



  @RippelHealth

# Vital Conditions For Health and Well-Being: An Introduction

**Becky Payne** | President and CEO, The Rippel Foundation

**Tiona Moore** | Director of Systems Change, The Rippel Foundation

# Welcome!

Please introduce yourself in chat by sharing:

- Your name and organization
- Where you're calling in from
- Something you attribute to your health and well-being

# NEW! ReThink Health Toolbox Webinars



# Setting the Stage

## ReThink Health Toolbox

- Designed to help stewards drive transformative change
- Introduction to ReThink Health tools and practices
- Explore the Vital Conditions Framework
- Share stories and examples of Vital Conditions in action
- Q&A





# Acknowledgement

Learning with and from place is an honor. We acknowledge the unjust legacies we've inherited from forced displacement, resulting in physical and social fracture. We also know that for as long as this type of structural violence has been happening, people have been resisting in many ways, often in coalition—connecting across differences—be it across region, class, background and many others.

The offices of The Rippel Foundation are on Munsee Lenape land, and it's important for us to consider the places where we all are and how we can best support the repair of traditional lifeways. For example, learning more about how traditional ecological knowledge is being practiced right now in the places we are from is critical to the work of repair.



You can learn more about the place you reside here: <https://native-land.ca/>

# Introductions



**Becky Payne**  
President and CEO



**Tiona Moore**  
Director of Systems Change

# Quick Poll

- Have you heard of the Vital Conditions for Health and Well-Being before this webinar?
- Have you had the opportunity to use the Vital Conditions framework in practice?

# Building a Foundation for Systems Change

## Stocking Your ReThink Toolbox

- Over the last decade we have studied WHO engages in systems change strategies and HOW they go about doing so effectively
- There is not one intervention or tool
  - Strategies must be tailored to local need and conditions
- This series will help you build a working vocabulary and awareness of the tools and frameworks that can support equitable systems transformation
  - No webinar series will solve the larger societal problems





# A Unifying and Measurable Goal

**All People and Places Thriving—No Exceptions!**

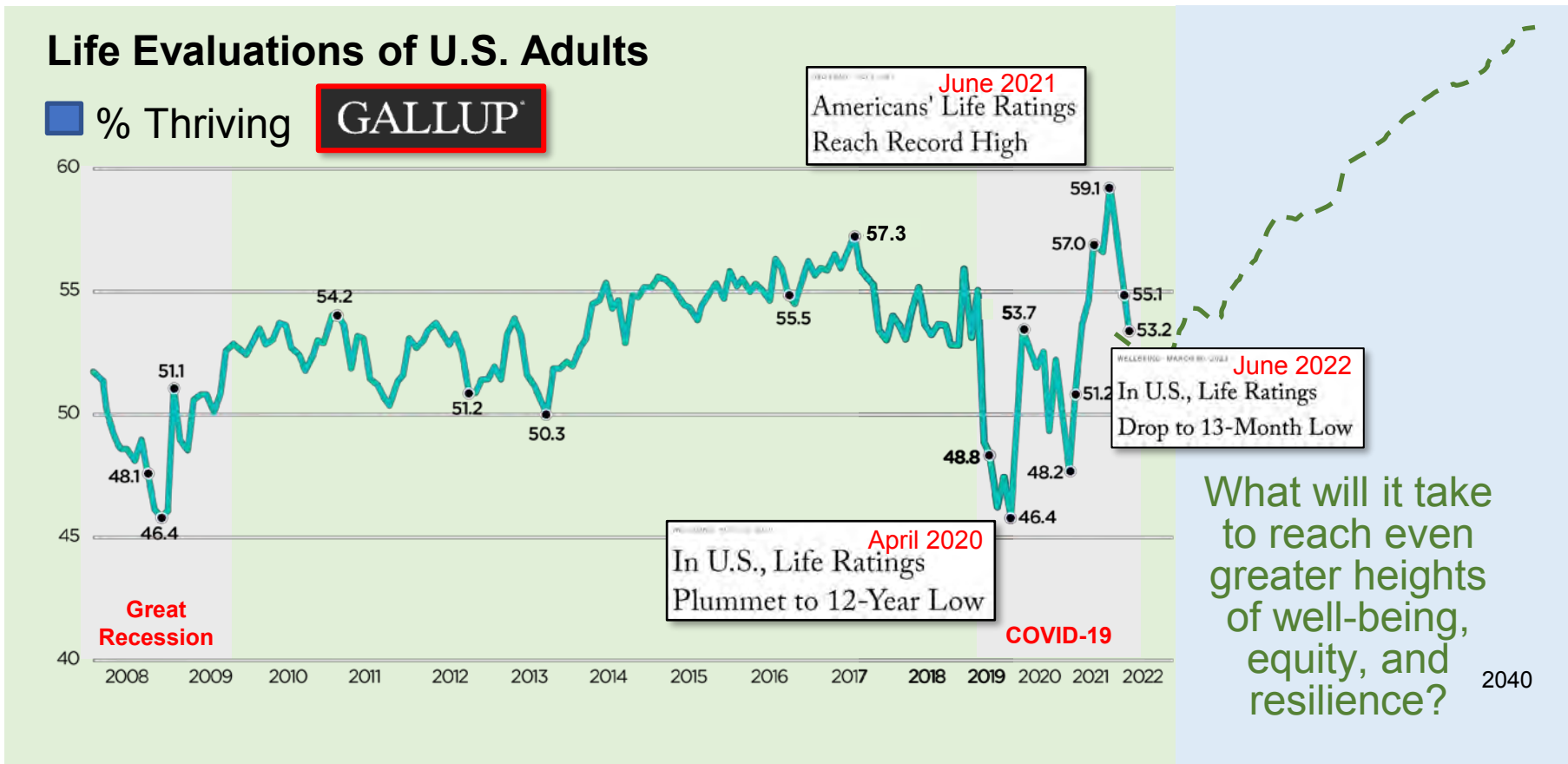


**Our best measure of well-being reveals who feels they are thriving, struggling, or suffering.**

100 Million Healthier Lives, National Committee on Vital and Health Statistics. Well Being in the Nation (WIN) Measurement Framework: Measures for Improving Health, Well-being, and Equity Across Sectors. 2019. <https://insight.livestories.com/s/v2/win-measures/2fda874f-6683-49bd-adb2-22f6f3c5a718/>.

