

Creating the conditions in which all people can thrive

Edward P. Ehlinger, MD, MSPH

Public Health Metaphysician

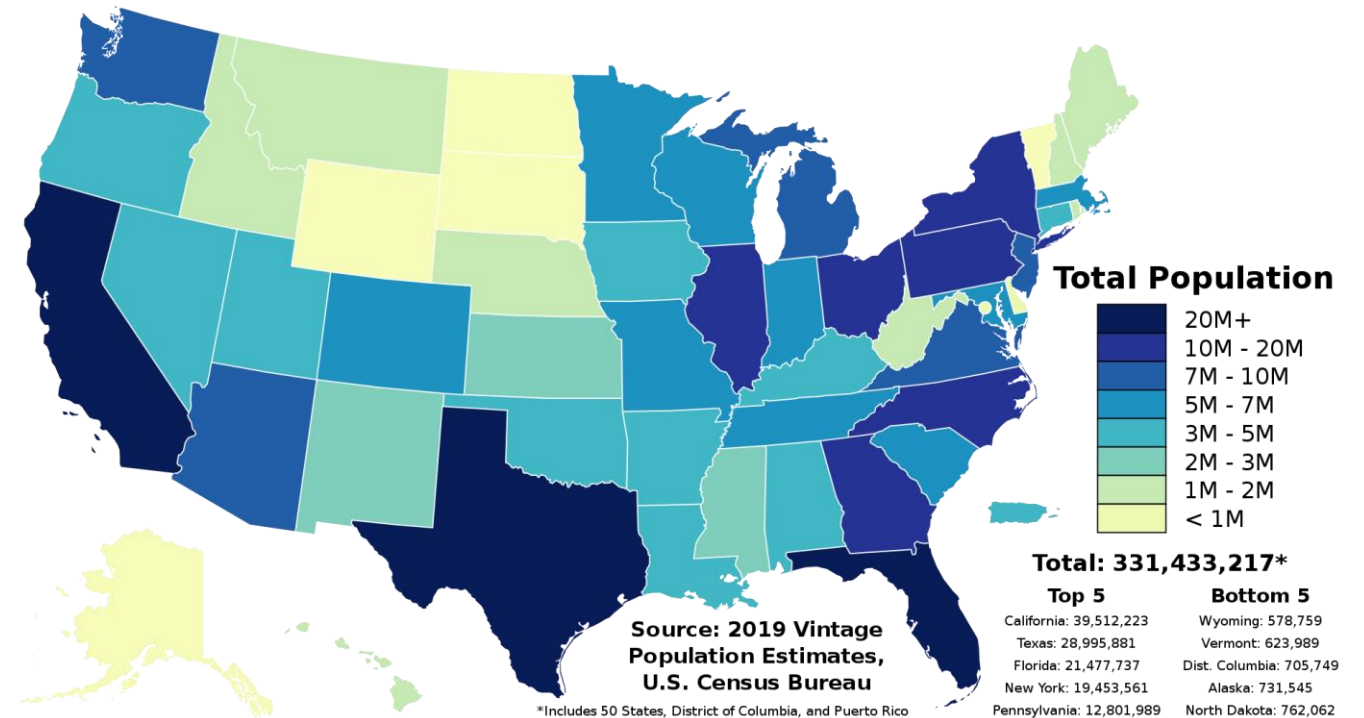
April 13, 2021

What do Minnesota and Delaware have in common?

Size and Population?



Minnesota is 34 times larger
than Delaware



Population of Minnesota – 5,657,342
Population of Delaware – 986,809

What do Minnesota and Delaware have in common?

Origin of their names?

- “Minnesota” from the Dakota Sioux word “**mnishota**” meaning “cloudy” or “sky-tinted water.”



- “Delaware” from the **Delaware River and Bay**, named in honor of Sir Thomas West (Lord De La Warr), the first governor of the English colony at Jamestown, Virginia.
- “Delaware” was the name conferred upon the Lenni Lenape Indians.

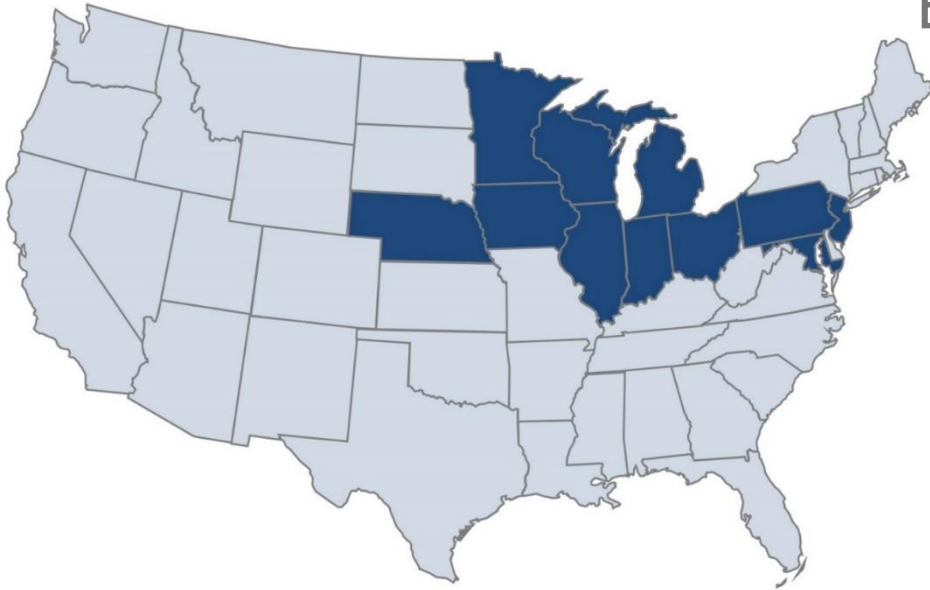


What do Minnesota and Delaware have in common?

Size of their universities, their mascots, and their partners?



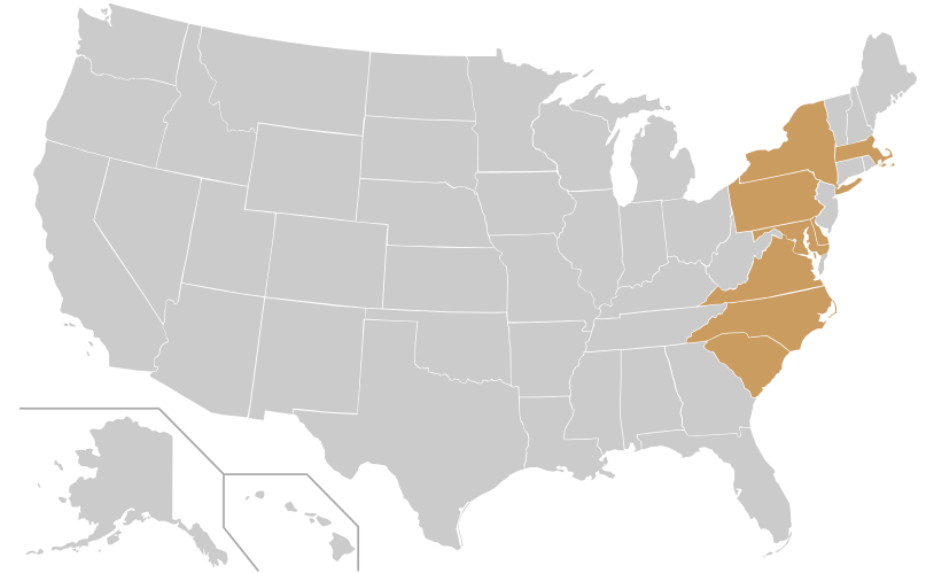
Enrollment: 22,896



Big 10 Academic Alliance
Big 10 Conference



Enrollment: 51,327

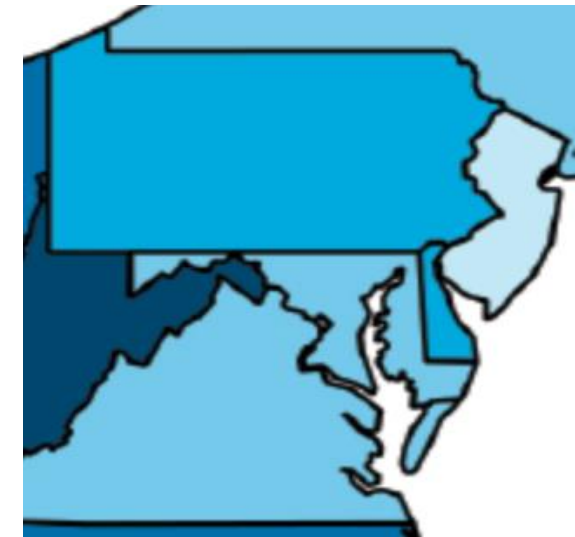
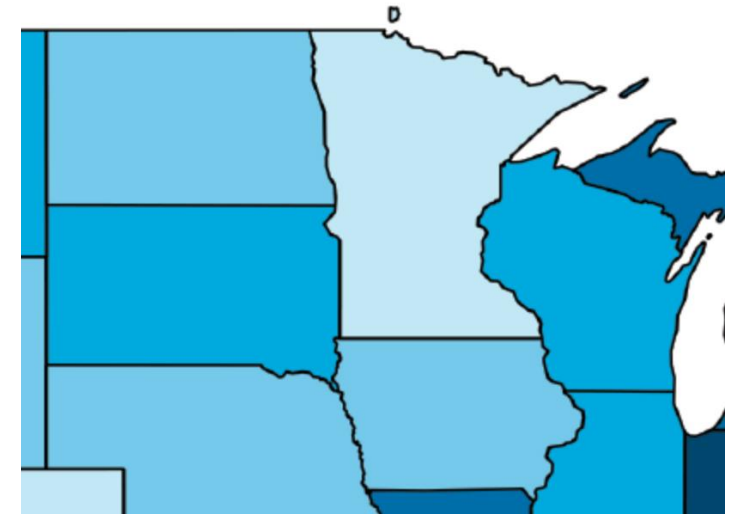
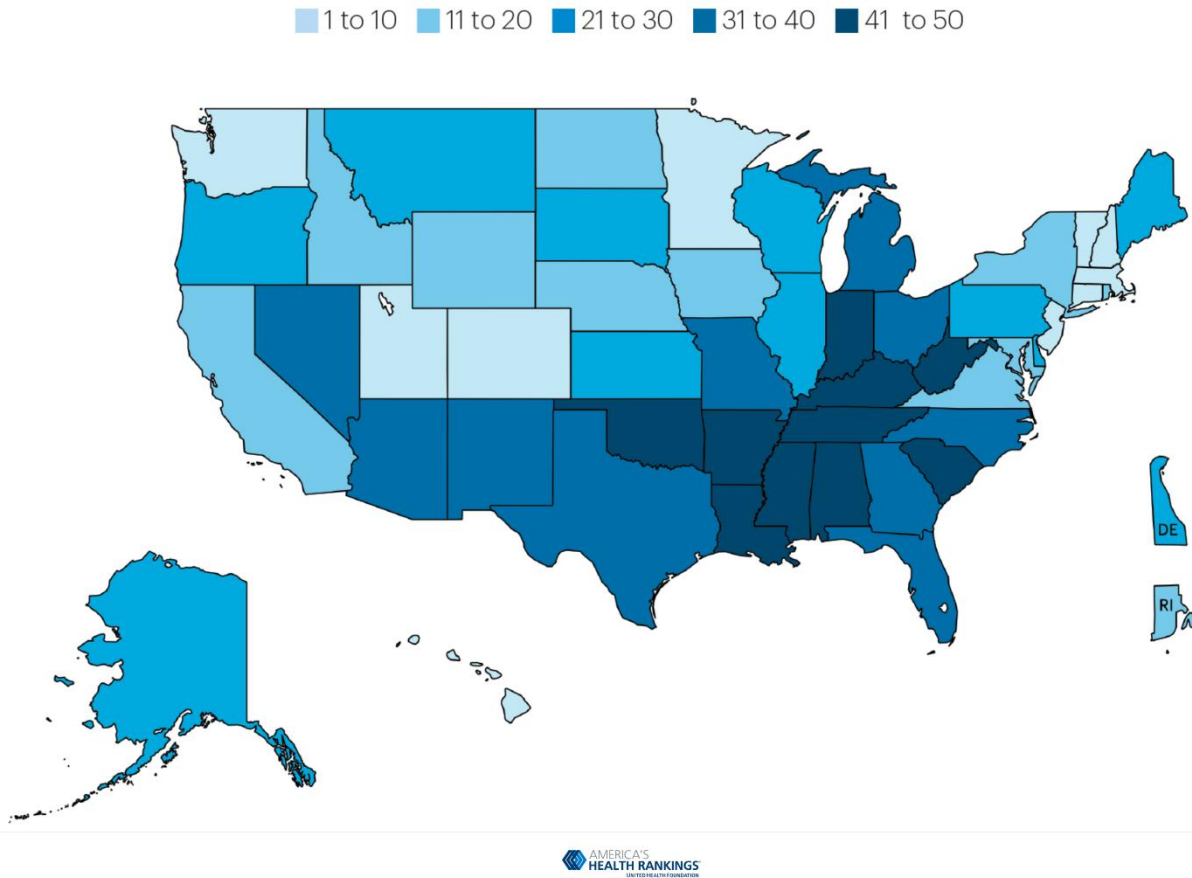


Colonial Academic Alliance
Colonial Athletic Association

What do Minnesota and Delaware have in common?

State Health Rankings?

2019 state ranking map



State Health Rankings: MN 7 - DE 30

What do Minnesota and Delaware have in common?

Washington Crossing the Delaware by the Emanuel Leutze



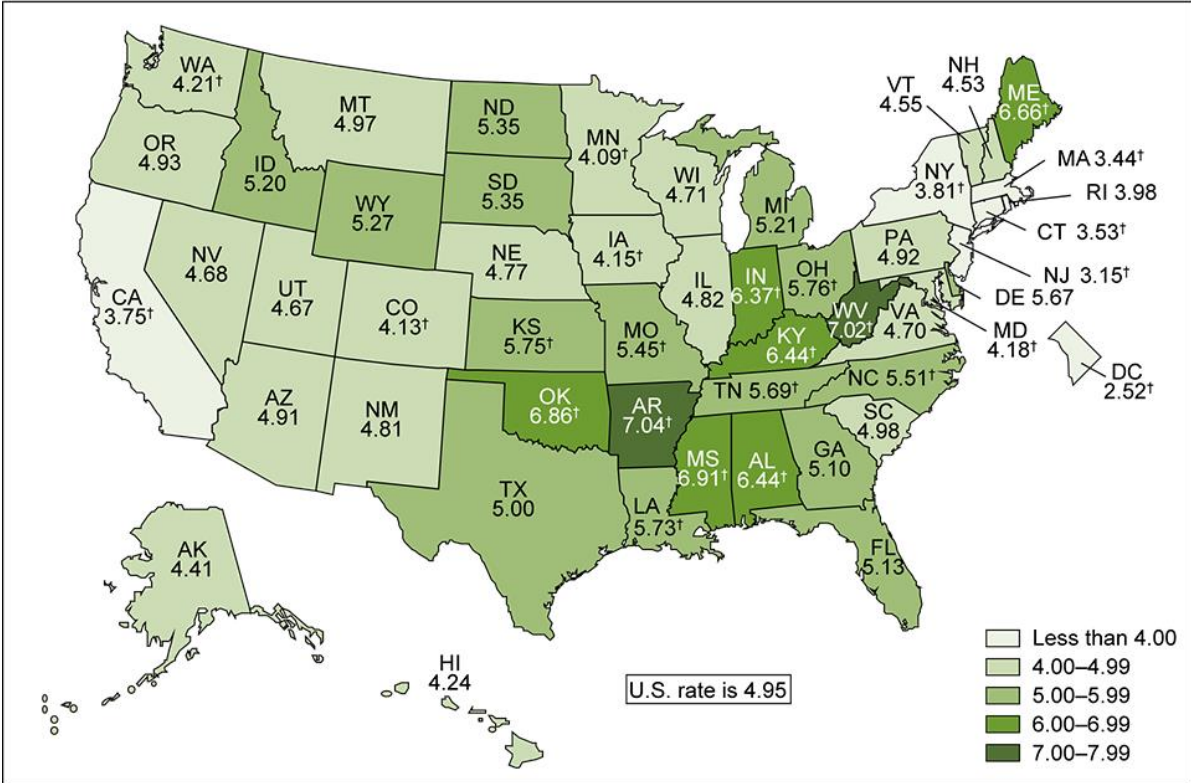
- Three original paintings (One destroyed in WWII)
- Metropolitan Museum of Art in New York City
- Minnesota Marine Art Museum, Winona, MN



What do Minnesota and Delaware have in common?

