

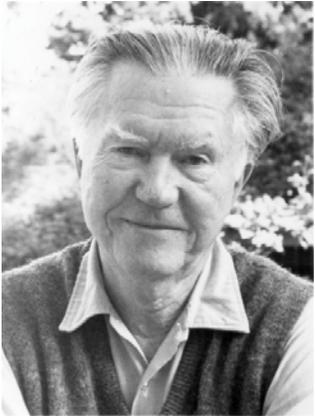
Creating the conditions in which all people can be healthy and thrive - the path to social justice

Edward P. Ehlinger, MD, MSPH  
 Public Health Metaphysician  
 April 18, 2019

# Why is an old White guy like me speaking at your Minority Health Conference?

Creating the conditions in which all people can be healthy and  
thrive - the path to social justice

Edward P. Ehlinger, MD, MSPH  
Public Health Metaphysician  
April 18, 2019



William Stafford

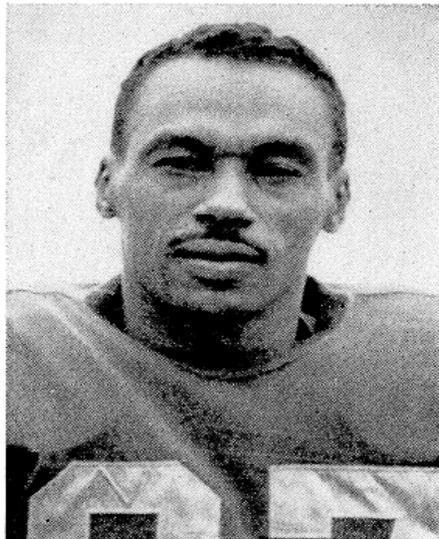
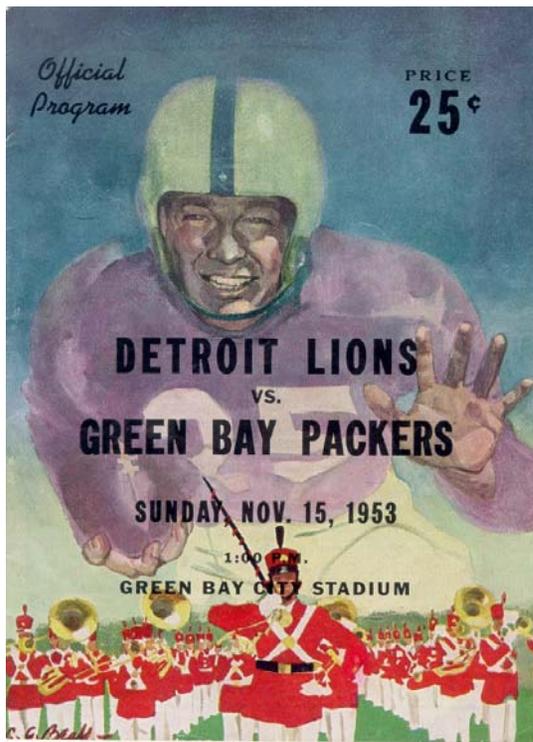
*There's a thread you follow. It goes among  
things that change. But it doesn't change.  
People wonder about what you are pursuing.  
You have to explain about the thread.  
But it is hard for others to see.  
While you hold it you can't get lost.*

*You don't ever let go of the thread.*

*"The Way It Is."*

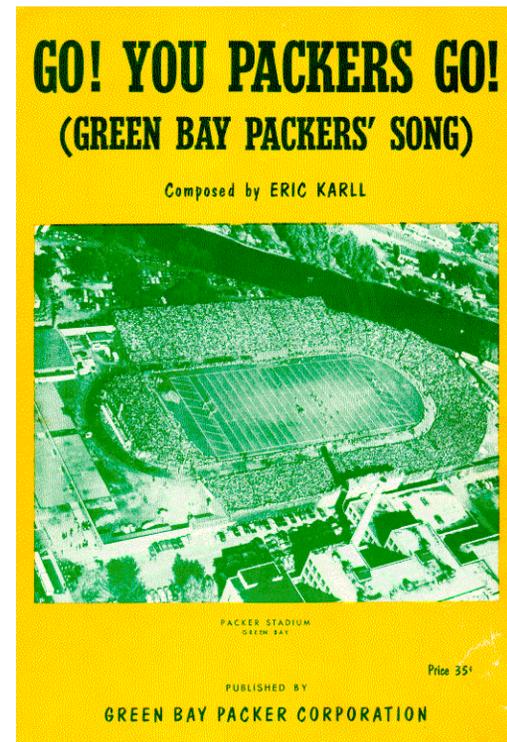


# That thread goes back to early childhood experiences



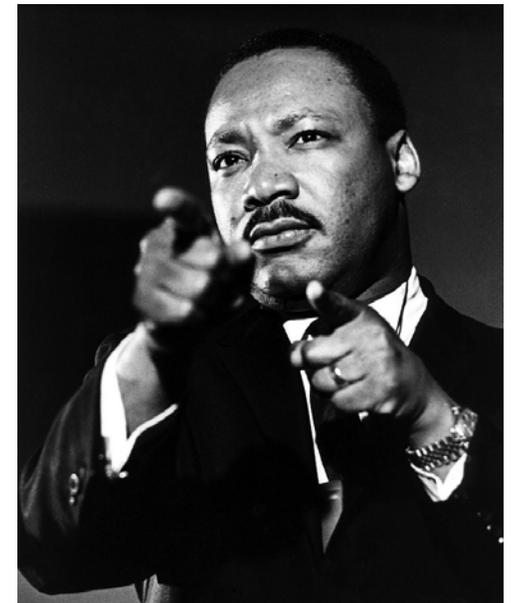
**ROBERT (Bob) MANN**  
No. 87 — End

Sixth season in professional football... Played two seasons with the Detroit Lions catching 66 passes for 1,014 yards in 1949... One of the outstanding receivers in pro football... Teams up with Bill Howton to give the Pack the best pair of receivers in the league... Led the Packers in receiving in 1951 and caught 30 passes for 517 yards and 6 touchdowns in 1952... Former ALL-BIG-TEN end and Rose Bowl star... Negro descent... Married and in the Real Estate business with Len Ford of Cleveland Browns in the off season... Residence: Detroit, Michigan.



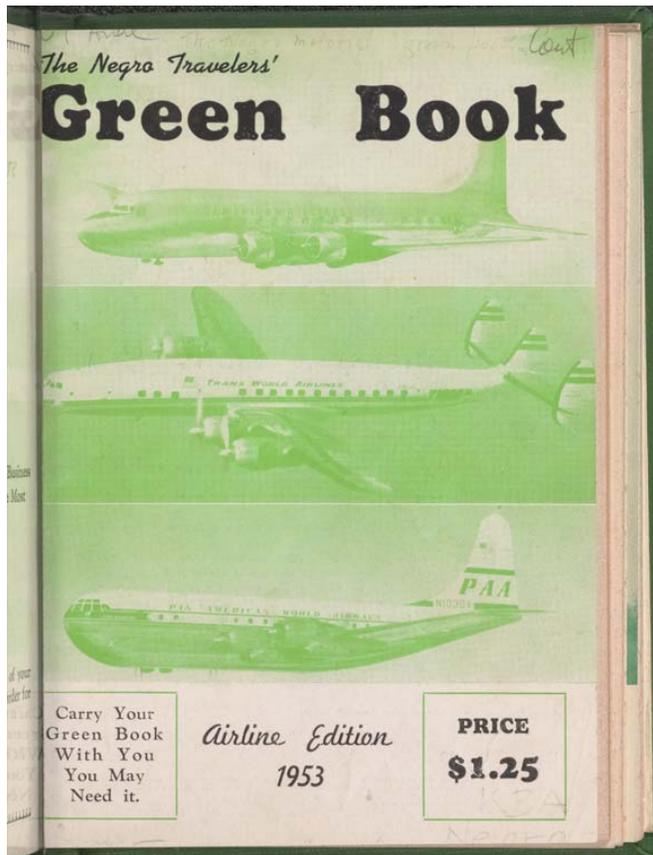
I'm trying to answer the question of Dr. King and my parents

*“Life's most persistent and urgent question is, 'What are you doing for others?’”*



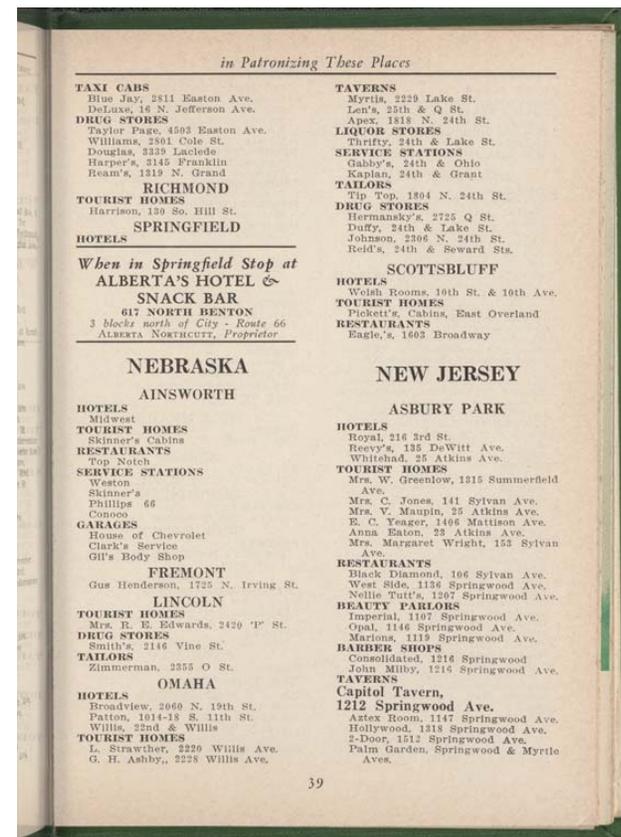
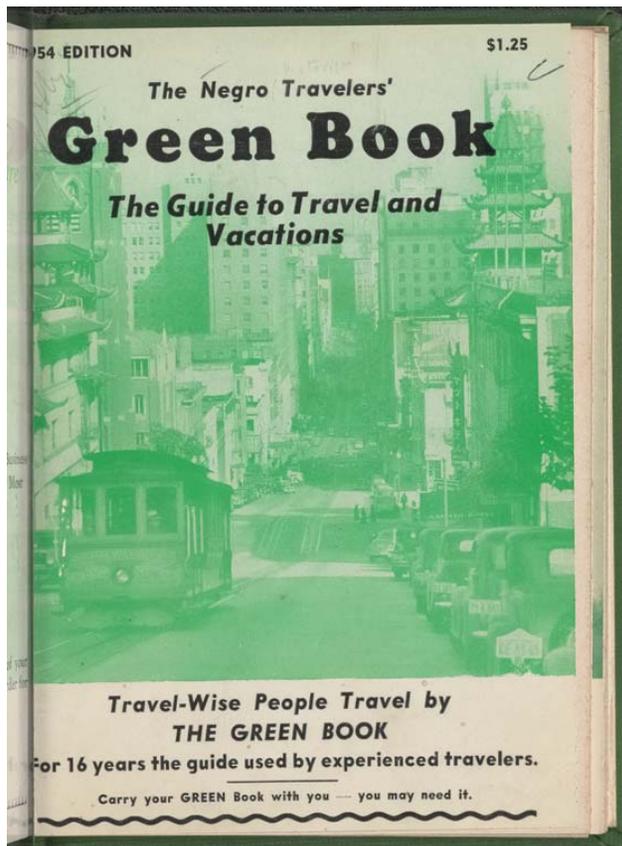
Dr. Martin Luther King, Jr

# Green Bay, Wisconsin 1953

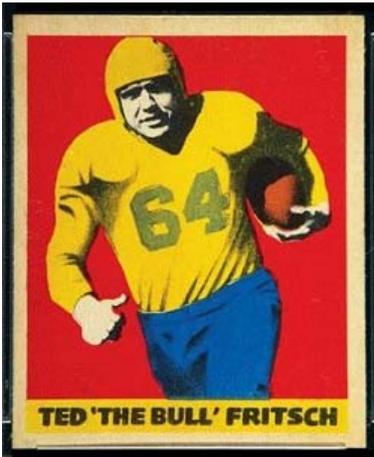


WELCH	Capehart Hotel.....	14 Virginia Avenue
WHEELING, W. VA.	Mrs. W. C. Turner Tourist Home.....	114 12th Street
WHITE SULPHUR SPRINGS	Slaughter's Tourist Home.....	
<b>WISCONSIN</b>		
Hotels — Motels — Tourist Homes — Restaurants		
ASHLAND	Stone's Motel.....	309 West 2nd Street
★ASHLAND HOTEL	.....	Rte. No. 3
BELOIT	Beloit Hotel.....	
DELAVAN	★GLADY'S CHICKEN SHACK.....	337 South 8th Street
ELM GROVE	Sleepy Hollow Motel.....	12600 W. Blue Mound Rr.
FOND DU LAC	V. Williams Tourist Home.....	97 S. Seymour Street
GREEN BAY	Beaumont Hotel.....	Box 643
LA CROSSE	Linker Hotel.....	
	Nuttlemans' Lodge Motel.....	Hwy. 16
MADISON	Park Hotel.....	
MILWAUKEE	Hillcrest Hotel.....	504 W. Galena Street
	Mrs. N. Brown, Rooming House.....	920 W. Wright Street
	Mrs. M. Burns, Rooming House.....	1241 N. 6th Street
	Pastell Lampkins Rooming House.....	2427 N. 14th Street
	North Side Restaurant.....	2141 N. 10th Street
	Larry's Restaurant.....	619 W. Walnut Street
	Carl's Restaurant.....	628 W. Juneau Avenue
	Christine's Restaurant.....	2219 No. 9th Street
	Sun Flower Restaurant.....	835 W. Walnut Street
	Boatner's Restaurant.....	709 W. Walnut Street
	Chicken Shack Restaurant.....	537 W. Walnut Street
OSHKOSH	Hotel Raulf.....	
RACINE	Hotel Racine.....	
SUPERIOR	Hotel Saratoga.....	
<b>WYOMING</b>		
Hotels — Motels — Tourist Homes — Restaurants		
CASPER	Mrs. David J. Rudd Tourist Home.....	646 E. "A" Street
	Blue Spruce Motel.....	1914 Yellowstone, East
119		

# Nebraska, I suspect, was no different

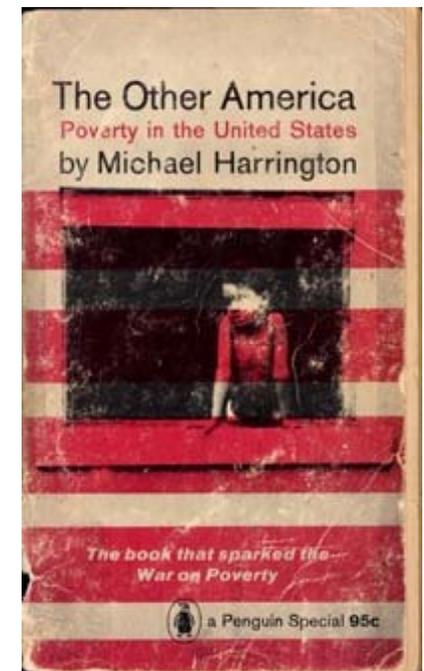


# 1963 Green Bay Packers



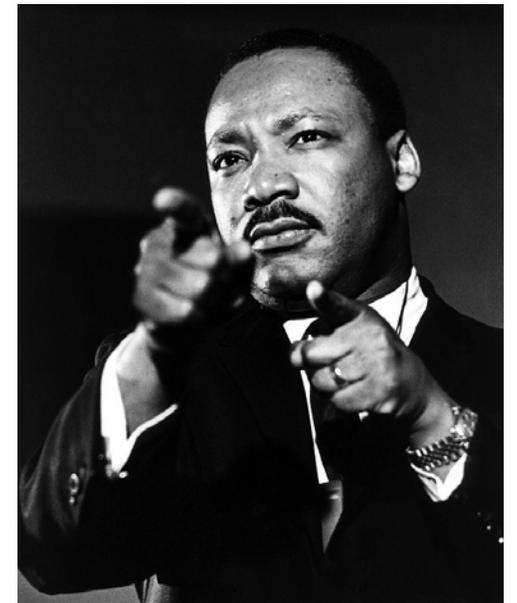
# The Other America - 1962 By Michael Harrington

*“There is a familiar America. It is celebrated in speeches and advertised on television and in the magazines. It has the highest mass standard of living the world has ever known...(but), **there exists another America.** In it dwell somewhere between 40,000,000 and 50,000,000 citizens of this land. **They are the poor... maimed in body and spirit, existing at levels beneath those necessary for human decency.** ... They are hungry. They are without adequate housing and education and medical care.”*



The thread includes the advice of Dr. King and my high school teachers

*“The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people.”*



Dr. Martin Luther King, Jr

# The thread led me to places around the country to learn how to address the needs of “The Other America”



U of Wisc - Madison



Penn State U - Hershey



Shelby, Montana



Harlowton, Montana



U of Utah - SLC

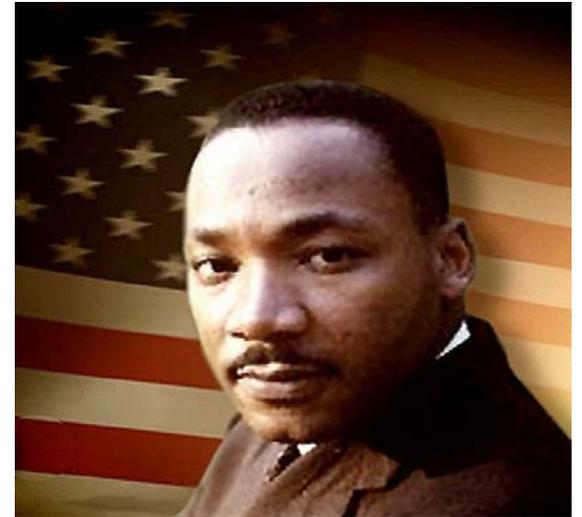


UNC – Chapel Hill

# Disparities of all kinds are a societal social justice issue

*“We are called upon to raise certain basic questions about the whole society. It is necessary for us to realize that we have moved from the era of civil rights to the era of human rights.*

*“To Chart Our Course for the Future” May 22, 1967*



Dr. Martin Luther King, Jr

# This perspective brought me to Minnesota



**Hubert Horatio Humphrey Jr.**  
May 27, 1911 – January 13, 1978

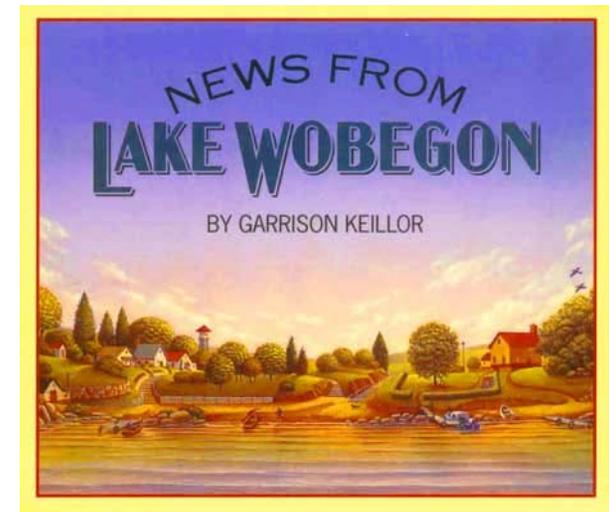
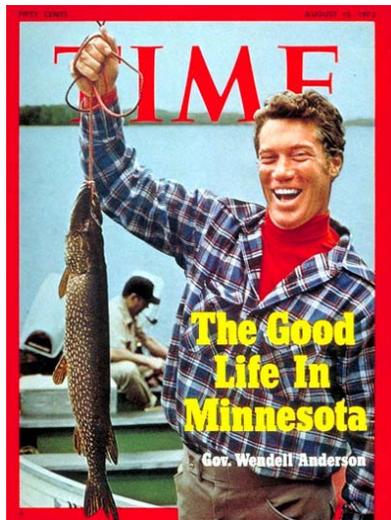
- Minneapolis Mayor, U.S. Senator, U. S. Vice President
- 1948 Democratic National Convention - advocated for the inclusion of a proposal to end racial segregation.
- *“...get out of the shadow of states' rights and walk forthrightly into the bright sunshine of human rights.”*

# Minnesota: a healthy state

Healthcare system:	#1	Well-being index:	#3
Health of Seniors:	#1	Infant mortality:	#4
Place to retire	#1	Life expectancy:	#4
Healthiest city Mpls	#1	State Health Ranking	#6

## Minnesota!

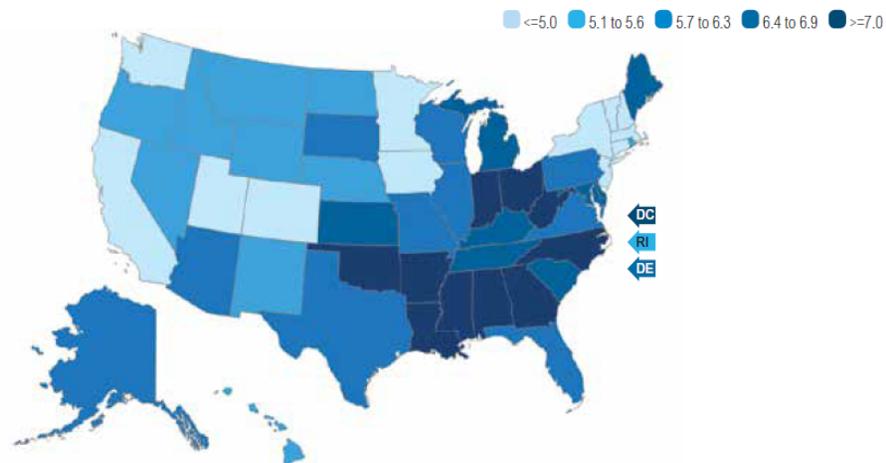
Where the women are strong,  
The men are good looking,  
And all our health statistics  
are above average –  
Unless you are  
a person of color or  
an American Indian or GLBTQIA or  
have a disability.



