are many preventative efforts that hospitals can make to help reduce costs related to community wellness. For example, every \$1 spent on childhood vaccinations saves our country \$10.90. The CDC estimates that the vaccination of children born between 1994 and 2018 has saved the United States nearly \$406 billion in direct medical costs and \$1.88 trillion in total society costs.

Low levels of physical activity are associated with

\$117
Billion

in health care costs every year

POTENTIAL PARTNERS



- PUBLIC HEALTH DEPARTMENTS
- PARKS AND RECREATIONS DEPARTMENTS
- COMMUNITY CLINICS
- SCHOOL DISTRICTS
- LOCAL COMMUNITY FOUNDATIONS:
IF FUNDING LOCAL WELLNESS INITIATIVES
- LIBRARIES
- FITNESS CENTERS
- COMMUNITY AQUATIC CENTERS

SUBJECT-MATTER EXPERTS



- PUBLIC HEALTH OFFICER
- COUNSELING CENTER ADMINISTRATOR
- FOOD BANK ADMINISTRATOR
- AFTER SCHOOL PUBLIC PROGRAM STAFF
- CITY COUNCIL / BOARD OF SUPERVISORS:
IF FOCUSED ON WELLNESS/PREVENTION
POLICY DEVELOPMENT
- SCHOOL DISTRICT NUTRITION STAFF –
LOCAL COLLEGE OR UNIVERSITY NUTRITION
PROGRAM FACULTY

GLOSSARY OF COMMON TERMS:

Checkup or Physical: A thorough physical examination; includes a variety of tests depending on the age and sex and health of the person.

Wellness Visit: The Annual Wellness Visit (AWV) is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. Keep in mind that the AWV is not a head-to-toe physical.

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

Health Literacy: Health Literacy comprises of the cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand and use information in ways which promote and maintain good health.

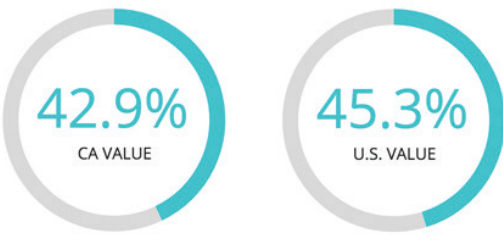
Nutritional Deficiency: Nutritional Deficiency is an inadequate supply of essential nutrients (such as vitamins and minerals) in the diet resulting in malnutrition or disease.

Screenings: Medical tests that doctors use to check for diseases and health conditions before there are any signs or symptoms. Screenings help find problems early on, when they may be easier to treat.

Vaccinations: Vaccination is one of the most effective ways to prevent diseases. A vaccine helps the body's immune system to recognize and fight pathogens like viruses or bacteria, which then keeps us safe from the diseases they cause.

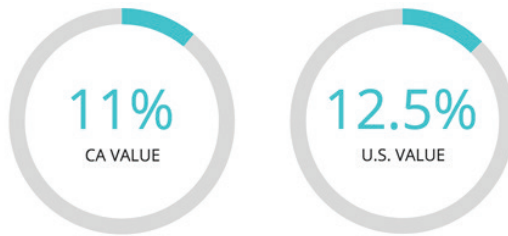
Flu Vaccination (18 years and older)

POM: 2018-2019 | Sources: CDC-National Center for Immunization and Respiratory Disease



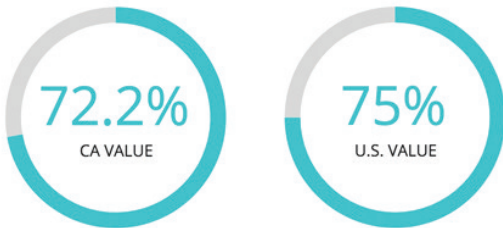
Food Insecurity Rate

POM: 2017 | Sources: Feeding America



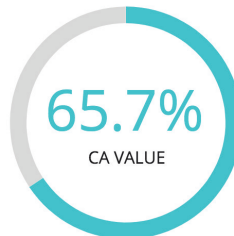
Combined 7 Vaccine Series (35 months)

POM: 2015-2016 | Sources: CDC-National Center for Immunization and Respiratory Disease



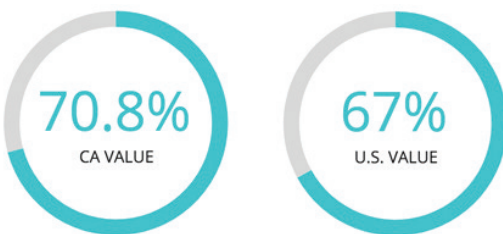
Children and Teen Fruit Consumption

POM: 2017-2018 | Sources: California Health Interview Survey



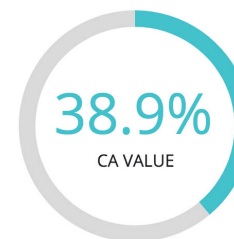
Percentage of Adults (50-75) who reported being up-to-date with colorectal cancer screening

POM: 2016 | Sources: CDC-BRFSS



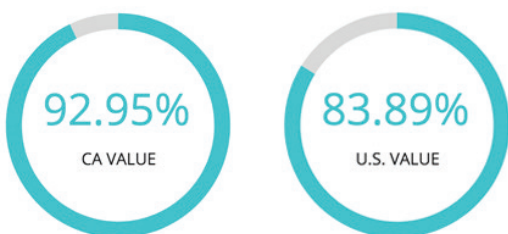
Adults who Walk Regularly

POM: 2016 | Sources: California Health Interview Survey



Access to Exercise Opportunities

POM: 2019 | Sources: County Health Ranking



Evidence Matters

Explore the County Health Rankings and Roadmaps "What Works for Health" tool to help find policies and programs that are a good fit for your communities health priorities:

www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health

RESOURCES

Healthy Eating Active Living Campaign (HEAL): The Healthy Eating Active Living (HEAL) Cities Campaign helps harness the power of local governments to advance health equity through resolutions with policy goals for general plans, land use, healthy food access and work site wellness.

National Institutes of Health (NIH): The National Institutes of Health (NIH) is the principal federal agency for health research in the United States. The NIH is part of the Department of Health and Human Services.

World Health Organization (WHO): The World Health Organization is a specialized agency of the United Nations that is concerned with international public health.