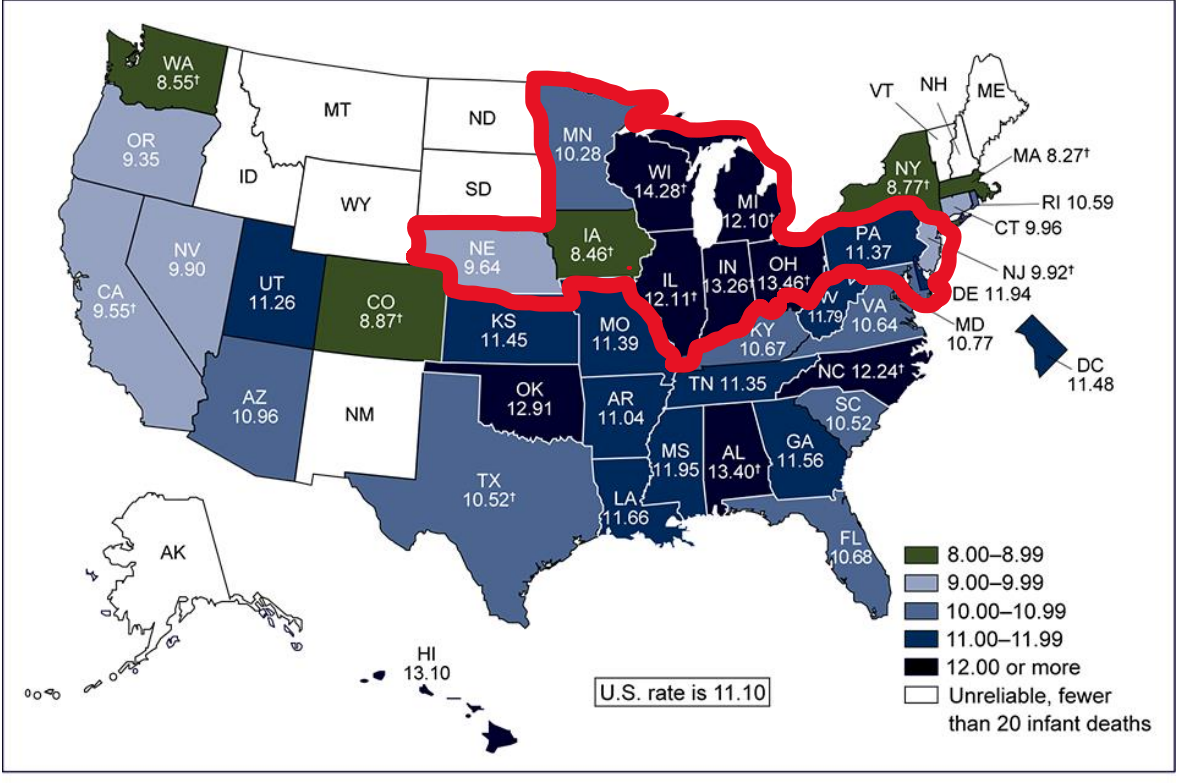
Disparity in Black/White Infant Mortality Rates!!!

Figure 2. Infant mortality rates for infants of non-Hispanic white women, by state: United States, 2013–2015



† Significantly different from the U.S. rate.
NOTES: Rates ranged from 2.52 to 7.04 per 1,000 live births. Access data table for Figure 2 at: https://www.cdc.gov/nchs/data/databriefs/db295_table.pdf.
SOURCE: NCHS, National Vital Statistics System.

Figure 3. Infant mortality rates for infants of non-Hispanic black women, by state: United States, 2013–2015



† Significantly different from the U.S. rate.
NOTES: Rates ranged from 8.27 to 14.28 per 1,000 live births. Access data table for Figure 3 at: https://www.cdc.gov/nchs/data/databriefs/db295_table.pdf.
SOURCE: NCHS, National Vital Statistics System.

Black Infant Mortality Rates by HHS Region

Perinatal Region V Black IMRs: 2018

Region:	Deaths:	Births:	IMR:
HHS Region #1 CT, ME, MA, NH, RI, VT (HHS1)	105	13,834	7.59
HHS Region #2 NJ, NY (HHS2)	418	48,597	8.60
HHS Region #3 DE, DC, MD, PA, VA, WV (HHS3)	725	71,387	10.16
HHS Region #4 AL, FL, GA, KY, MS, NC, SC, TN (HHS4)	2,164	195,872	11.05
HHS Region #5 IL, IN, MI, MN, OH, WI (HHS5)	1,222	97,644	12.51
HHS Region #6 AR, LA, NM, OK, TX (HHS6)	890	84,445	10.54
HHS Region #7 IA, KS, MO, NE (HHS7)	215	19,234	11.18
HHS Region #8 CO, MT, ND, SD, UT, WY (HHS8)	34	5,473	6.21
HHS Region #9 AZ, CA, HI, NV (HHS9)	305	35,851	8.51
HHS Region #10 AK, ID, OR, WA (HHS10)	74	6,837	10.82
Total	6,152	579,174	10.62

That's what brings us here to join in ...

SHAPING THE NARRATIVE TO BUILD HEALTHY GENERATIONS

- Kay A. Johnson President, Johnson Group Consulting, Inc.

Leadership for the Next Decade: Recovery, Resilience, and Respect

- Sonny Eugene Kelly, PhD

Reframing and Reclaiming Community Through Our Stories

SHAPING THE NARRATIVE TO BUILD HEALTHY GENERATIONS

Shaping the narrative starts with listening for stories

- Eudora Welty, born on Apr 13, 1909 author noted for her historical works about Southern families; won Pulitzer for "The Optimist's Daughter."

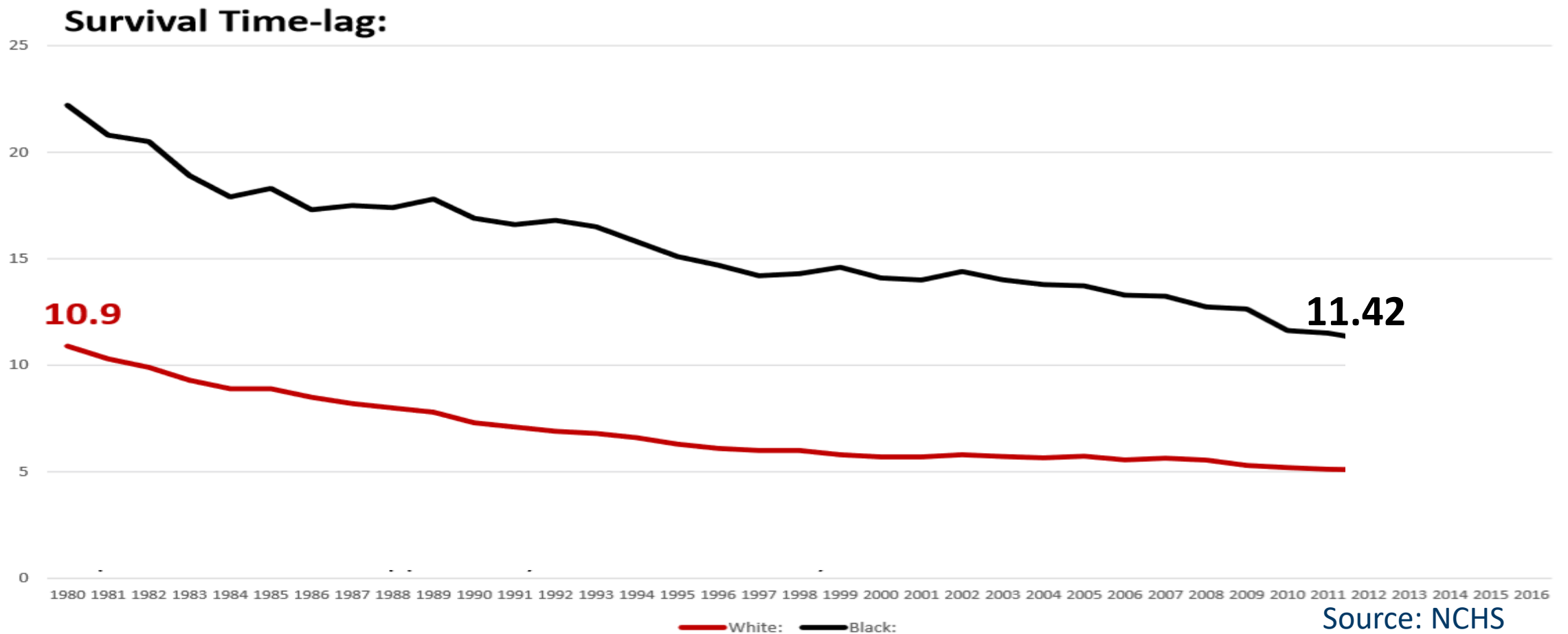
*“Long before I wrote stories, I listened **for** stories. Listening **for** them is something more acute than listening **to** them. When their elders sit and begin, children are just waiting and hoping for one to come out, like a mouse from its hole.”*



Eudora Welty

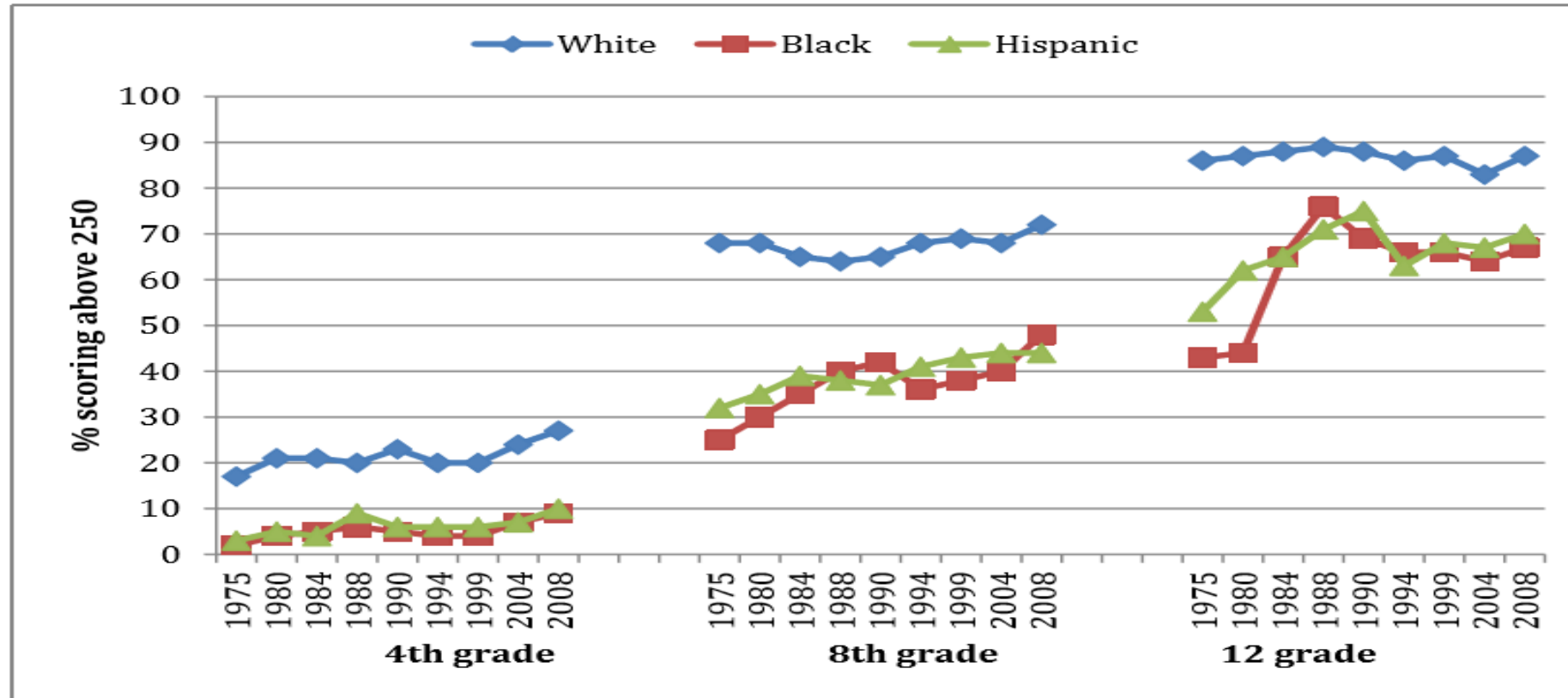
What is the story we should be listening for?

US IMR, 1980-2016: White and Black Race



What is the story we should be listening for in all areas of our society?

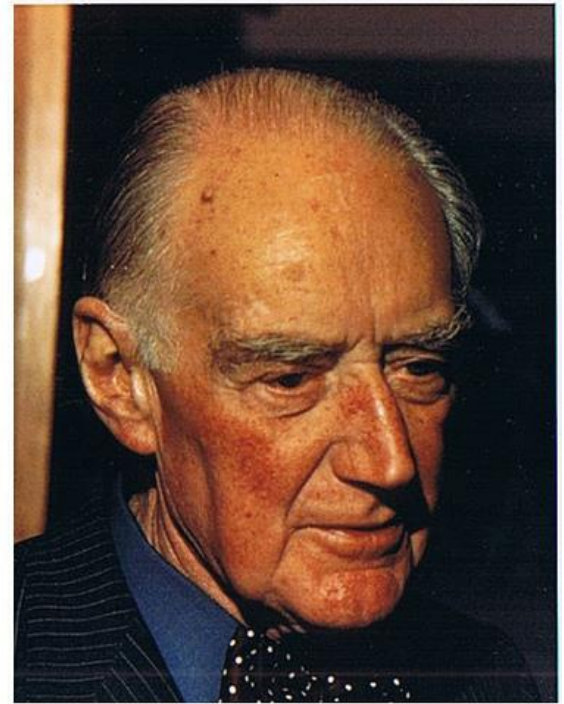
Figure 2: Percent Reading Scores at or above 250 for 4th, 8th, and 12th grades



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.

What is the story of public health?

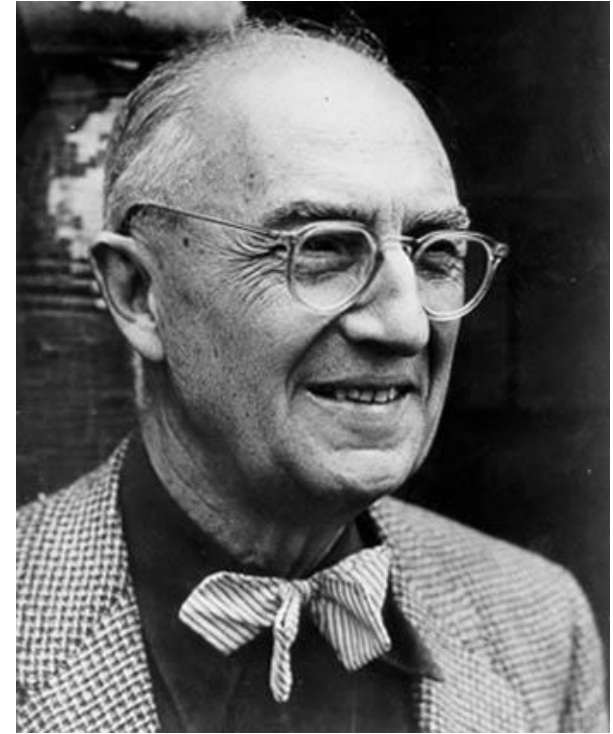
*“The landmarks of political, economic and social **history** are the moments when some condition passed from the category of the given into the category of the intolerable. I believe that the **history** of public health might well be written as a record of successive re-definings of the unacceptable.”*



Geoffrey Vickers

We need to be listening for stories beyond our usual sources of information

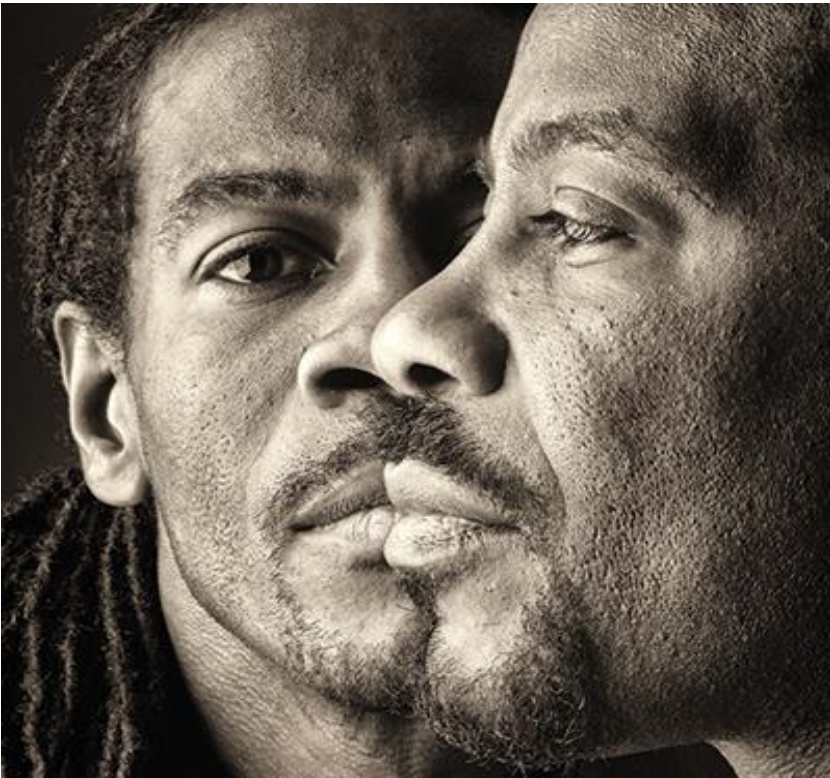
*It is difficult
to get the news from poems
yet men die every day
for lack
of what is found there.*



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

Delaware Poet Laureates

Twin Poets (Al Mills and Nnamdi Chukwuocha)



Al Mills and Nnamdi Chukwuocha

- Appointed by Governor Jack Markell to be the 17th Poets Laureate for the State of Delaware.
- “...*Poetry is, for them, far more than rhyming words—it’s the salvation of the streets.*”

Why I Write

by Al Mills and Nnamdi Chukwuocha

I write for the youth...

I write for youth who ain't never even looked up at the clouds...