# Advancing Health Equity 2014 Report to the Legislature

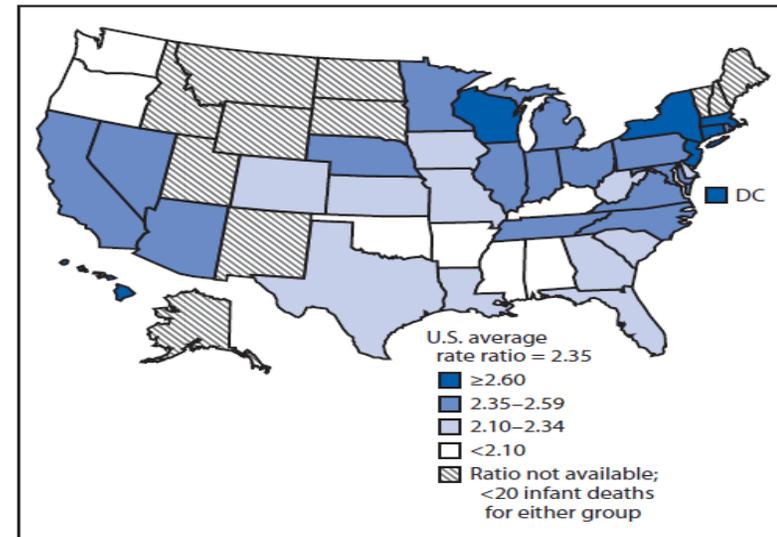
## Infant Mortality by State

Number of infant deaths (before age 1 year) per 1,000 live births



AMERICA'S HEALTH RANKINGS® 2016 ANNUAL REPORT

## Ratio of non-Hispanic black and non-Hispanic white infant mortality rates,\* by state — United States, 2006–2008



Source: National Vital Statistics System, NCHS, CDC

Coming from a “privileged” heterosexual White male physician in a public agency, these statements had a powerful resonance

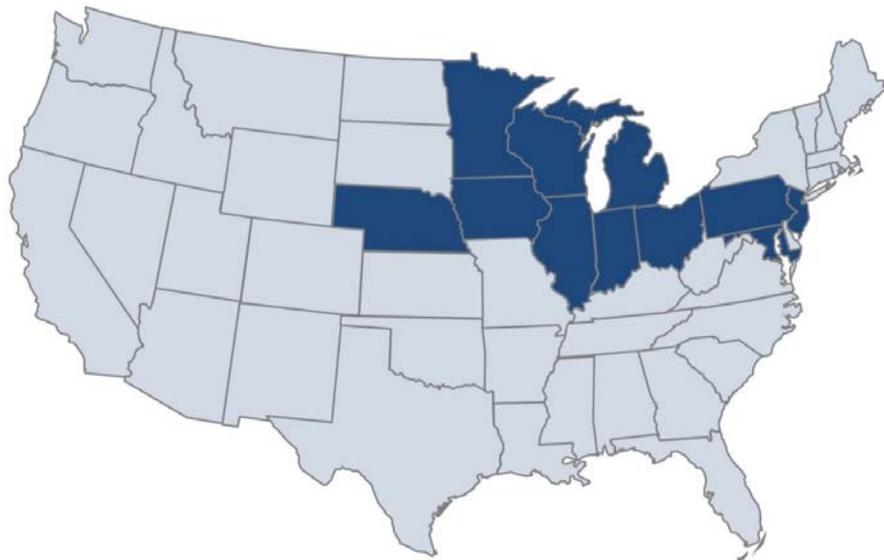
- **The opportunity to be healthy is not equally available everywhere or for everyone in the state**
- Disparities are not just because of lack of access to health care or to poor individual choices.
- **Disparities are mostly the result of policy decisions that systematically disadvantage some populations over others.**
  - Especially, populations of color and American Indians, GLBTQIA, people with disabilities, immigrants, and refugees
  - **Structural Racism is at the core of many of these policies**

That's the thread that brought me here.  
We are all responsible for creating the conditions in which people can be healthy

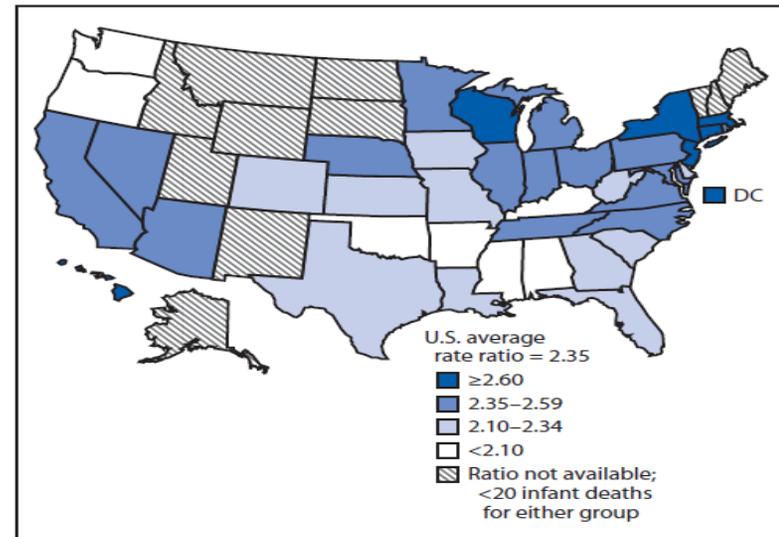
*“Public health is what we, as a society, do collectively to assure the conditions in which (all) people can be healthy.”*

*The Future of Public Health  
Institute of Medicine, 1988*

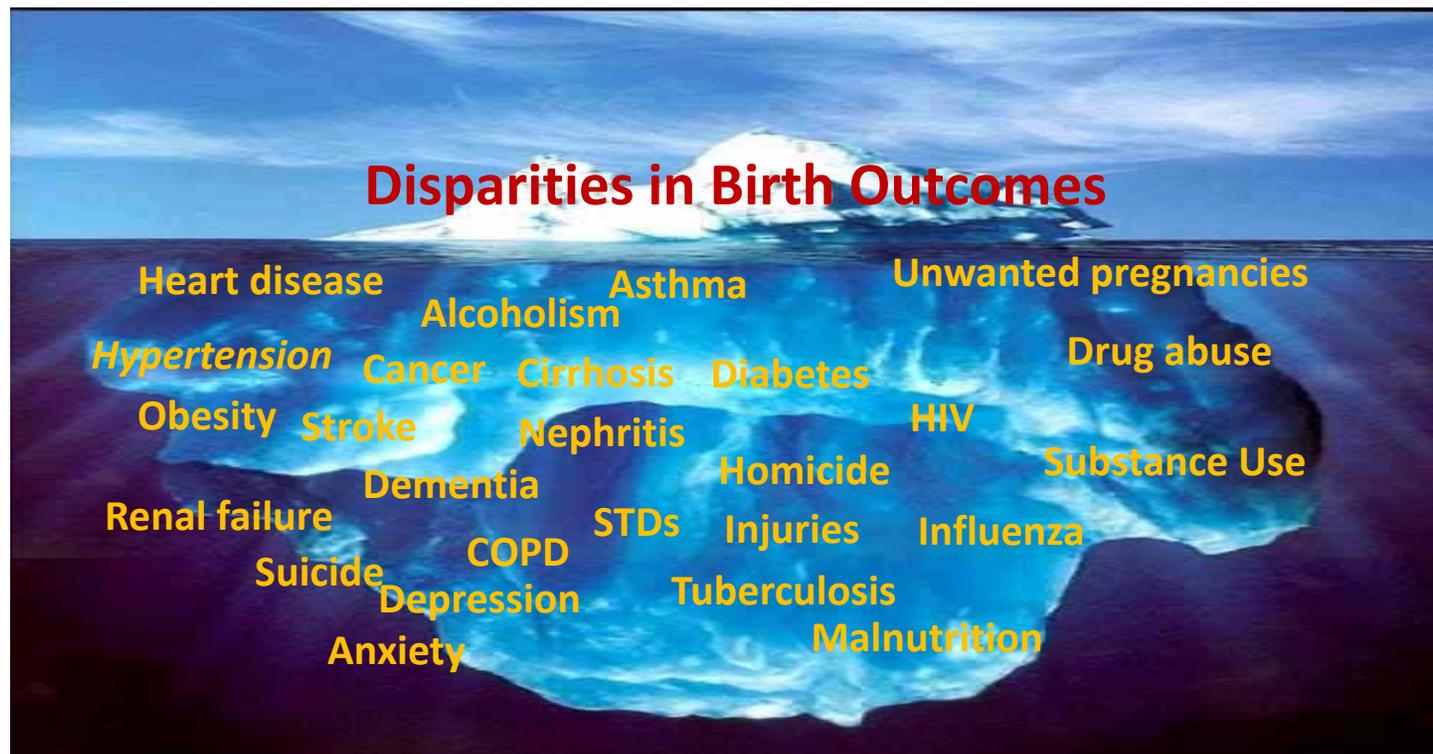
# Big Ten States



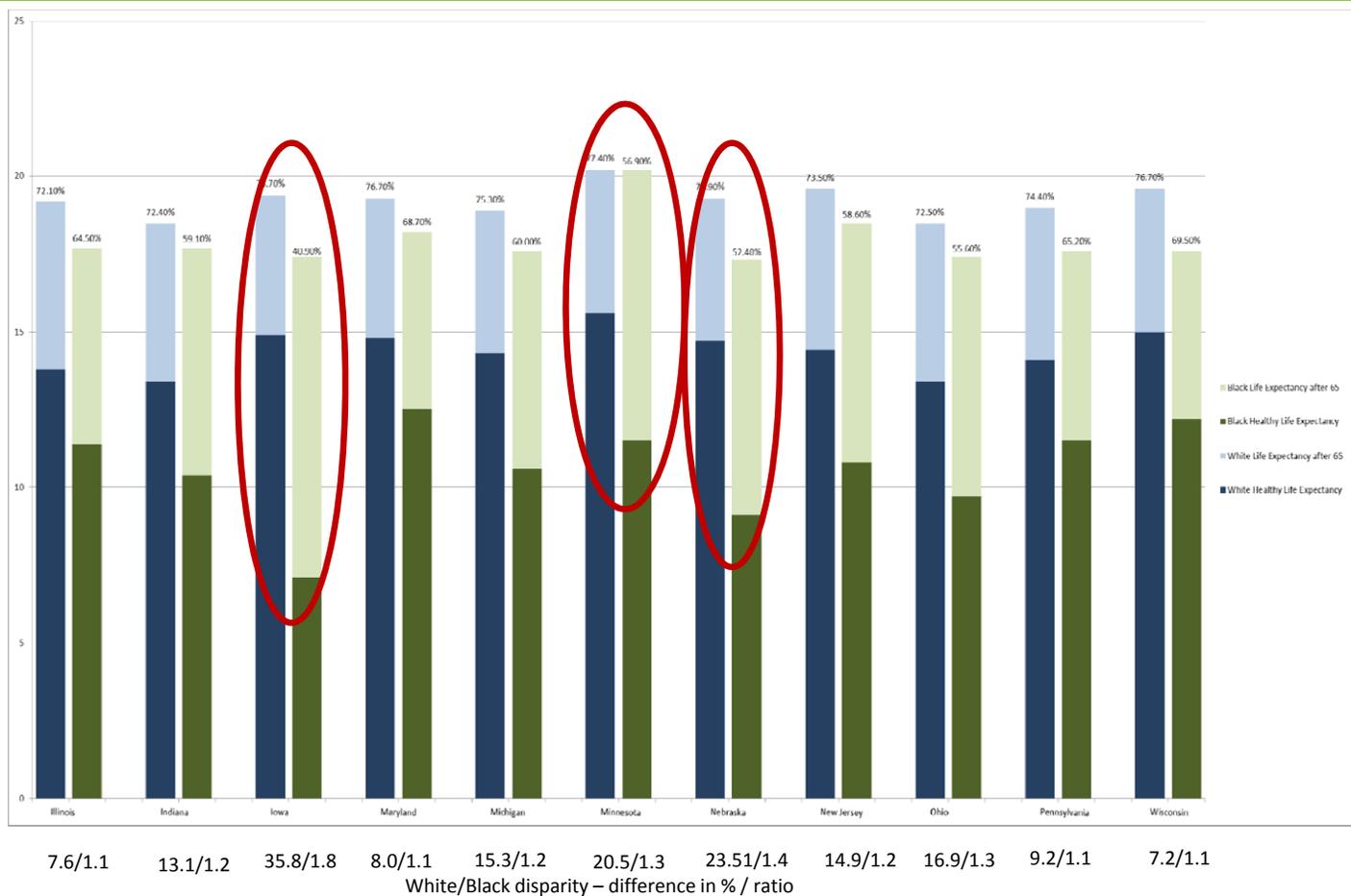
Ratio of non-Hispanic black and non-Hispanic white infant mortality rates,\* by state — United States, 2006–2008



# Disparities in Birth Outcomes are the tip of the health disparities iceberg



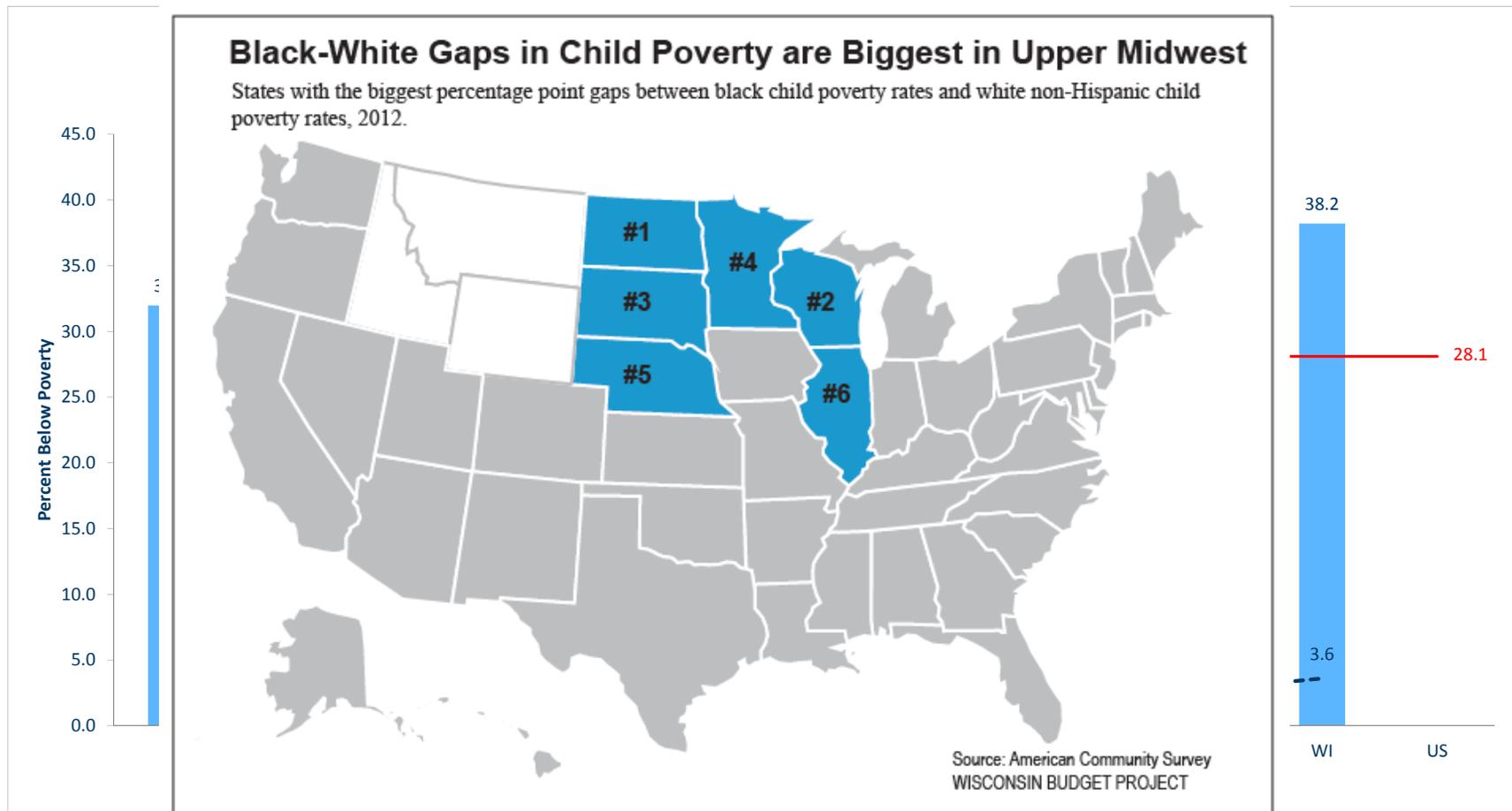
# Life Expectancy/Healthy Life Expectancy After age 65 - By Race Big 10 States



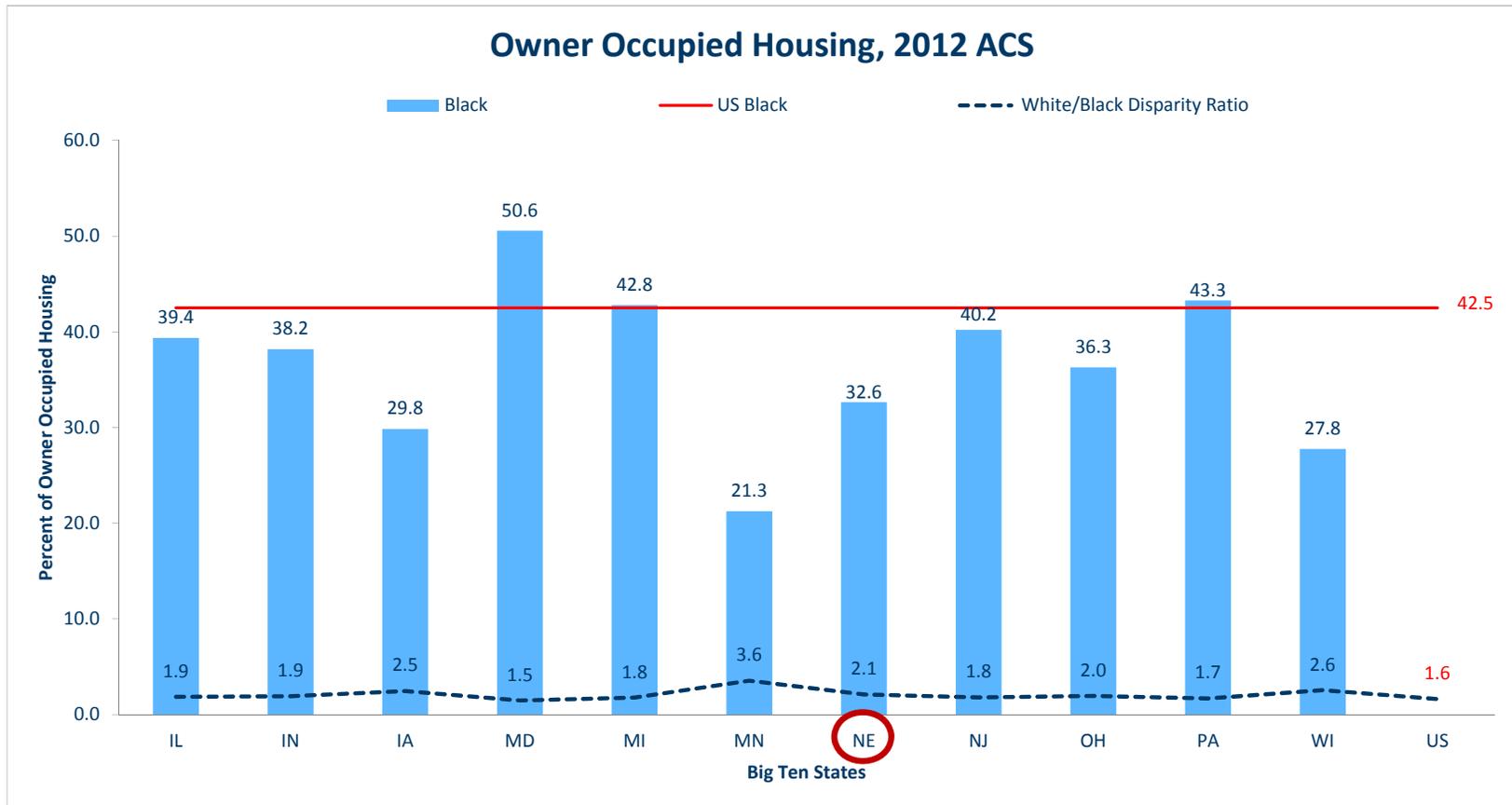
# Disparities in health are the tip of the societal disparities iceberg