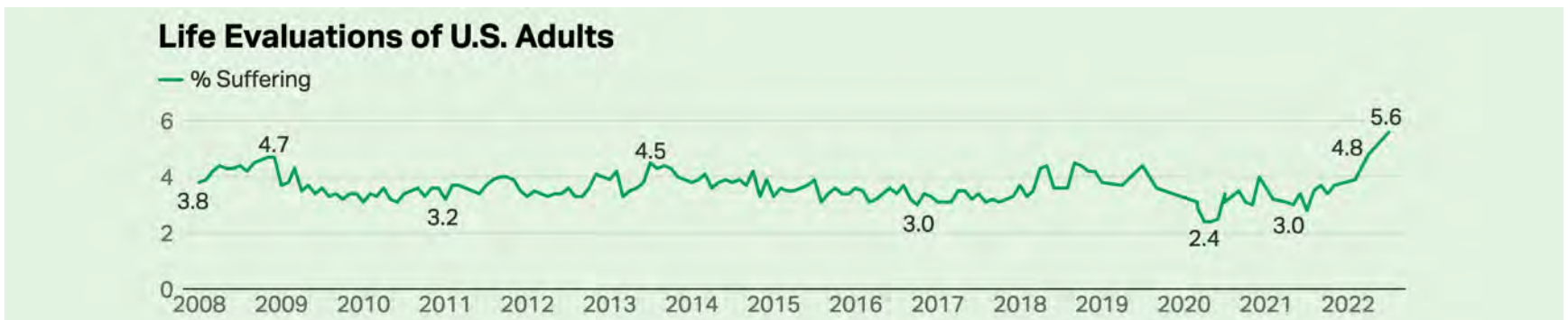
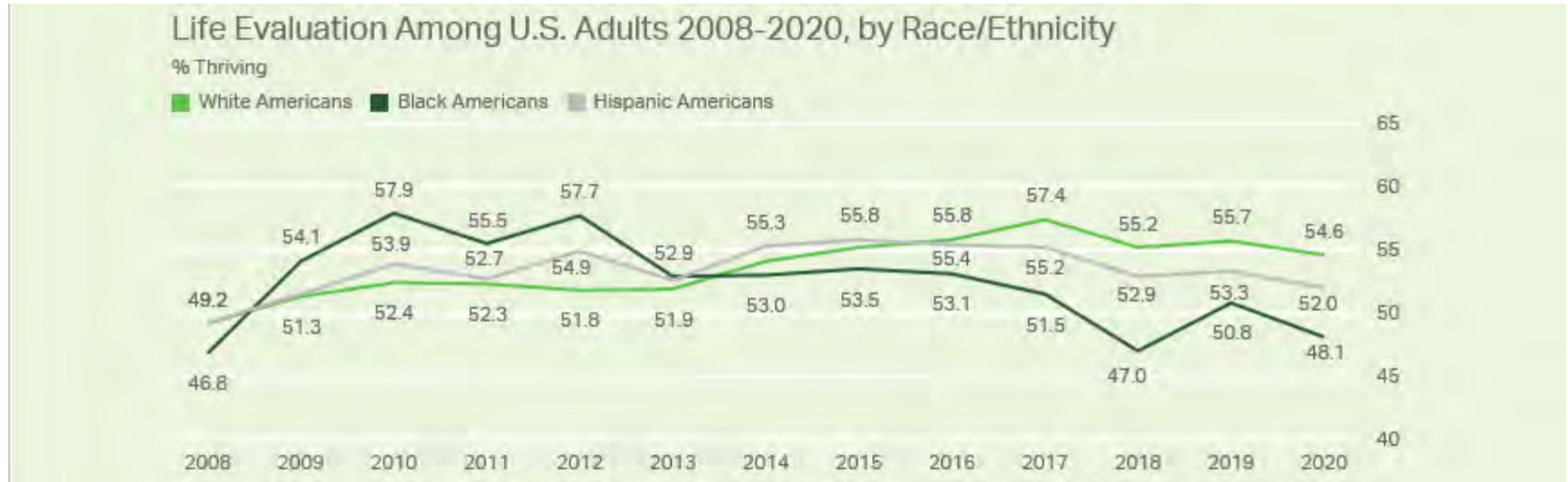


# Our Quest to Thrive Together



SOURCE: Gallup <https://news.gallup.com/poll/351932/americans-life-ratings-reach-record-high.aspx>;  
<https://news.gallup.com/poll/308276/life-ratings-plummet-year-low.aspx>  
<https://news.gallup.com/poll/388682/life-ratings-retreat-close-2021.aspx>  
<https://news.gallup.com/poll/391331/life-ratings-drop-month-low.aspx>