I write to explain the pain or put the happiness in words...

I write to give a voice to all the beautiful everyday things...

I write for the cycle of poverty...

I write for all the family trees that died when grandparents did...

I write for all the togetherness that was displayed
when the grandparents lived...

See my words is my work

And my work is my words

This ain't a poem, its my life

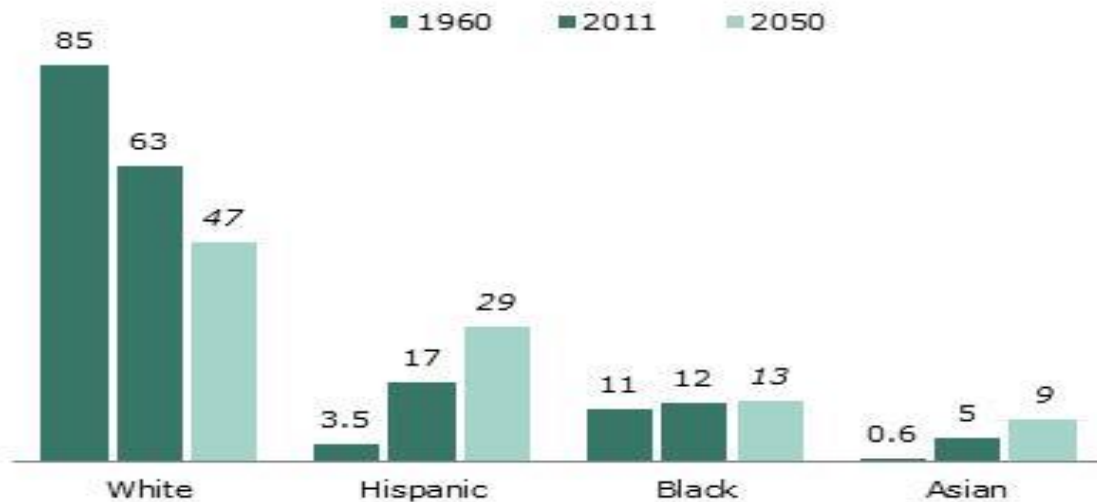
That's why I write.

Why should we be listening for equity?

Why Should We Care 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.

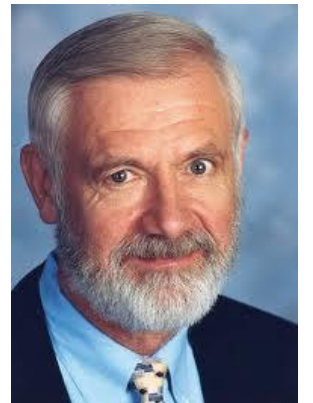
PEW RESEARCH CENTER

It's a 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."



William Foege
CDC director
1977-1983

It's a math problem

Why Should We Care About Equity?

We have vested interests in the outcomes.



- Mary Ann Shadd, born in Wilmington, DE (10/9/1823)
- American-Canadian anti-slavery activist, journalist, publisher, teacher, and lawyer. She was the first black woman publisher in North America and the first woman publisher in Canada.

“Were it not for the monster of slavery, we would have a common destiny here—in the land of our birth.”

Why Should We Care About Equity?

We have vested interests in the outcomes.



Michael Harrington
Author of "The Other America."

"One cannot raise the bottom of society without benefitting everyone above."



Senator Paul Wellstone

"We all do better when we all do better."



Martin Luther King , Jr.

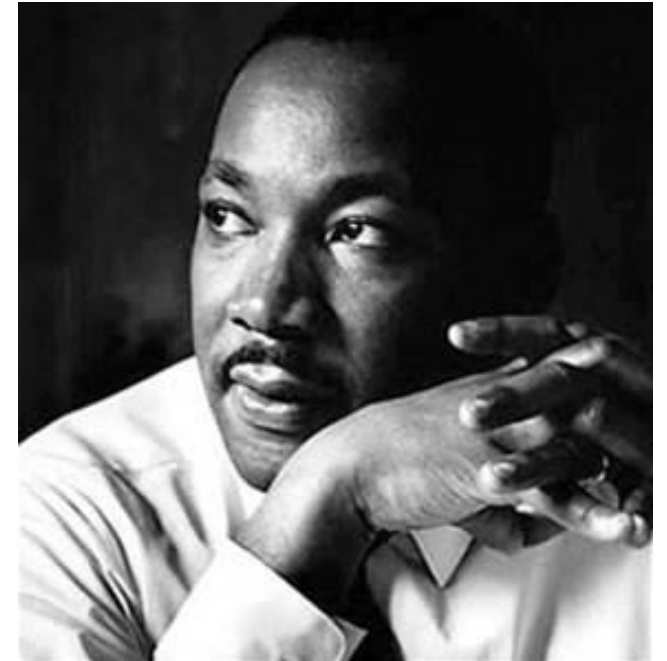
"We may have all come on different ships, but we're in the same boat now."

Why Should We Care About Equity?

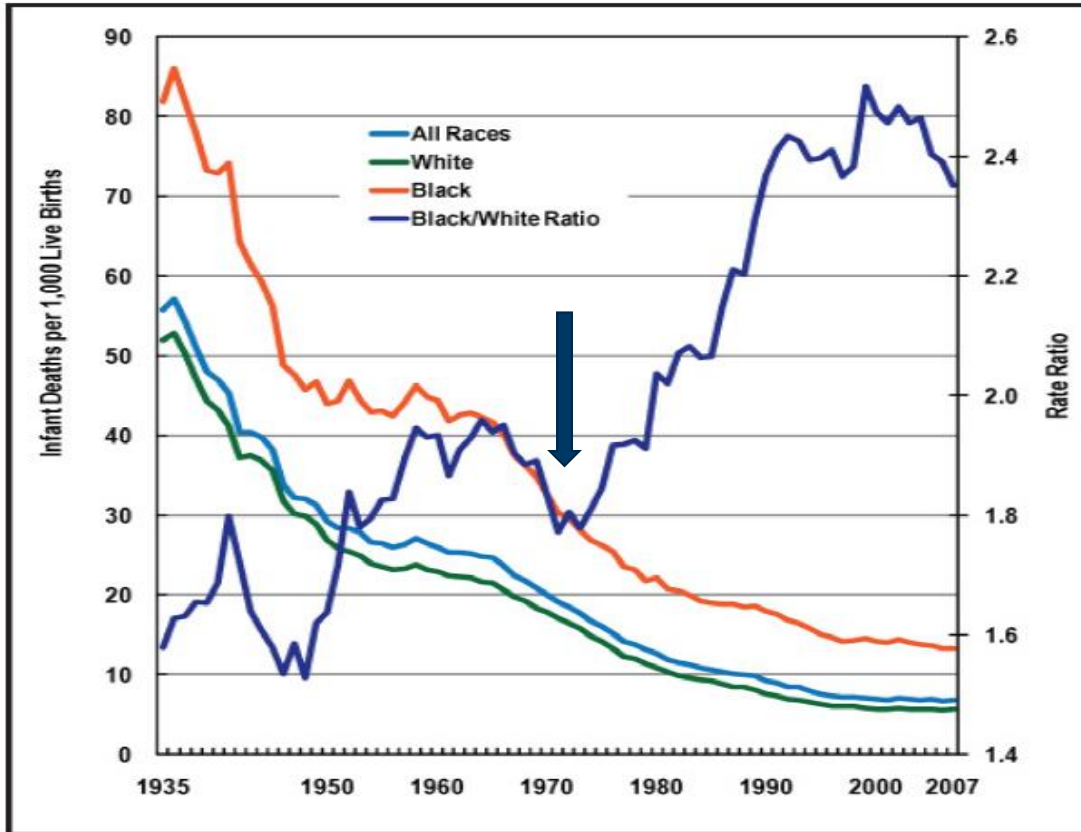
We have vested interests in the outcomes.

“Injustice anywhere is a threat to justice everywhere. ... Whatever affects one directly, affects all indirectly.”

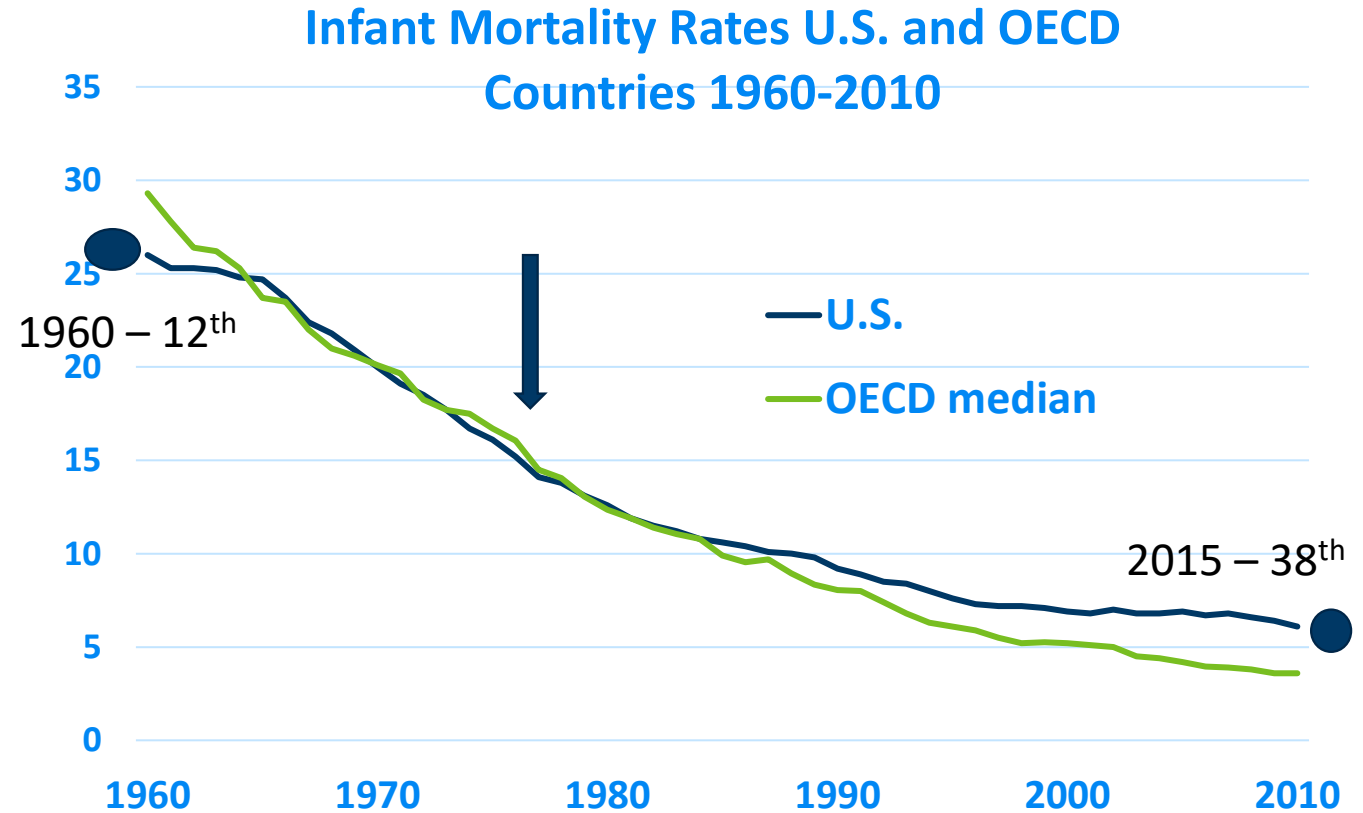
MLK, Jr, Letter from Birmingham Jail, April 16, 1963



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

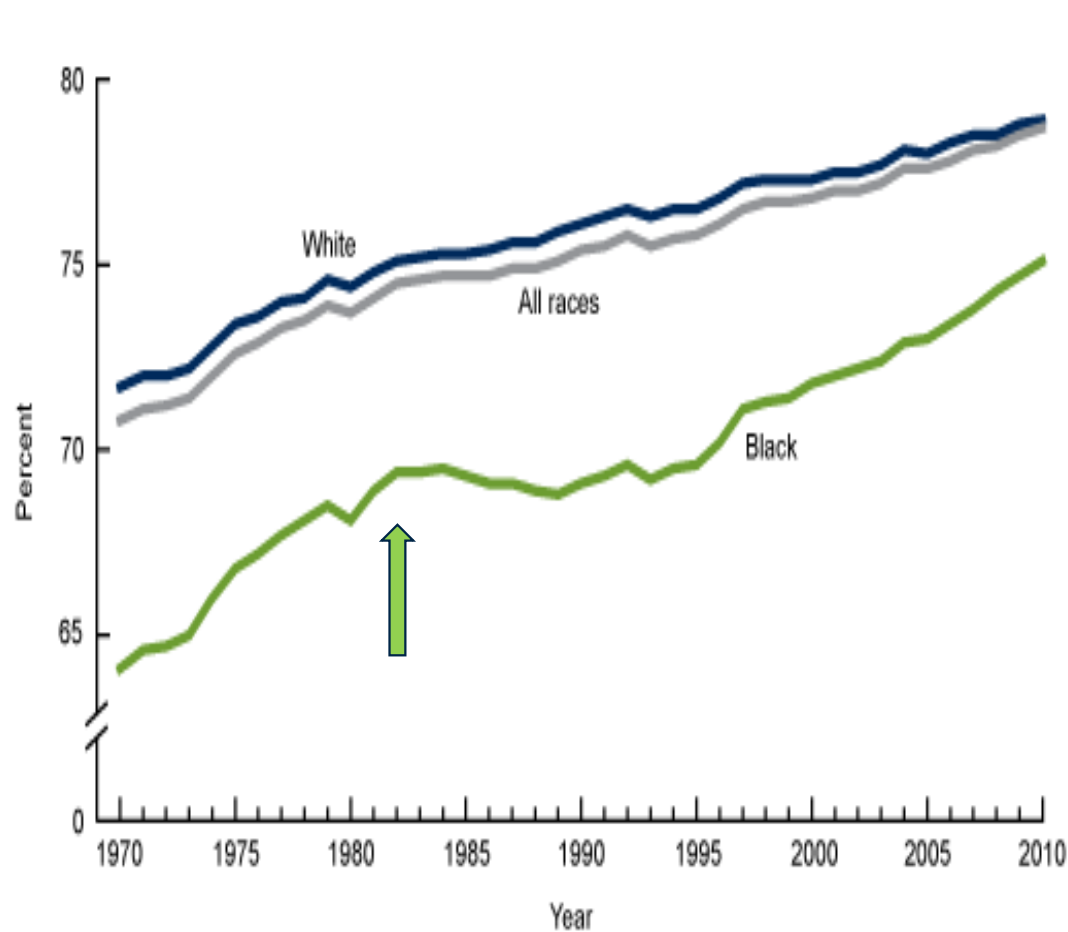


Mortality Rates by Race and
Black/White Ratio US, 1935 – 2007



“Injustice anywhere...

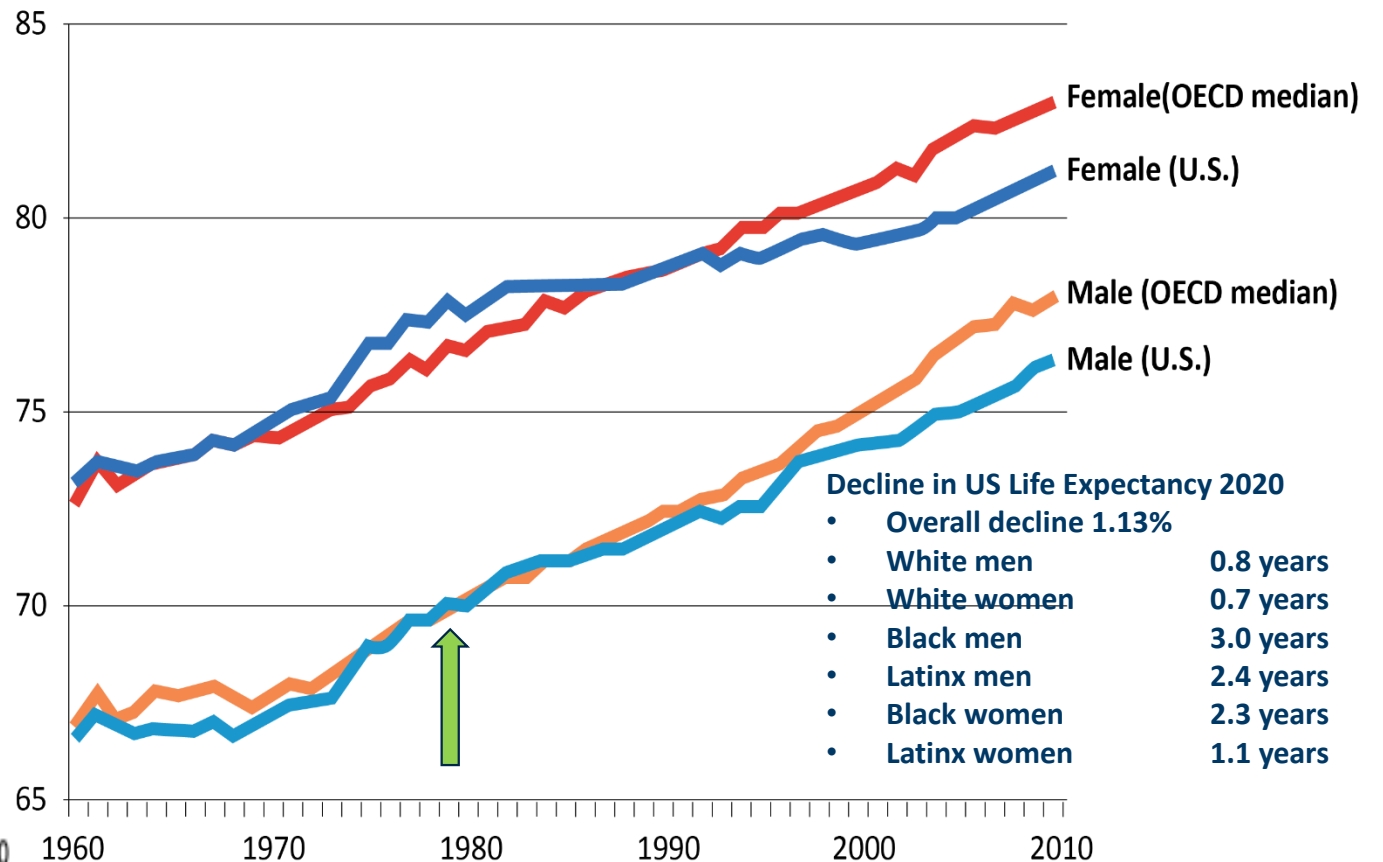
...is a threat to justice everywhere.”



