Definitions of the Well-Being Portfolio

A Tool for Regional Leaders Ready to Create a Balanced and Impactful Set of Policies, Programs, and Practices to Transform Well-Being
Definitions of a Well-Being Portfolio

The Portfolio Imperative

Sustaining well-being requires contributions from virtually every quarter of your region’s health ecosystem, if only to contend with the sheer variety of massively entangled threats and opportunities. Having a portfolio of interventions is a must. All regions, including yours, already have a portfolio of interventions in play—whether acknowledged or not. Your portfolio is enshrined in the way resources flow and is animated by prevailing ideas about what ought to be done, by whom, with whom, for whom, and in what amounts. The question is: what portfolio of vital conditions and urgent services should make up much of the investment (of time, money, and other resources) to yield better results over time?

Negotiating Priorities

Even if stakeholders in your region agree on common ends, they may disagree—sometimes forcefully—about the best means. This creates a need to negotiate priorities.

System stewards with a wide-angle view of the whole ecosystem know that a sound portfolio of interventions must maintain a delicate mix of investments to assure vital conditions, to address urgent needs, as well as to strengthen belonging and civic muscle. This exercise will help you begin to think through the many potential combinations that could make up the portfolio of interventions that will achieve a shared vision for your region, including the positive and negative consequences that could be realized from each.

Below is summary of potential strategy options, for potential inclusion in a Well-Being Portfolio.
### Investments to Assure Vital Conditions
Properties of places and institutions that all people need all the time to be healthy and well

**Basic Needs for Health and Safety**
- Basic requirements for health and safety
  - Adequate air and water
  - Nutritious food
  - Routine physical activity
  - Sufficient sleep
  - Safe, satisfying sexuality and reproduction
  - Freedom from crime, injury, violence, traumatic stress, and addiction
  - Routine health care (physical and mental)

### Services to Address Urgent Needs
Services that anyone under adversity may need temporarily to regain or restore health and well-being

**Acute Care for Illness or Injury**
- Acute and post-acute care for physical and mental illness
  - Emergency medical services
  - Acute hospitalization
  - Trauma-informed care

**Addiction Treatment**
- Services to address mental health and recovery needs
  - Substance abuse treatment and support

**Crime Response**
- Efforts to fairly adjudicate alleged violations of the law
  - Police, fire, and first responders
  - Courts
  - Incarceration

### Lifelong Learning
Continuous learning, education, and literacy
- Cognitive, social, and emotional abilities
- Early childhood experiences
- Elementary and high school
- Higher education
- Career and adult education

### Meaningful Work and Wealth
Rewarding work, careers, and standards of living
- Job training/retraining
- Well-paying, fulfilling jobs
- Family and community wealth
- Savings and limited debt

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**Negotiating a Well-Being Portfolio: Definitions**
### Investments to Assure Vital Conditions

Properties of places and institutions that all people need all the time to be healthy and well

<table>
<thead>
<tr>
<th>Humane Housing</th>
<th>Thriving Natural World</th>
<th>Reliable Transportation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Humane, consistent housing</strong></td>
<td><strong>Sustainable natural resources and freedom from climate hazards</strong></td>
<td><strong>Reliable, safe, and accessible transportation</strong></td>
</tr>
<tr>
<td>• Adequate space per person</td>
<td>• Clean air, water, and soil</td>
<td>• Close to work, school, food, and leisure</td>
</tr>
<tr>
<td>• Safe structure</td>
<td>• Natural spaces</td>
<td>• Safe transport</td>
</tr>
<tr>
<td>• Affordable costs</td>
<td>• Freedom from extreme heat, flooding, wind, radiation, and earthquakes</td>
<td>• Active transport</td>
</tr>
<tr>
<td>• Diverse neighborhood (without gentrification, segregation, and concentrated poverty)</td>
<td></td>
<td>• Efficient energy use</td>
</tr>
<tr>
<td>• Close to work, school, food, and recreation/nature</td>
<td></td>
<td>• Few environmental hazards</td>
</tr>
</tbody>
</table>

### Services to Address Urgent Needs

Services that anyone under adversity may need temporarily to regain or restore health and well-being

<table>
<thead>
<tr>
<th>Homeless Services</th>
<th>Environmental Clean-Up</th>
<th>Unemployment and Food Assistance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Short-term housing for people experiencing homelessness</strong></td>
<td><strong>Efforts to clean up hazards in air, water, soil, homes, workplaces, and communities</strong></td>
<td><strong>Assistance for those who are disadvantaged, out of work, or disabled</strong></td>
</tr>
<tr>
<td>• Emergency shelters</td>
<td>• Lead abatement</td>
<td>• Federally supported programs for disadvantaged families (TANF, SNAP, WIC)</td>
</tr>
<tr>
<td></td>
<td>• Water treatment</td>
<td>• Food banks</td>
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<tr>
<td></td>
<td>• Brownfield decontamination</td>
<td>• Energy assistance</td>
</tr>
<tr>
<td></td>
<td>• Disaster response and recovery</td>
<td>• Childcare assistance</td>
</tr>
</tbody>
</table>
**Efforts to Strengthen Belonging and Civic Muscle**

Special capacities of people and institutions that convey to all a sense of belonging and power to influence the policies, practices, and programs that shape the world.

Efforts that strengthen belonging and civic muscle include:

- Arts, culture, and spiritual life
- Social support
- Freedom from stigma, discrimination, and oppression
- Support for civil rights, human rights
- Civic agency, engagement (voting, volunteering, public work)
- Collective efficacy
- Nonprofit organizations
- Civic science
- Transparency
- Communications, information technology, and social networking
- Politics and partisan discourse