# Deeper Look at Who is Thriving, and Who is Not



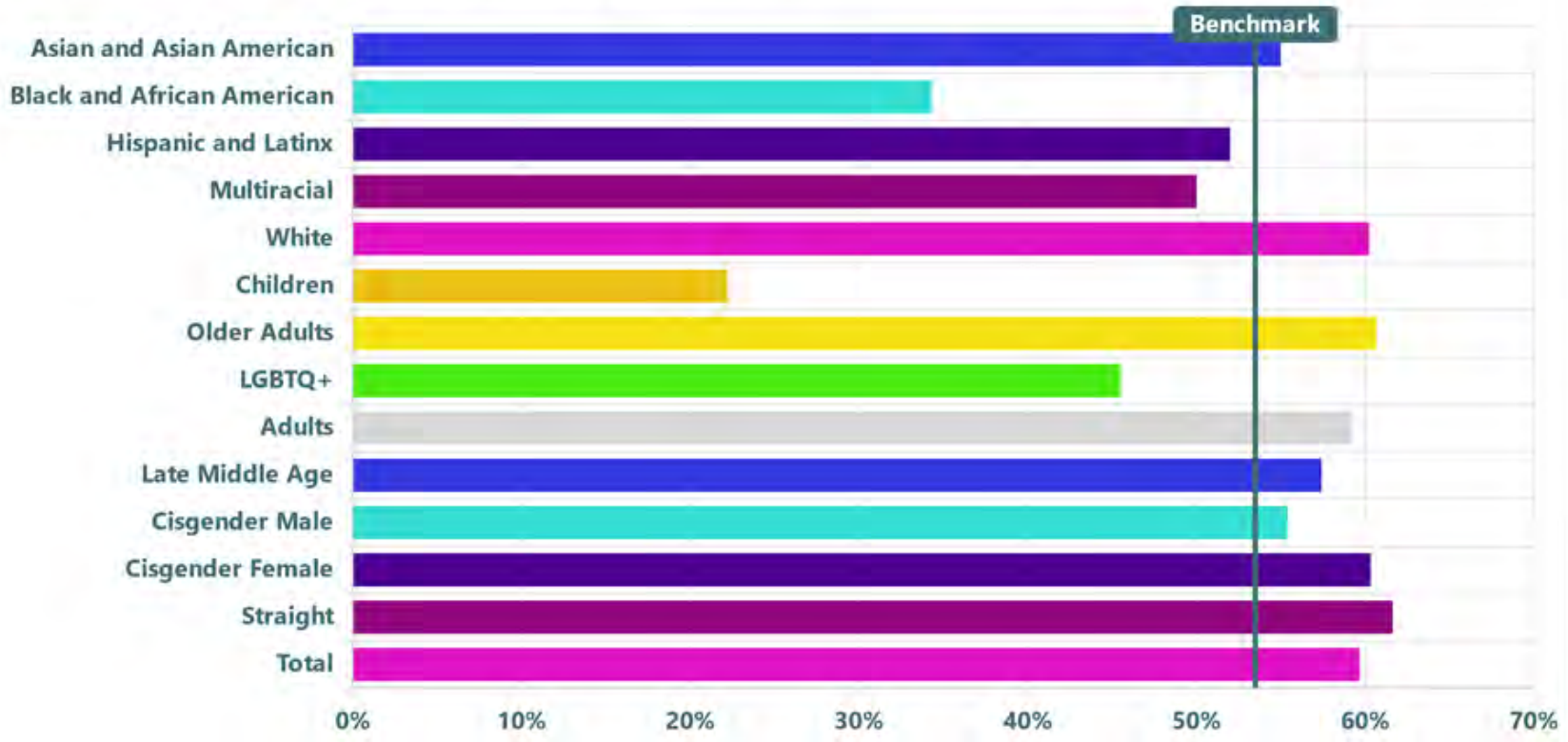
Data from January 2008 to August 2019 and August 2020 are based on the Gallup National Health and Well-Being Index; data from September and October 2019 and from March 2020 to July 2022 (except August 2020) are from the Gallup Panel. Estimates between the GNHWBI and the Panel are proven to be highly convergent, allowing for mixed trending. A total of 164 measurement periods—mostly monthly, some weekly—are included in the trend line.

# Deeper Look at Who is Thriving Locally

TheaCare Community Health Needs Assessment, IP3 Assess (2022)

## Thriving - Population Values (percent)

National Benchmark for Total Population is 53.5%



[https://thedacare.org/wp-content/uploads/2022/12/TheaCare-2022-CHA-Report-Appleton-HSA\\_FINAL-Compressed.pdf](https://thedacare.org/wp-content/uploads/2022/12/TheaCare-2022-CHA-Report-Appleton-HSA_FINAL-Compressed.pdf)  
<https://imaginefoxcities.com/data/>



Our well-being relies on a system that is not built for everyone to thrive.

It CAN be transformed if enough of us—individuals and organizations in every sector—see ourselves and each other as **interdependent stewards in a movement for well-being, equity, and racial justice.**



A hand holding a glowing lightbulb in front of a chalkboard. The chalkboard has 'NEW MINDSET' written on the left and 'NEW RESULTS' on the right. A dashed arrow points from the right side towards the left side. The lightbulb is glowing and has yellow lines radiating from it.

NEW  
MINDSET

That future cannot be achieved with narrow projects or technical fixes.

NEW  
RESULTS

It requires us to **think and act differently.**

# Vital Conditions for Health and Well-Being

Thriving Natural World



Basic Needs for Health & Safety



Humane Housing



Meaningful Work & Wealth



Lifelong Learning



Reliable Transportation



Belonging & Civic Muscle









<http://Thriving.US>; <https://go.rippel.org/VitalConditions>



# Vital Conditions for Health and Well-Being

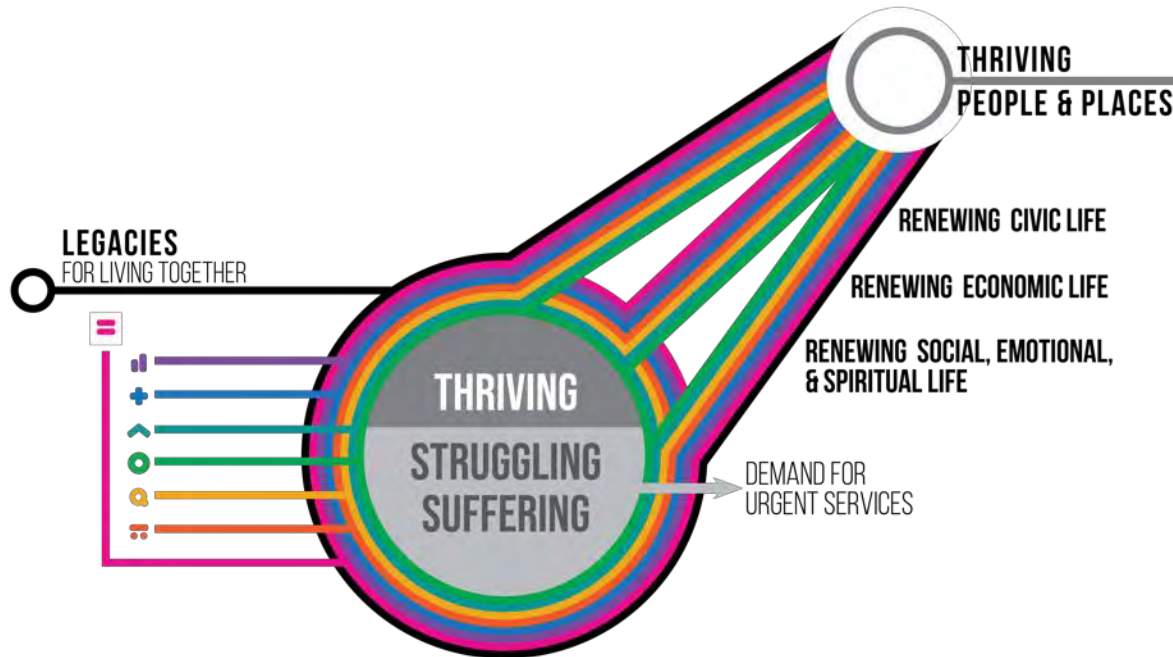


**Belonging & Civic Muscle** is at the center because it is both a vital condition and a practical capacity that is necessary for equitable success in every other kind of work.