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

4/16/2021

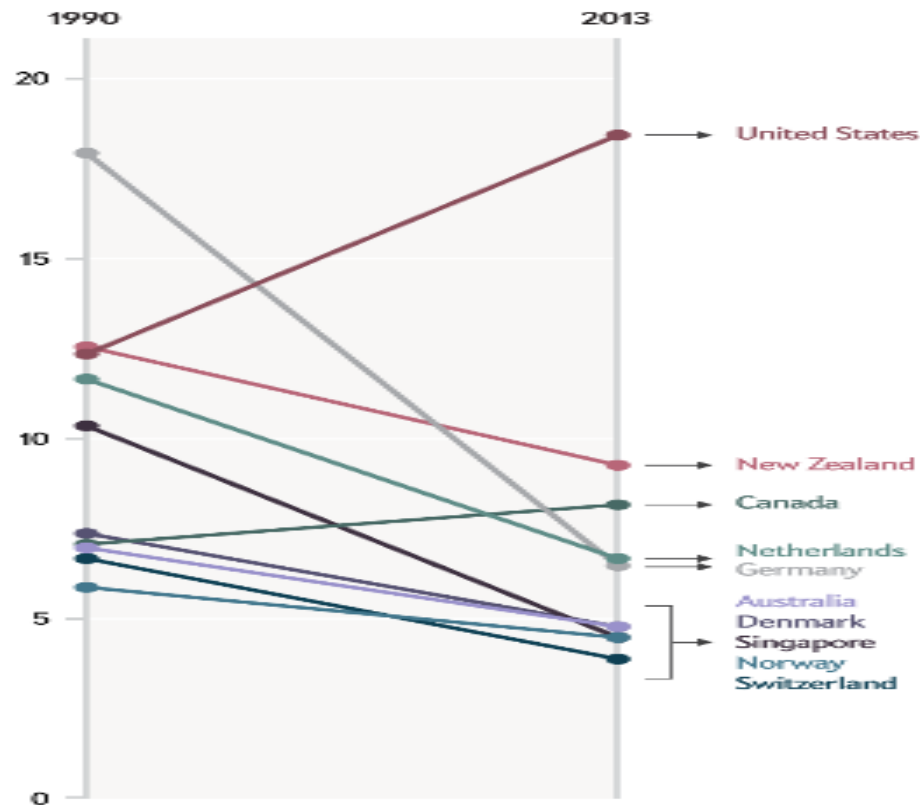
SOURCE: CDC/NCHS, National
Vital Statistics System, Mortality.



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

U.S. Ranked 49th 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

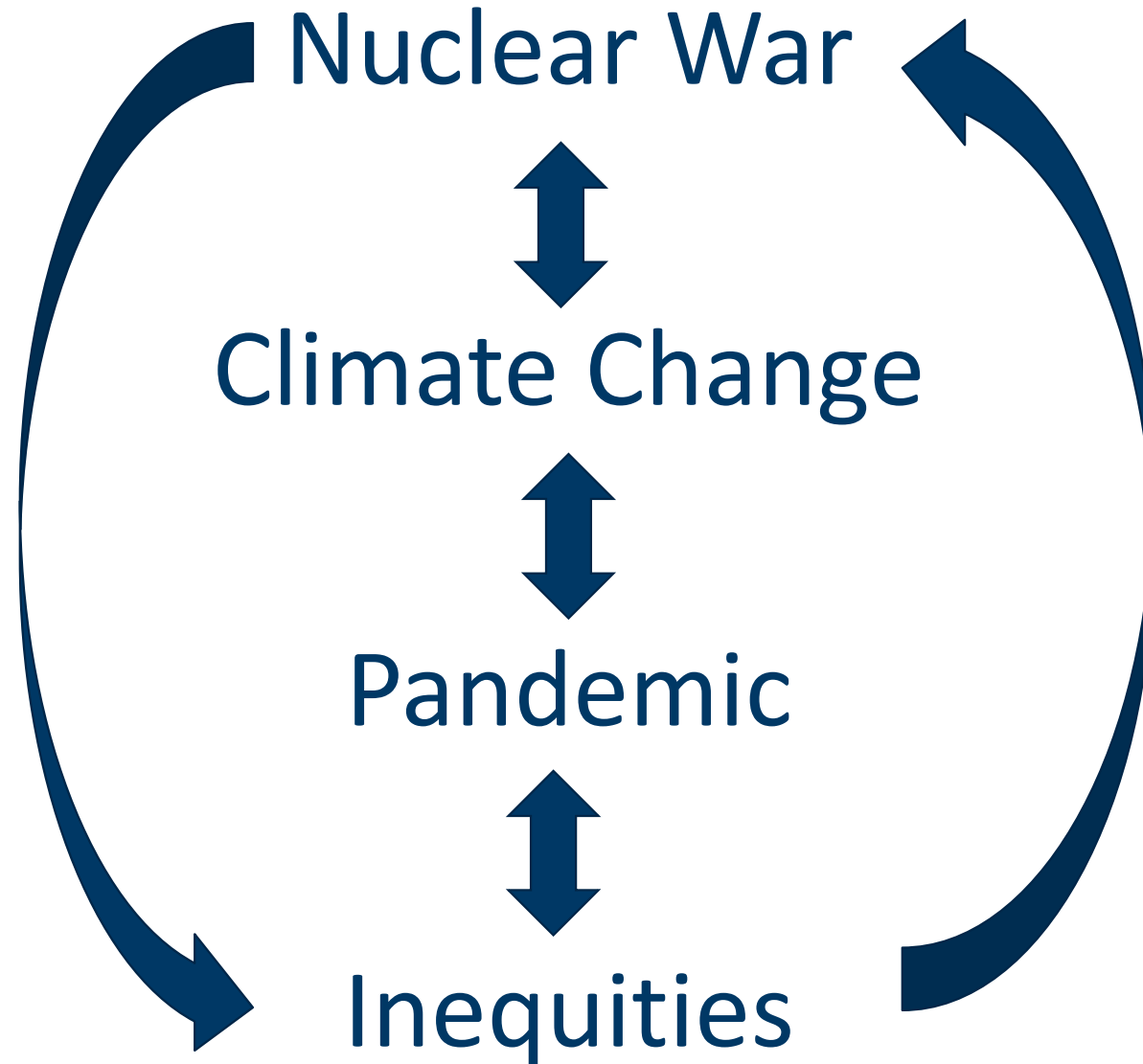
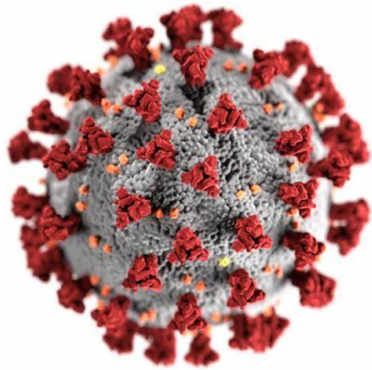
11 DEATHS
per 100,000 live births



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

Why Should We Care About Equity?

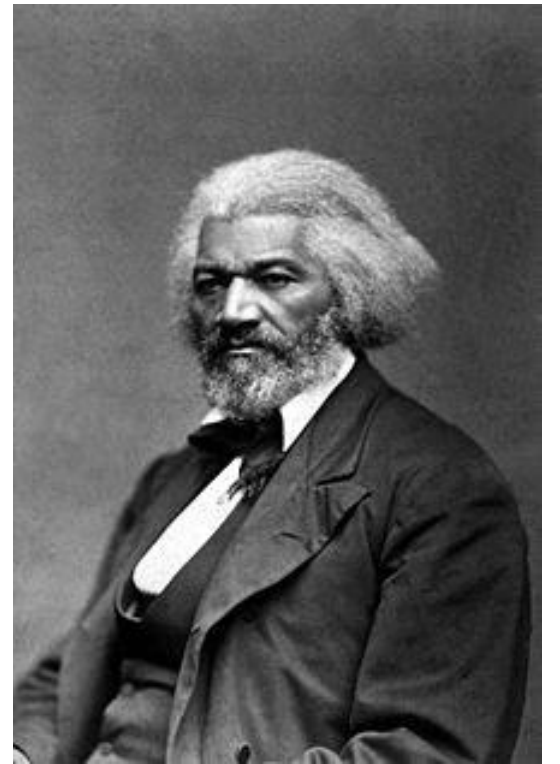
Equity and Social Justice are Existential Issues



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.”

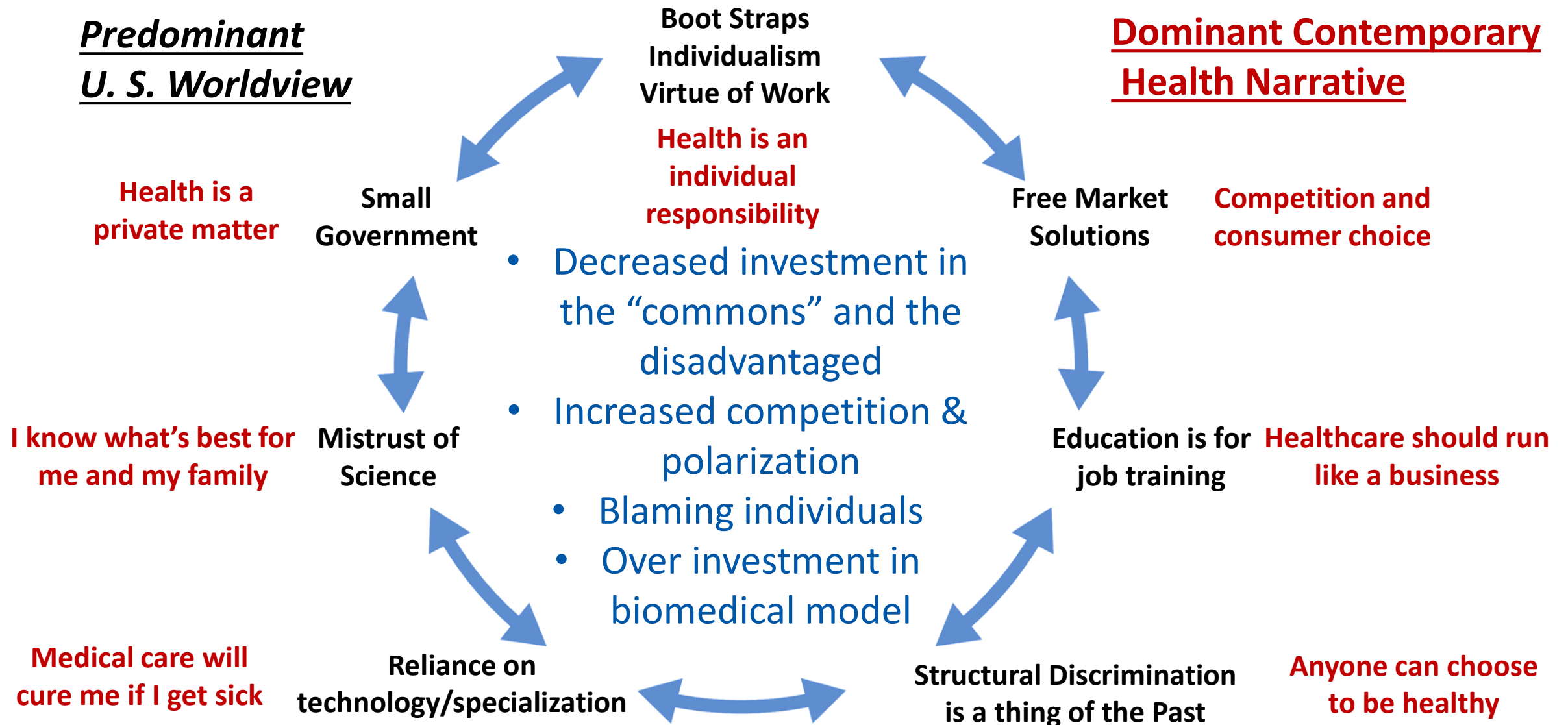


Alexis de Tocqueville

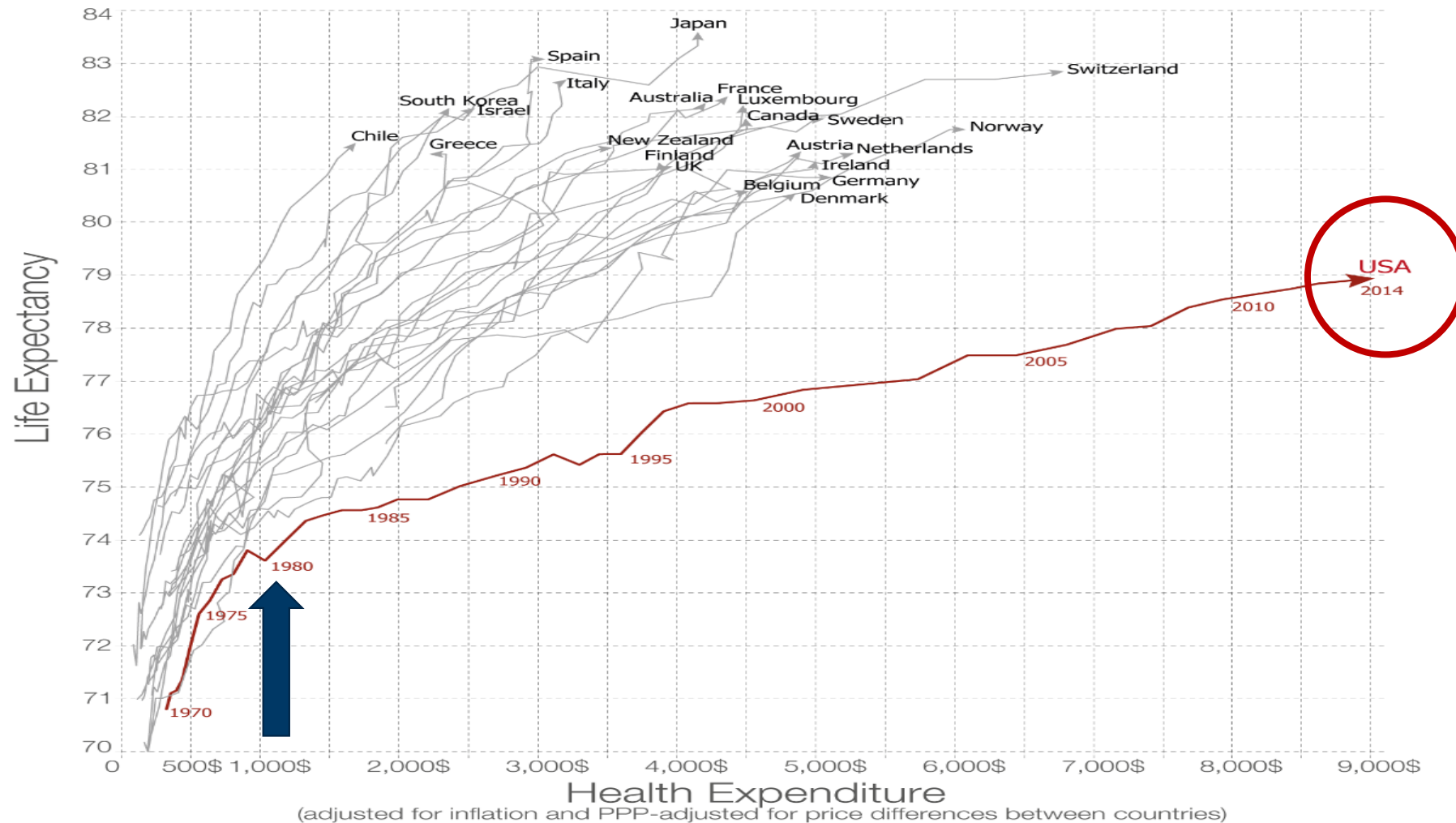
“Permanent inequality of conditions will be the death of democracy.”



