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# Health and Wellbeing in Our Community

Presented By:



# Hello!



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# Learning Objective 1:

**Defining Health & Wellbeing**

# Defining Health & Wellbeing

1. Self-reflection:
  - What does health & wellbeing mean in your individual practice?
2. Professional:
  - What does health & wellbeing mean at work?
3. Community:
  - What does health & wellbeing mean in our community?
    - Small groups
    - collage



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# Learning Objective 2:

**Defining Health & Wellbeing from Healthcare Perspectives**

# Defining health & wellbeing from healthcare

## Health

The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being.

## Well-being

A state of feeling healthy and happy, and includes having positive emotions, life satisfaction, and fulfillment.

## Components

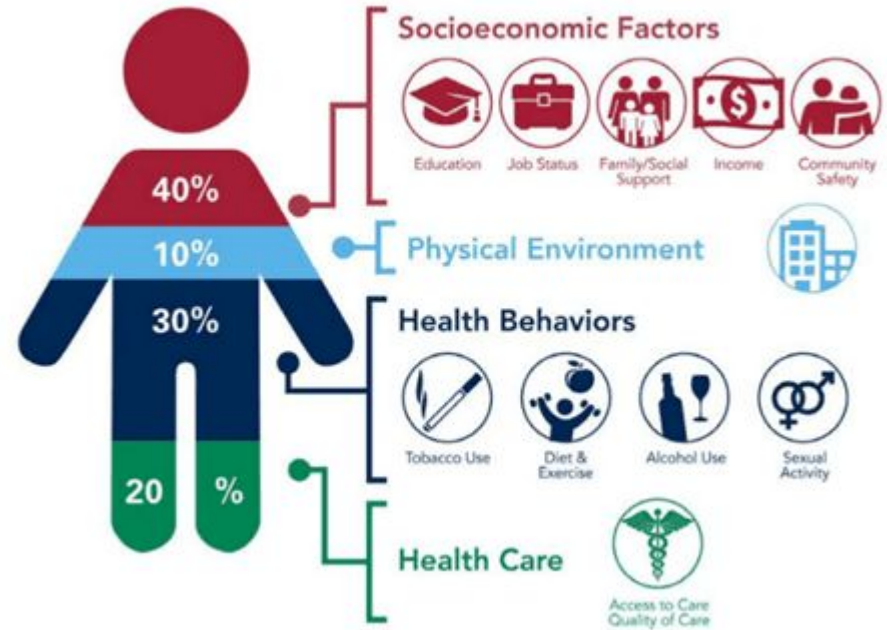
- **Physical well-being:** Feeling very healthy and full of energy
- **Mental health:** Realizing one's own abilities, coping with stress, working productively, and contributing to one's community
- **Social well-being:** Developing and maintaining strong relationships with family and friends



# Social Determinants of Health

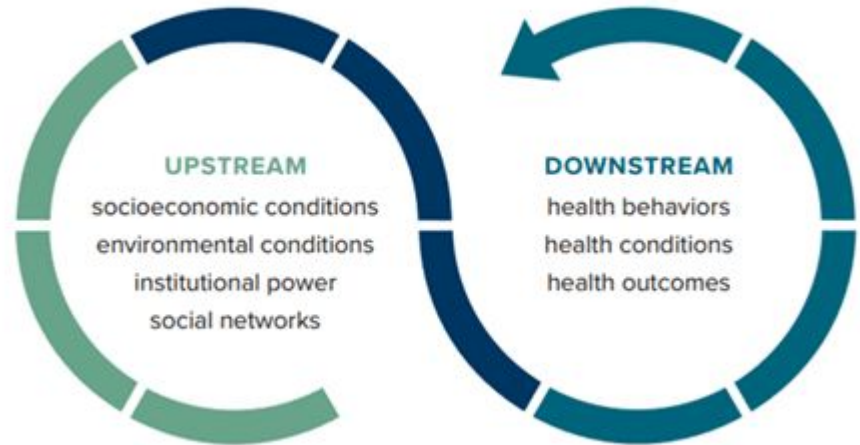
## Factors that affect well-being

- Socioeconomic factors
- Environmental factors
- Biological factors
- Health Care - Barnstable County
  - a. Cape Cod Healthcare
  - b. Duffy Health Center
  - c. Harbor Health Center
  - d. Community Health Center of Cape Cod
  - e. Outer Cape Health Services
  - f. Mashpee Indian Health Services Unit



# Social Drivers of Health

The conditions in which people are born, grow, live, play, work, and age. These conditions are shaped by the distribution of money, power, and resources.







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# Learning Objective 3:

## Call to Action

# Engage in health & wellbeing in our community

## Call to Action & Key Takeaways

Be intentional about your practice, and how you align yourself with other individuals (peers, customers, colleagues), organizations and agencies in the work of health & wellbeing.

1. Personally - self reflection
2. Professionally
3. In our community

How do we build a more cohesive community together around health & wellness?