	<b>THRIVING NATURAL WORLD</b>	<b>Sustainable resources, contact with nature, freedom from hazards</b> Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens
	<b>BASIC NEEDS FOR HEALTH + SAFETY</b>	<b>Basic requirements for health and safety</b> Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health
	<b>HUMANE HOUSING</b>	<b>Humane, consistent housing</b> Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature
	<b>MEANINGFUL WORK + WEALTH</b>	<b>Rewarding work, careers, and standards of living</b> Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt
	<b>LIFELONG LEARNING</b>	<b>Continuous learning, education, and literacy</b> Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education
	<b>RELIABLE TRANSPORTATION</b>	<b>Reliable, safe, and accessible transportation</b> Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards
	<b>BELONGING + CIVIC MUSCLE</b>	<b>Sense of belonging and power to shape a common world</b> Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)

See: <https://rippel.org/vital-conditions/>

# Legacies for Living Together



We inherit vital conditions from our predecessors —their legacies are the starting points for our lives.

We also possess enormous capacities to transform current and future conditions, for better or for worse.

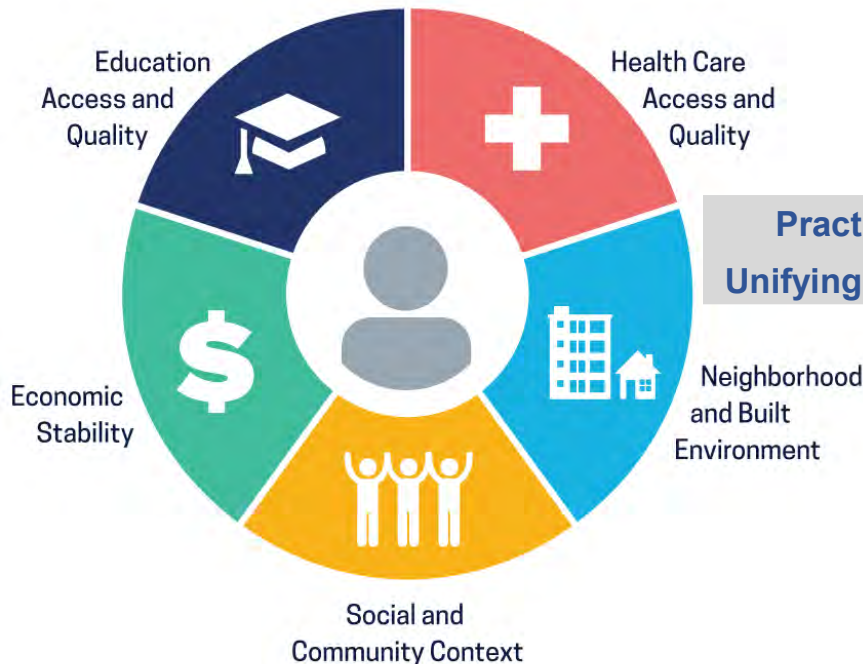
What legacies would make us “good ancestors” for generations to come?



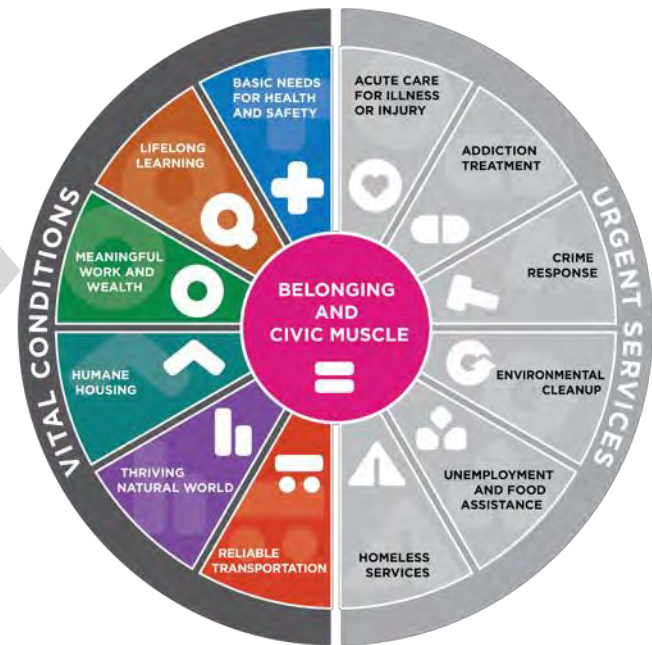
# Moving “Social Determinants” Into Unifying Action

The vital conditions framework renders essential SDOH concepts in a form that is clear, concise, and built for concerted action.