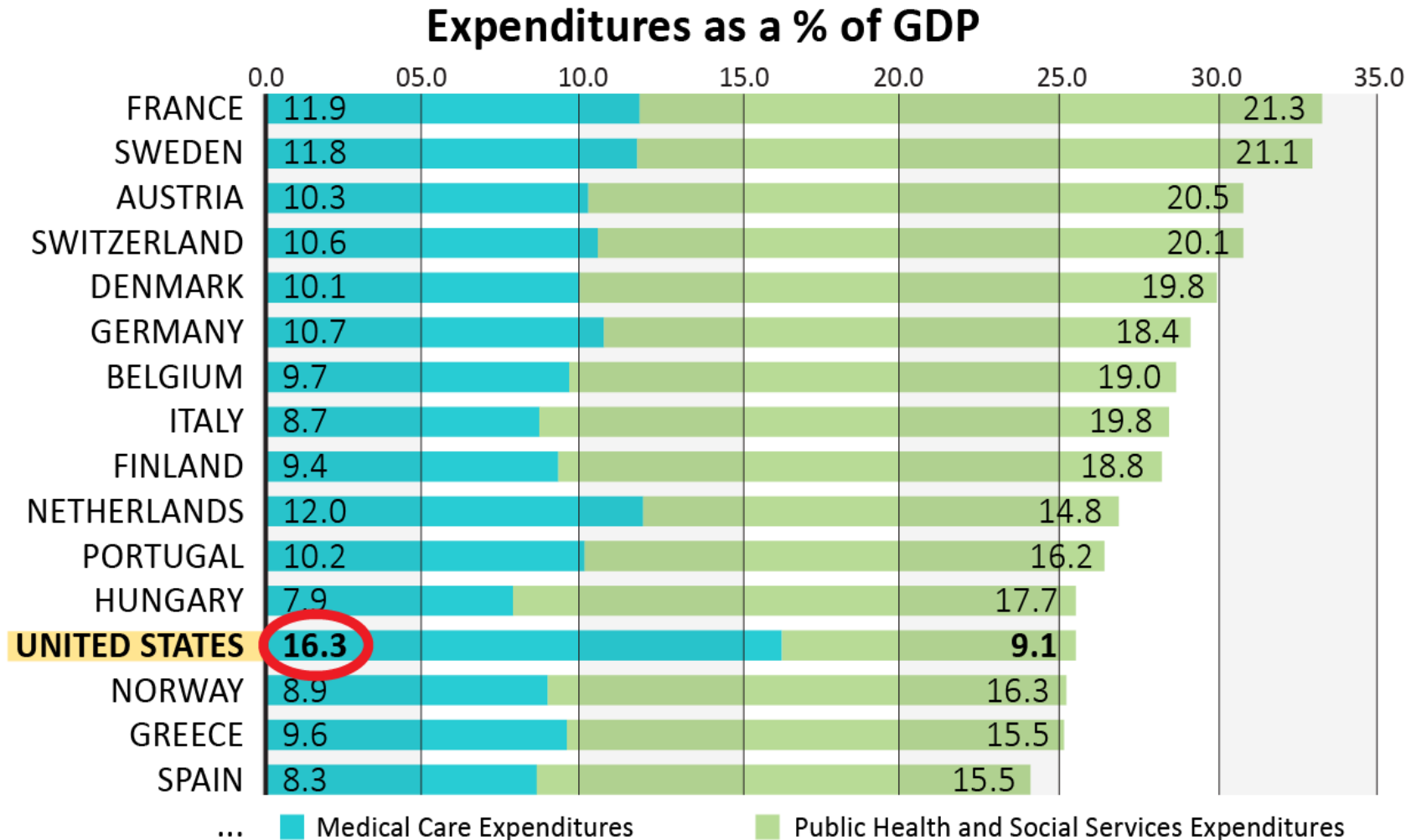
Have we listened to the values embedded in today's most common stories?



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



Total Investment in Health and Human Services



In OECD countries, 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.

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

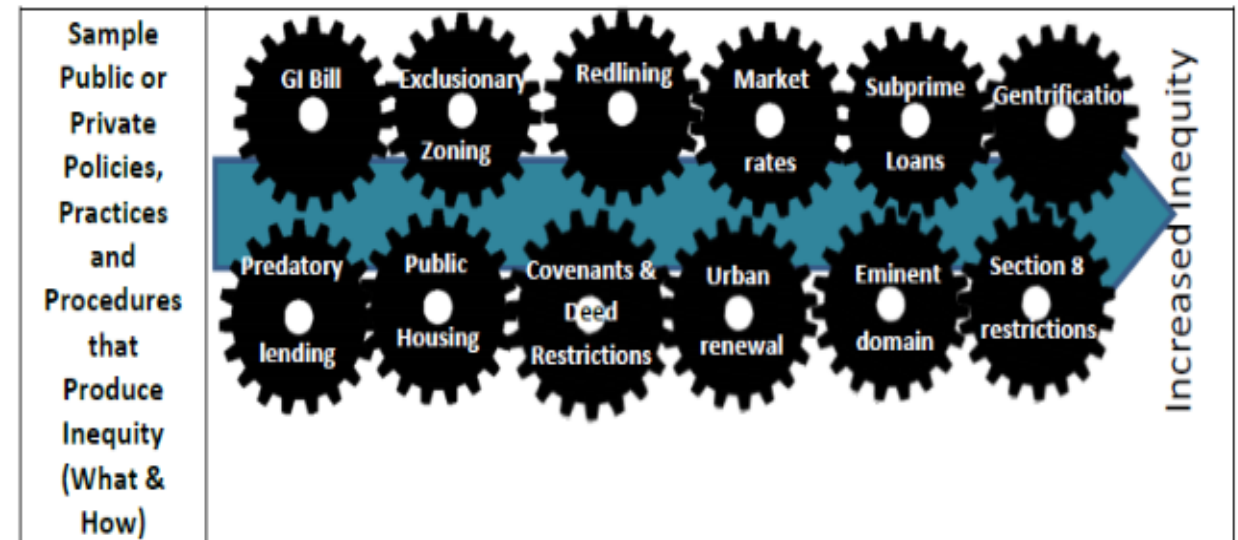
- Social/economic exclusion
- Few small businesses
- Fast food restaurants
- Unsafe/limited parks
- Rental housing/foreclosure
- Poor and limited housing stock
- Few transportation options
- Payday lenders
- Poor performing schools
- Pollution/contaminated drinking water
- Limited IT connections
- Weak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

Living Conditions Impact Health

Policies shape living conditions



Housing: The Production of Inequities and Consequences at the Community Level

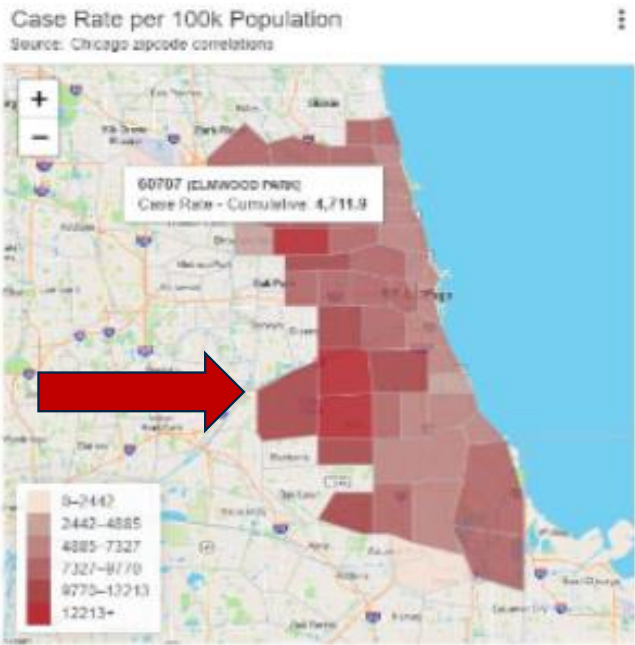


“Countering the Production of Health Inequities” Report from the Prevention Institute

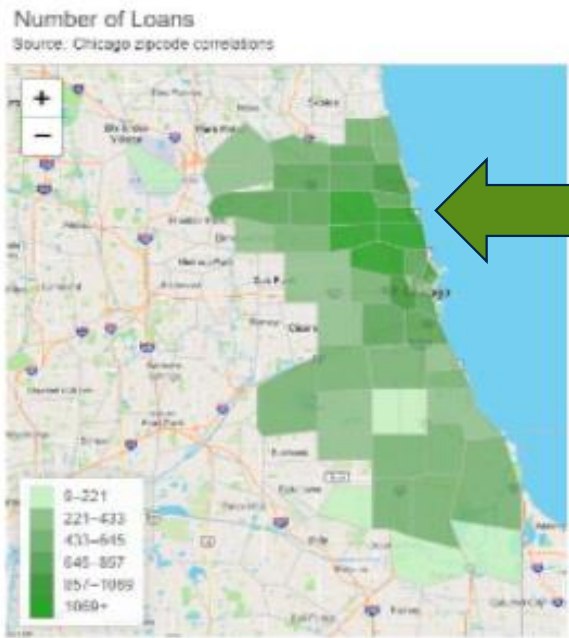
Redlining (White Supremacy) continues today.

COVID cases, PPP loans, and vaccinations in Chicago

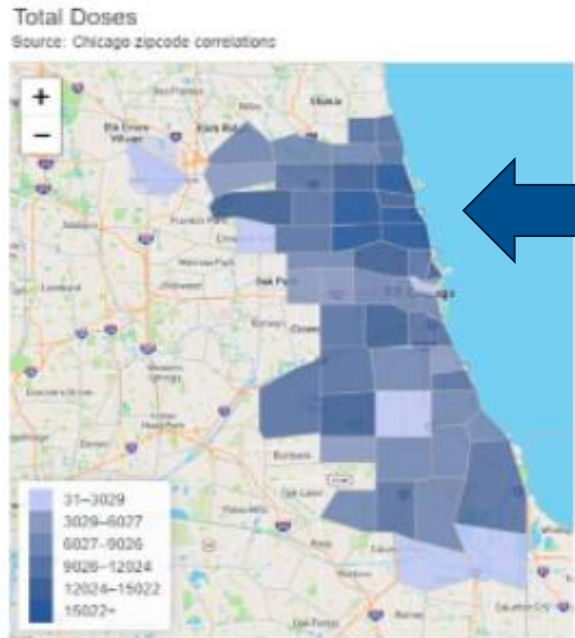
COVID-19 Case Rates



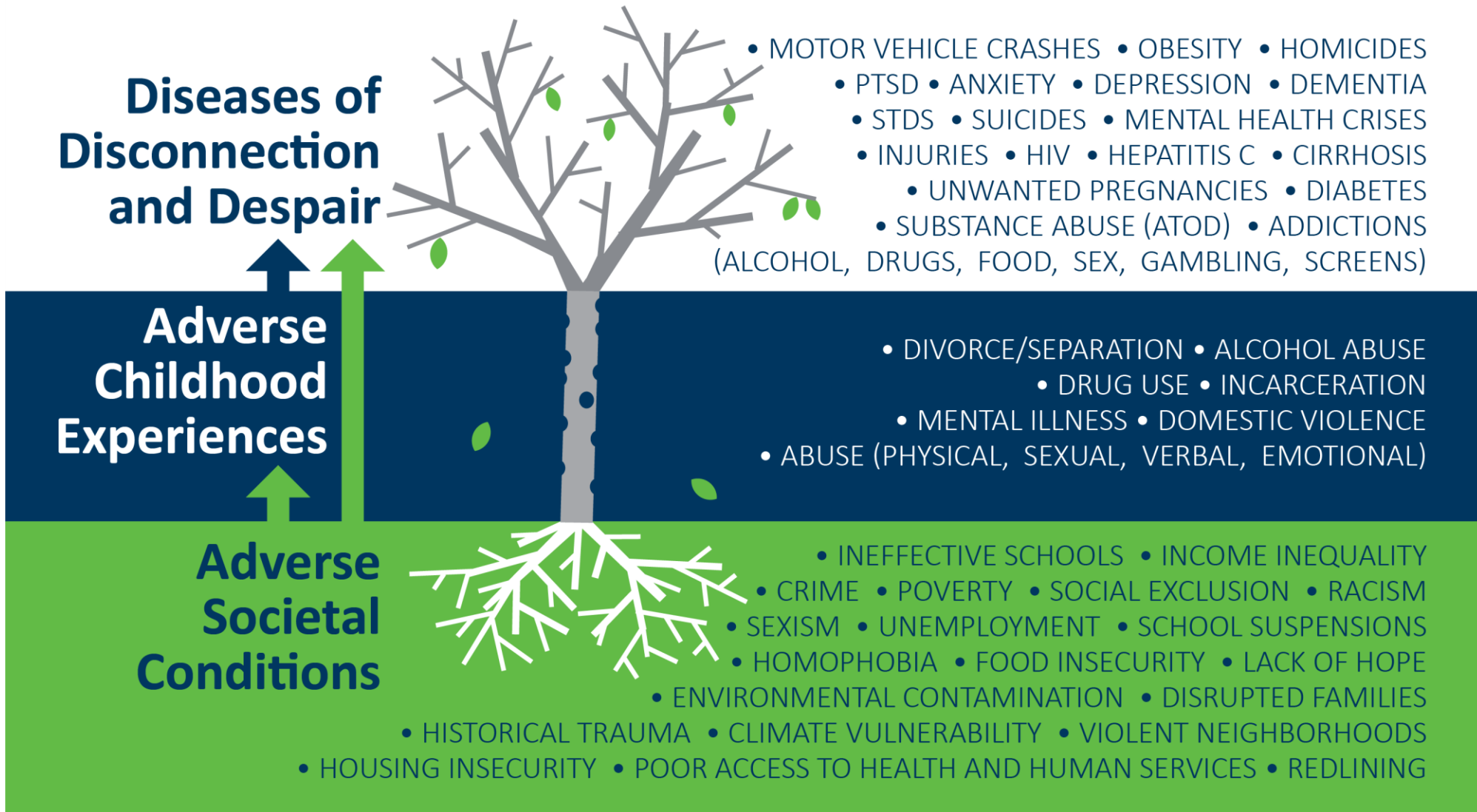
Number of Paycheck Protection Program loans



Number of COVID-19 vaccine doses given



Diseases of Disconnection and Despair



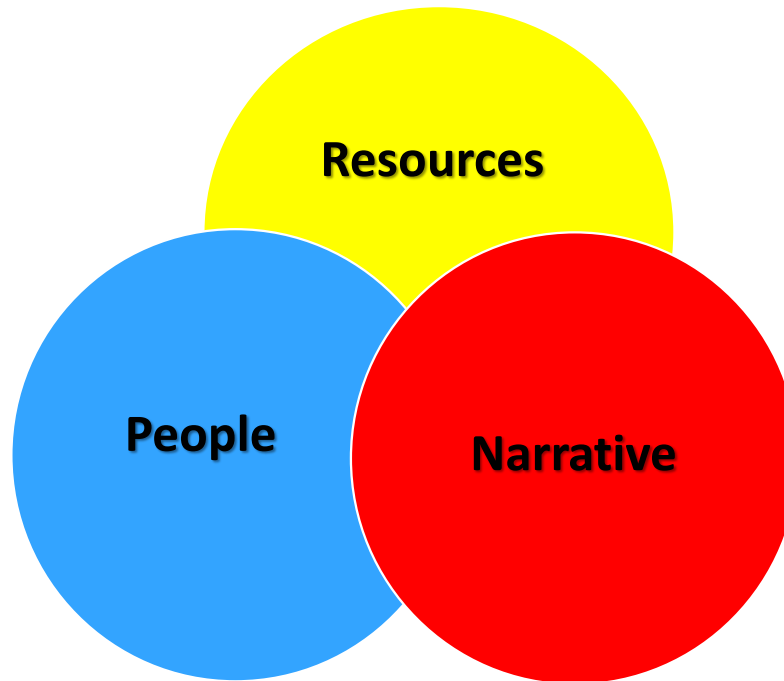
How do we change the conditions that impact health?

Create/Strengthen our “Capacity to Act”

Organize:

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

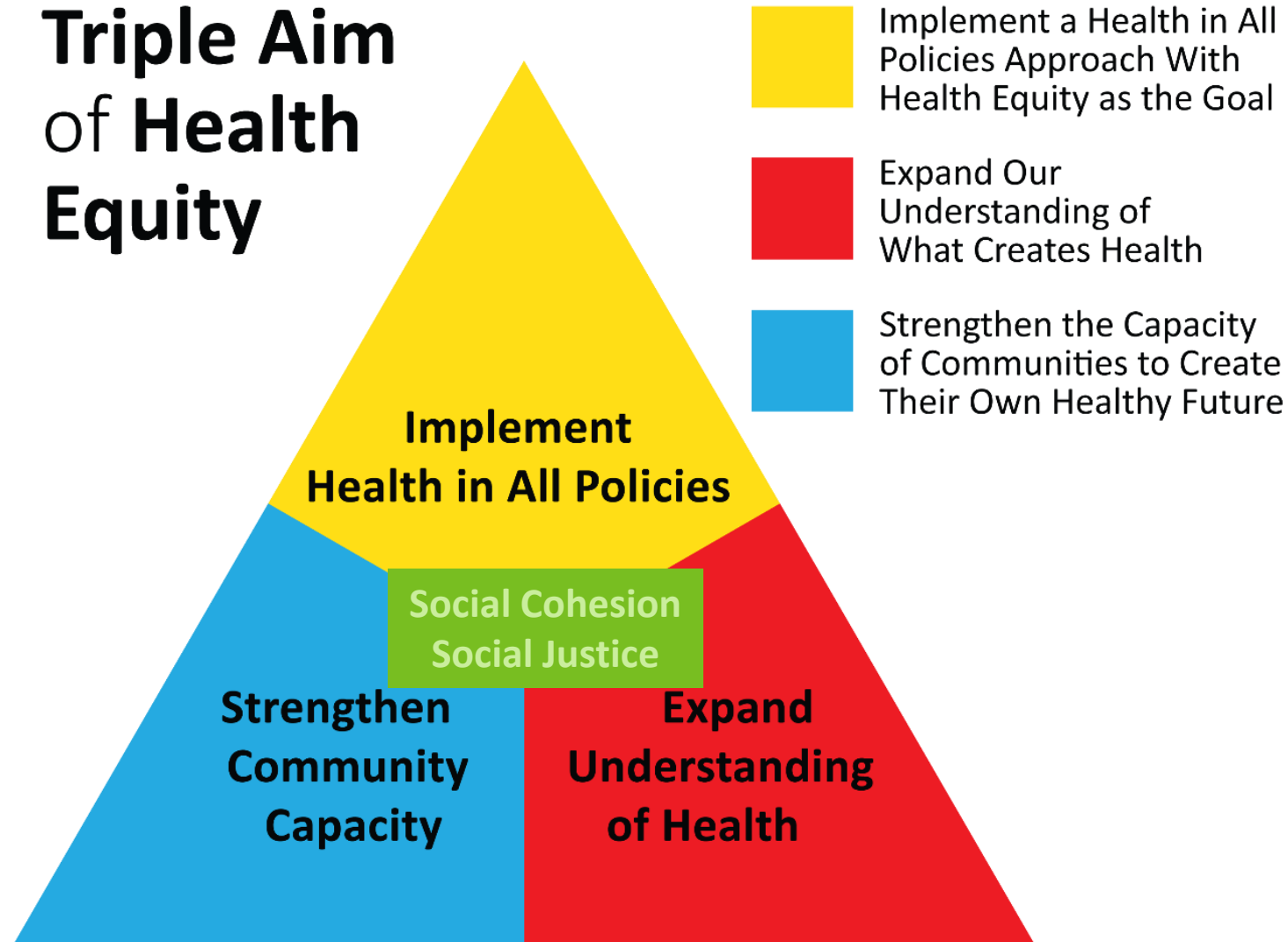
People: Directly impact decision makers, develop relationships, align interests.