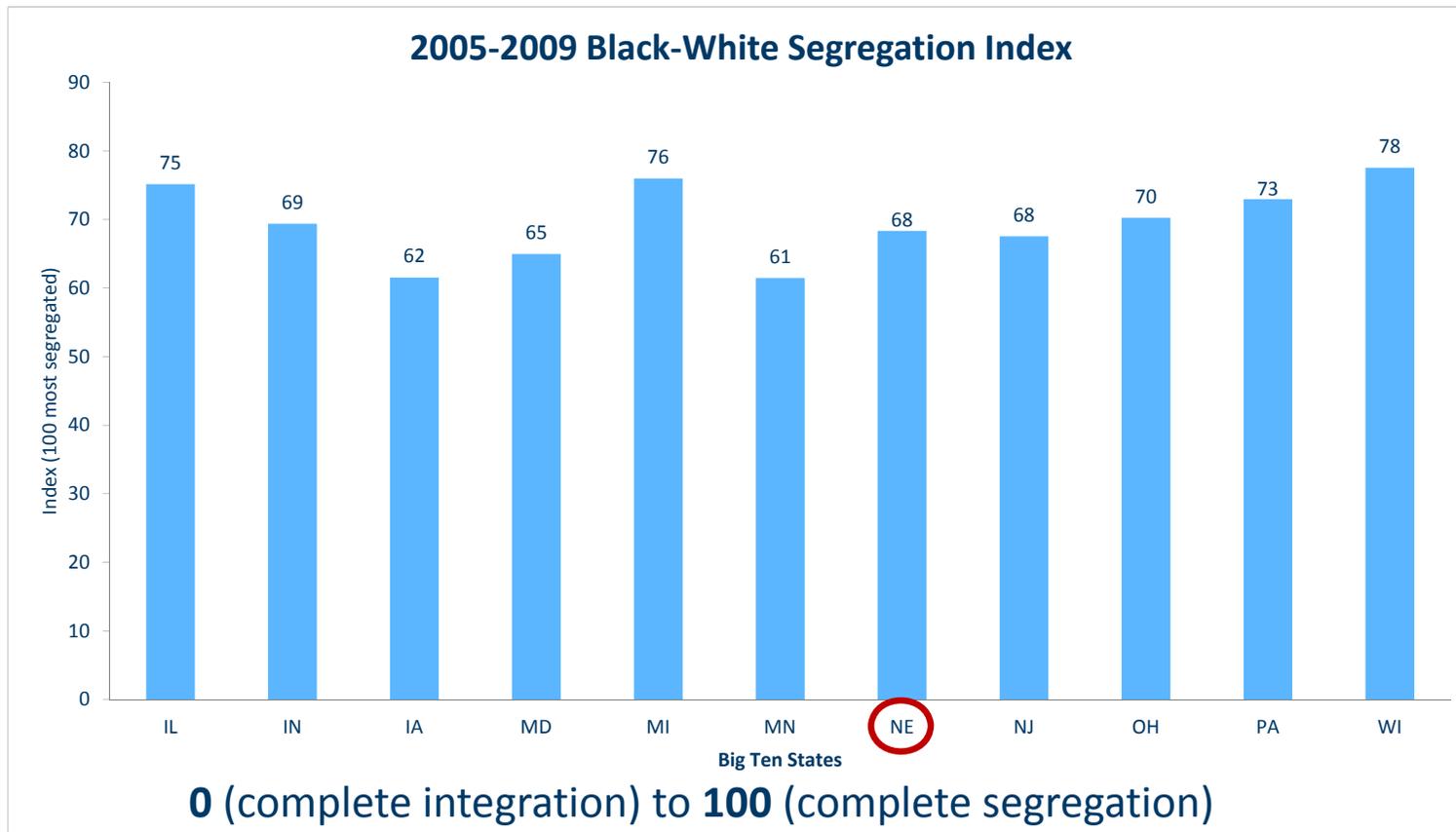
# Poverty in Big 10 States



# Owner Occupied Housing in Big 10 States

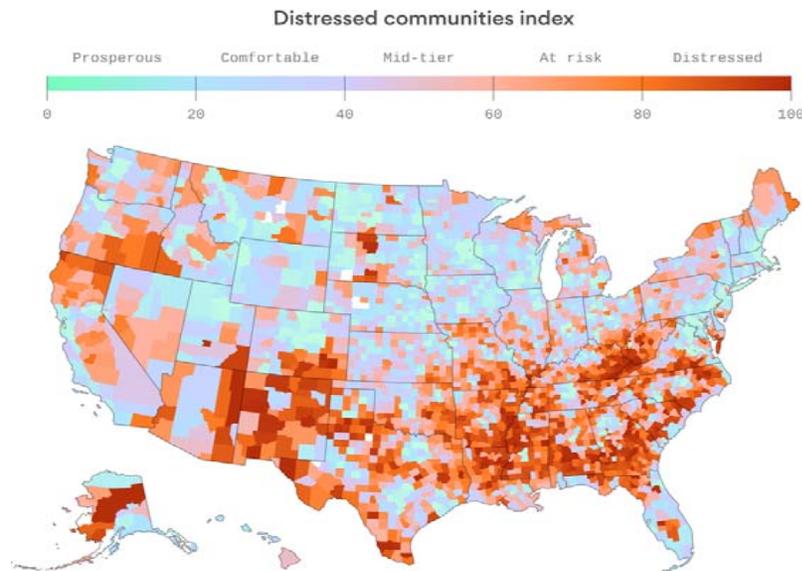


# Racial Segregation in Big 10 States



21 of the top 30 most segregated metro areas in the US are in Big 10 states

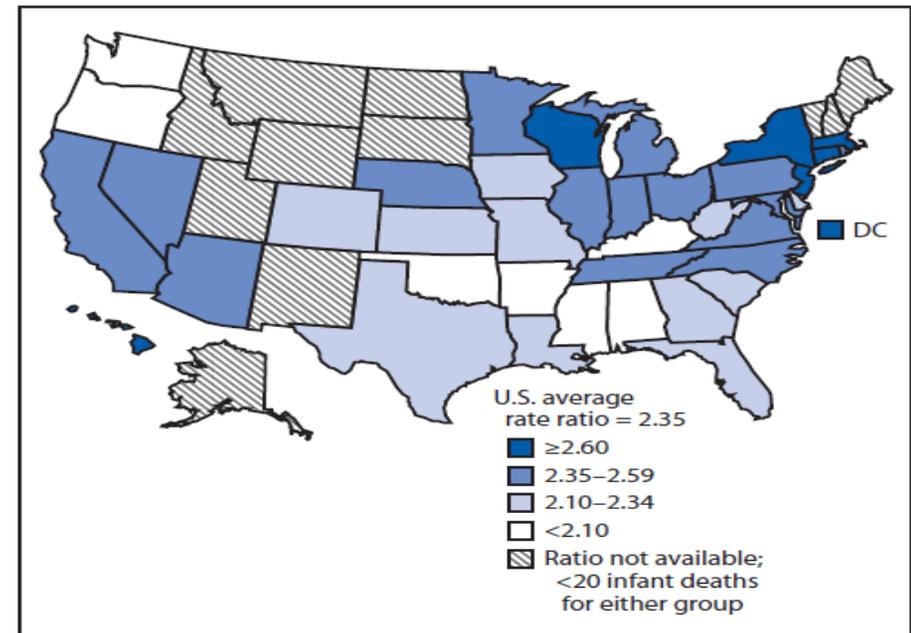
# Health inequities and disparities are a national issue



- People in distressed areas die five years earlier than people in prosperous regions.
- Mortality rates from mental health conditions 64% higher in distressed areas.
- DCI: no HS degree, unstable housing, adult unemployment, poverty, income ratio, employment rate change, change in # of business

Data: Economic Innovation Group Distressed Communities Index; Map: Lazaro Gamio / Axios

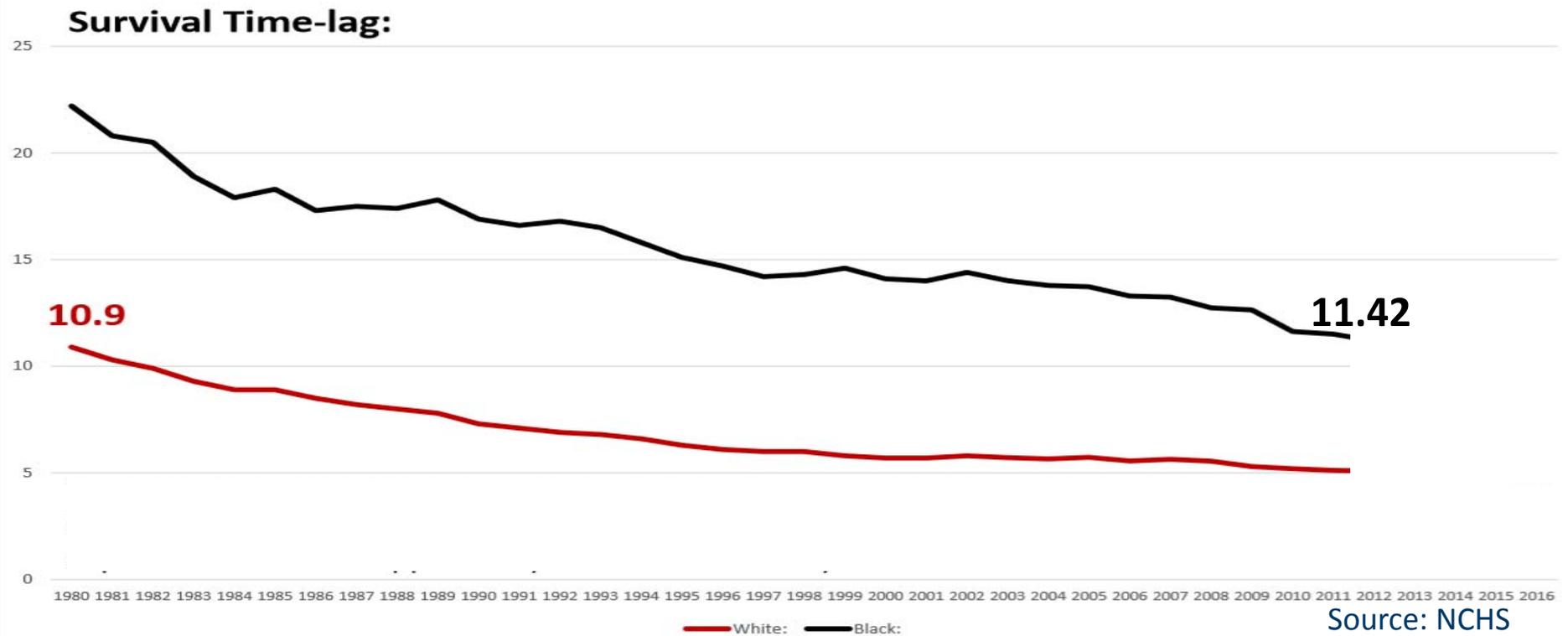
## Ratio of non-Hispanic black and non-Hispanic white infant mortality rates by state United States, 2006–2008



Source: National Vital Statistics System, NCHS, CDC

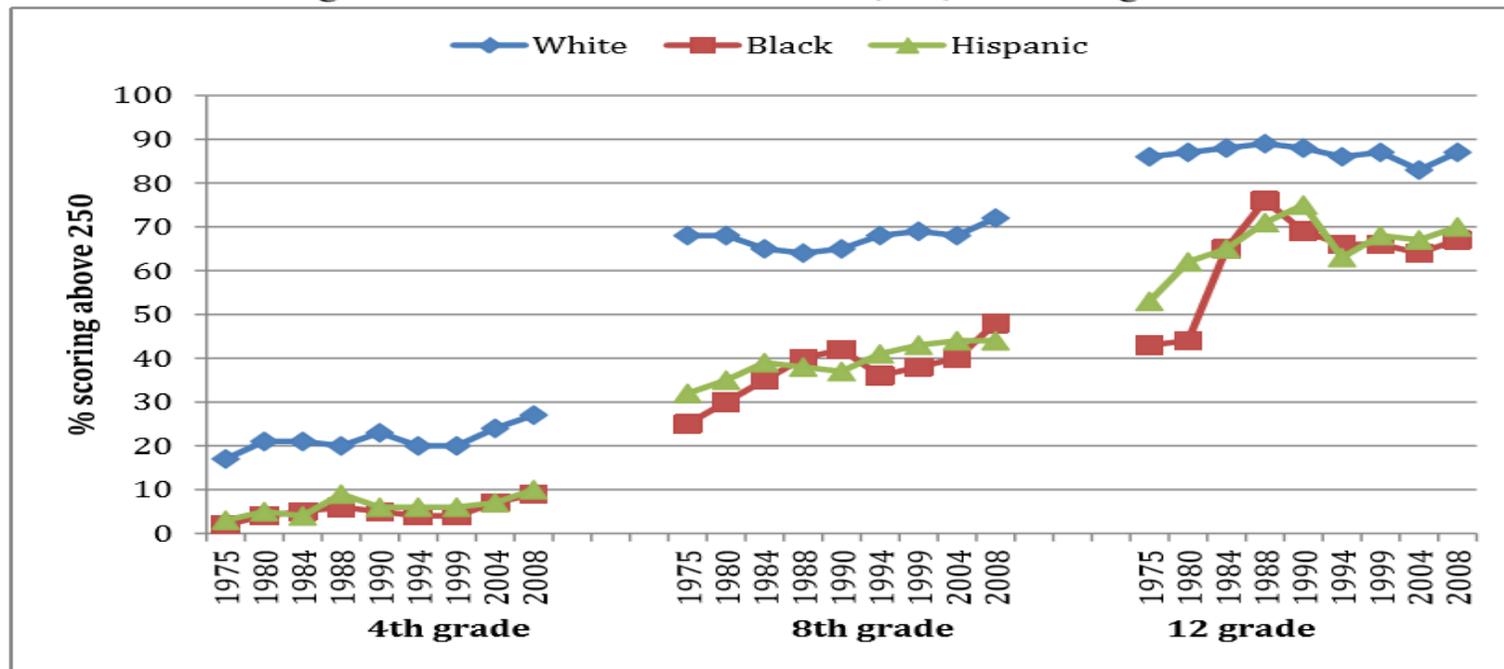
What we are doing to advance health equity is not working.  
And may, in fact, be inhibiting progress.

## US IMR, 1980-2016: White and Black Race



# What we are doing to advance educational equity is not working. And may, in fact, be inhibiting progress.

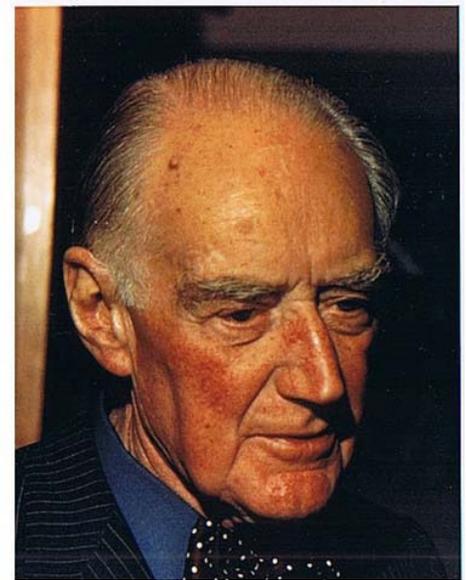
Figure 2: Percent Reading Scores at or above 250 for 4<sup>th</sup>, 8<sup>th</sup>, and 12<sup>th</sup> grades



Source: Educational Digest, NAEP 2010; Reading scores above 250 reflect ability to search for specific information while reading, interrelate ideas and make generalizations about literature, science, and social studies materials.

## These Outcomes and Trajectories Should Be Intolerable and Unacceptable

*“The landmarks of political, economic and social history are the moments when some condition passed from the category of the given into the category of the intolerable. I believe that the history of public health might well be written as a record of successive re-definings of the unacceptable.”*

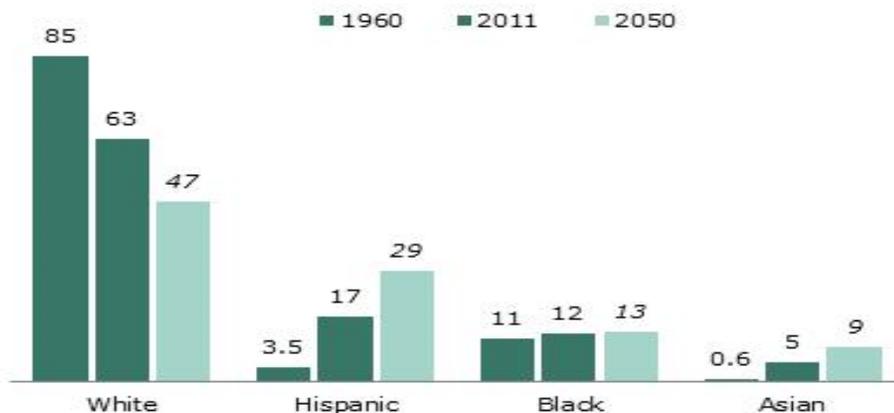


Geoffrey Vickers

# Why Should People Be Concerned About Equity?

Population by Race and Ethnicity, Actual and Projected, 1960, 2011 and 2050

% of total



Note: All races are non-Hispanic; American Indian/Alaska Native not shown. Projections for 2050 indicated by light green bars.

Source: Passel, Jeffrey and D'Vera Cohn. 2008. "U.S. Population Projections: 2005-2050." Washington, D.C.: Pew Hispanic Center, February; Census Bureau 2011 population estimates.

PEW RESEARCH CENTER

*It's a math problem*

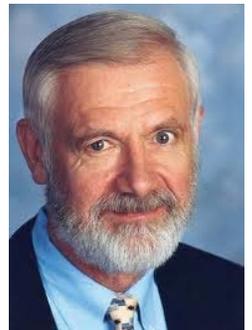
*It's a social justice problem...*

*"The philosophy behind science is to discover truth.*

*The philosophy behind medicine is to use that truth for the benefit of your patient.*

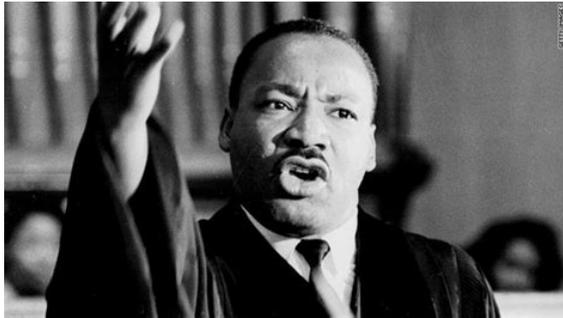
*The philosophy behind public health is social justice."*

**Health Equity is the public manifestation of social justice and social justice is the core of public health**



William Foege  
CDC director  
1977-1983

# Why Should We Care About Equity? We have vested interests in the outcomes.



Martin Luther King , Jr.

*“We may have all  
come on different  
ships, but we're in the  
same boat now.”*



Senator Paul Wellstone

*“We all do better  
when we all do  
better.”*



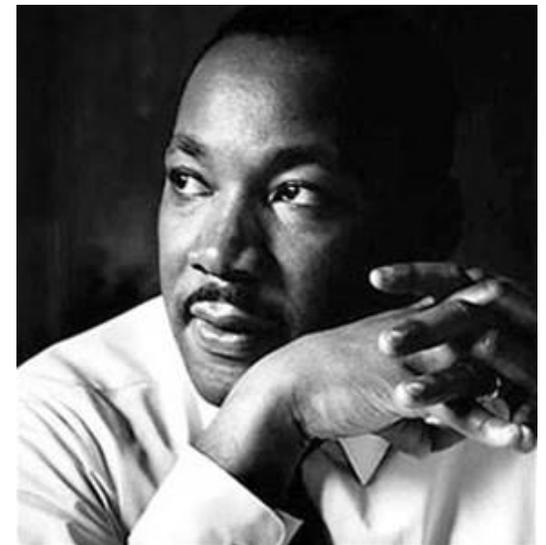
Michael Harrington  
Author of “The Other America.”

*“One cannot raise the  
bottom of society  
without benefitting  
everyone above.”*

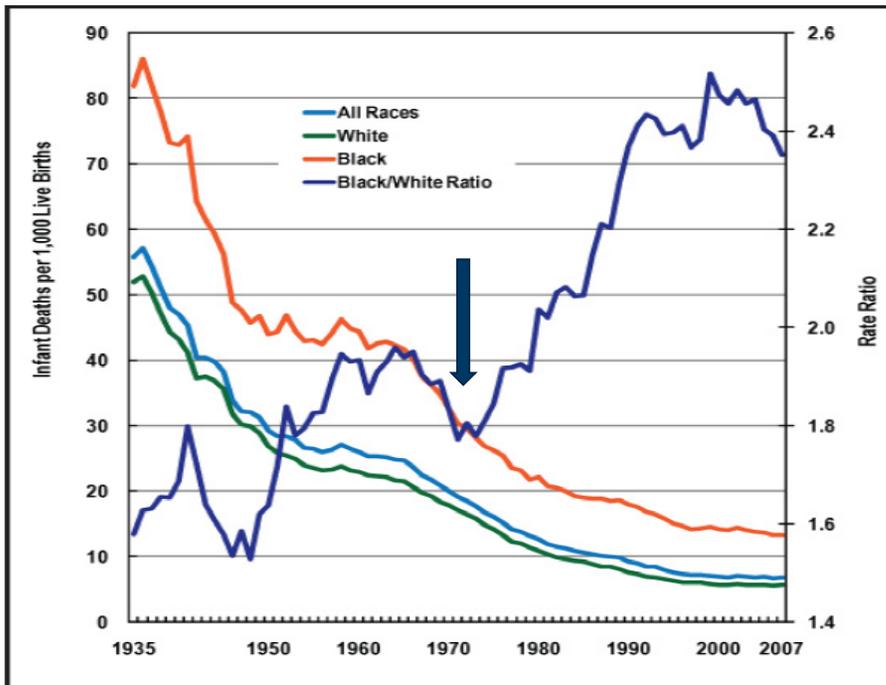
# Equity and Social Justice are societal issues They affect everyone

*“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”*

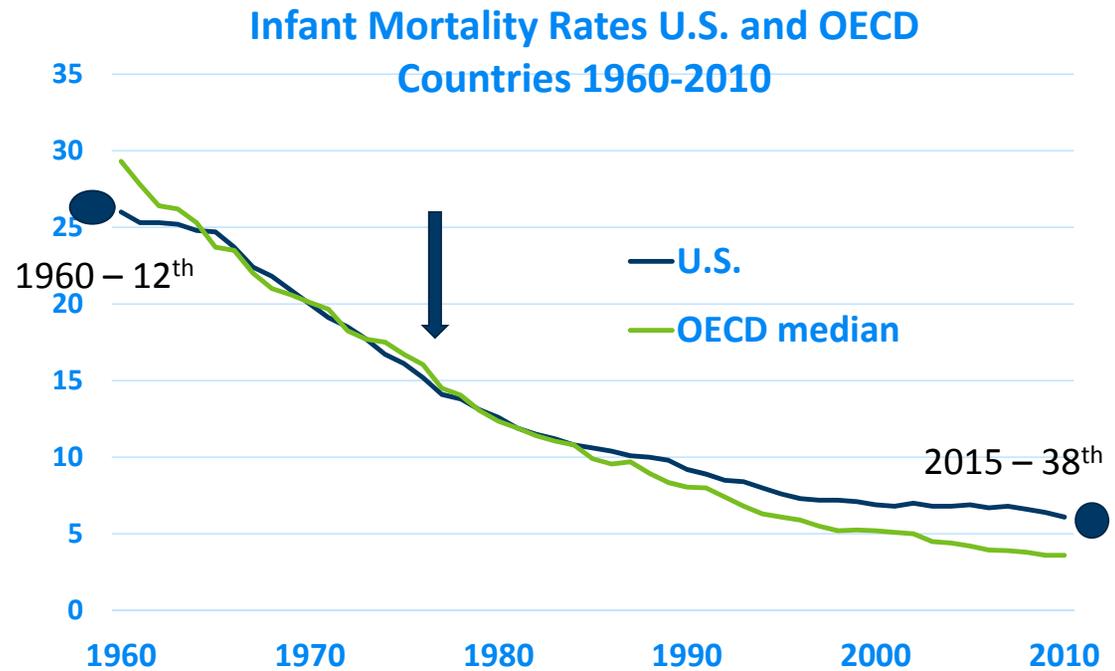
MLK, Jr, Letter from Birmingham Jail, April 16, 1963