## Social Determinants of Health



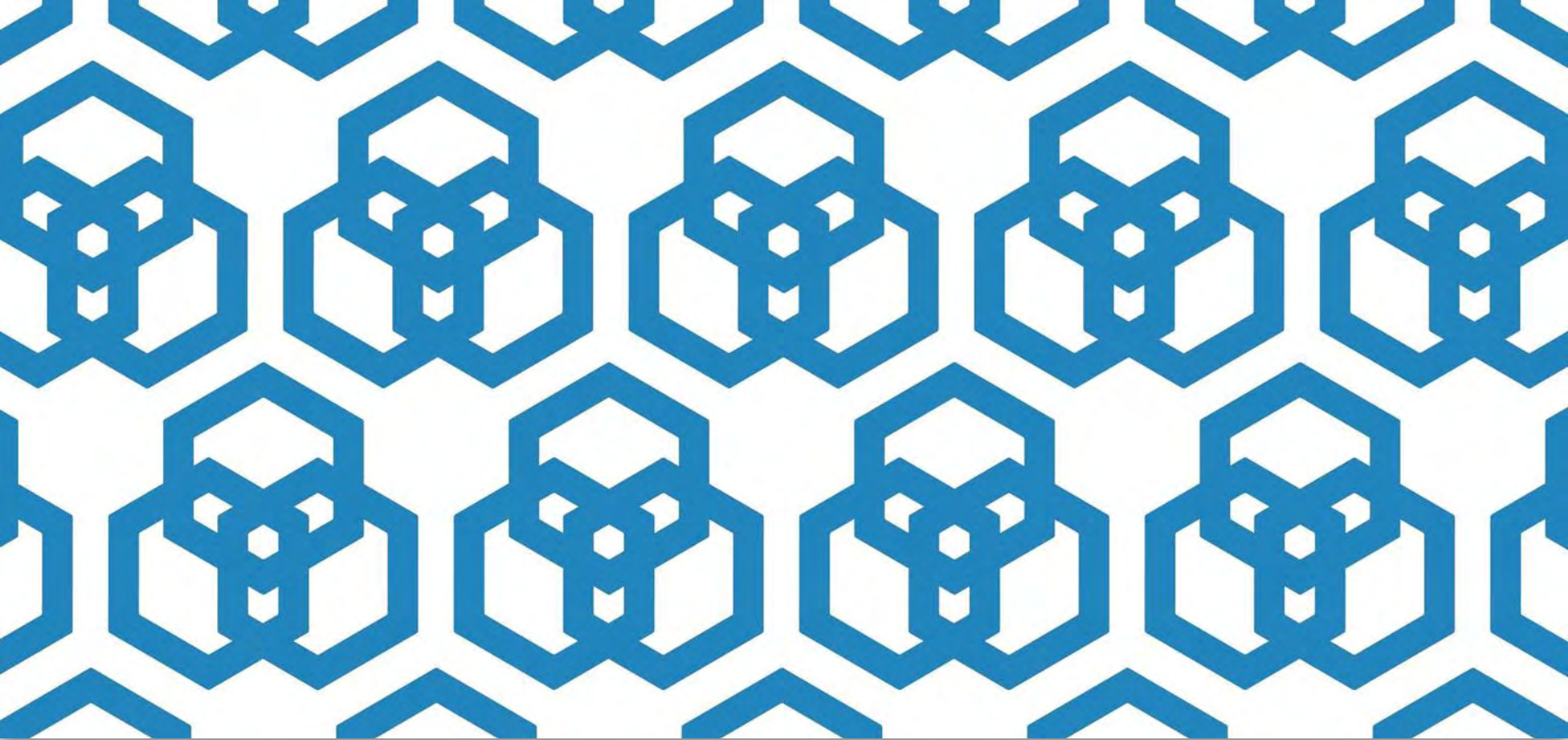
## Well-Being Portfolio



<https://www.healthaffairs.org/content/forefront/organizing-around-vital-conditions-moves-social-determinants-agenda-into-wider-action>

# Reactions

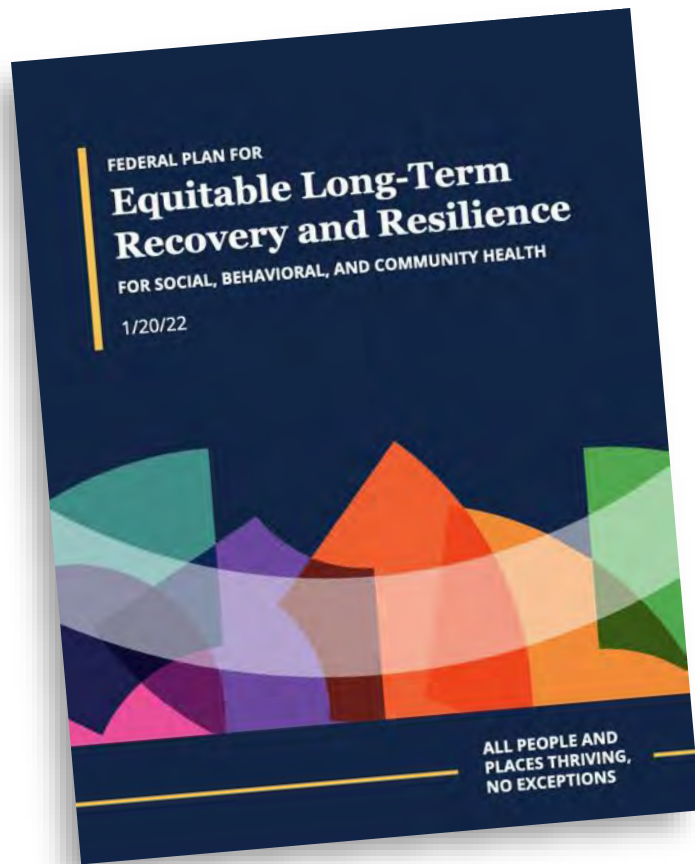
- Where or how are you seeing the use of Vital Conditions (in your community or broader)?
- Where might you see opportunities for more intentional collaboration across sectors and local partners?