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

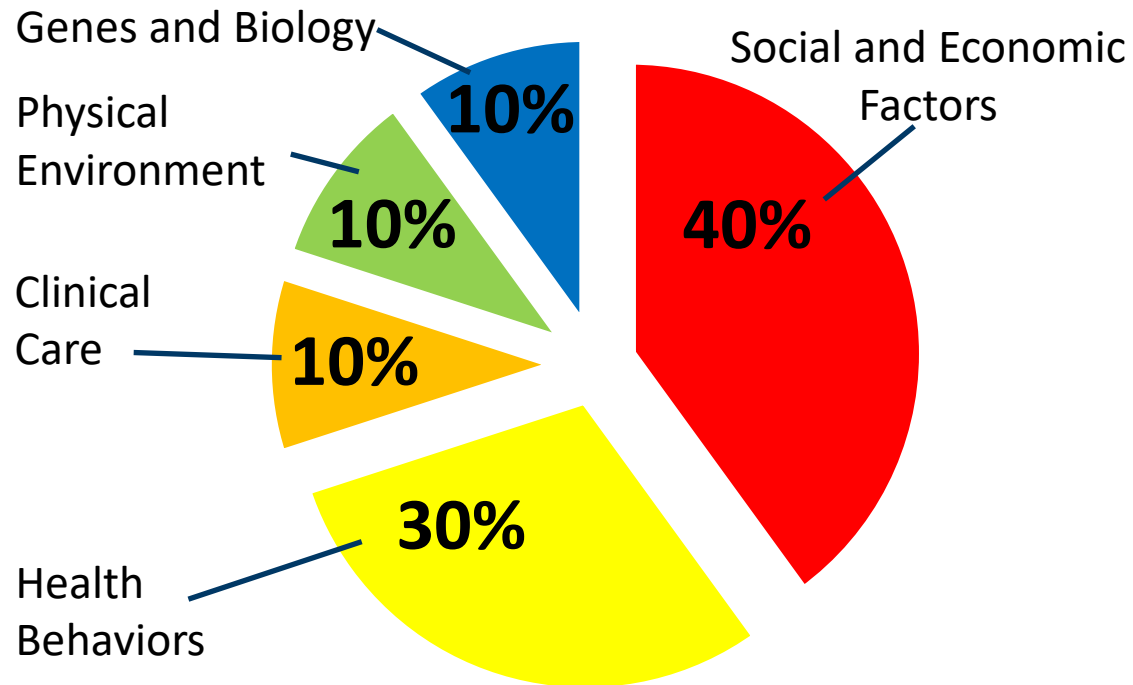
To Advance Health Equity and Optimal Health for All we need to influence policies and change living conditions

Triple Aim of Health Equity



Expand the Understanding of What Creates Health

Determinants of Health



Vital conditions for health (WHO)

- Peace
- Shelter
- Education
- Food
- Income
- Stable eco-system
- Sustainable resources
- Social justice and equity
- IT connectivity
- Mobility

Conditions and circumstances in which people are born, live, work, and age

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>.

Estimated Annual Deaths Caused by Selected Social Factors

High School Graduation

245,000

Racial Segregation

176,000

Low Social Support

162,000

Individual Poverty

133,000

Income Inequality

119,000

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

Do behaviors really determine 30% of health?

Is the healthy choice a possible choice?

Living Conditions I

Communities of Opportunity

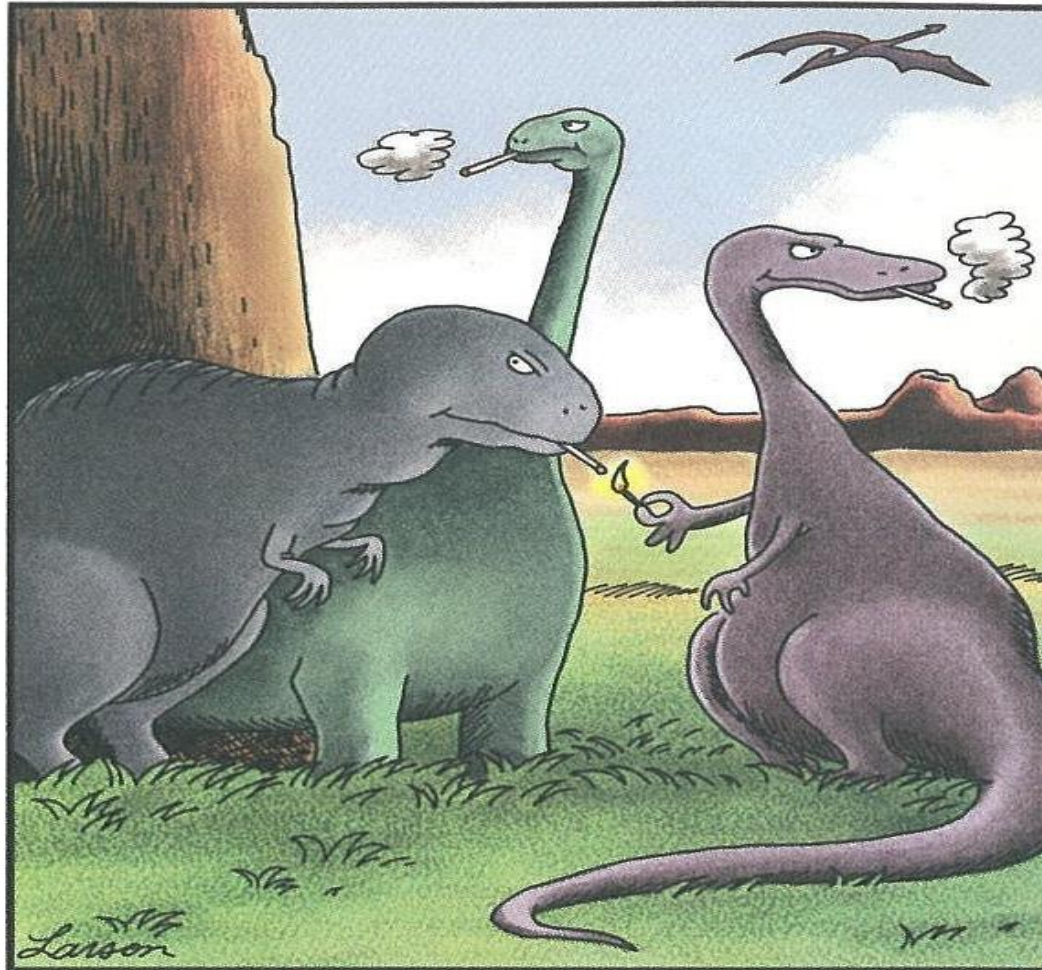
- Social/economic inclusion
- Thriving small businesses and entrepreneurs
- Grocery stores
- Parks & trails
- Sufficient healthy housing
- Good transportation options and infrastructure
- Financial institutions
- Home ownership
- Better performing schools
- IT connectivity
- Strong local governance

Good Health Status

Poor Health Status

Contribute to health disparities

- Obesity
- Diabetes
- Asthma
- Cancer
- Injury



The real reason dinosaurs became extinct

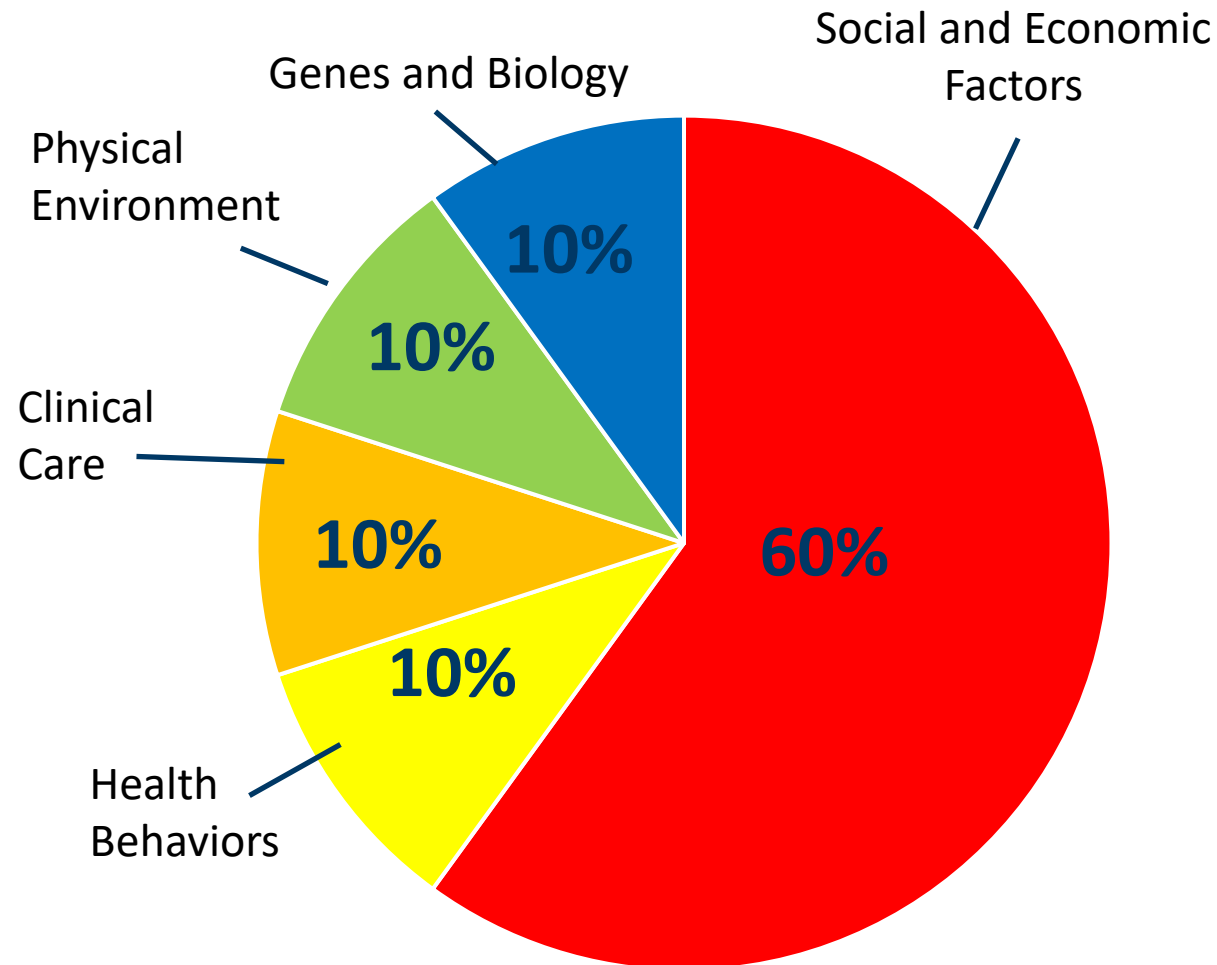
- MOTOR VEHICLE CRASHES • OBESITY • HOMICIDES
- PTSD • ANXIETY • DEPRESSION • DEMENTIA
- STDs • SUICIDES • MENTAL HEALTH CRISES
- INJURIES • HIV • HEPATITIS C • CIRRHOSIS
- UNWANTED PREGNANCIES • DIABETES
- SUBSTANCE ABUSE (ATOD) • ADDICTIONS
- ALCOHOL, DRUGS, FOOD, SEX, GAMBLING, SCREENS)

- DIVORCE/SEPARATION • ALCOHOL ABUSE
- DRUG USE • INCARCERATION
- MENTAL ILLNESS • DOMESTIC VIOLENCE
- ABUSE (PHYSICAL, SEXUAL, VERBAL, EMOTIONAL)

- INEFFECTIVE SCHOOLS • INCOME INEQUALITY
- CRIME • POVERTY • SOCIAL EXCLUSION • RACISM
- SEXISM • UNEMPLOYMENT • SCHOOL SUSPENSIONS
- HOMOPHOBIA • FOOD INSECURITY • LACK OF HOPE
- ENVIRONMENTAL CONTAMINATION • DISRUPTED FAMILIES
- CLIMATE VULNERABILITY • VIOLENT NEIGHBORHOODS
- LACK OF ACCESS TO HEALTH AND HUMAN SERVICES • REDLINING

ited States:
 ment marketing tobacco
 t marketing alcohol
 nt marketing soda (by

Expand the Understanding of What Creates Health



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

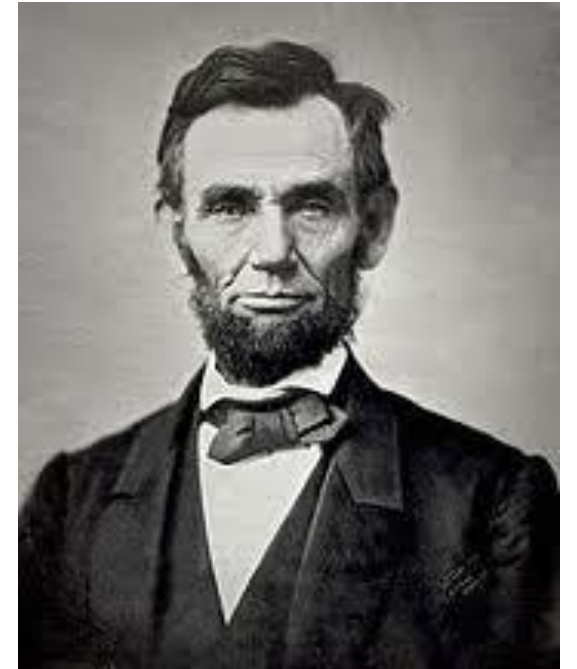
- Shaped by the distribution of money, power, social policies, & politics that are beyond the control of the individual.
- Disproportionately affect individuals from Black, brown, and Indigenous communities.
- **Structural racism**

Ehlinger's beliefs about the contributions to health determinants

Expand our understanding about what creates health: Importance of Narrative

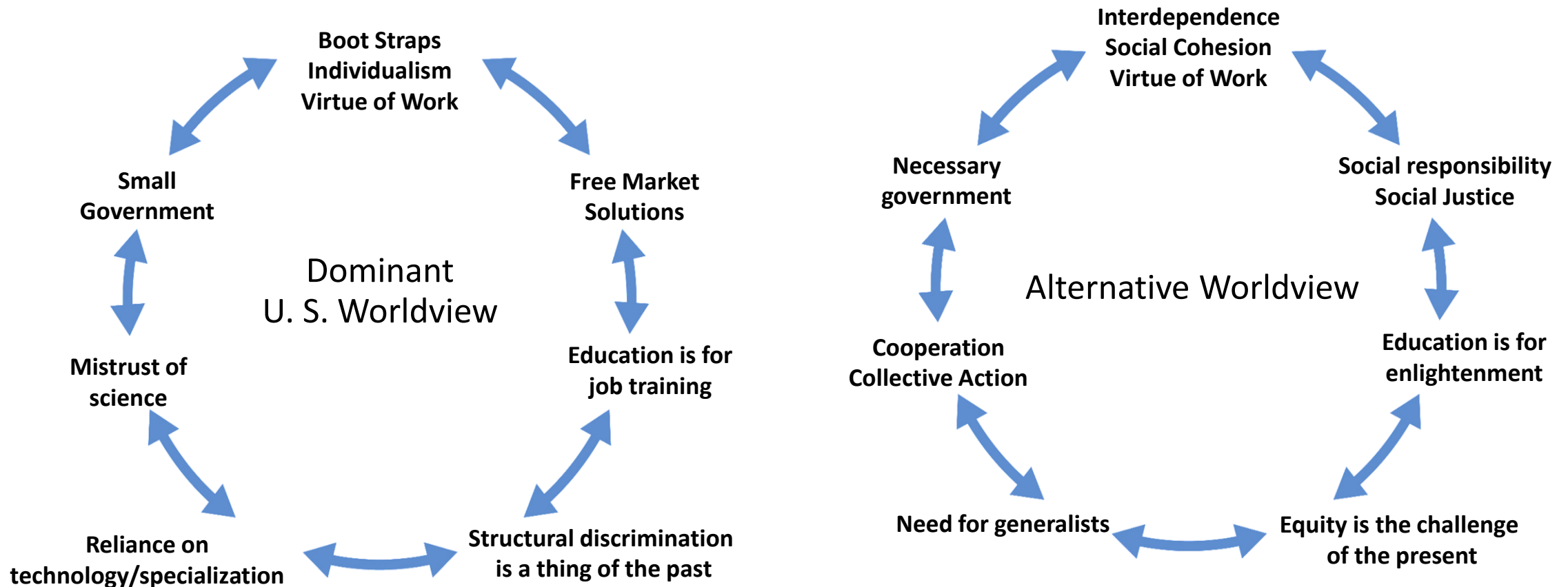
“Public sentiment is everything. With public sentiment, nothing can fail; without it nothing can succeed.”