*“Injustice anywhere... ..is a threat to justice everywhere.”*



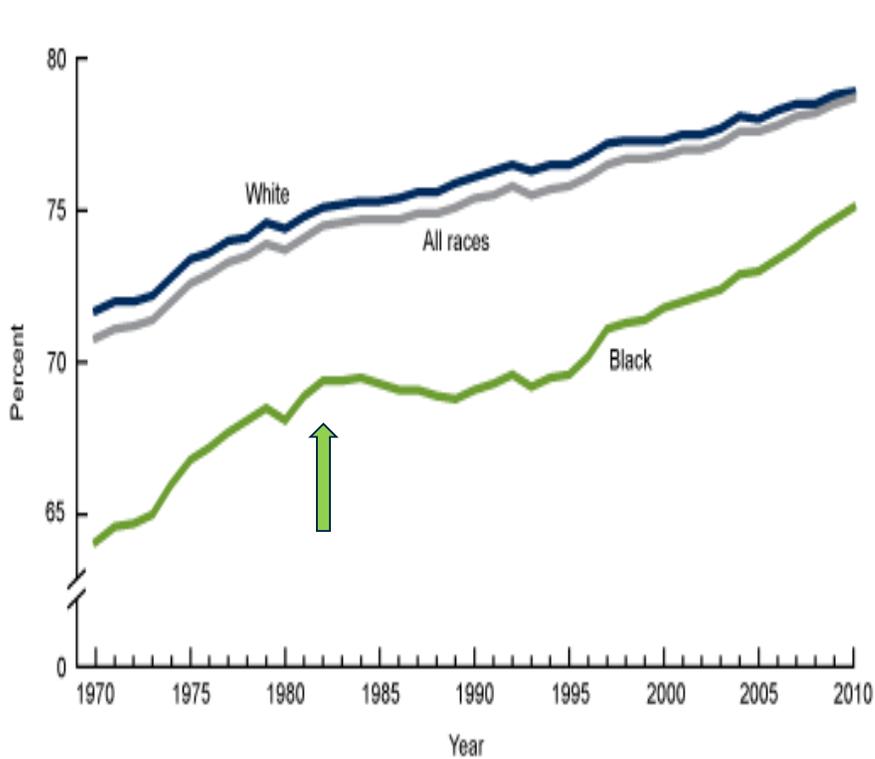
Mortality Rates by Race and Black/White Ratio US, 1935 – 2007



National Center for Health Statistics, Health United States, 2009 (updated)

*“Injustice anywhere...*

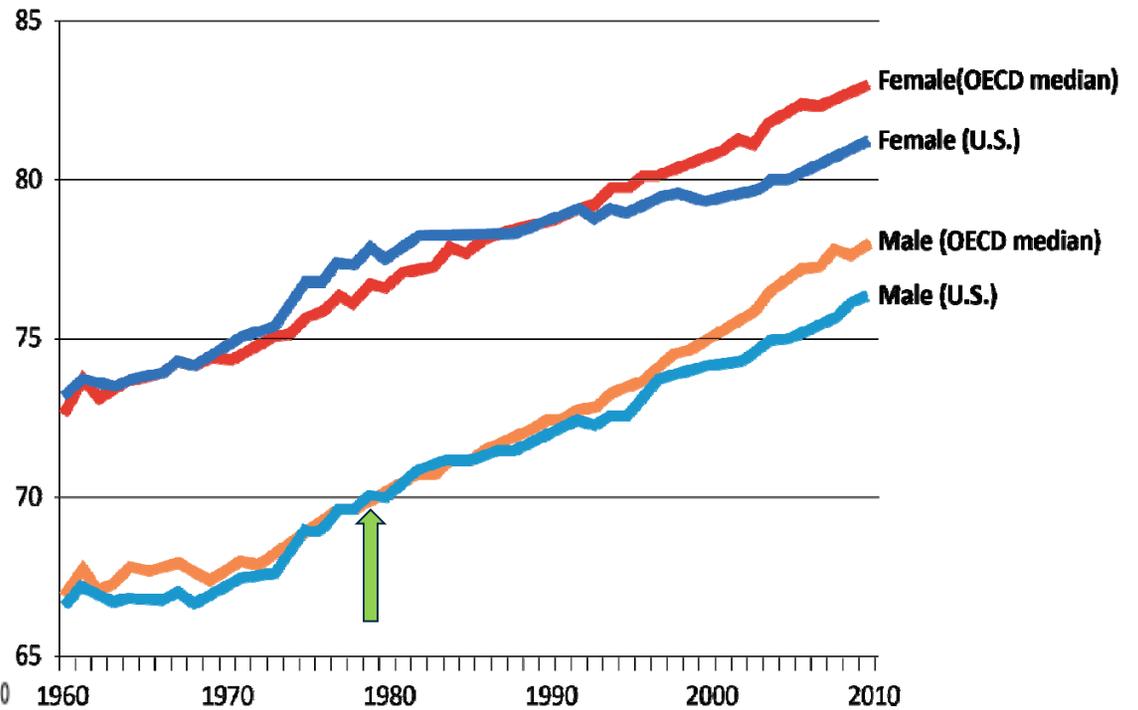
*...is a threat to justice everywhere.”*



**Life Expectancy, by race: United States, 1970 - 2010**

4/22/2019

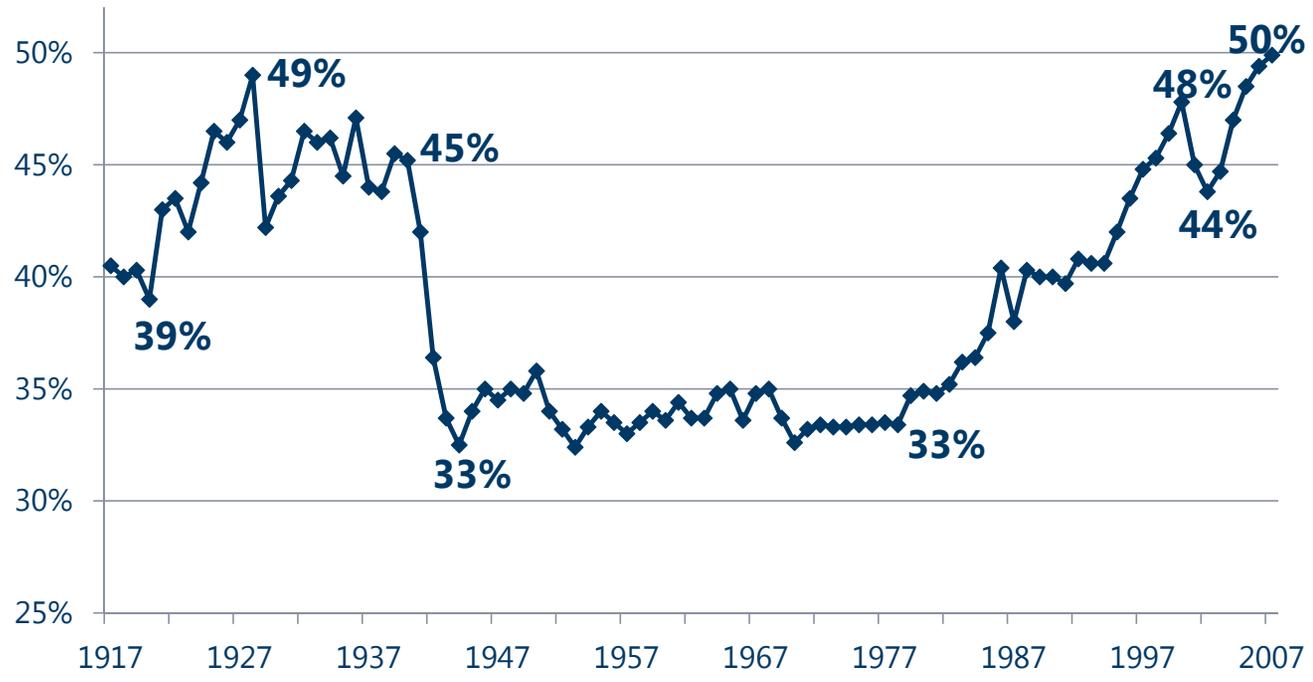
SOURCE: CDC/NCHS, National Vital Statistics System, Mortality.



**Life Expectancy at Birth US and OECD Countries by Gender 1960-2010**

*“Injustice anywhere... ..is a threat to justice everywhere.”*

**Top Decile Income Share in the United States, 1917-2007**

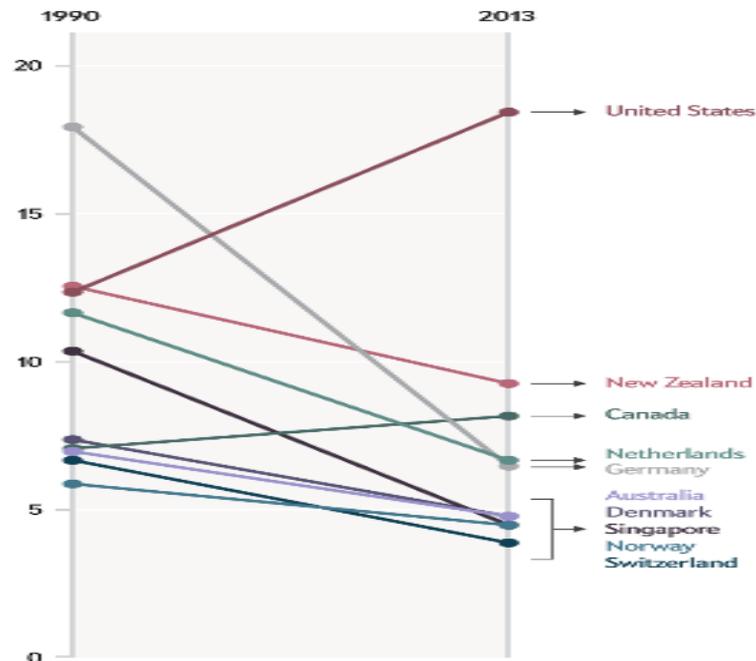


Each 1 % rise in income inequality is associated with a 4 % increase in deaths among persons on the low end.

In 2007, top decile includes all U.S. families with annual income above \$109,600.

# U.S. Ranked 49<sup>th</sup> in Maternal Mortality in 2008

**Maternal Mortality Ratio (MMR) by Developed Country**  
Maternal deaths per 100,000 live births

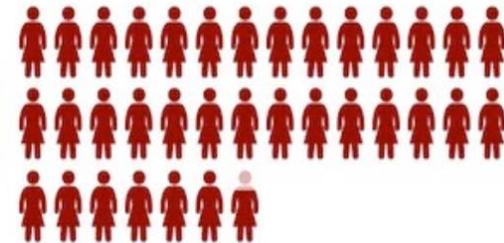


Source: Institute for Health Metrics and Evaluation  
Graphic by Tiffany Farrant-Gonzalez, for **SCIENTIFIC AMERICAN**

U.S. maternal mortality rates continue to climb even as other developed countries improve.

African-American women were 3.2 times more likely to die due to pregnancy/childbirth than white women.

African-American  
**34.8 DEATHS**  
per 100,000 live births



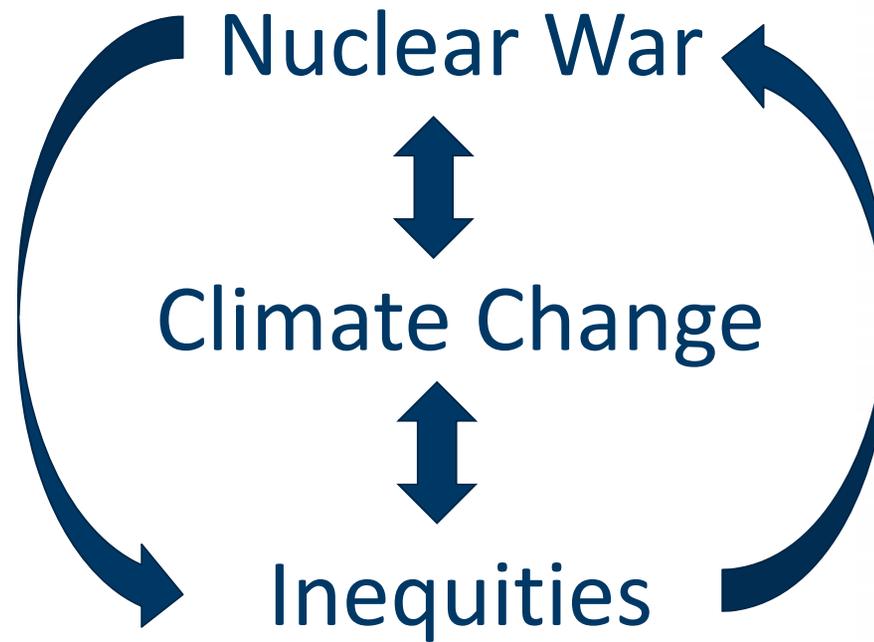
Caucasian

**11 DEATHS**  
per 100,000 live births



Data from UNICEF, WHO, UN Population Fund, and World Bank with standardized methodology.

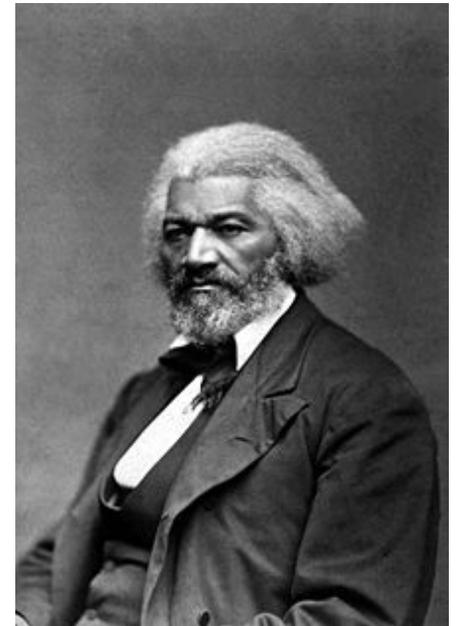
# Equity and Social Justice are Existential Issues



## Frederick Douglass

Social reformer, abolitionist, orator, writer, and statesman

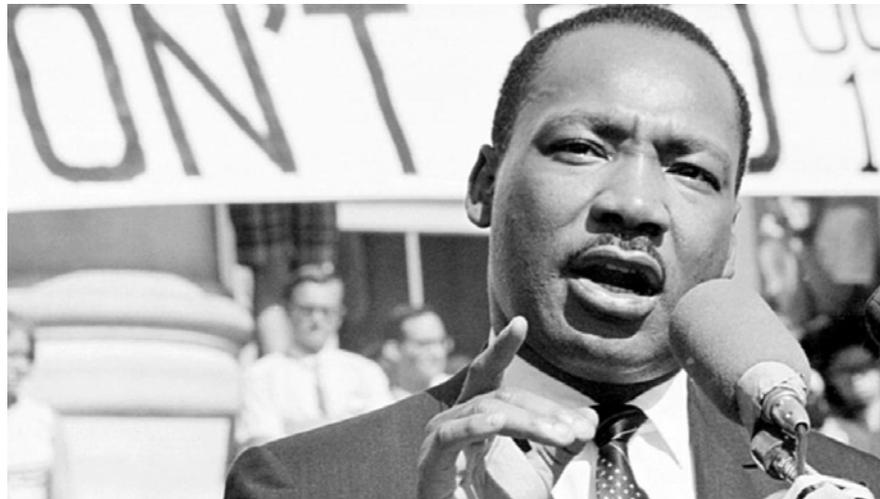
*“Where justice is denied, where poverty is enforced, where ignorance prevails, and where any one class is made to feel that society is an organized conspiracy to oppress, rob and degrade them, neither persons nor property will be safe.”*



This calls for something more than just reforming what we do.  
We need transformation.

*“We must see the great distinction between a reform movement and a revolutionary movement.”*

To Chart Our Course for the Future” May 22, 1967



# Newport Folk Festival 1963-1965

## The times, they are a changing...

- Helped create the soundtrack for Civil Rights and Anti-war movements.
- Helped popularize “Folk” music
- Shocked the folk world on July 24, 1965 when he did a set with an electric guitar
- *I ain't gonna work on Maggie's farm no more.  
Well, I try my best to be just like I am,  
But everybody wants you to be just like them.  
I ain't gonna work on Maggie's farm no more.*



## We need a soundtrack and need to go “electric” (i.e. a revolutionary change in how we do our work)

I ain't gonna work on Maggie's farm no more  
No, I ain't gonna work on Maggie's farm no more.  
Well, I wake up in the morning, fold my hands and pray for rain.  
I got a head full of ideas that are drivin' me insane.  
It's a shame the way she makes me scrub the floor.  
I ain't gonna work on Maggie's farm no more.

We ain't gonna tolerate injustice no more  
We ain't gonna tolerate injustice no more  
It limits our health and opportunities  
And degrades every person and all communities  
We've settled too long for the status quo  
We ain't gonna tolerate injustices no more.

# We need a soundtrack and need to go “electric” (i.e. a revolutionary change in how we do our work)

We ain't gonna live with inequities no more  
We ain't gonna live with inequities no more  
We know their impact and what needs to be done  
So we must change our work to benefit everyone  
They are something that we must all deplore  
We ain't gonna live with inequities no more.

We ain't gonna work just like we did before  
We ain't gonna work just like we did before  
Our work didn't accomplish what we hoped it would do  
So now all of us must try to do something new  
To all of you I now do implore  
We ain't gonna work just like we did before.

# How Did We Get to This Place?

Limited by Carl Sandburg

I AM riding on a limited express, one of the crack trains  
of the nation.

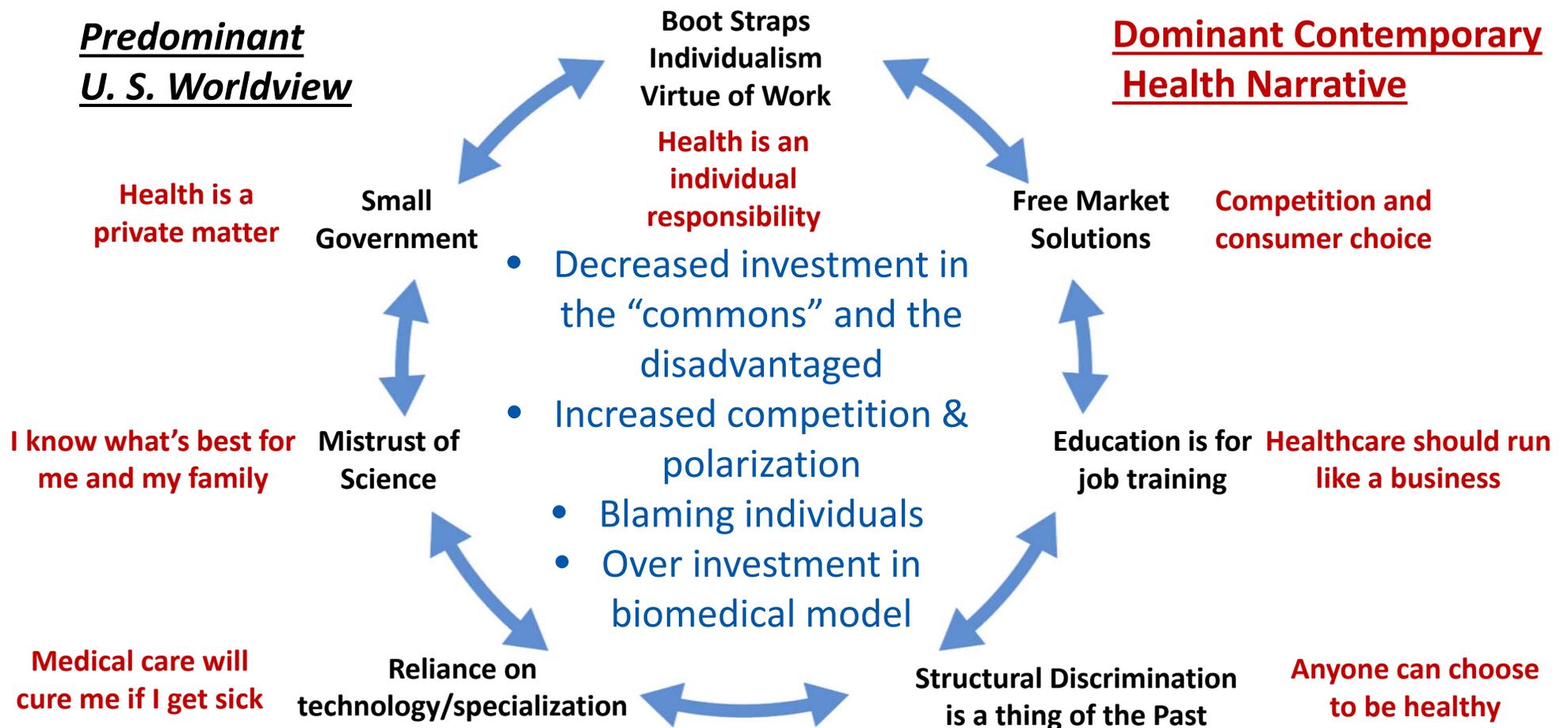
Hurling across the prairie into blue haze and dark air  
go fifteen all-steel coaches holding a thousand people.  
(All the coaches shall be scrap and rust and all the men  
and women laughing in the diners and sleepers shall  
pass to ashes.)

I ask a man in the smoker where he is going and he  
answers: "Omaha."