# **Stories of Investments in Vital Conditions**

# Federal Plan For Equitable Long-Term Recovery and Resilience

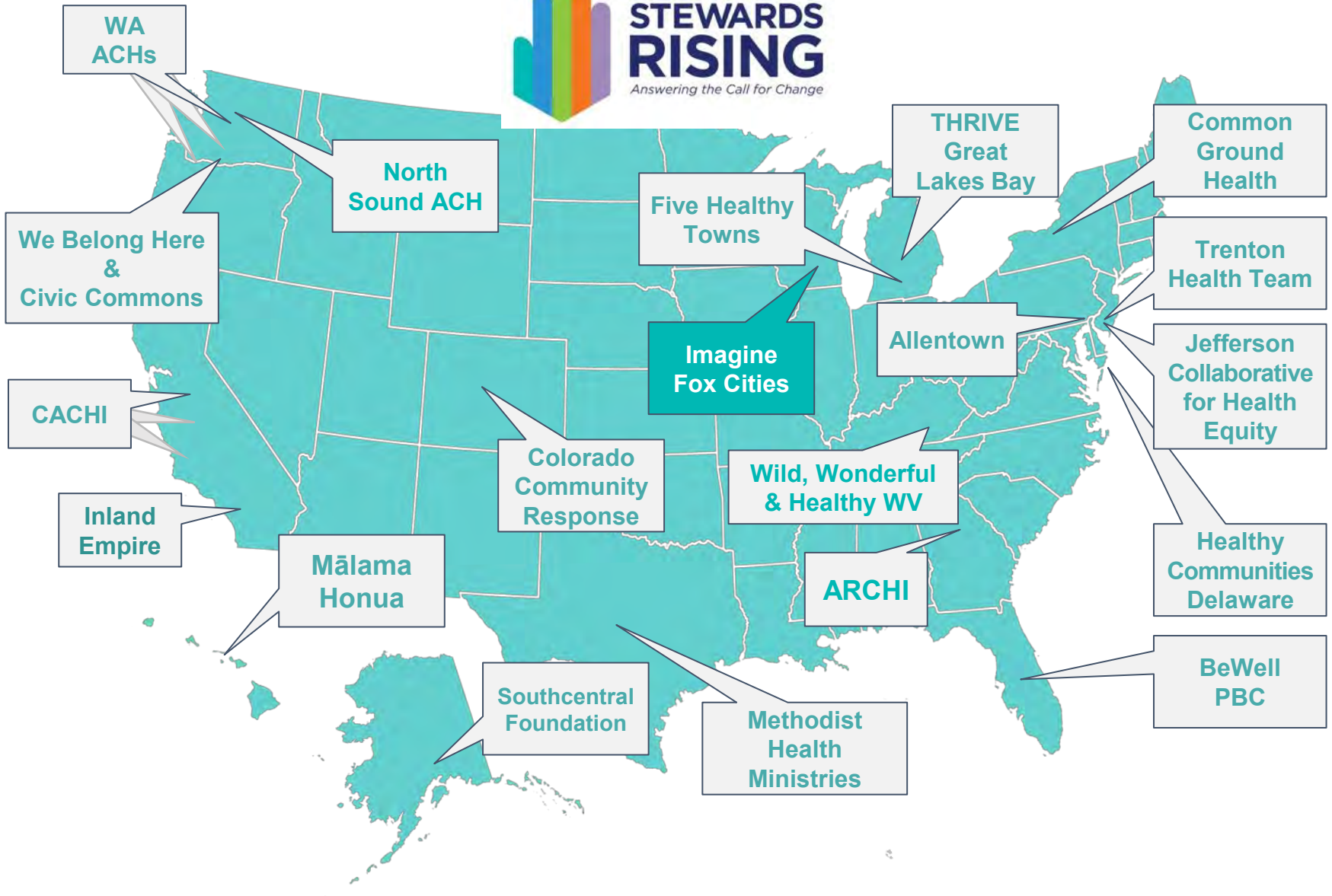
For Social, Behavioral, and Community Health



With commitments from more than 45 federal agencies, this landmark plan outlines a whole-of-government approach to unlock America’s full potential for all people and places to thrive together.

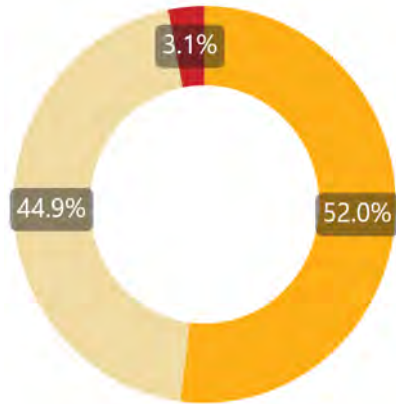
78 Proposed Recommendations		
	Vital Conditions	Recommendations <i>specific to that vital condition</i>
10 Cross-Cutting Recommendations <i>for actions that transcend the vital conditions</i>	Belonging & Civic Muscle	8
	Thriving Natural World	10
	Basic Needs for Health & Safety	17
	Humane Housing	9
	Meaningful Work & Wealth	12
	Lifelong Learning	6
	Reliable Transportation	6





# Fox Cities, Wisconsin

## Well-Being in Fox Cities (2021)



### Thriving Score

- Thriving
- Struggling
- Suffering



# Fox Cities, Wisconsin



**Let's Talk About Race**

**STRIVE TO THRIVE WEEK**  
AUGUST 22-26

A graphic with a red header containing the text 'IMAGINE FOX CITIES' in yellow and 'A COMMUNITY VISIONING PROJECT' in white. Below the header is an aerial photograph of a bridge over a river. The word 'Belonging' is written in large white letters over the bottom half of the photo.

**IMAGINE FOX CITIES**  
A COMMUNITY VISIONING PROJECT

**Belonging**

To make it easier to talk about race and have compassionate community conversations, [Imagine Fox Cities](#) is providing [series of free conversation guides](#) to those who live and work in the region.

**SUMMER OF ENGAGEMENT**  
EXPLORING BELONGING THROUGH ART



# Living Vision



## We Imagine Fox Cities as a Place...

- Where **kids get off to a strong start** and onto a positive life pathway
- Where we have an **economy that works for everyone**
- Where **shared spaces** and a rich **cultural environment connect us**
- Where **all belong**

**We commit:** To sustain what makes this place special, to foster innovation, to be inclusive, to measure what matters, to build on and align efforts, to offer gracious space and to act with the next generations in mind



# Community Health Action Teams

*Advocating for healthier, stronger communities...*

- Team of community leaders and many sectors help make sense of local health improvement opportunities and co-create innovative solutions.
- At the heart of CHAT is an event called a “plunge,” a day-long field trip into the heart of the community to learn firsthand.
- Over 2,000 community leaders have participated in over 35 plunges, learning about the needs of their communities and finding proactive ways to be part of the solution.