-Abraham Lincoln



Expand the understanding about what creates health.

Contrasting/Alternative Worldviews



Alternative Health Narrative



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**



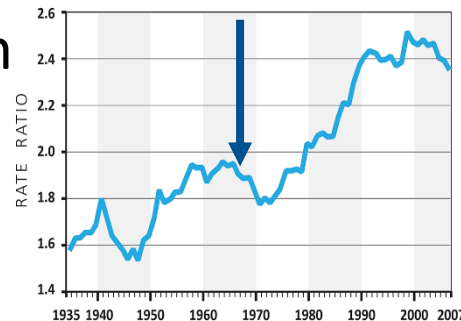
- **Air/Water quality**
- **Ag Buffer strips**
- **Food Charter**
- **Marriage Equity**
- **Payday Lending**
- **Freedom to Breathe**
- **Health Care Reform**
- **Climate Change**

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

War on Poverty Components

1965-1967 - 89th 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
- Job Corps
- VISTA
- Peace Corps

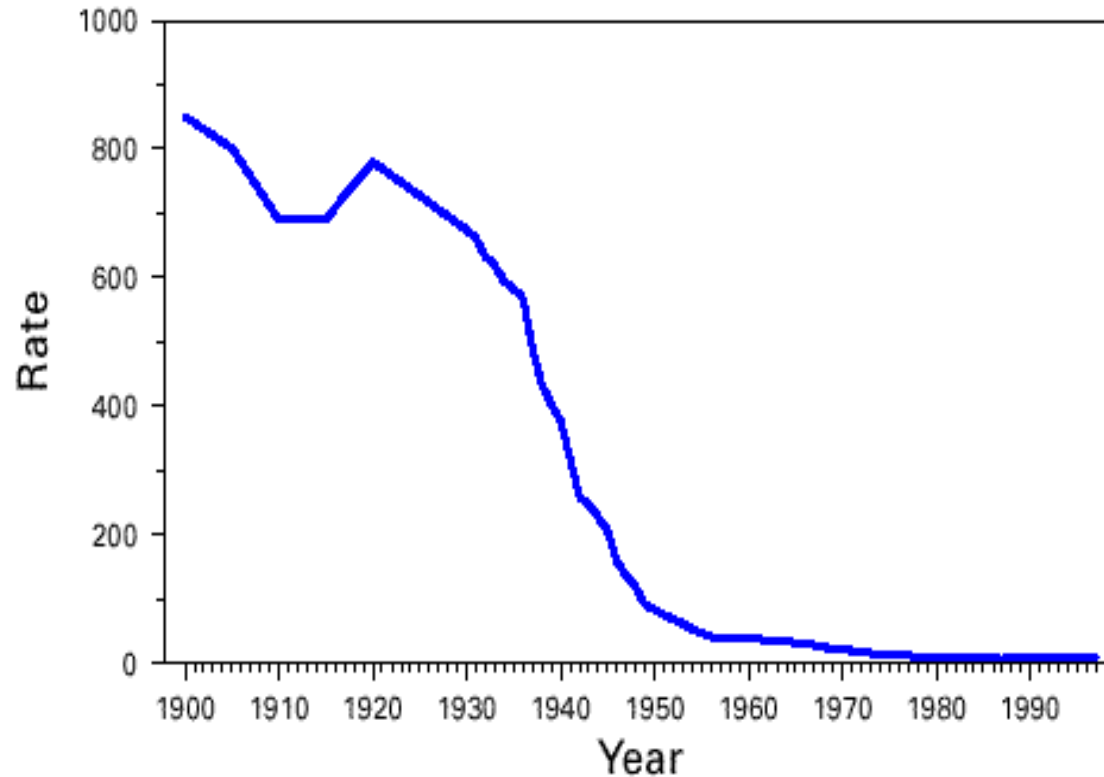


- Older Americans Act
- Freedom of Information Act
- Cigarette labeling and advertising act
- Public Works & Economic Development Act
- National Foundation on the Arts and Humanities Act
- Immigration and Nationality Act
- Motor Vehicle Air Pollution Control Act,
- Highway Beautification Act,
- National Traffic and Motor Vehicle Safety Act
- National Historic Preservation Act,
- National Wildlife Refuge System Act,
- Department of Transportation Act,
- Etc.

19th Amendment to the US Constitution (1920)

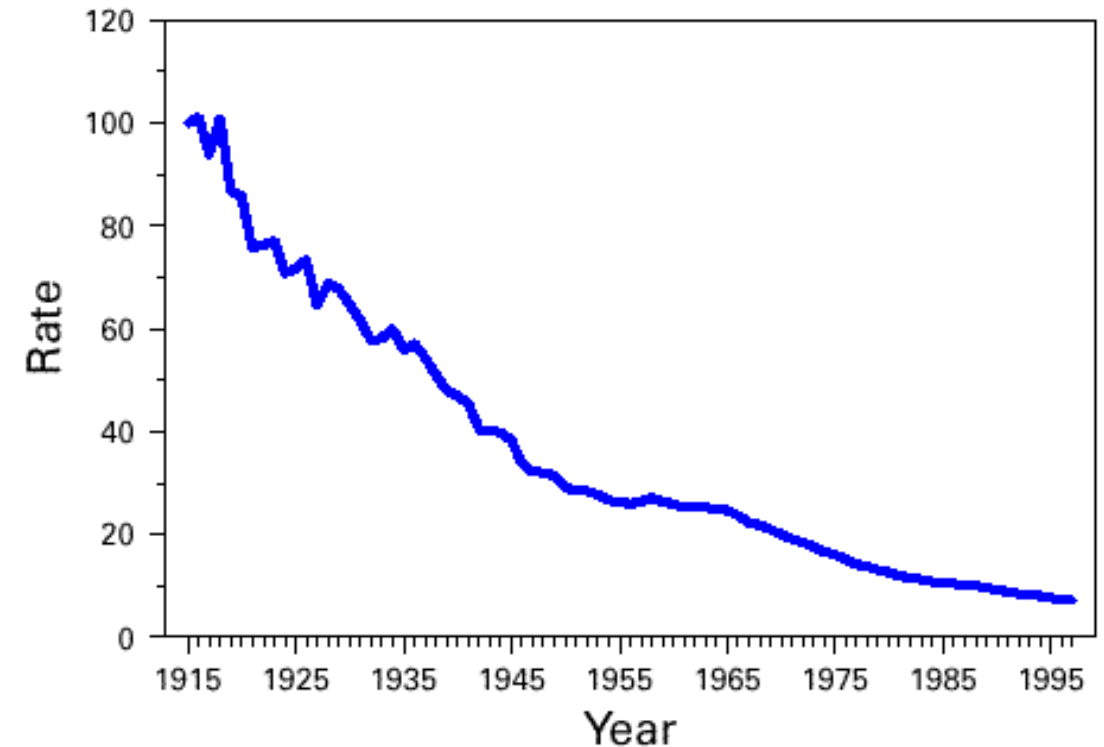
Greatest Public Health Achievement of the 20th Century (arguably)

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



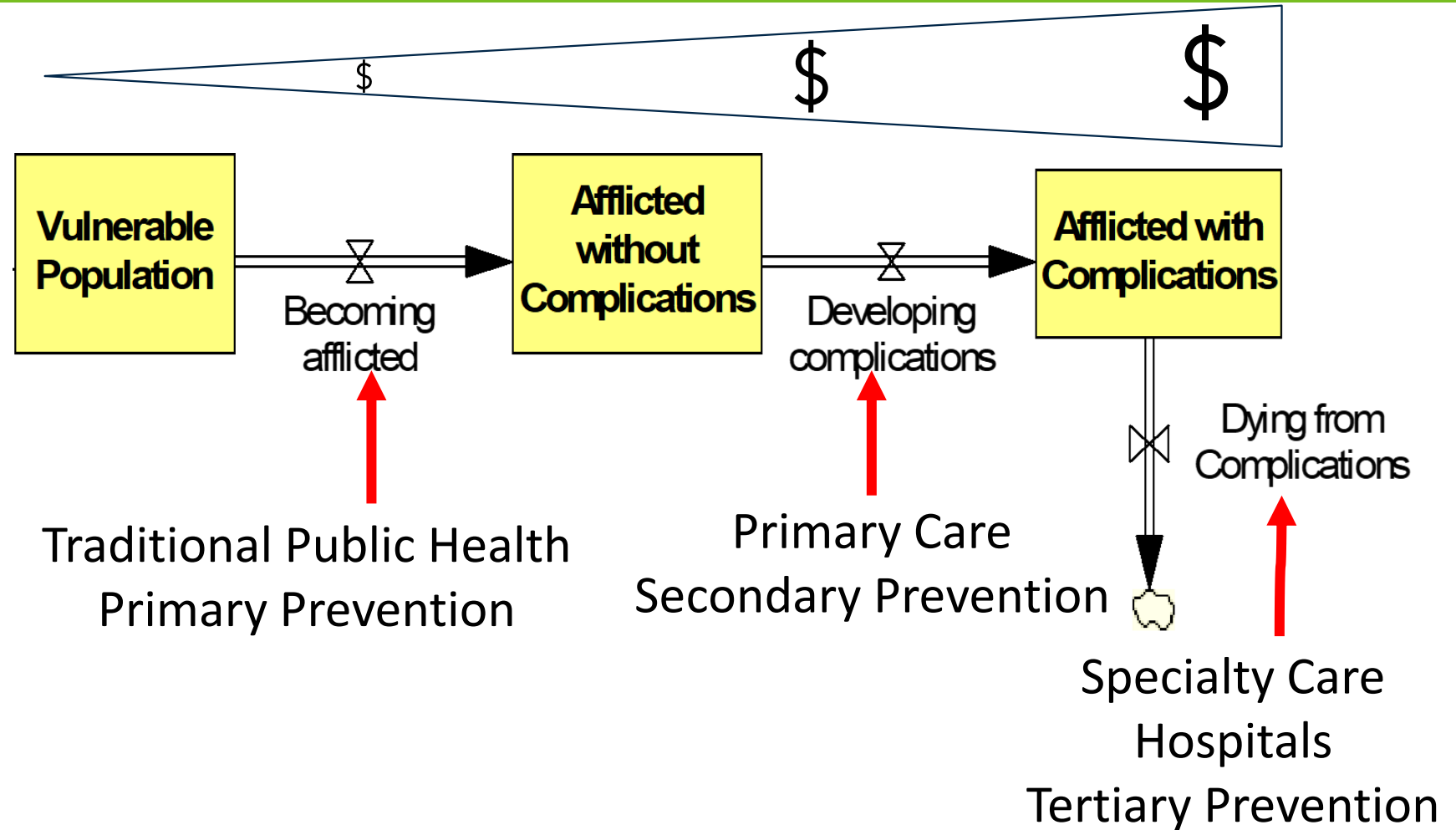
*Per 1000 live births.

19th amendment to the U. S. Constitution

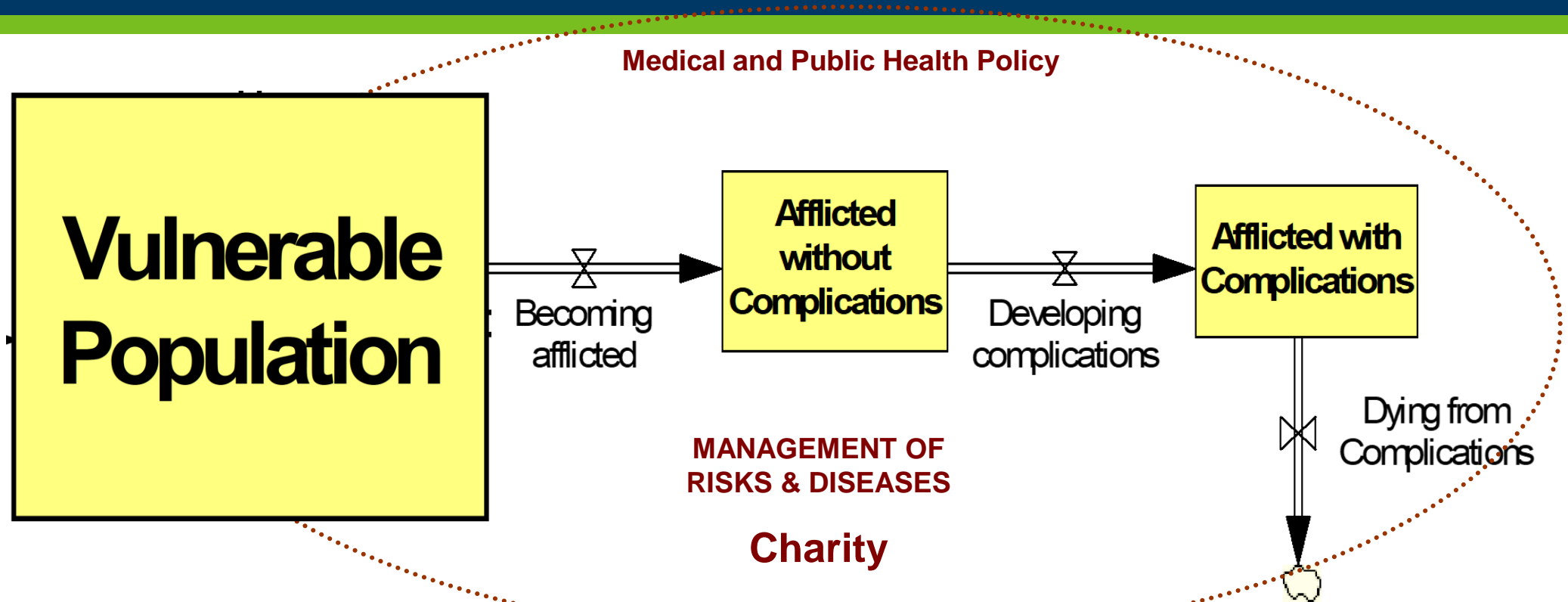
Dates of Ratification by Select States.

- First Ratifiers
- Illinois, June 10, 1919
- Michigan, June 10, 1919
- Wisconsin, June 10, 1919
- Minnesota, September 8, 1919
- 36th State to Ratify – Tennessee, August 18, 1920.
- **June 2, 1920, Delaware rejected the 19th amendment. (ratified in 1923)**
- Georgia, Alabama, South Carolina, North Carolina, Virginia, Maryland, Mississippi all voted against ratification.
- Connecticut, Vermont, Florida refused to vote
- Delaware:
 - 1787 –First state to ratify the U. S. Constitution
 - 1868 - Votes against the 14th amendment.
 - 1901 –Ratifies 13th, 14th, and 15th Amendments.

Strengthen the Capacity of Communities to Create Their Own Healthy Future



Strengthen the Capacity of Communities to Create Their Own Healthy Future

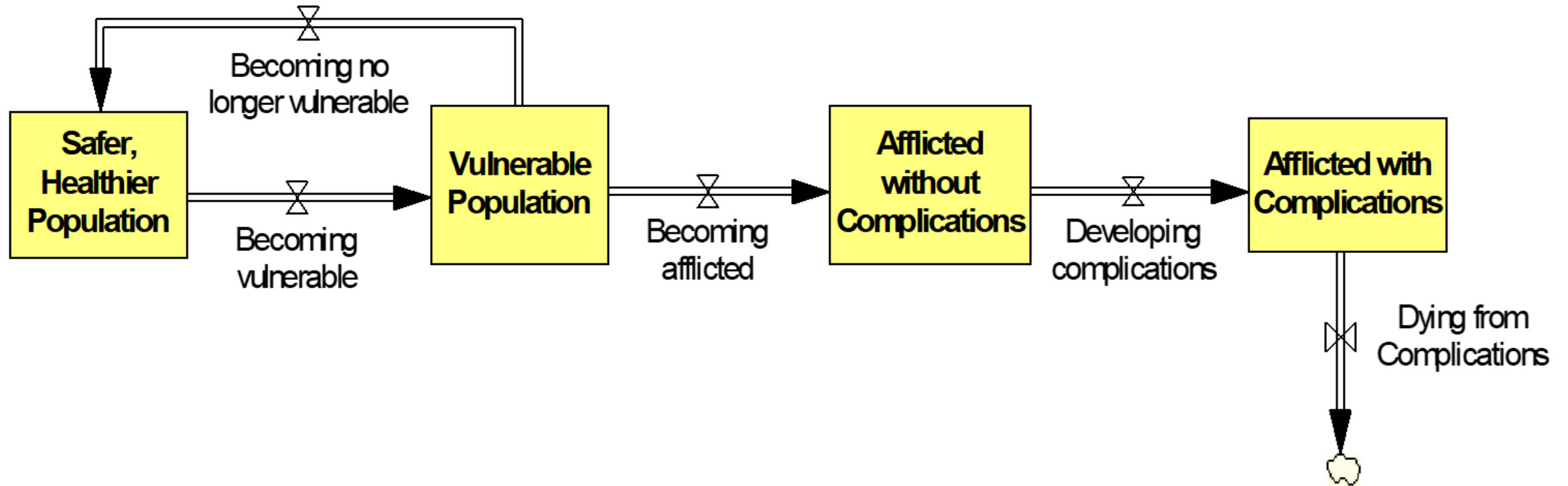


World of Providing...