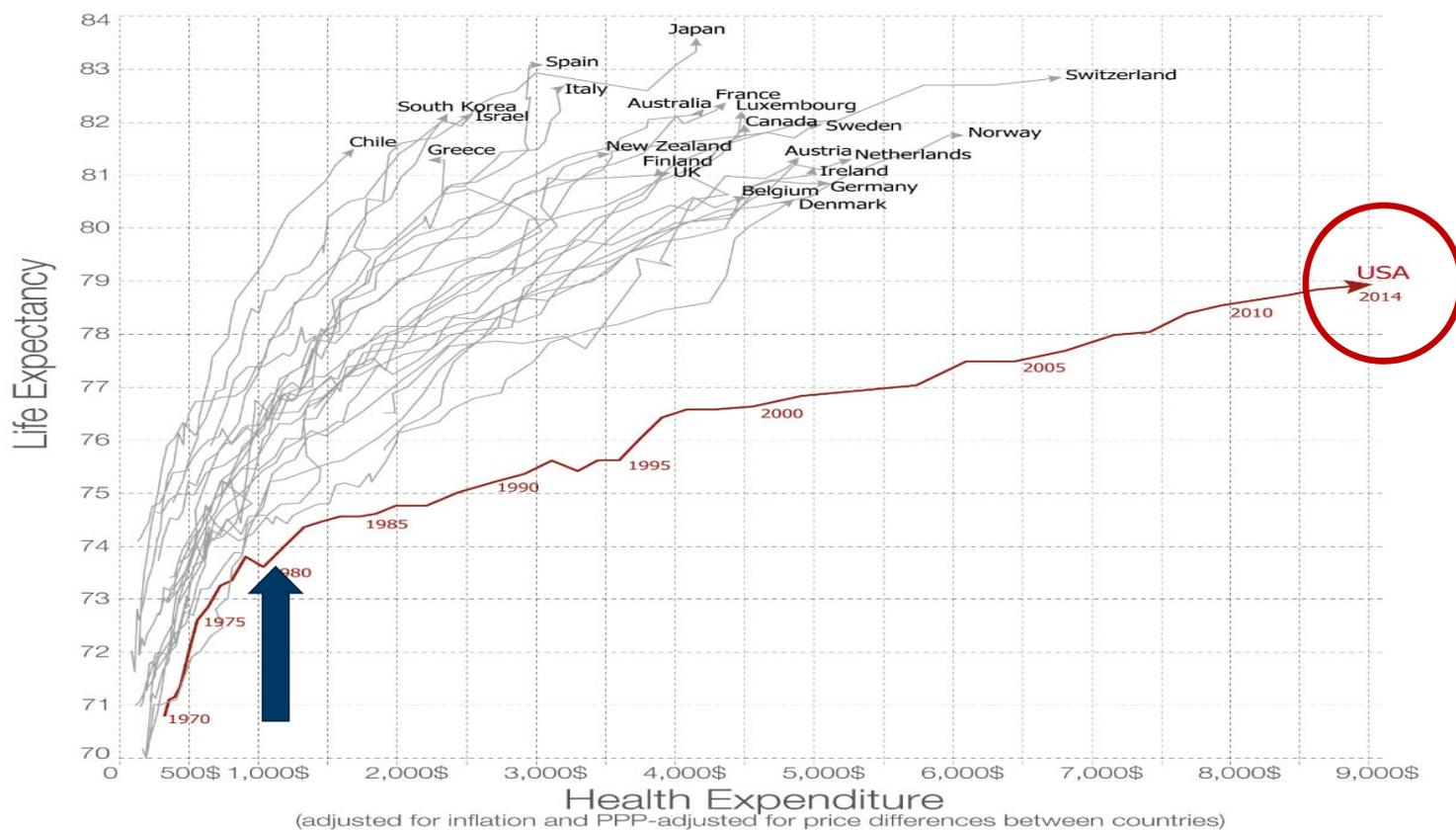
1960 Photograph of Carl Sandburg  
by Jack Rosen

# How did we get to this situation?



# Improvements slowed when we started to overinvest in healthcare

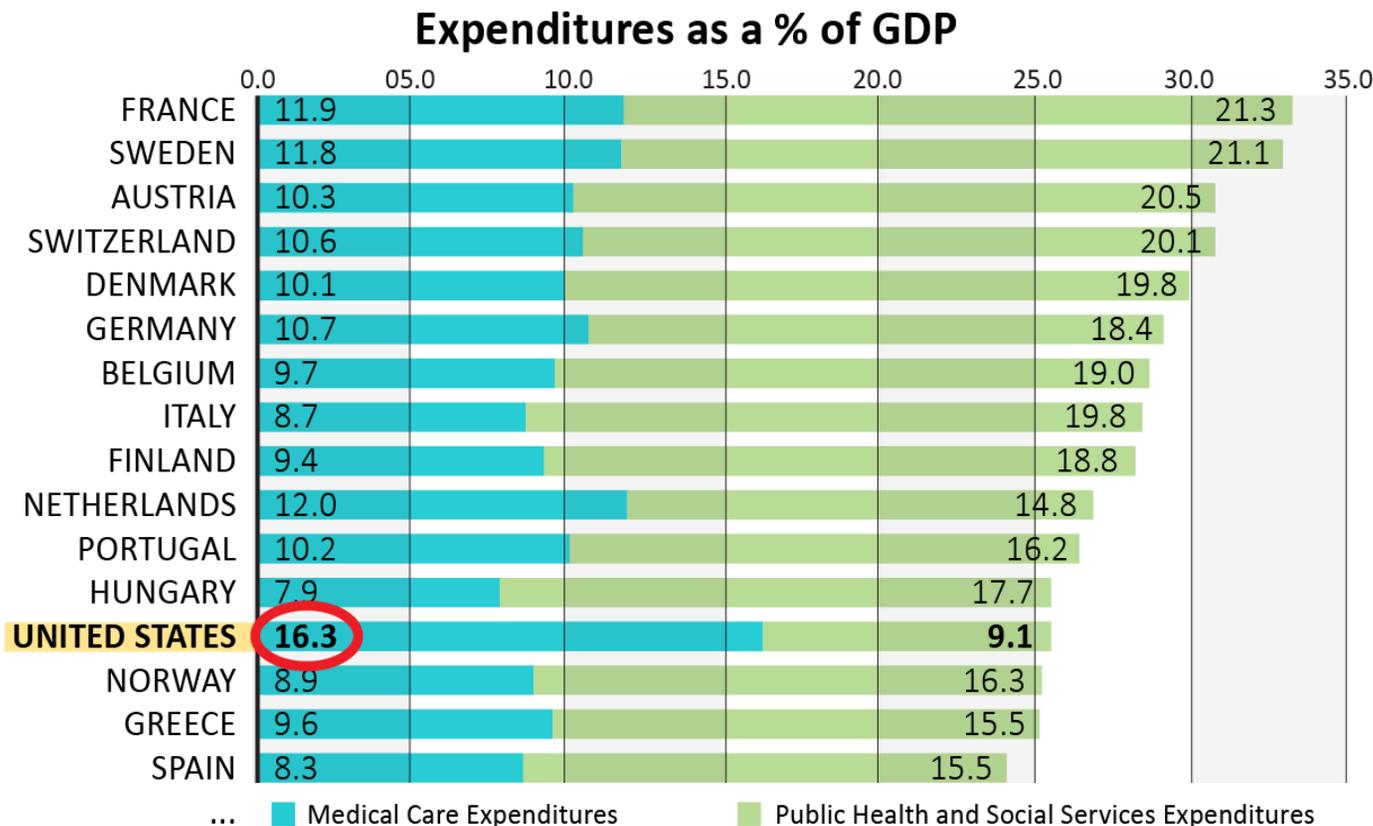
## Life expectancy vs health expenditures - U.S. and OECD Countries 1970 - 2014



4/22/2019

Data source: Health expenditure from the OECD; Life expectancy from the World Bank. Licensed under CC-BY-SA by the author Max Roser. The data visualization is available at [OurWorldinData.org](http://OurWorldinData.org) and there you find more research and visualizations on this topic.

# Total Investment in Health and Human Services

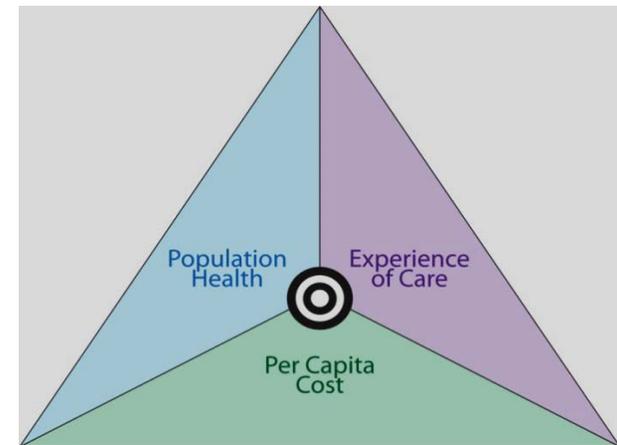


In OECD, for every \$1 spent on health care, about \$2 is spent on public health and social services.

In the U.S., for every \$1 spent on health care, about 55 cents is spent on public health and social services.

# Triple Aim of Healthcare

- Better care for individuals
- Lower per capita costs
- Better health for populations



## By itself, the Triple Aim of Healthcare could be detrimental to health and health equity

- **Individual health model – not a community health model**
- **What's good for healthcare may not be what's best for communities or advancing health equity**
- **Healthcare is made the benevolent dictator of health**
  - All of health is viewed through the lens of healthcare
  - Assumes healthcare is responsible for population health
  - Healthcare reinforces the narrative about what creates health
  - Healthcare dictates where health investments are made
- **Medicalizes the Social Determinants of Health**

We need to change how we do our work

*“Public health is what we, as a society, do collectively to assure the conditions in which (all) people can be healthy.”*

*The Future of Public Health  
Institute of Medicine, 1988*

# Living Conditions Impact Health

## Communities of Opportunity

- Social/economic inclusion
- Thriving small businesses and entrepreneurs
- Grocery stores
- Parks & trails
- Sufficient healthy housing
- Good transportation options and infrastructure
- Financial institutions
- Home ownership
- Better performing schools
- IT connectivity
- Strong local governance

Good  
Health  
Status

Poor  
Health  
Status

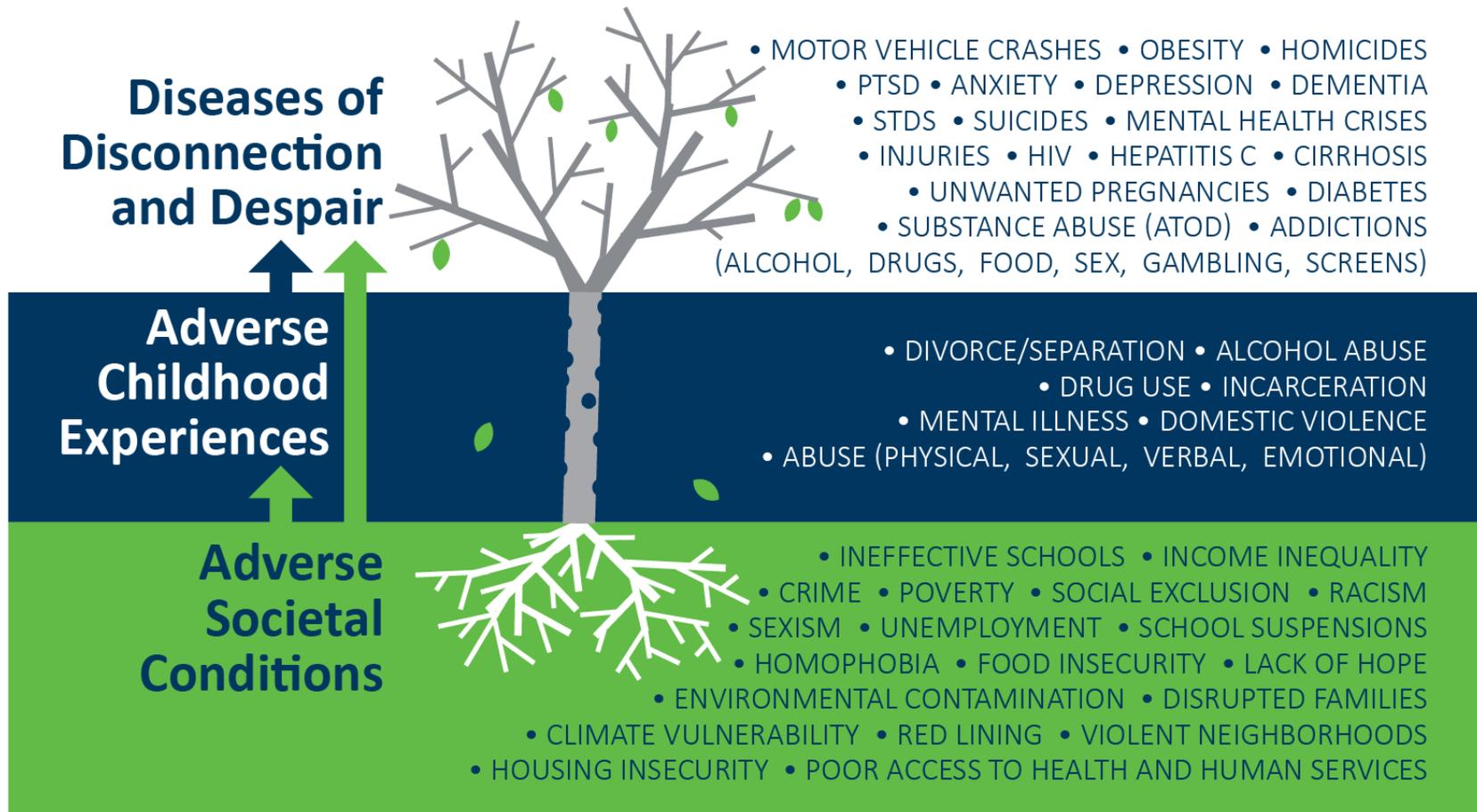
Contributes  
to health  
disparities:

- Obesity
- Diabetes
- Asthma
- Cancer
- Injury

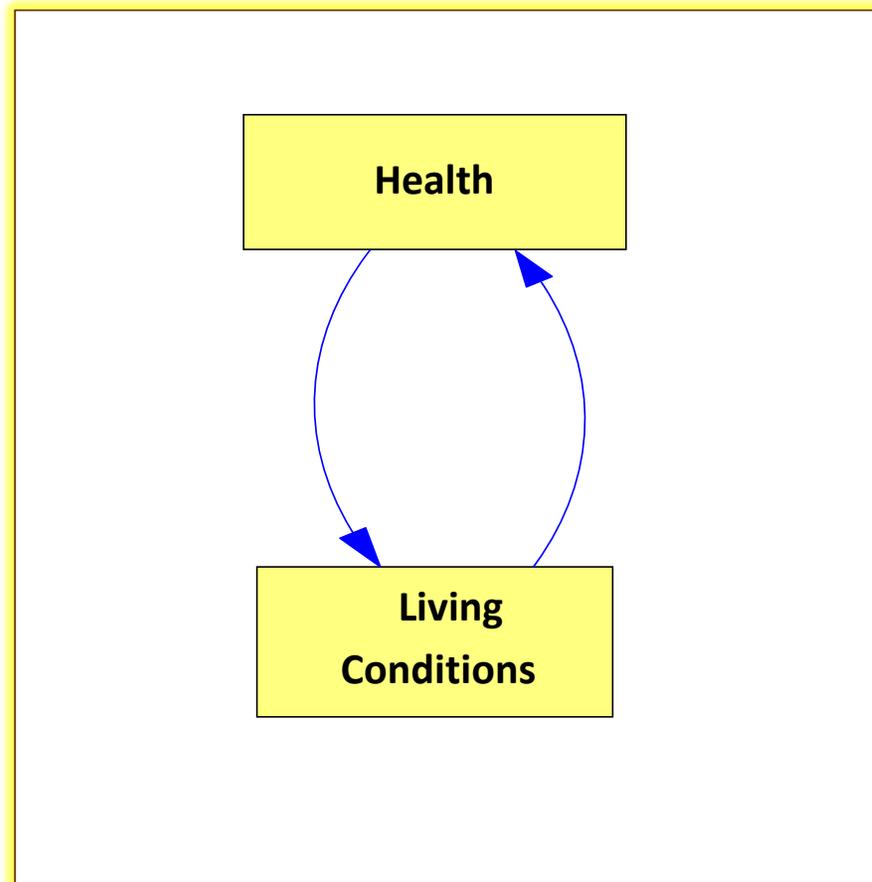
## Low-Opportunity Communities

- Social/economic exclusion
- Few small businesses
- Fast food restaurants
- Unsafe/limited parks
- Rental housing/foreclosure
- Poor and limited housing stock
- Few transportation options
- Payday lenders
- Poor performing schools
- Pollution/contaminated drinking water
- Limited IT connections
- Weak local governance

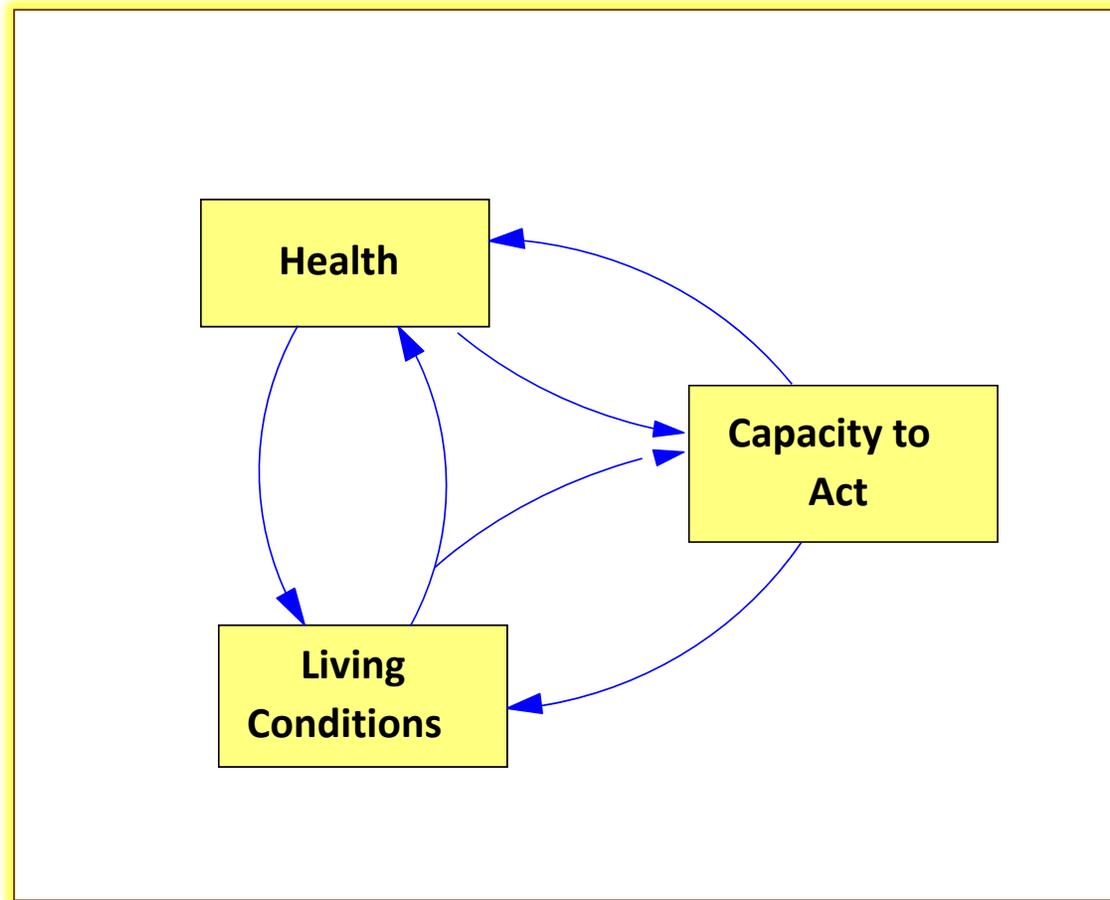
# Living Conditions Affect ACEs and Foster Diseases of Disconnection and Despair



# Living Conditions Impact Health



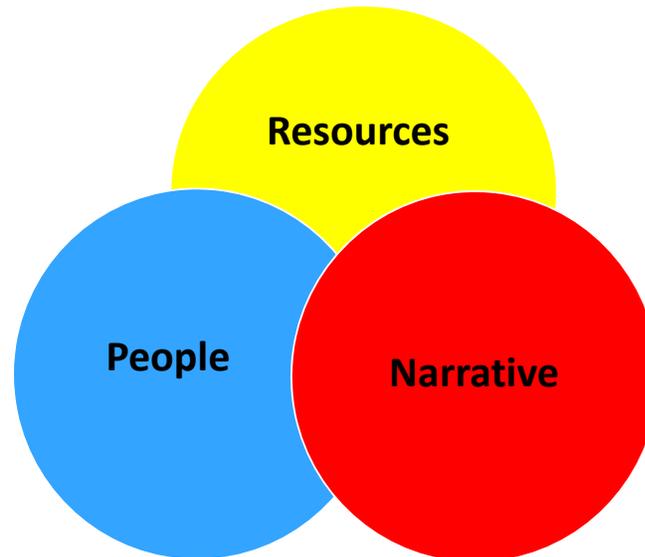
# Changing the Conditions that Affect Health Requires the Capacity to Act



Structure work to achieve our overall aim:  
Create/Strengthen our “Capacity to Act”

## Organize:

**Resources:** Identify/shift the way resources, systems and processes are structured.

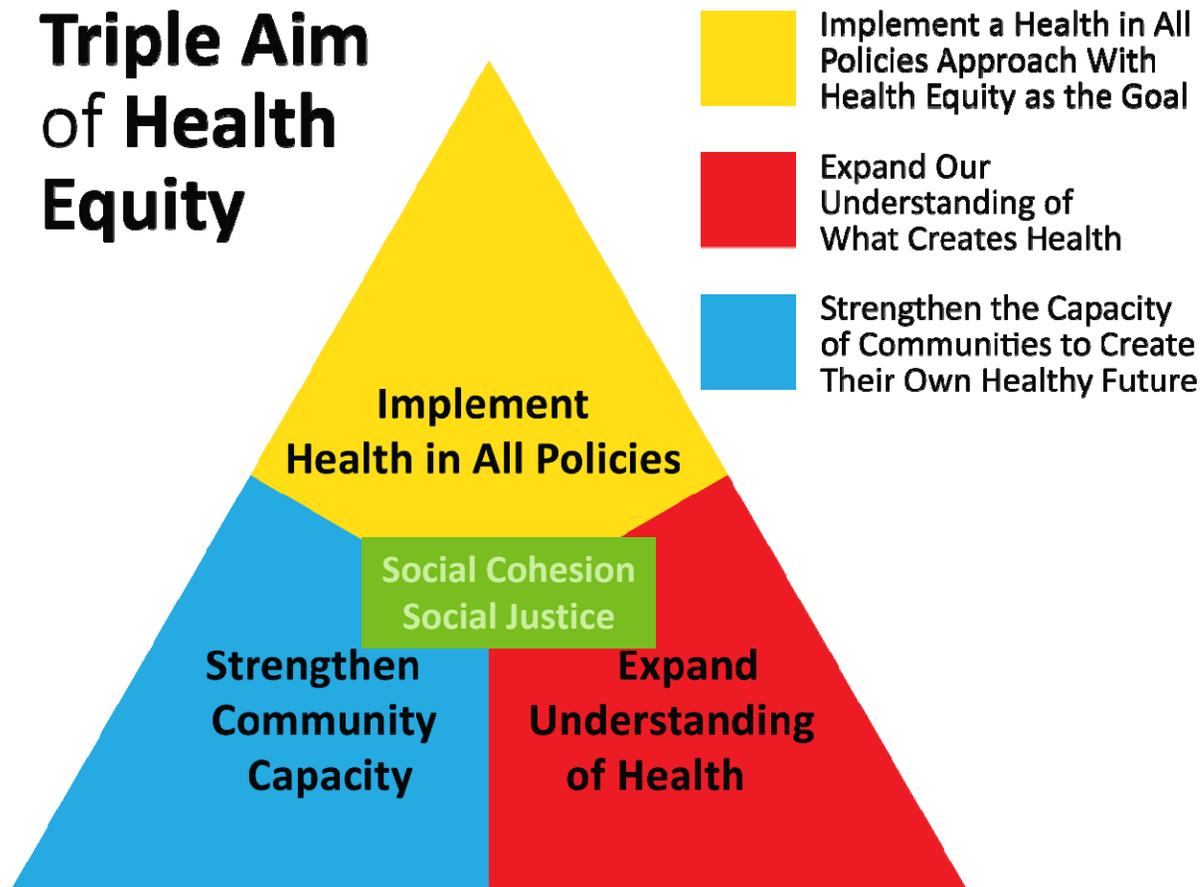


**People:** Directly impact decision makers, develop relationships, align interests.

**Narrative:** Align the narrative to build public understanding and public will.

# To Advance Health Equity and Optimal Health for All we need to influence policies and change living conditions

## Triple Aim of Health Equity



## The Dominant Narrative about what creates health

People would be healthy if they worked hard; made good choices about diet, physical activity, and substance use; and had good medical care.

