

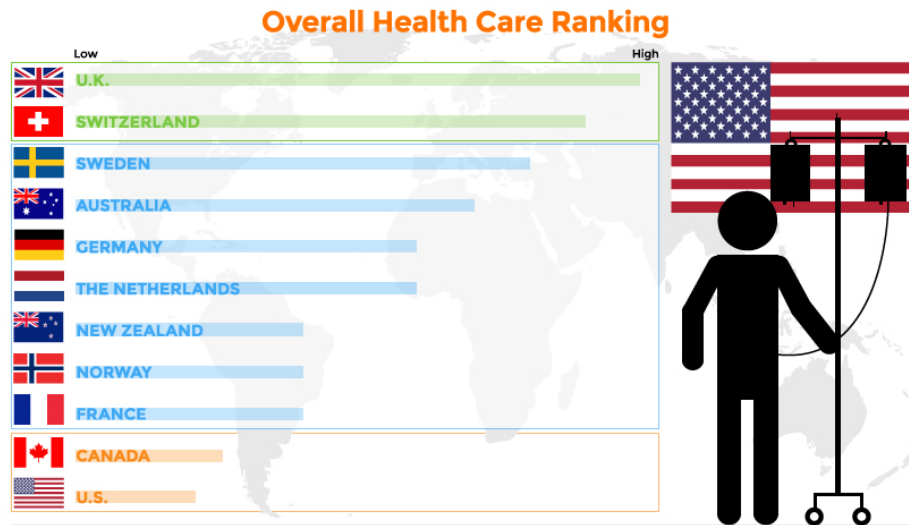
# Building a Culture of Health



# Why is creating a Culture of Health important?

## U.S. HEALTH CARE RANKS LAST AMONG WEALTHY COUNTRIES

A recent international study compared 11 nations on health care quality, access, efficiency, and equity, as well as indicators of healthy lives such as infant mortality.



Source: K. Davis, K. Stremikis, D. Squires, and C. Schoen, *Mirror, Mirror on the Wall: How the Performance of the U.S. Health Care System Compares Internationally, 2014 Update*, The Commonwealth Fund, June 2014.



- Our nation and state are not leaders in population health
  - The United States ranks #37 in health outcomes yet #1 in health care spending (WHO, 2000)
  - North Carolina ranks #37 in health outcomes among the states (Health Rankings, 2014)
- Many of us do not enjoy the state of health that we say we want



# What does a changed culture mean for Gillings?

- We are the School of Public HEALTH
- Let's practice what we preach
- Motivate ourselves and others
- Attain the positive benefits of worksite wellness (CDC, 2007)
- Begin positive and sustainable behavior change to lead to positive and sustainable cultural change
- Be an example for other schools of public health and other schools and departments at UNC



# What does a Culture of Health mean to us?

According to our initial survey results:

- We understand the importance of health to attain our hopes and dreams
- We want to be healthier at home, at work, at play
- We would like a culture where employee and student health and safety are valued, encouraged, and promoted



# The culture change has already begun...

- Point of decision prompts throughout the school
- Timed walking routes around the school
- More friendly showers
- Health resources compiled for faculty, staff, and students



<http://sph.unc.edu/nciph/culture-of-health-2>

Thank You!