# Bringing the Vital Conditions to Life: Lifelong Learning

## *Operation Youth Success - Omaha, NE*

### ***Addressing the school to prison pipeline:***

In Omaha, Nebraska, Juvenile Justice System leaders came together to address their city's overwhelmingly high statistics regarding the number of youth in that pipeline. Their overarching goal is to reduce the number of youth involved in the juvenile justice system by improving the strategies that judges, officers and schools use to deal with minor infractions and discipline issues.

### ***Bringing Together Who?***

- Juvenile justice leaders
- Family court judges
- School officials
- Police officers
- AND community organizers

*“I think that these ongoing conversations are impacting my work in small ways all the time. I am more likely to make a connection than to act in isolation.”*

— School-Based Arrest Task Force Member

# Bringing the Vital Conditions to Life: Lifelong Learning

## *Operation Youth Success - Omaha, NE*

### *Documenting their success...*

- Implemented seven work groups, each **focused on an important challenge to reform**
- Conducted community-wide **training programs for police officers on how to engage with youths**, and help officers recognize the impact that involvement with the juvenile justice system can have on them
- Designed and implemented a new **multi-disciplinary intervention to support probation-involved youth** who return to school

*“We’re still building trust with the community and families, and system stakeholders who feel we could be doing more to change the juvenile justice system and produce positive results for their community... I am determined to not have another generation exist without having the opportunity to be contributing members of society.”*

*–Chris Rogers, Douglas County Commissioner*

# Closing Summary

- Vital Conditions provide an actionable framework
- ReThink Health's tools, practices, and frameworks can be tailored to local needs and conditions
- Partnerships take many forms

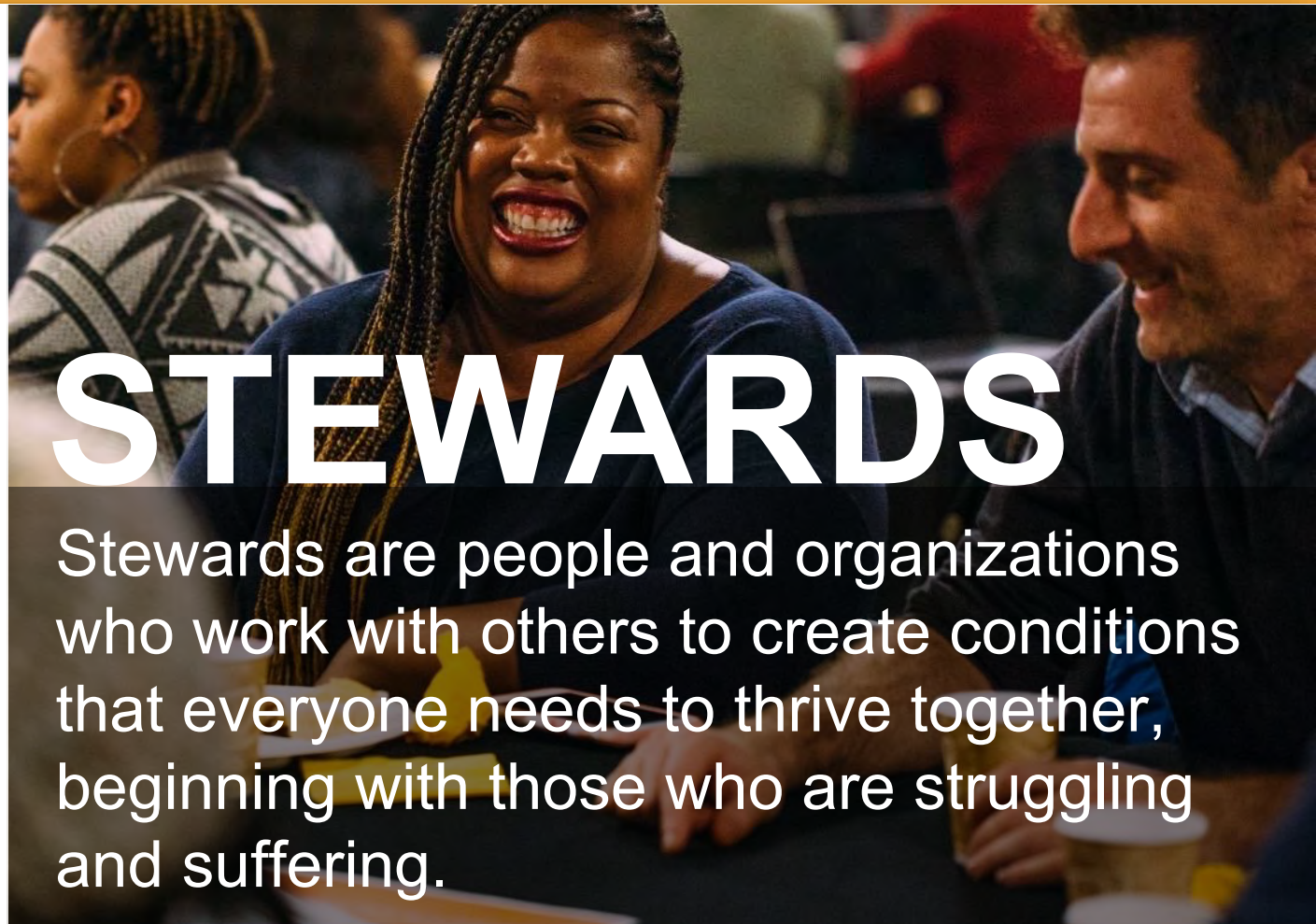




# WHO does this work?



Who are Stewards?  
<https://rippel.org/shared-stewardship/>  
Amplifying Stewardship  
<http://bit.ly/AmplifyingStewardship>