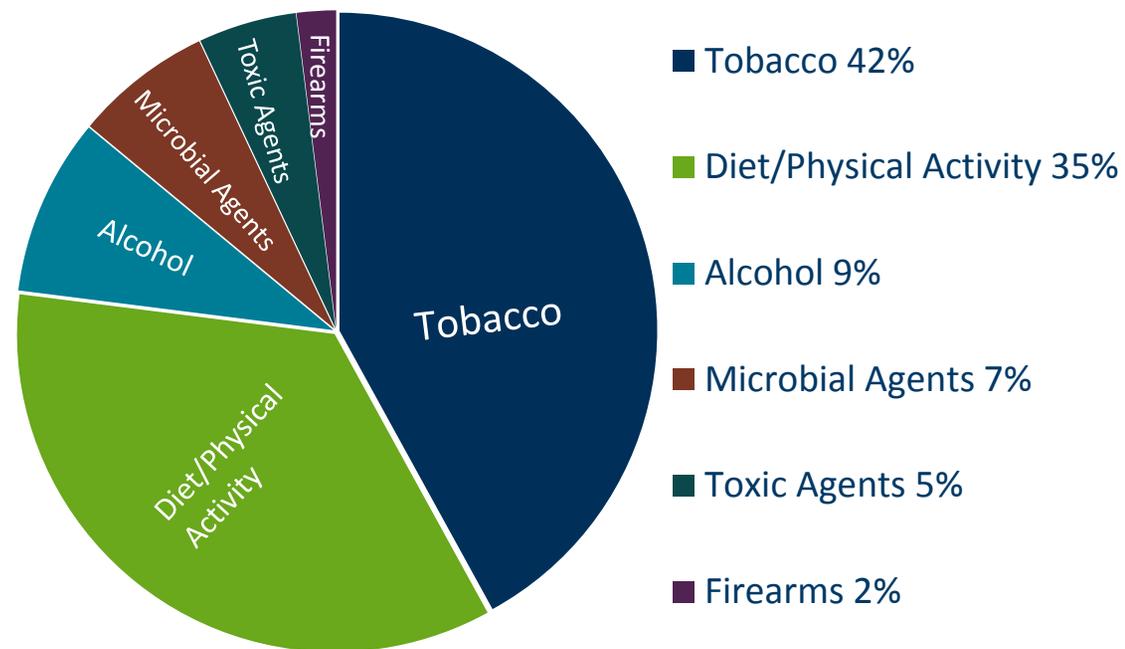
Health is the responsibility of individuals until they get sick, then it becomes the responsibility of the healthcare system.

# Top Ten Causes of Death: 1850 – 1900 – 2000

1850	1900	2000
Tuberculosis	Pneumonia	Heart disease
Dysentery/diarrhea	Tuberculosis	Cancer
Cholera	Diarrhea	Stroke
Malaria	Heart Disease	Lung disease
Typhoid Fever	Stroke	Accidents
Pneumonia	Liver Disease	Diabetes
Diphtheria	Accidents	Pneumonia/Influenza
Scarlet Fever	Cancer	Alzheimer's disease
Meningitis	Diseases of Old Age	Kidney disease
Pertussis	Diphtheria	Blood poisoning

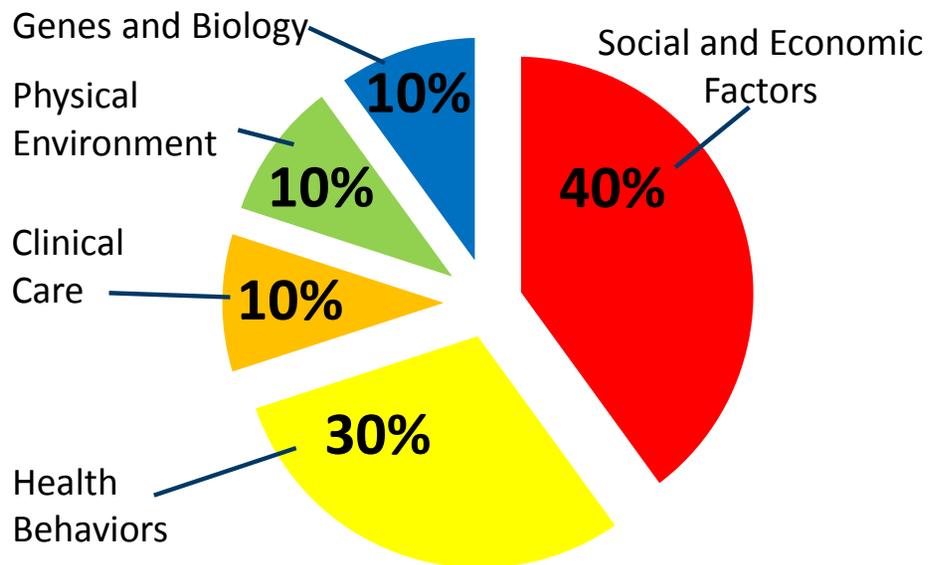
# Actual Causes of Death – Contribution of top 7

Cause of Death	#	% of total deaths
Tobacco	435,000	18%
Diet/activity	400,000	16%
Alcohol	85,000	4%
Microbial agents	75,000	3%
Toxic agents	55,000	2%
Firearms	29,000	1%
Sexual behavior	20,000	<1%
Motor vehicles	43,000	<1%
Illicit use of drugs	17,000	<1%



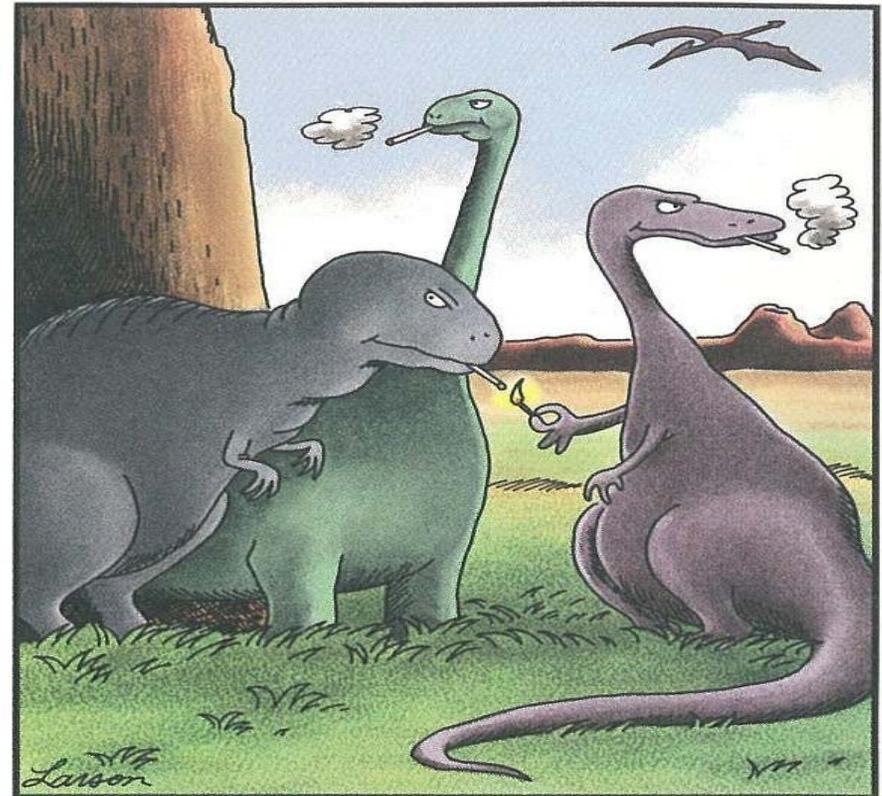
# Expand the Understanding of What Creates Health

## Determinants of Health



Determinants of Health Model based on frameworks developed by: Tarlov AR. *Ann N Y Acad Sci* 1999; 896: 281-93; and Kindig D, Asada Y, Booske B. *JAMA* 2008; 299(17): 2081-2083.

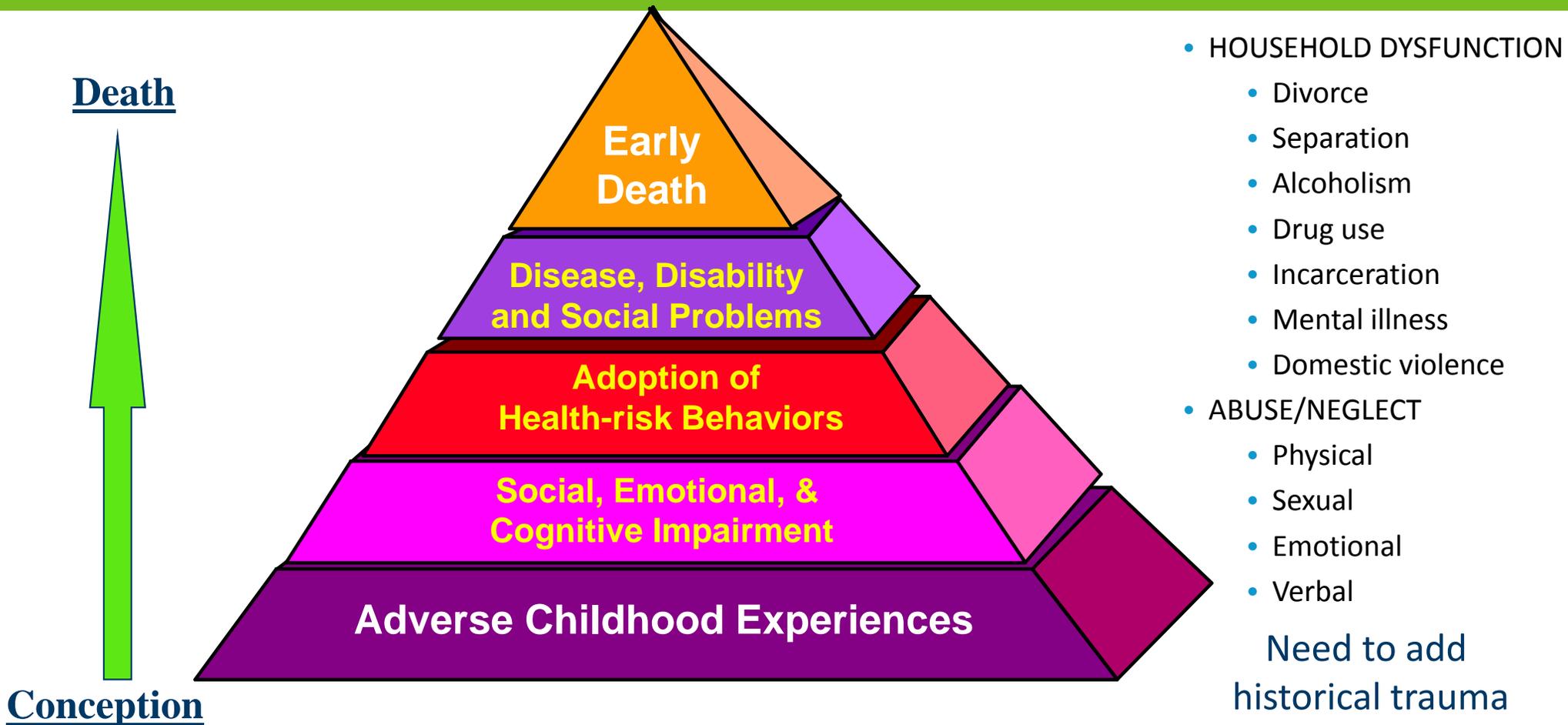
World Health Organization. Ottawa charter for health promotion. International Conference on Health Promotion: The Move Towards a New Public Health, November 17-21, 1986 Ottawa, Ontario, Canada, 1986. Accessed July 12, 2002 at <http://www.who.int/hpr/archive/docs/ottawa.html>.



The real reason dinosaurs became extinct

Cause of Death	Number of Deaths
Tobacco	435,000
Diet/Activity	365,000
Less than High School Graduation	245,000
Racial Segregation	176,000
Low Social Support	162,000
Individual Poverty	133,000
Income Inequality	119,000
Alcohol	85,000
Microbial Agents	75,000
Toxic Agents	55,000
Community Level Poverty	36,000
Firearms	29,000

# Adverse Childhood Experiences (ACEs) Impact Long-term Health



# Is the healthy choice a possible choice?

## Living Conditions Impact Health

### Communities of Opportunity

- Social/economic inclusion
- Thriving small businesses and entrepreneurs
- Grocery stores
- Parks & trails
- Sufficient healthy housing
- Good transportation options and infrastructure
- Financial institutions
- Home ownership
- Better performing schools
- IT connectivity
- Strong local governance

Good Health Status

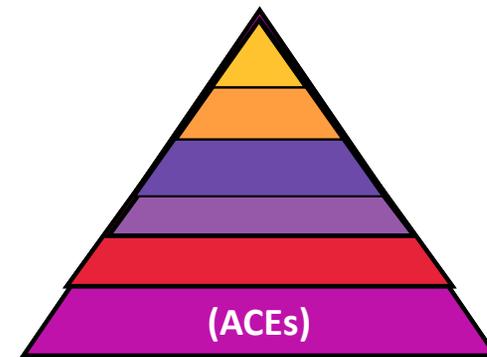
Poor Health Status

Contributes to health disparities:

- Obesity
- Diabetes
- Asthma
- Cancer
- Injury

### Low-Opportunity Communities

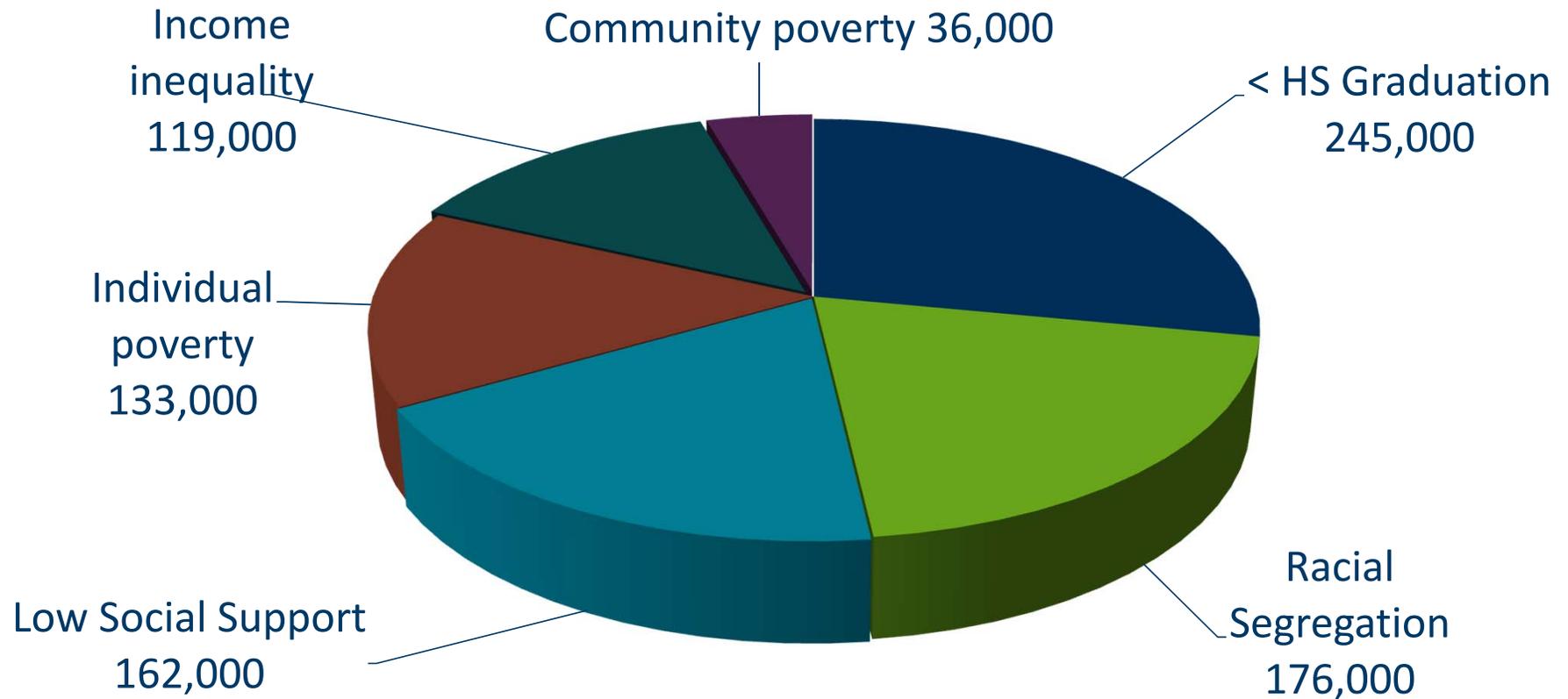
- Social/economic exclusion
- Few small businesses
- Fast food restaurants
- Unsafe/limited parks
- Rental housing/foreclosure
- Poor and limited housing stock
- Few transportation options
- Payday lenders
- Poor performing schools
- Increased pollution and contaminated drinking water
- Limited IT connections
- Weak local governance



### Each year in the United States:

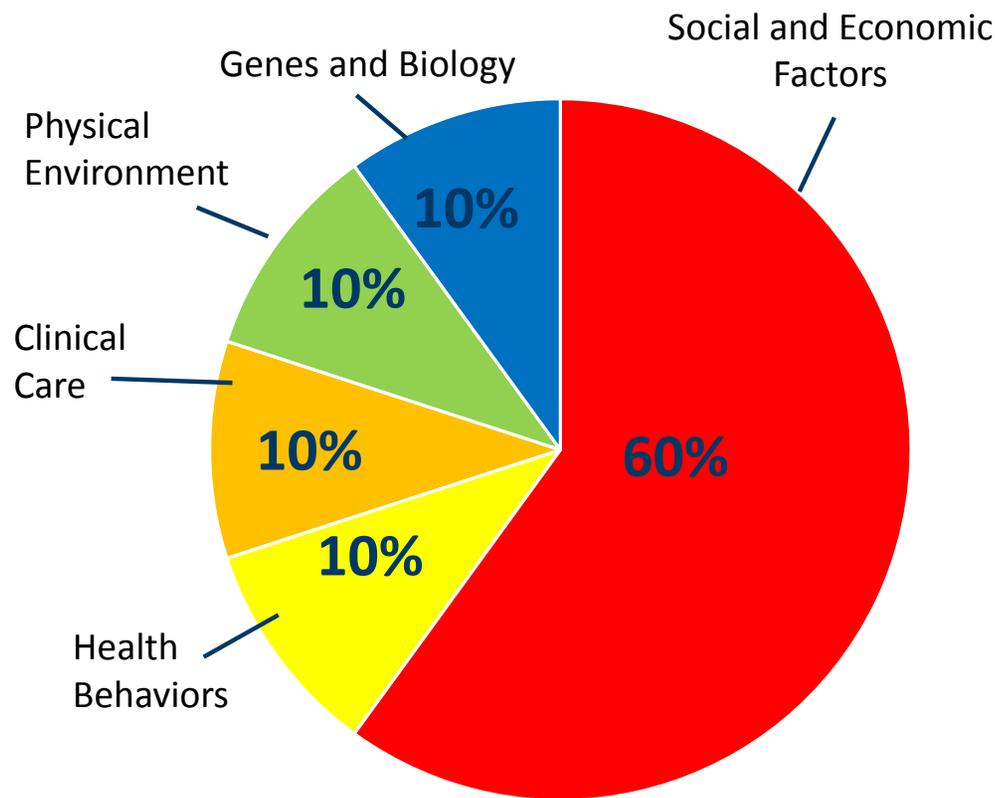
- \$15.3 Billion is spent marketing tobacco
- \$6 Billion is spent marketing alcohol
- \$2.9 Billion is spent marketing soda (by just 1 company)

# Estimated Annual Deaths Attributed to Social Factors in the U.S.



Am J Public Health. 2011 August; 101(8): 1456–1465.

