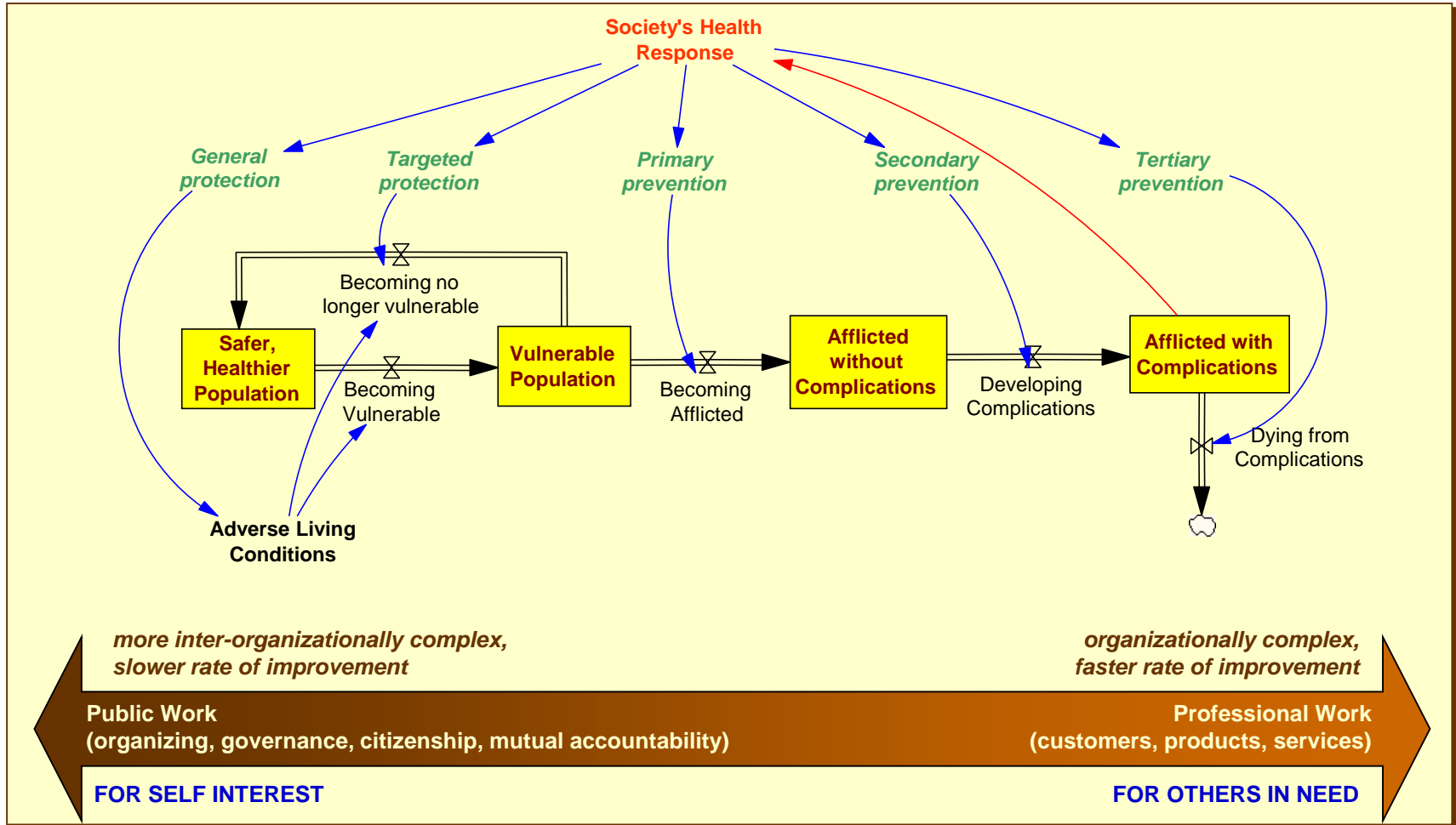


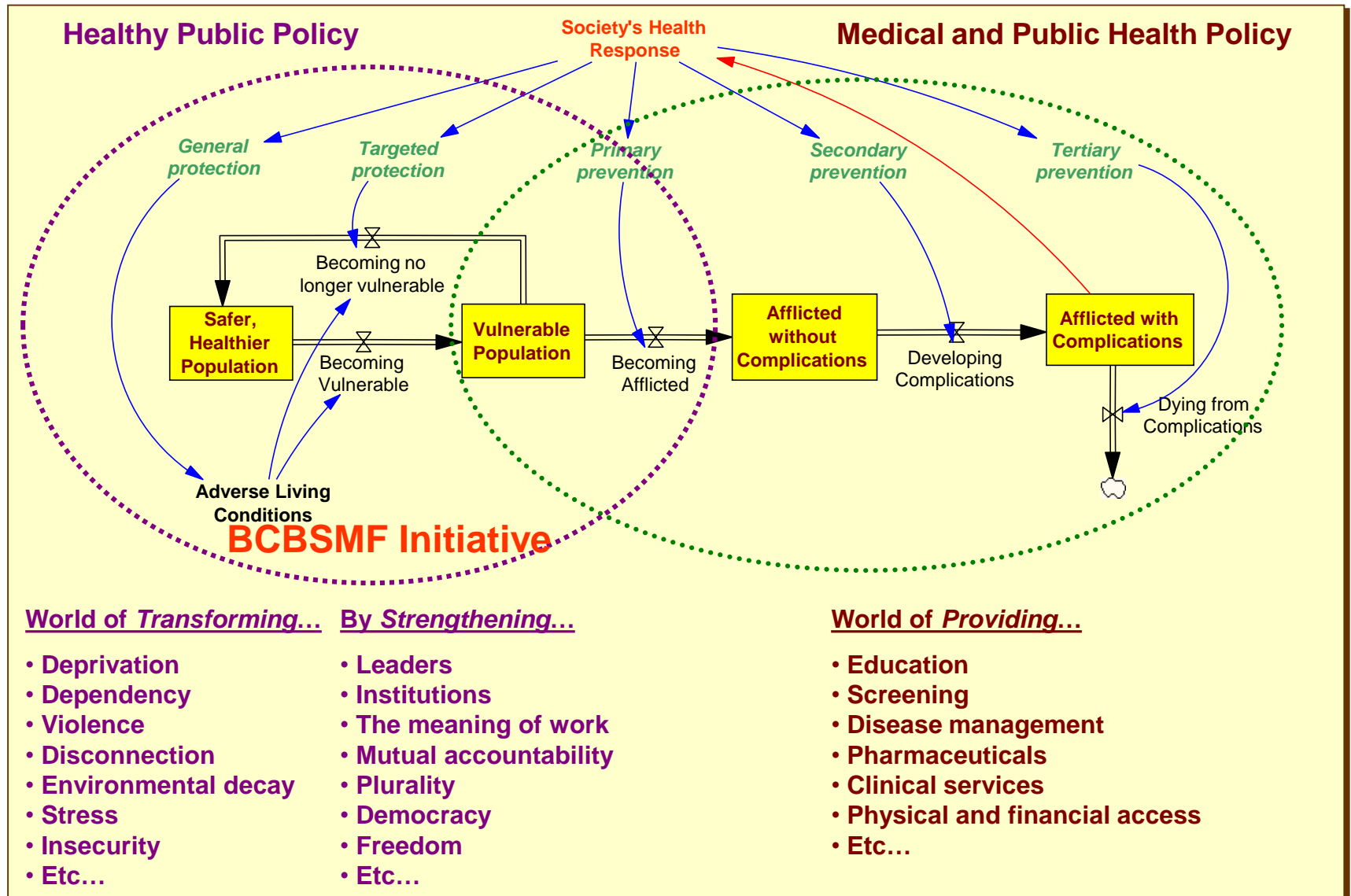
Basic Dynamics in the Health System

and Recap Why S/E/E Drivers are So Important

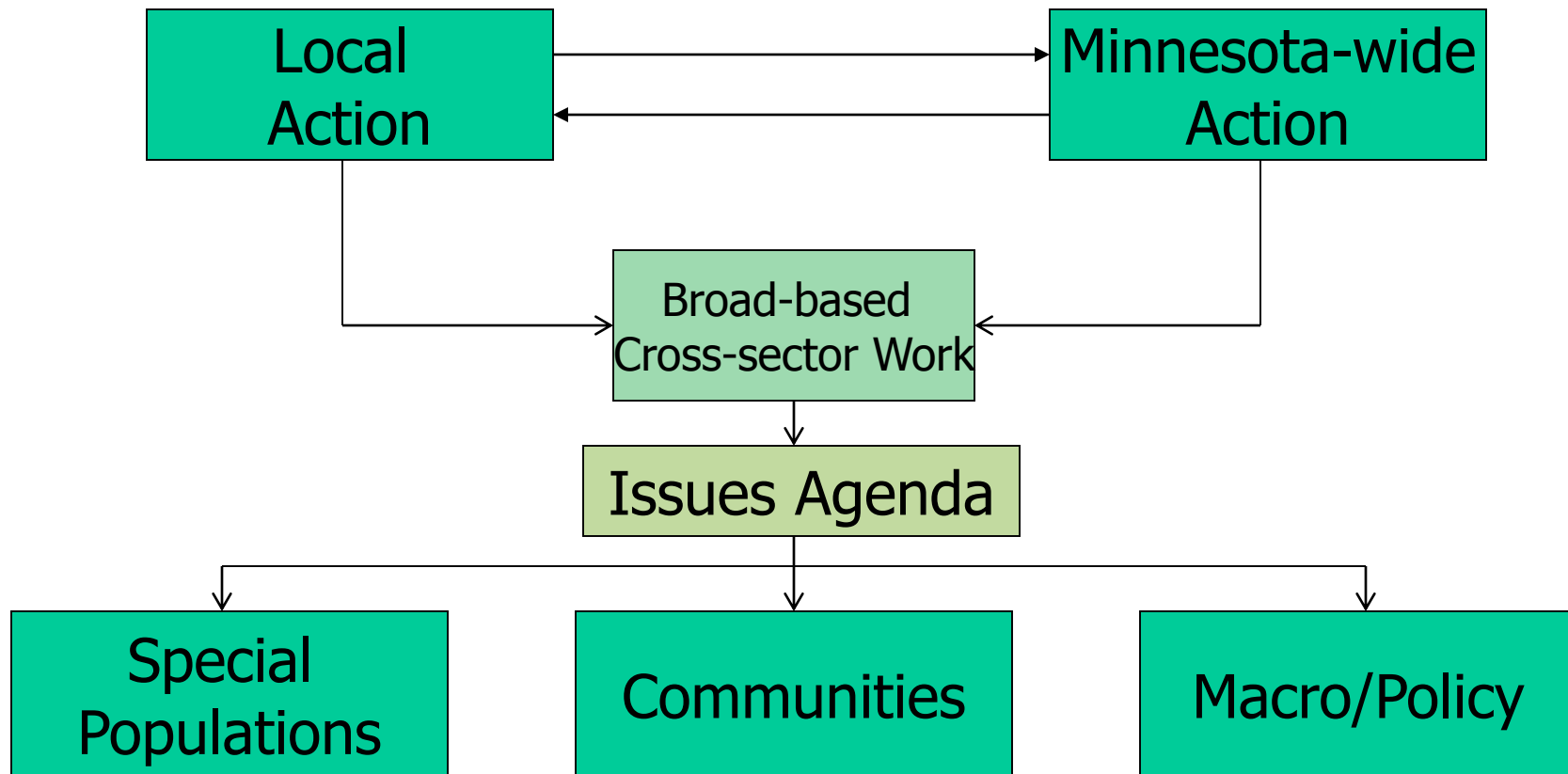


From: Milstein B, Homer J. *The dynamics of upstream and downstream: why is so hard for the health system to work upstream, and what can be done about it?* CDC Futures Health Systems Workgroup; Atlanta, GA; 2003.

A Rare Opportunity to Complement Downstream Health Care with Upstream Health Action



New BCBSMF Program Directions



•C H Workers

•REACH

•STEP

•Literacy

•Growing Up Healthy

•Bethel New Life

•North Karelia

•Minnesota Decides

•TCWF Policy Brief

•HIA/Social Reports

•“Northstar Corps”

Tips for Staying Healthy : A Lifestyle Approach

1. Don't smoke. If you do stop. If you can't cut back.
2. Eat a balanced diet, eat plenty of fruits and vegetables.
3. Keep physically active.
4. If you drink, do so in moderation.
5. Cover up in the sun and protect your children.
6. Practice safe sex.
7. Participate in appropriate health screening.
8. Drive defensively; don't drink and drive.
9. Manage your stress.
10. Maintain social ties

Tips for Staying Healthy: A Social Determinants Approach

1. Don't be poor. If you can, stop. If you can't, try not to be poor for too long.
2. Don't have poor parents.
3. Don't live in a poor neighborhood.
4. Own a car – but use only for weekend outings. Walk to work.
5. Practice not losing your job and don't become unemployed.
6. Don't be illiterate.
7. Avoid social isolation.