



WHAT IS WHOLE HEALTH?

Reimagining What
Healthcare Can Be



SOUTHERN CALIFORNIA
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Our nation's healthcare system is in crisis. We're spending more on healthcare than any other developed country, but with significantly worse outcomes. Healthcare leaders—from the U.S. Surgeon General to the National Institutes of Health to the National Academies and beyond—are calling for radical transformation and movement to a more effective, affordable, humane approach.

A Whole Health approach.



WHAT IS WHOLE HEALTH?

Whole health is about **comprehensive well-being**, not merely the absence of illness. It requires healthcare professionals to consider **not just the physical, but also the mental, spiritual, socio-economic, relational, environmental, and systems-level factors** that may be impacting a person's health and well-being.

And, importantly, a whole health approach **starts with learning what's most important to an individual and what they want their health *for***—and then actively engaging them in building and pursuing a plan to achieve those goals. Quite simply, whole health is about engaging the whole person (body, mind, and spirit) to help people lead their fullest, most meaningful lives.



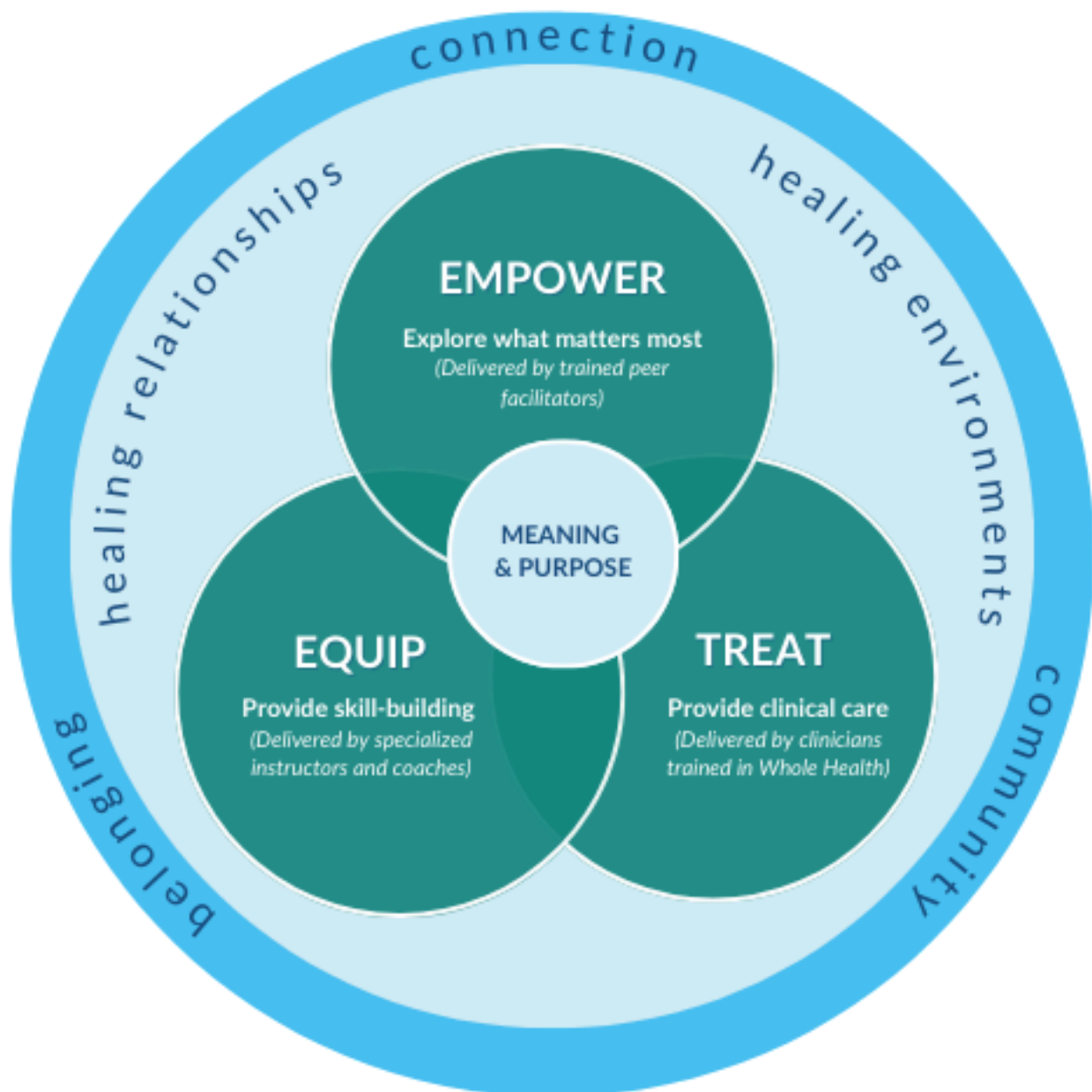
CURRENT APPROACH	WHOLE HEALTH APPROACH
Focused on disease	Focused on the person
Problem-based	Purpose-driven
Physician-directed	Partnership with team
Disease management	Health optimization
Find it, fix it	Identify risk, minimize it
Reactive	Proactive
Sporadic	Lifelong planning
Biomedical interventions	Whole person approaches
Individual left to enact	Skill-building and support in the workplace and community



A Whole Health care plan starts with understanding **what is most important to each individual and gives their lives *meaning & purpose***—and then leveraging a range of tools (from self-care to professional care to community support) to help them lead their fullest, most meaningful lives.



Healthcare systems designed to empower and equip people to take charge of all aspects of their health and wellbeing—physical, mental, and spiritual—harness the collective power of **communities, clinicians, educators, and patients.**



“We’ve been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being. And well-being is about the reasons one wishes to be alive. Those reasons matter not just at the end of life, or when disability comes, but all along the way.”

~Atul Gawande, MD,
Surgeon, Writer, and
Public Health
Researcher”