# Expand the Understanding of What Creates Health



## **Social Determinants of Health** (Vital Conditions for Community Well-being)

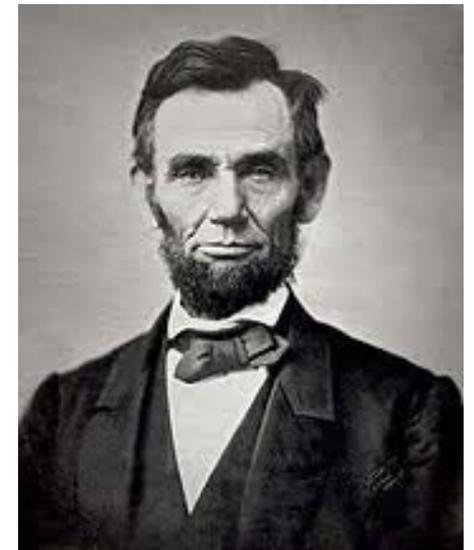
- The conditions and circumstances in which people are born, grow, live, work, and age –shaped by the distribution of money, power, social policies, and politics that are beyond the control of the individual.
- Social Determinants are created & enhanced mostly by policies and systems that impact the physical and social environment
- Disproportionally negatively affect people of color and American Indians
- Structural racism

Ehlinger's beliefs about the contributions to health determinants

## Expand our understanding about what creates health: Importance of Narrative

*“Public sentiment is everything. With public sentiment, nothing can fail; without it nothing can succeed. Consequently he who molds public sentiment, goes deeper than he who enacts statutes or pronounces decisions. He makes statutes and decisions possible or impossible to be executed.”*

-Abraham Lincoln



## Economic affairs affect health

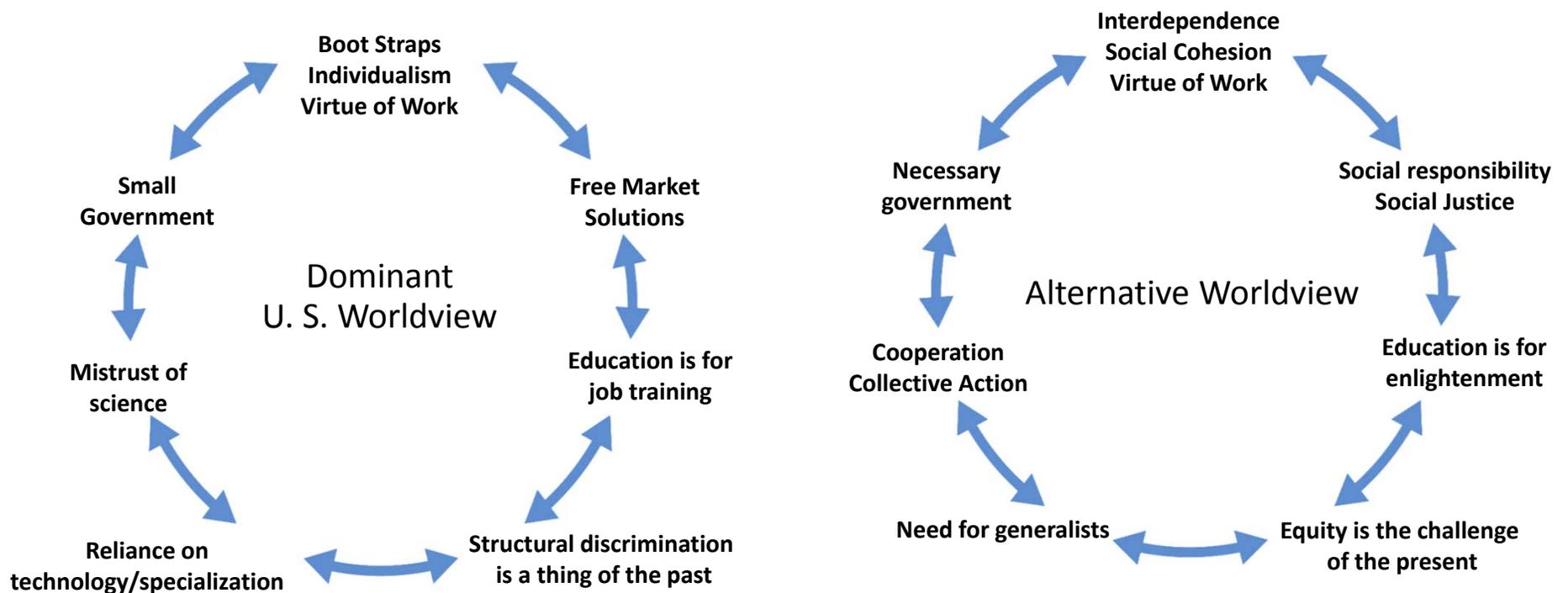
- *“Market justice is the primary roadblock to dramatic reductions in preventable injury and death. More than this, market justice is a pervasive ideology protecting the most powerful or the most numerous from the burdens of collective action. If this be true, the central goal of public health should be ethical in nature: The challenging of market justice as fatally deficient in protecting the health of the public.”*



Dan Beauchamp

Public health as social justice.  
Inquiry. 1976 Mar;13(1):3-14.

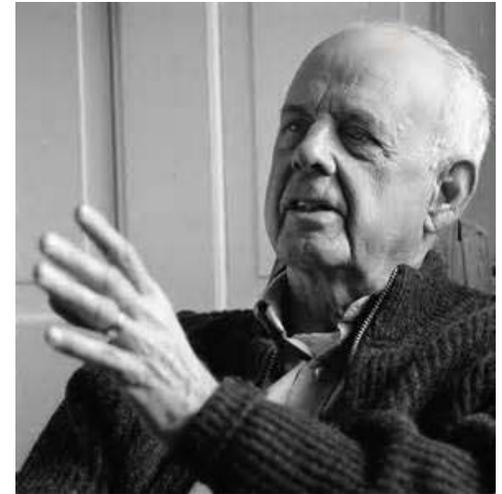
# Expand the understanding about what creates health. Contrasting/Alternative Worldviews



## Expanding the Understanding About What Creates Health Means changing the narrative

*“We have lived by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives so that it will be possible to live by the contrary assumption, that what is good for the world will be good for us.”*

Wendell Berry

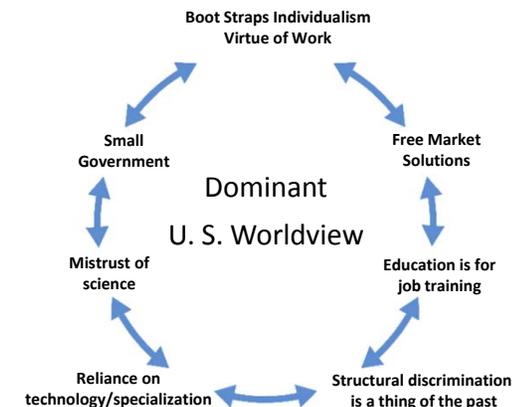


# Alternative Health Narrative



# Asking the Right Questions About Assumptions Can Help Change the Narrative

- *What values underlie the decision-making process?*
- *What is assumed to be true about the world and the role of the institution in the world?*
- *What standards of success are being applied at different decision points, and by whom?*



# Implement a Health in All Policies and Sectors Approach with Health Equity as the Goal

- **Minimum Wage**
- **Paid Leave**
- **Criminal justice**
- **Energy**
- **Transportation**
- **Broadband connectivity**
- **E-Health**
- **Housing/Homelessness**



- **Air/Water quality**
- **Ag Buffer strips**
- **Food Charter**
- **Marriage Equity**
- **Payday Lending**
- **Freedom to Breathe**
- **Health Care Reform**
- **Climate Change**

At local, state, and national levels in both public and private sectors.

# 19th amendment to the U. S. Constitution

## Dates of Ratification by States

- **Wisconsin, June 10, 1919**

- Illinois, June 10, 1919
- Michigan, June 10, 1919
- Kansas, June 16, 1919;
- New York, June 16, 1919
- Ohio, June 16, 1919
- Pennsylvania, June 24
- Massachusetts, June 25
- Texas, June 28, 1919
- Iowa, July 2, 1919;
- Missouri, July 3, 1919

- Arkansas, July 28, 1919

- Montana, August 2, 1919

- **Nebraska, August 2, 1919**

- **Minnesota, September 8, 1919**

- New Hampshire, September 10
- Utah, October 2, 1919
- California, November 1, 1919
- Maine, November 5, 1919
- North Dakota, December 1, 1919
- South Dakota, December 4, 1919
- Colorado, December 15, 1919

- Kentucky, January 6, 1920

- Rhode Island, January 6, 1920

- Oregon, January 13, 1920

- Indiana, January 16, 1920

- Wyoming, January 27, 1920

- Nevada, February 7, 1920

- New Jersey, February 9, 1920

- Idaho, February 11, 1920

- Arizona, February 12, 1920

- New Mexico, February 21

- Oklahoma, February 28

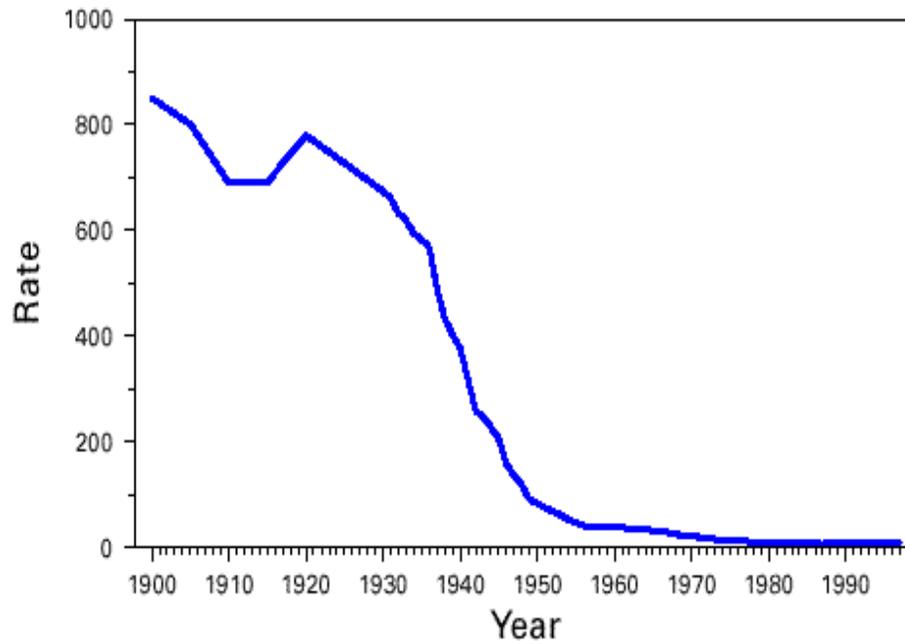
- West Virginia, March 10

- Washington, March 22, 1920

- Tennessee, August 18, 1920.

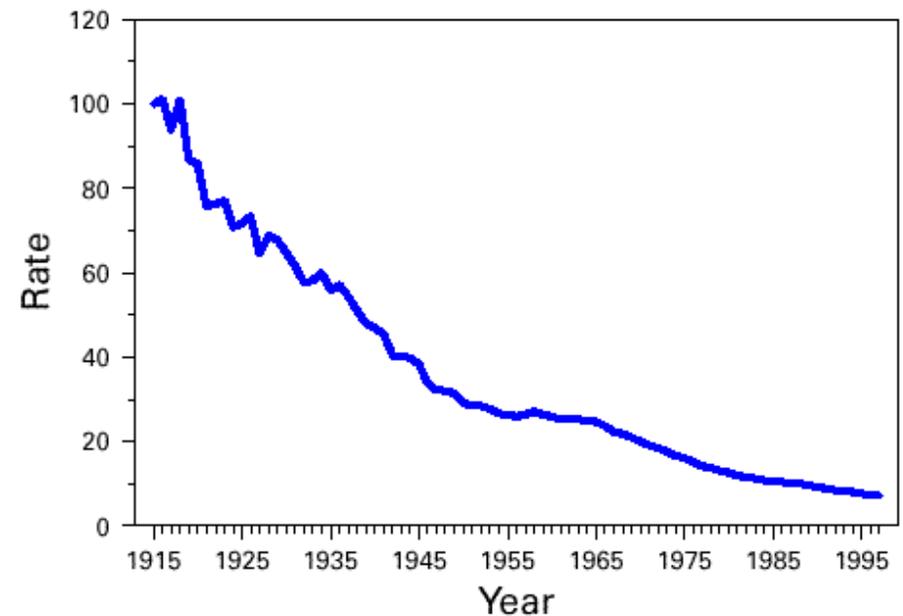
# 19<sup>th</sup> Amendment to the US Constitution (1920) Greatest Public Health Achievement of the 20<sup>th</sup> Century (arguably)

FIGURE 2. Maternal mortality rate,\* by year — United States, 1900–1997



\*Per 100,000 live births.

FIGURE 1. Infant mortality rate,\* by year — United States, 1915–1997



\*Per 1000 live births.

*“If American women would increase their voting turnout by ten percent, I think we would see an end to all of the budget cuts in programs benefiting women and children.”*

Coretta Scott King



# War on Poverty Components

## 1965-1967 - 89<sup>th</sup> Congress

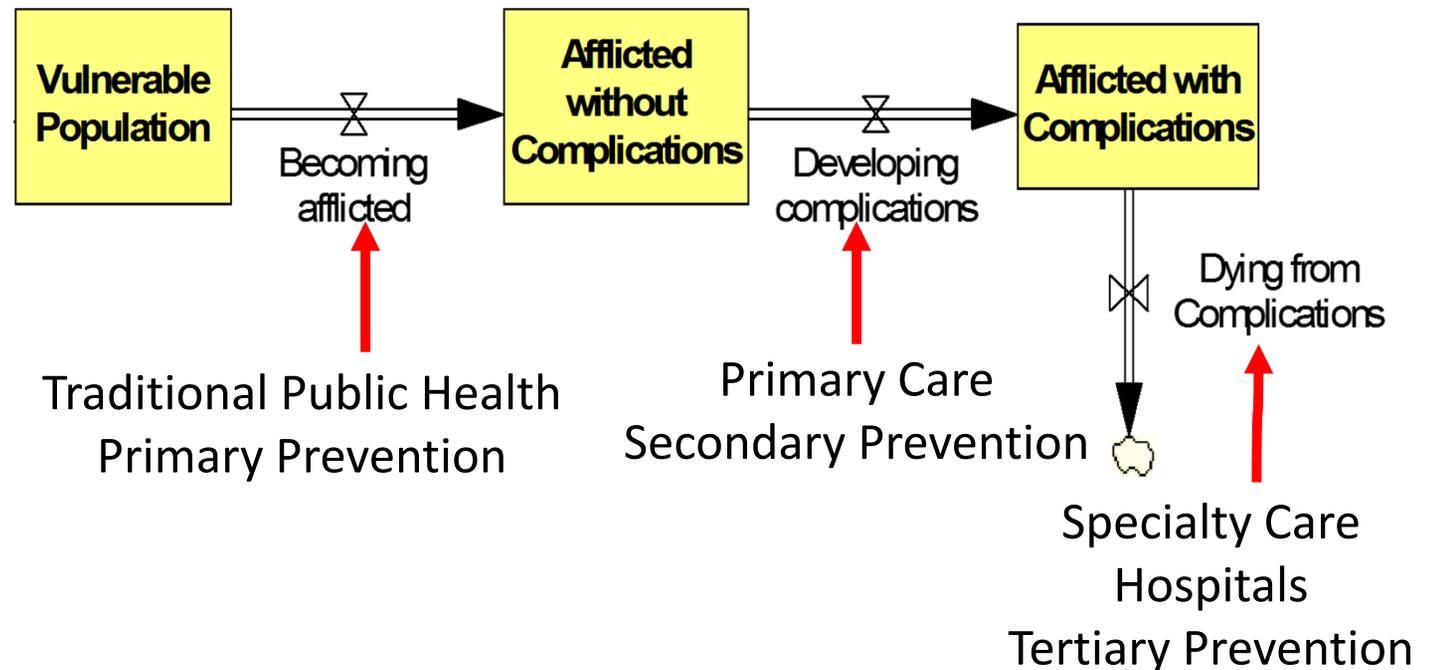
- Title V – C & Y, MIC, FP Projects
- Head Start
- Medicare and Medicaid
- School lunch program
- Neighborhood health centers
- Food stamps
- Elementary & Higher Education Act
- Education of the Handicapped Act
- Housing & Urban Development Act
- Voting Rights Act
- Vocational Rehabilitation Act
- Job Corps
- VISTA
- Peace Corps
- Older Americans Act
- Freedom of Information Act
- Cigarette labeling and advertising act
- Public Works & Economic Development Act
- National Foundation on the Arts and Humanities Act
- Immigration and Nationality Act
- Motor Vehicle Air Pollution Control Act,
- Highway Beautification Act,
- National Traffic and Motor Vehicle Safety Act
- National Historic Preservation Act,
- National Wildlife Refuge System Act,
- Department of Transportation Act,
- Etc.

# Asking the right policy questions helps support a Health in All Policies approach

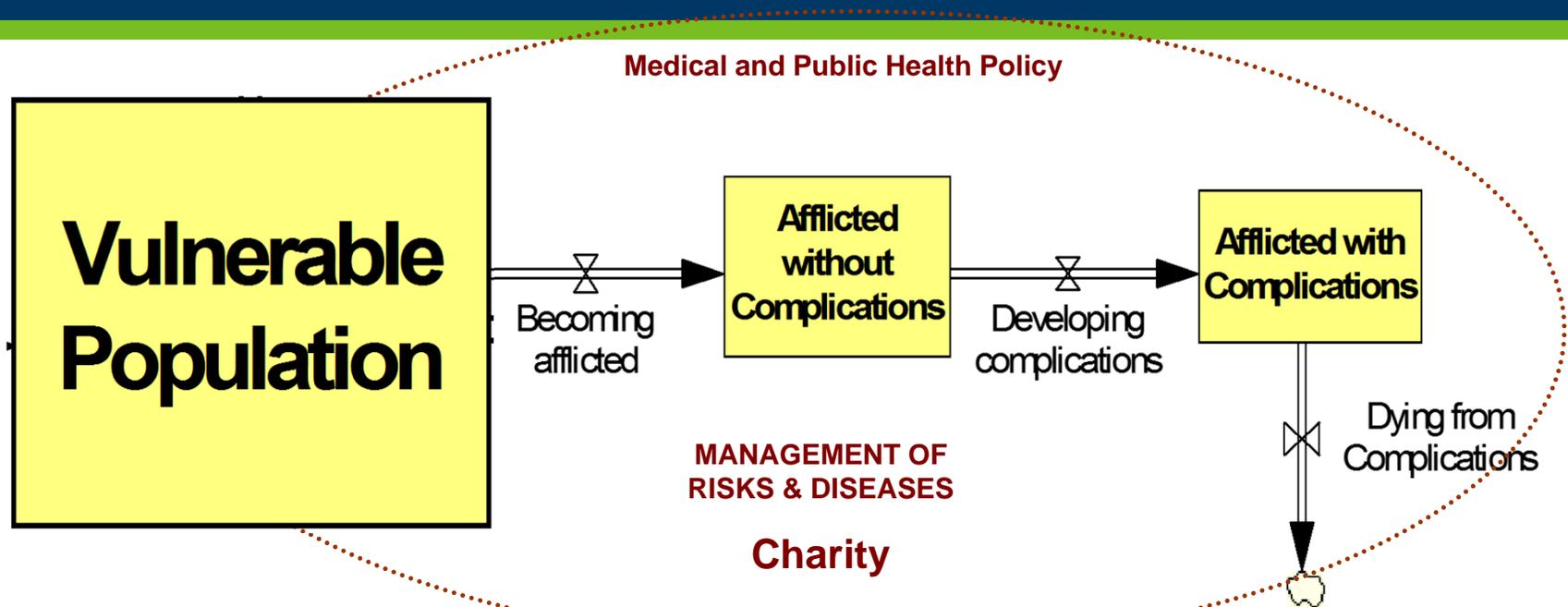
- *What are the health implications of the policy/program?*
- *What are the health and equity outcomes?*
- *What outcomes do we want?*
- *Who is benefiting?*
- *Who is left out?*
- *Who should be targeted to benefit?*



# Strengthen the Capacity of Communities to Create Their Own Healthy Future



# Strengthen the Capacity of Communities to Create Their Own Healthy Future

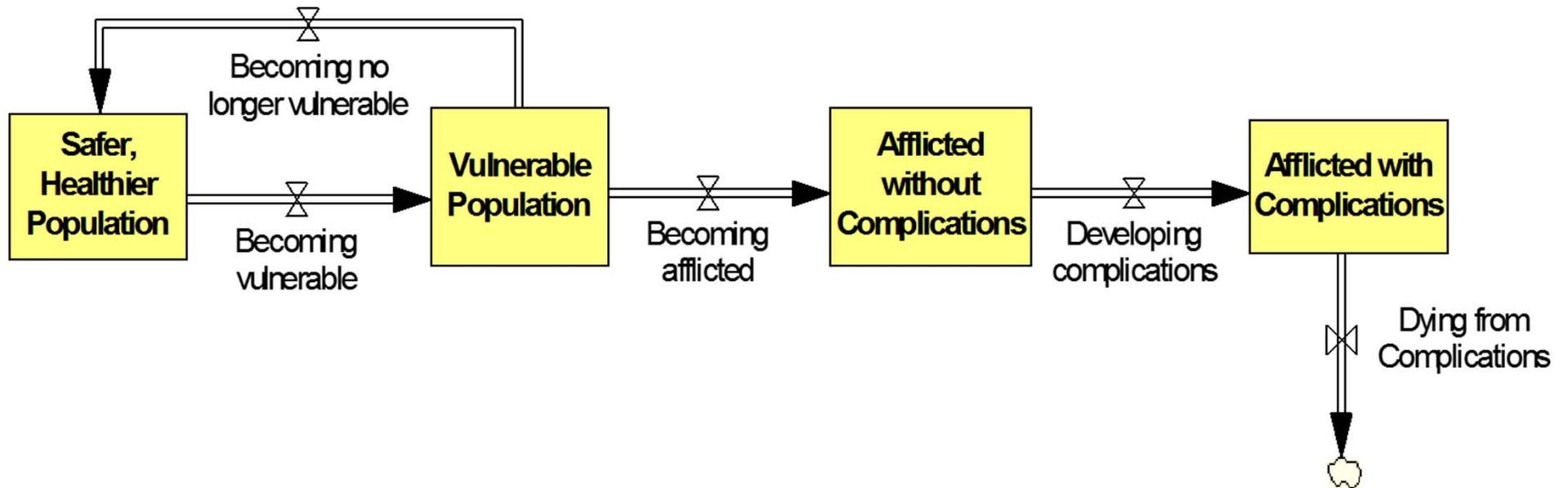


## World of Providing...

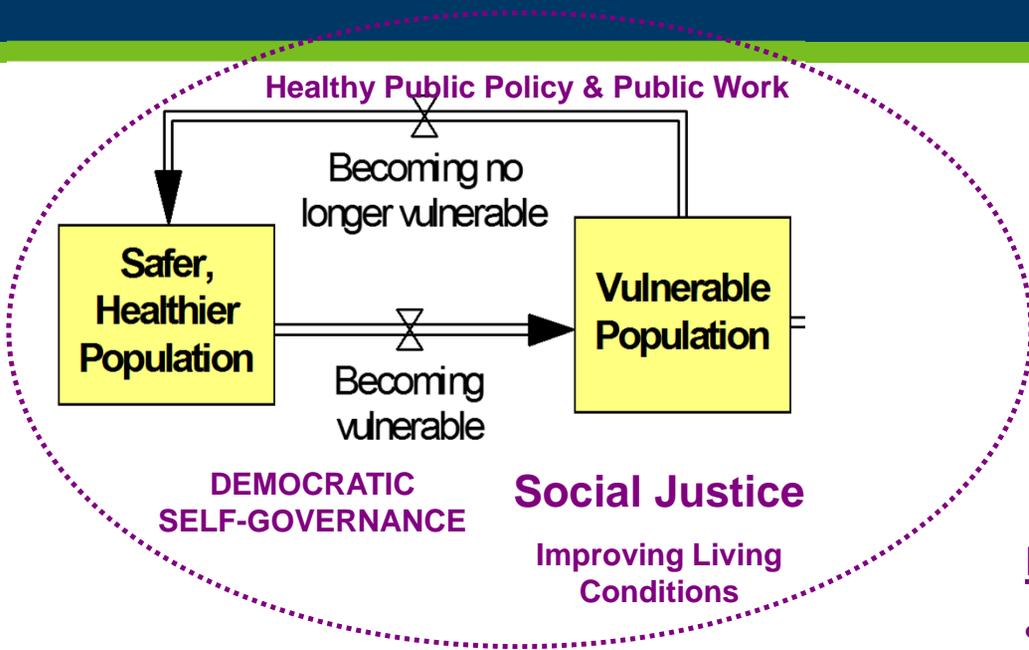
- Health education
- Screening tests
- Disease management
- Charity

- Pharmaceuticals
- Clinical services
- Physical and financial access
  - insurance
- Etc...