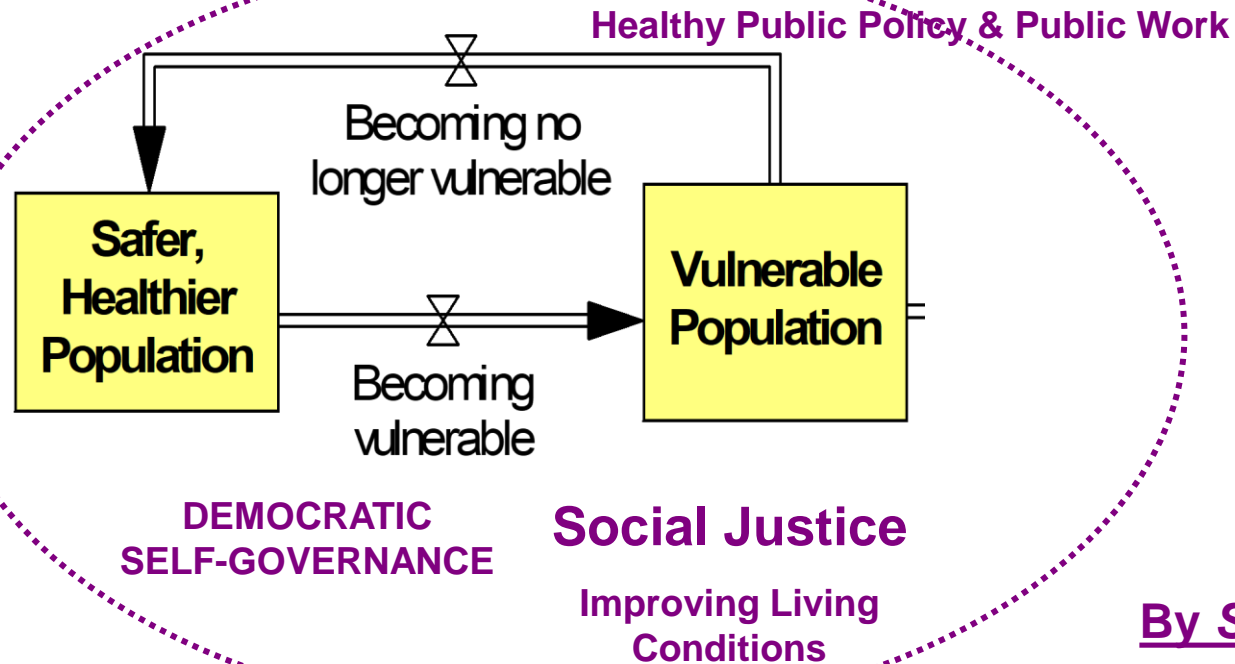
- Health education
- Screening tests
- Disease management
- Charity

- 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

World of Transforming...

- Deprivation
- Dependency
- Violence

- Disconnection
- Environmental decay
- Stress
- Insecurity
- Etc...

By Strengthening...

- Democracy
- Food and Water Sovereignty
- Mutual accountability
- Leaders and institutions
- Plurality

- Freedom
- Foresight and precaution
- The meaning of work
- Etc...

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**

Social Cohesion

Social Justice

- 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.



Health is in relationships – Health is in community

“A proper community is a commonwealth: 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

Health is in belonging

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? Are you creating partnerships?*

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?*

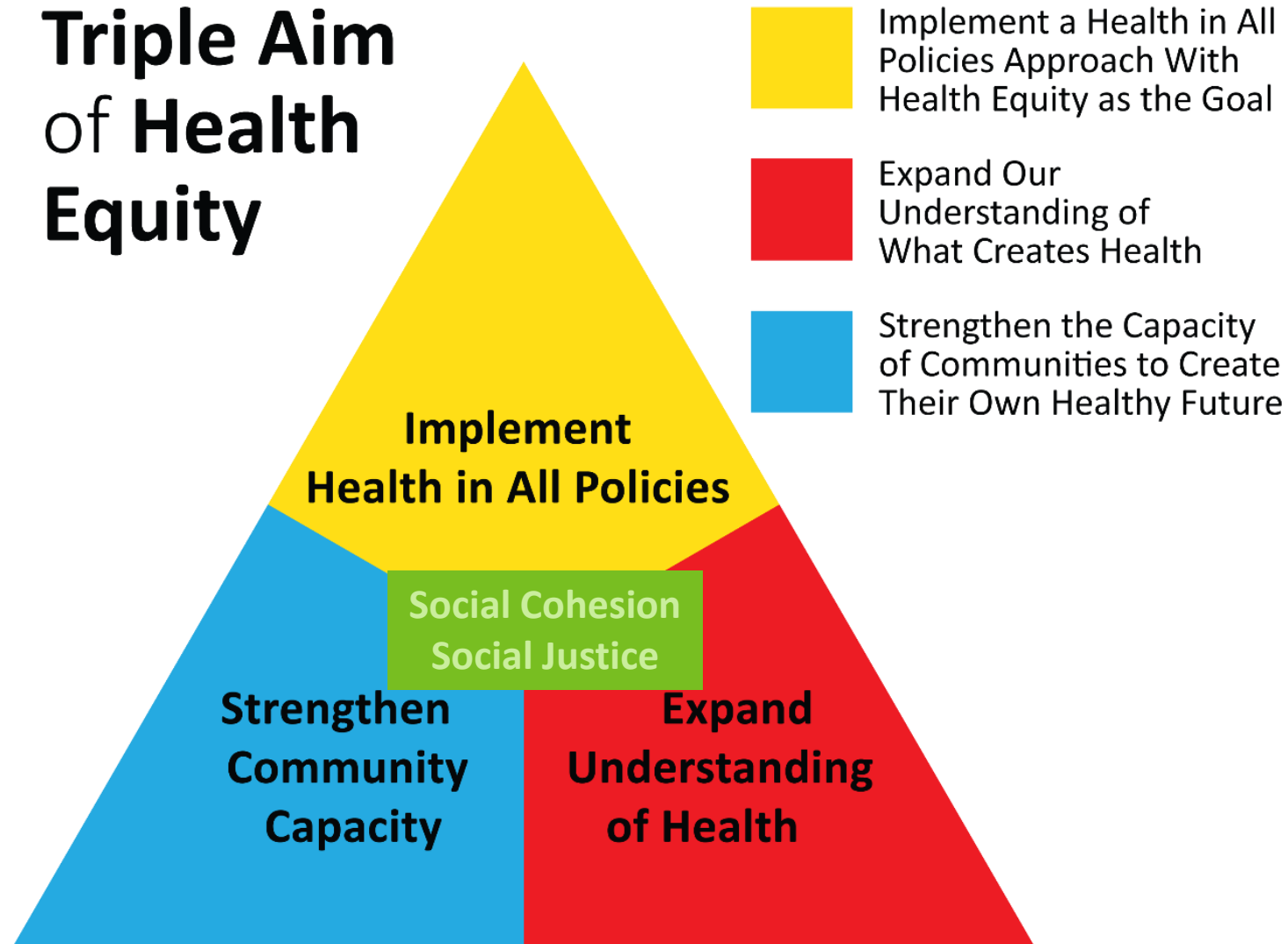
Build Social Cohesion/Belonging/Social Justice

- *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?*



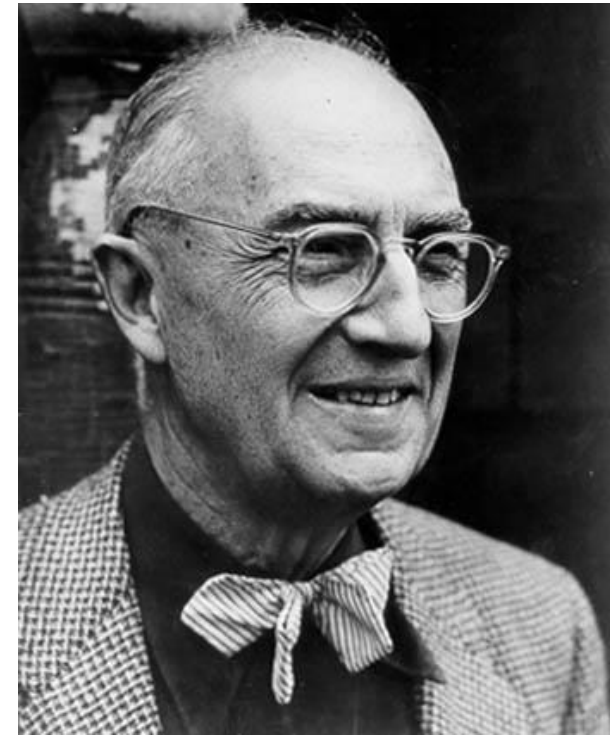
What would it look like if equity was the starting point for decision-making?
Our work would be different.

Triple Aim of Health Equity



We need to be listening for stories beyond our usual sources of information

*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 – (inspired MLK, Jr)

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?



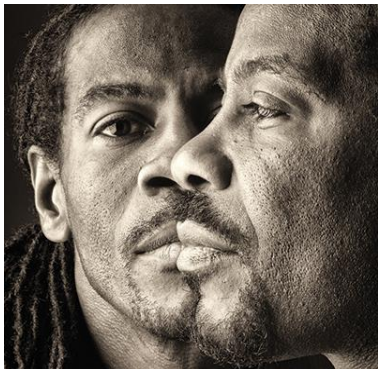
Dream Deferred

by Langston Hughes

Written in 1951

Dreams are Illegal (inspired by MLK, Jr.)

I had a dream
I had a dream that I was in America
I mean I was actually in the land of the
beautiful And the home of the brave...
Then all these strangers turned to me and
said:
What are you doing here? Don't you know...
Dreams are Illegal in the Ghetto



**Without dreams you are equivalent to being
non-existent**

Our children need to be told they can achieve
And that God bless those that hold on to their
dreams

We have to take down the signs so that our
children won't know

That the Devil is trying to make dreams illegal...

“Dreams are Illegal”

Al Mills and Nnamdi O. Chukwuocha

Don't Defer Your Dreams Keep Your Eyes on the Prize

*...history has its eyes on us..
And so we lift our gazes not to what
stands between us
but what stands before us....*

*Amanda Gorman,
Inauguration poem,
The Hill We Climb*

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 .**

Keep Your Eyes on the Prize

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.**

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.**

One Foot in Front of the Other and Lead with Love

Melanie DeMore

**Put one foot in front of the other
And lead with love.**

**Put one foot in front of the other
And lead with love.**

Lift up your eyes (call & response)
Don't you despair
Look up ahead
The path is there

Don't give up hope (call & response)
You're not alone
Don't you give up
Keep movin on

To give us hope
For humanity
Let's build a world
Of equity.

“What happens to a dream deferred?”

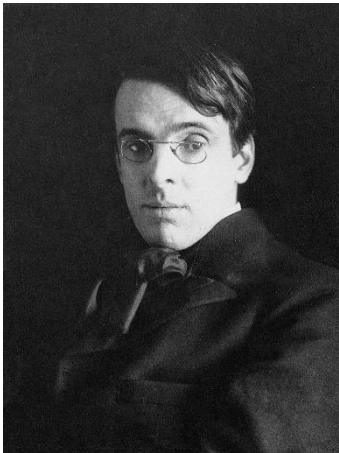
Langston Hughes

*“Without dreams you are equivalent to being non-existent
Our children need to be told they can achieve
And that God bless those that hold on to their dreams.”*



Al Mills

Nnamdi Chukwuocha



William Butler Yeats

“In dreams begins responsibility.”

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.

Gwendolyn Brooks

*“Live not for Battles Won.
Live not for The-End-of-the-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.

Mary Ann Shadd

born in Wilmington, DE (10/9/1823)



- American-Canadian anti-slavery activist, journalist, publisher, teacher, and lawyer. First black woman publisher in North America and the first woman publisher in Canada.

“The field is very important, but the work is incessant.”



Edward P. Ehlinger, MD, MSPH
Public Health Metaphysician

ede Ehlinger@gmail.com

(612) 730-3165



@eehlinger



BAMBELELA – NEVER GIVE UP

Public Health Metaphysician

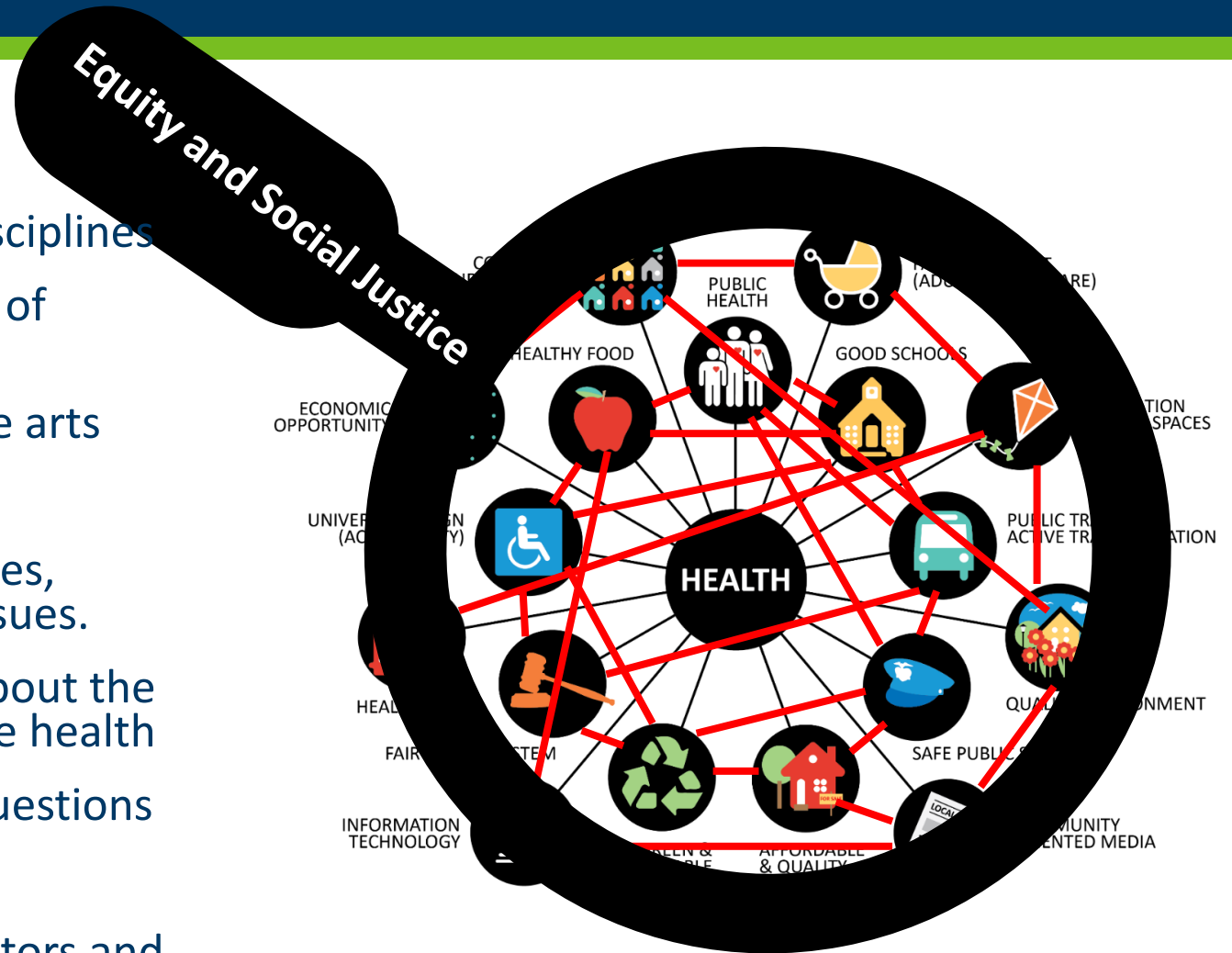
- Any subject (like being a physician) can have a **metatheory**, a theoretical and often abstract consideration of its properties. Basically, X about X : e.g., data about data – meta data; literature about literature – meta literature.
 - The term “meta” comes from the Greek preposition and prefix meta- (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.**

Public Health Metaphysician

- **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.**

Public Health Metaphysician

- Integrates medicine, public health, & other disciplines
- Considers the objective and subjective factors of biological and social sciences
- Embraces the creativity and imagination of the arts
- Seeks to understand the lessons of history
- Uses a mosaic of information from all disciplines, sectors, and cultures in addressing complex issues.
- Addresses philosophical and abstract issues about the nature of health and the conditions that create health
- Asks epistemological (theory of knowledge) questions
- Practices humility
- Deals with the interconnection of multiple sectors and cultures
- Uses the lens of equity and social justice.



Public Health Metaphysician

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

Sufi saying