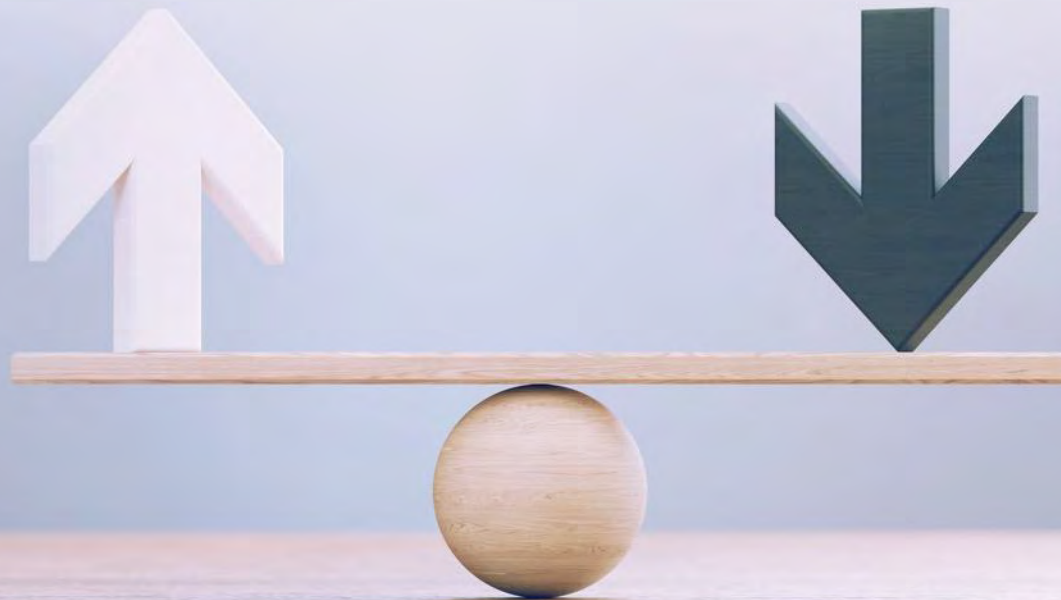


# STEWARDS

Stewards are people and organizations who work with others to create conditions that everyone needs to thrive together, beginning with those who are struggling and suffering.

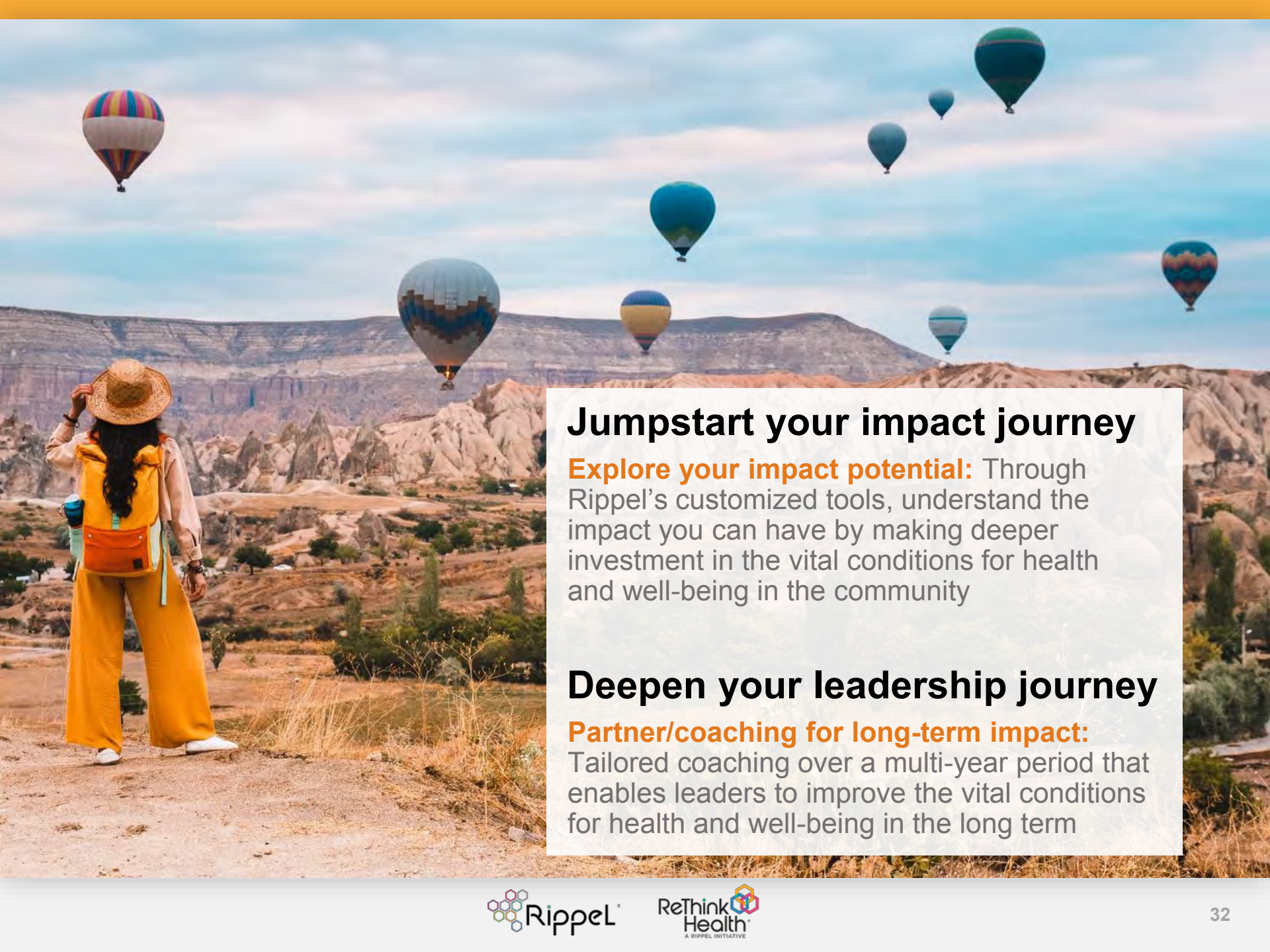






# Evaluation Poll





## Jumpstart your impact journey

**Explore your impact potential:** Through Rippel's customized tools, understand the impact you can have by making deeper investment in the vital conditions for health and well-being in the community

## Deepen your leadership journey

**Partner/coaching for long-term impact:** Tailored coaching over a multi-year period that enables leaders to improve the vital conditions for health and well-being in the long term







## Get connected

**Sign up for our emails and follow us** on Twitter and LinkedIn for updates on our work and curated resources on shared stewardship, vital conditions, and equitable health and well-being. [Sign Up Here](#)

## Are you interested in partnering with us?

**If so, please fill out this brief [intake form](#).**

  @rippelhealth  
info@rippel.org  
Rippel.org



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