# Strengthen the Capacity of Communities to Create Their Own Healthy Future



# Strengthen the Capacity of Communities to Create Their Own Healthy Future



*“...the community in the fullest sense is the smallest unit of health...to speak of the health of an isolated individual is a contradiction in terms.”*

*Wendell Berry*

## By Strengthening...

- Democracy
- Mutual accountability
- Leaders and institutions
- Plurality
- Freedom
- Foresight and precaution
- The meaning of work
- Etc...

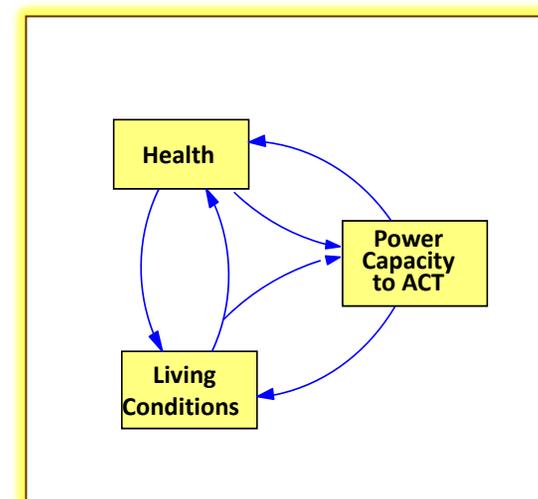
## World of Transforming...

- Deprivation
- Dependency
- Violence
- Disconnection
- Environmental decay
- Stress
- Insecurity
- Etc...

Milstein B. Hygeia's constellation: navigating health futures in a dynamic and democratic world. Atlanta, GA: Syndemics Prevention Network, Centers for Disease Control and Prevention; April 15, 2008. Available at: <http://www.cdc.gov/syndemics/monograph/index.htm>

## Asking the right policy questions helps strengthen community capacity to create their own healthy future

- *Who is at the decision-making table, and who is not?*
- *Who has the power at the table?*
- *How should the decision-making table be set, and who should set it?*
- *Who is being held accountable and to whom or what are they accountable?*



- A community ethic that works toward the well-being of and embraces a responsibility for all community members, fights exclusion and marginalization, promotes trust, and creates a sense of belonging.

- Elements of **social cohesion** are:

- **social capital** – the resources that result from people working together toward a common goal,

- **social mobility** – the ability to move up in social or economic status,

- **social inclusion** – having connection to, ownership of, and responsibility for community goals; having a **sense of belonging** – being wanted & needed.



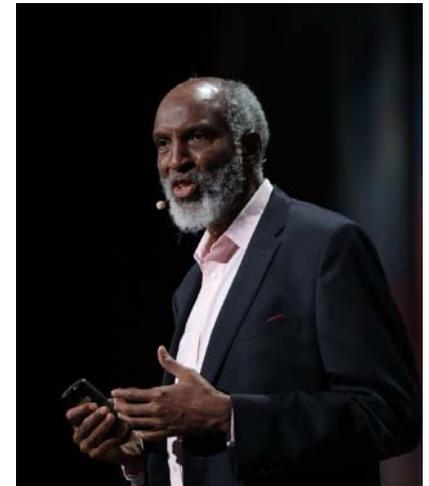
## Social Cohesion/Belonging

*“The greatest epidemic today is not TB, HIV or leprosy, it is being unwanted. Being unwanted, unloved, uncared for, forgotten by everybody is a much greater hunger, a much greater poverty, than the person who has nothing to eat.*”



**Mother Teresa  
Saint Teresa of Calcutta**

*“Belonging means being able to participate in the design of political, social, and cultural structures. Belonging is how do we actually organize our economy, our structures, our schools. Belonging means the right to contribute and make demands upon society and institutions.”*



*john a. powell,  
Director of the Haas Institute  
for a Fair and Inclusive Society*

# Social Cohesion/Belonging

- *“A proper community is a commonwealth: a place, a resource, an economy. It answers the needs, practical as well as social and spiritual, of its members - among them the need to need one another.*      *The Art of the Commonplace*



*Wendell Berry*

# Asking the Right Questions Can Advance Health Equity

<http://www.health.state.mn.us/divs/chs/healthequity/>

## **Expand Understanding**

- *What values underlie decision-making process?*
- *What is assumed to be true about the world and the role of the institution in the world?*

## **Health in All Policies**

- *What are the health and equity implications of the policy/program?*
- *Who is benefiting and who is left out?*

## **Support Community Capacity**

- *Who is at the decision-making table, and who is not? Who set the table?*
- *Who is being held accountable and to whom? Who has the power?*

## **Build Social Cohesion/Belonging/Social Justice**

- *Are relationships being created and strengthened?*
- *Is it inclusive? Do people feel like they belong?*
- *Are we building social capital?*
- *Does everyone have the opportunity to thrive?*

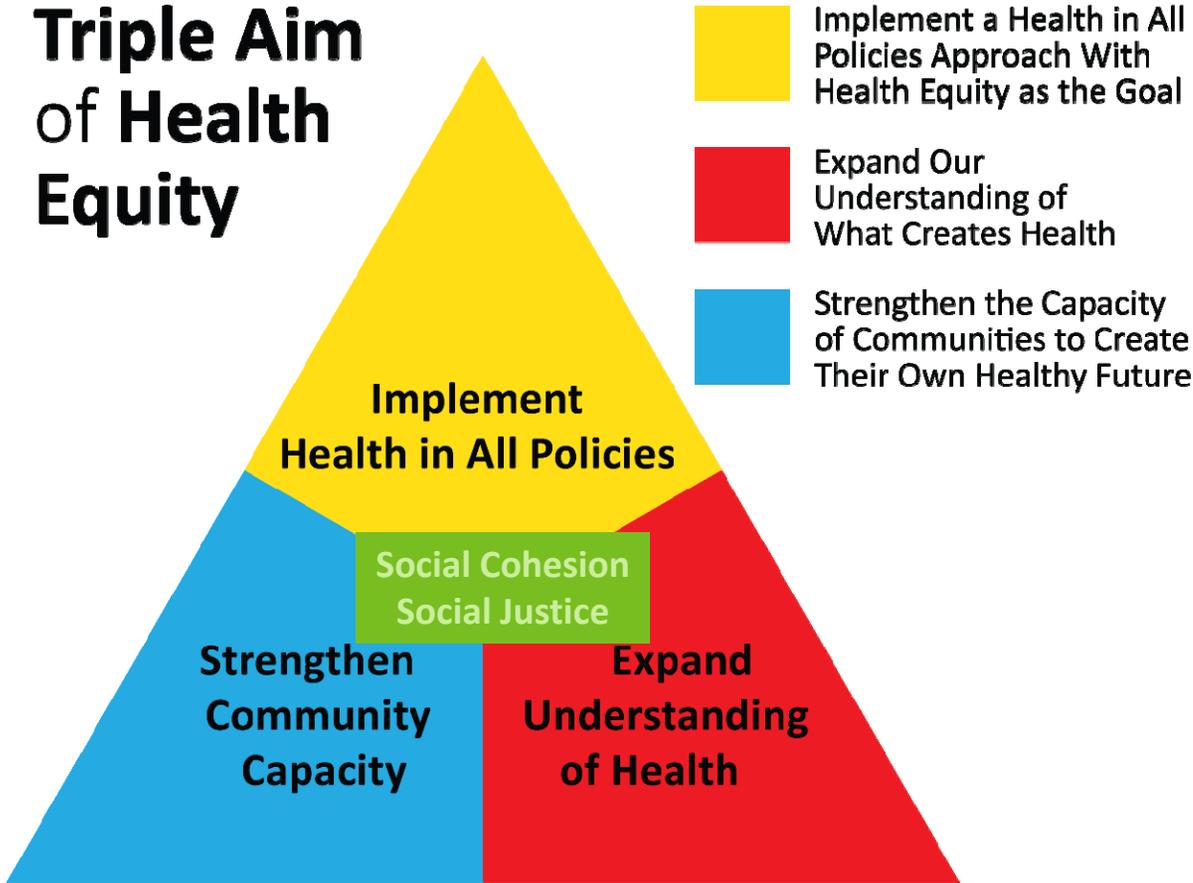


## Asking the Right Questions Is a Path to Health Equity and Optimal Health for All

- *What would it look like if equity was the starting point for decision-making?*
- *Our work would be different.*

# Our Work Would be to Advance Health Equity and Optimal Health for All By:

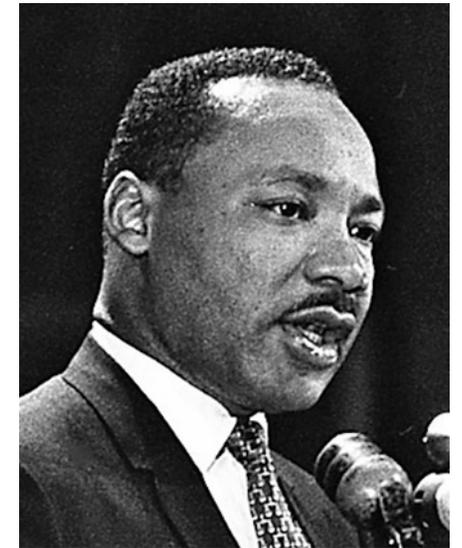
## Triple Aim of Health Equity



## Now is the time to act – to do the right thing

*“Cowardice asks the question ‘Is it safe?’  
Expediency asks the question, ‘Is it politic?’  
And Vanity comes along and asks the question,  
‘Is it popular?’ But Conscience asks the  
question, ‘Is it right?’ And there comes a time  
when one must take a position that is neither  
safe, nor politic, nor popular, but he must do it  
because Conscience tells him it is right.”*

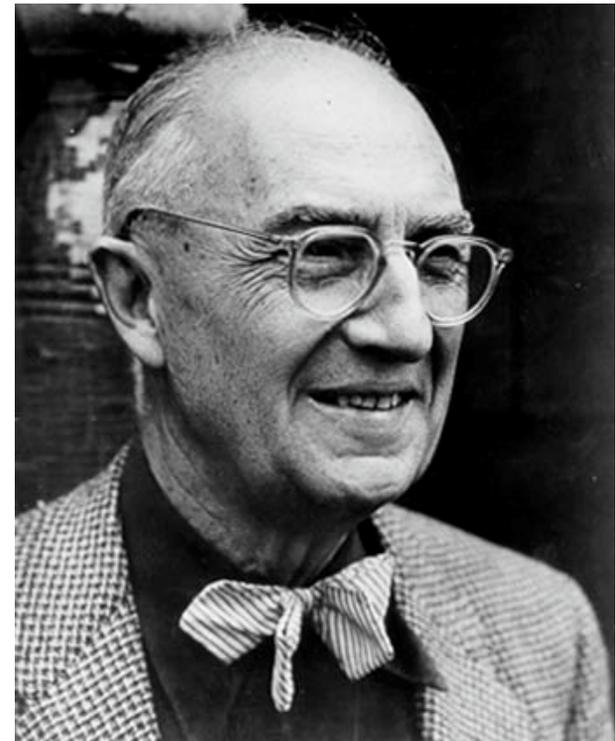
*“To Chart Our Course for the Future” May 22, 1967*



Dr. Martin Luther King, Jr.

Community Organizing, Poetry, Art, Dance, and Music  
are Tools in Our New Work to do the right thing.

*It is difficult  
to get the news from poems  
yet men die every day  
for lack  
of what is found there.*



William Carlos Williams, MD  
"Asphodel, That Greeny Flower"

# Dream Deferred

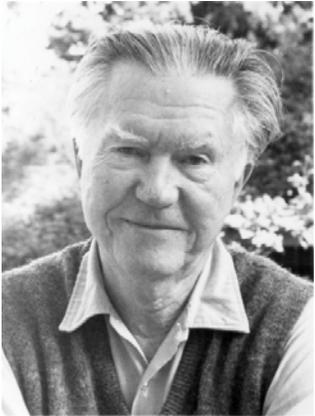
What happens to a dream deferred?  
Does it dry up  
Like a raisin in the sun?  
Or fester like a sore--  
And then run?  
Does it stink like rotten meat?  
Or crust and sugar over--  
like a syrupy sweet?  
Maybe it just sags  
like a heavy load.  
Or does it explode?



## **Dream Deferred**

by Langston Hughes

# William Stafford, “The Way It Is.”



*There's a thread you follow. It goes among  
things that change. But it doesn't change.  
People wonder about what you are pursuing.  
You have to explain about the thread.  
But it is hard for others to see.  
While you hold it you can't get lost.*

*You don't ever let go of the thread.*



## Hold on to the Thread and Don't Defer Your Dreams Keep Your Eyes on the Prize – Hold On

We can't defer our dreams,  
or be deterred by other schemes  
Keep your eyes on the prize, hold on.

We must embrace our dream  
with health equity as the theme  
Keep your eyes on the prize hold on.

**Hold on, hold on, Keep your eyes on  
the prize, hold on**

We all must take a stand,  
when there's inequity in our land  
Keep your eyes on the prize, hold on.

Social justice is our goal  
for the community as a whole  
Keep your eyes on the prize, hold on.

**Hold on, hold on. Keep your eyes  
on the prize, hold on.**

## Keep Your Eyes on the Prize

From history we all know  
we can't accept the status quo  
Keep your eyes on the prize, hold on

That's why we're here today  
to help find a better way  
Keep your eyes on the prize, hold on

**Hold on, hold on. Keep your eyes on  
the prize, hold on**

We can meet every health threat,  
if we just don't forget (to)  
Keep our eyes on the prize, hold on.

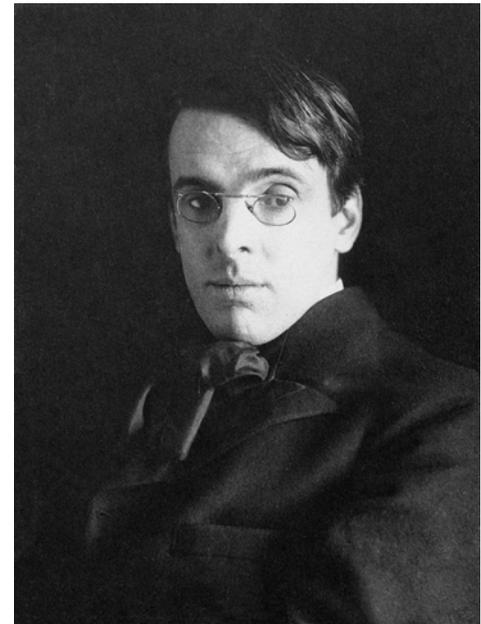
And to all of our delight  
everything will be all right, (if we)  
Keep our eyes on the prize, hold on.

**Hold on, hold on. Keep our eyes on  
the prize, hold on**

*“What happens to a dream deferred?”*

Langston Hughes

*“In dreams begins  
responsibility.”*



William Butler Yeats

# The Red Wheelbarrow

William Carlos Williams, 1883 - 1963

so much depends  
upon

a red wheel  
barrow

glazed with rain  
water

beside the white  
chickens.



so much depends  
upon

a public health  
perspective

glazed with belonging  
& social justice

beside the world's  
needs

## BAMBELELA – NEVER GIVE UP

Nurture your dreams

Bambelela, bambelela,  
O bambelela, bambelela  
Bamba, bamba, bamba, bamba, bamba,  
bamba, bamba, bambelela

Never give up, never give up,  
O never give up, never give up,  
Never, never, never, never, never,  
never, never, never give up.

Nurture your dreams, nurture your dreams.  
O nurture your dreams, nurture your dreams,  
Always, always, always, always, always,  
always, always, always nurture your dreams.

We all belong, we all belong,  
O we all belong, we all belong  
Always, always, always, always, always, always,  
Always know we belong.

# Gwendolyn Brooks

*“Live not for The-End-of-the-Song.  
Live in the along.”*

Live in the along, live in the along  
O, live in the along, live in the along  
Always, always, always, always, always, always  
Always live in the along



**Gwendolyn Brooks**  
**First African American to receive the Pulitzer Prize**  
**First African-American woman inducted into the**  
**American Academy of Arts and Letters.**

It's never too late to do the right thing.

*“There never was a higher call to greater service than in this protracted fight for social justice.”*



Seek social justice, seek social justice  
O Seek social justice, seek social justice  
Always, always, always, always, always,  
always, always seek social justice.

Robert M. (Fighting Bob) La Follette, Sr.  
Governor 1901 – 1906, U.S. Senator 1906 – 1925



Edward P. Ehlinger, MD, MSPH  
Public Health Metaphysician

[edelinger@gmail.com](mailto:edelinger@gmail.com)

(612) 730-3165

@eehlinger



# BAMBELELA



- Any subject (like being a physician) can have a **metatheory**, a theoretical and often abstract consideration of its properties. Basically, X about X : e.g., data about data – meta data; literature about literature – meta literature.)
  - The term “meta” comes from the Greek preposition and prefix meta- (μετά-) which means "after", "beside", "with", "among", "from," "about."
- **A Public Health Metaphysician provides the perspective of being a physician from the viewpoint of a medical and public health practitioner.**

- **Metaphysics** is a traditional **branch of philosophy** concerned with explaining the fundamental nature of being and the world that encompasses it.
- **A Public Health Metaphysician is concerned with explaining the nature of being healthy as individuals, a community, and society and the conditions that create health; all viewed from the perspective of equity and social justice.**



*"You think that if you understand one, you understand two-because one and one are two. But you must also understand 'and'."*

Sufi saying



- April 17
- 1885 Isak Dinesen Danish writer (Out of Africa, 7 Gothic Tales)
- 1894 Nikita S Khrushchev 1st Secretary USSR (1953-64)
- 1790 Benjamin Franklin US, (Poor Richard's Almanac), dies at 84
  
- 1492 Christopher Columbus signs contract with Spain to find the Indies
- 1521 Martin Luther is excommunicated from the Roman Catholic Church
- 1524 Giovanni Verrazano, a florentine navigator, discovers New York Bay
- 1534 Sir Thomas More confined in London Tower
- 1817 1st US school for the deaf founded by Thomas Hopkins Gallaudet and Laurent Clerc (American School for the Deaf-Hartford CT)

## 1534 Sir Thomas More confined in London Tower

- One man to live in pleasure and wealth, whiles all other weep and smart for it, that is the part not of a king, but of a jailor.
- *What is deferred is not avoided.*
- (...) personal prejudice and financial greed are the two great evils that threaten courts of law, and once they get the upper hand they immediately hamstring society, by destroying all justice.

## 1885 Isak Dinesen Danish writer (Out of Africa, 7 Gothic Tales)

- Be not afraid of absurdity; do not shrink from the fantastic. Within a dilemma, choose the most unheard-of, the most dangerous solution. Be brave, be brave.
- When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself.
- Here I am, where I am supposed to be.

- (February 6, 1968) Martin Luther King, Jr. was prescient to our current situation in a Washington D.C. speech “A Proper Sense of Priorities.” He said,
- *“Cowardice asks the question “Is it safe? Expediency asks the question, “Is it politic?” And Vanity comes along and asks the question, “Is it popular? But Conscience asks the question, “Is it right?” And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must do it because Conscience tells him it is right.”*

## Hubert Horatio Humphrey Jr. (May 27, 1911 – January 13, 1978)



- Minneapolis Mayor, U.S. Senator, U. S. Vice President
- 1948 Democratic National Convention - advocated for the inclusion of a proposal to end racial segregation.
  - *"get out of the shadow of states' rights and walk forthrightly into the bright sunshine of human rights."*
- *"The moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped."*

In all towns and cities where sometimes I wander  
I see the inequities which sadly abound  
Often the people are glum and disconsolate  
With no opportunity for hope to be found.

When I step up beside them I ask them this question  
What is the cause of your trouble and pain?  
Uniformly they answer with blatant frustration  
All your policies and systems treat us with disdain.

I quickly respond “there are agencies and programs  
All created to help you succeed.  
Just look at their mission and the goals they establish  
They want to give you whatever you need.”

Their immediate response is “that is the problem.  
Your focus on our needs is just a way to blame us  
The real problem is yours and you must embrace it  
Heed the bible message that came from Amos.” (AMOS 5:21-24)

God said:

*“I hate your charade, the deceit and hypocrisy  
Of your fervent statements and perspectives.  
I will not accept your pretentious slogans.  
I won’t even notice your objectives.*

*“Away with your ego-based self-righteous workplans!  
All of them are just noise to my ear.  
I will not listen to your strains of rhetoric,  
No matter how lovely, ardent, or sincere.*

*“Do you know what I want? I want justice!  
I want to see justice, greater than the oceans  
I also want fairness, rivers of fairness  
It’s outcomes I seek not just intentions.*

*“I want to see a mighty flood of justice,  
A river of equity that will never run dry.”  
Nothing else matters except social justice  
That’s what I want, justice magnified.” AMOS 5:21-24*

The message to foundations and policy makers  
And religious leaders about how they perform:  
Change how you do your work for justice  
So your words and actions always conform.

Learn how to build a community's power  
So everyone has the opportunity to thrive  
That's how you'll achieve true social justice  
Not just for the rich but everyone alive.

say to them  
say to the down-keepers  
the sun-slappers  
the self-soilers  
the harmony-hushers  
"even if you are not ready for the day  
it cannot always be night."  
you will be right  
for that is the hard home-run  
live for battles won  
live not for the end-of-a-song  
live in the along

Gwendolyn Brooks

First African American to receive the Pulitzer Prize  
First African-American woman inducted into the  
American Academy of Arts and Letters.

*There's a thread you follow. It goes among  
things that change. But it doesn't change.  
People wonder about what you are pursuing.  
You have to explain about the thread.  
But it is hard for others to see.  
While you hold it you can't get lost.*

*You don't ever let go of the thread.*

William Stafford, "The Way It Is."