

Co-Designing a new and better Global Systems Accounting

GROUP 5, FOCUS AREA : HEALTH INDICATORS

NEXT MEETING: Thursday, February 17 at 19:00 CET, 1:00 PM EST (HOST: Sara DeHoff)

Zoom: <https://zoom.us/j/94120389262>

Next steps of this ebbf track: 9th March 3rd plenary meeting + [EBBF Annual Conference 12th to 15th May](#)

For more information, contact learning@ebbf.org

Attendees

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Sara DeHoff		https://www.linkedin.com/in/saradehoff/
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Alex Boysen		
N. Neely Kazerouni		https://www.linkedin.com/in/nneelykazerouni
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Useful Articles

Your Name (Optional)	URL Link to Article / Book	Comments
	https://www.positive.news/society/education/how-restaurant-chefs-are-reinventing-school-dinners-in-the-uk/	Ideas for improving the health of children in impoverished areas
N. Neely Kazerouni	https://www.epa.gov/nscep	Title: BurnWise: Burn the Right Wood, the Right Way, in the Right Equipment
Sara DeHoff	https://chi.streetsblog.org/2022/01/13/notes-from-medellin-can-infrastructure-investments-help-reduce-interpersonal-violence/	Infrastructure investments can reduce violence and build trust in a community.
Yves	https://www.who.int/news-room/fact-sheets/detail/the-top-10-cause	Top 10 causes of death according to the

	s-of-death	World Health Organisation
	https://healthyplacesindex.org/	What's already being done: Healthy Places Index - California
Christine	https://worldhappiness.report/ed/2022/?utm_source=SDSN&utm_campaign=c1731d1f20-EMAIL_CAMPAIGN_2022_03_18_01_00&utm_medium=email&utm_term=0_2302100059-c1731d1f20-177812073&mc_cid=c1731d1f20&mc_eid=61a68f86ce	World Happiness Report 2022
	https://worldhappiness.report/ed/2022/insights-from-the-first-global-survey-of-balance-and-harmony/	World Happiness Report 2022 Chapter Balance and Harmony
Yves	https://www.who.int/data/gho/data/indicators/indicators-index	Comprehensive list of indicators from the who
Yves	https://www.drperlmutter.com/healthy-gut-bacteria-diversity-key/	Bacterial diversity is key to healthy gut

Questions and Ideas

Your Name (Optional)	Questions / Ideas	Comments
	How to make healthcare affordable for all?	Lower costs for patents, software licenses
	How to encourage preventive care instead of costly operations?	Is there a way to change the compensation system for healthcare workers, doctors, paying more when people are healthy instead of the number of operations or other visits,
	Accessibility of nutritious food: fresh, full of vitamins, not full of chemicals	
	Health is a positive resource - as we have more of it, we can do more. Physical - diet, exercise. Spiritual -	Healthcare systems are largely illness care systems

Your Name (Optional)	Questions / Ideas	Comments
	purpose, making a difference in the world.	
	Physical health and mental health (includes spiritual)	
	Currency of love - essential to our health, we do better in environments where love is present	
	How do we do it? What would such a structure look like? How can we put this into a system that is reflected in a currency?	In the company or organisation results, as with the financial indicators show the health indicators
	Have indicators of the health of a population in an area. If a business hurts the health in an area, we need to stop this business or change the model.	
	“Let your vision be world-embracing” - access to care, vaccinations is limited by the healthcare system in place. Unless there is a framework in which national healthcare systems see themselves as part of a whole, difficult to address discrepancies, difficult to see how the pieces fit in. Envision a global healthcare system and how it might work.	
	Educate children about basic health care topics early	
	Need a conversation about things that are injurious to our health and not needed: military-industrial complex. Peaceful ways to resolve conflict would have an effect on health and on use of resources.	
	Production of harmful products, e.g. tobacco is harmful to health	

Your Name (Optional)	Questions / Ideas	Comments
	Have to remove injurious practices: military and war	
	How do we penalize injurious activities (violence, war) and incentivize healthful activities?	
	Need a way to implement international law and uphold it.	
	Head health officer for a country - there was an accounting of how much morphine there was in the country and how it was used. But there was no accounting system for bullets. Who has them? Who's using them? How much do they cost?	
	This needs to be on the international level, but how does this work, practically? Also needs to manage on the national/local level. It may be easier to conceptualize on the national level first. Or even the village level.	
	It's easy to love humanity, but if we don't love our neighbor, all of this is built on quicksand. This accounting has to exist at every level: family, neighborhood, community, city, nation, world. Money is a means by which we can share love.	
	'Abdu'l-Baha talked about a new economy with the village storehouse. If we were just a village, how would that look like to account for health in the currency.	
	Consumers can choose which company to buy from based on the accounting books for the topics of health	

Your Name (Optional)	Questions / Ideas	Comments
	Investors can choose which company to invest in based on the accounting books for the topics of health	

Spreading the Idea

What groups or conversations where you can introduce this idea?

Your Name (Optional)	Groups	Conversations
	All policy issues should be examined through the lens of how it will affect the health of those impacted.	
	Indicators of “spiritual” health: degree of cooperation among interest groups (Example: Former foes Israel and Jordan work together to combat energy and water scarcity https://www.dw.com/en/former-foes-israel-and-jordan-work-together-to-combat-energy-and-water-scarcity/a-60310997)	
	Indicators of positive outcomes in the service of the environment, and indirectly, of citizens’ physical and mental well-being: (Example: Reforestation - Planting trees with your web search - The Berlin-based search engine Ecosia invests in reforestation campaigns worldwide https://www.dw.com/en/planting-trees-with-your-web-search/av-53941172)	

Your Name (Optional)	Groups	Conversations

Health as Currency

- Health of population, health of employees. If a company pollutes, it impacts the health.
- Index for health - like GDP

Indicators of Good Health	Activities to Incentivize
Social cohesion	Green spaces, parks Town square - social spaces Collaboration and collective action
Fitness	Bike paths – Air quality Preventive healthcare
Fresh food	Organic farming Farmers markets - farm to table Community gardens Individual gardens
Health education - all levels	Incorporating up-to-date science

https://healthyplacesindex.org/	Policy actions

Indicators of Bad Health	Activities to Penalize
High prevalence of cancer	Tobacco Pollution - fossil fuels, coal, gas, oil, agricultural chemicals, industrial livestock Bad ethics in pharmaceutical industry Sugar substitutes Degrading plastic enters food chain Deforestation
Obesity	Junk food industry, sugary drinks
Diabetes	
Suicide	
Violence - injuries & death	Military-industrial complex Racism
Addiction	Alcohol
Depression	Stressful work environment Unfair wages - less than living wage
Asthma	

Company

- Product - good for health or bad for health?
- Process - cause pollution?
- Employees
 - Working conditions - safe and healthy?
 - Wages - sufficient to live on?
 - Social environment - respectful and healthy?

City/Community

- Land
 - Green spaces, bike paths
 - Transportation - public transportation, traffic flow, car/bike share programs, car charging stations
 - Access to fresh food - food production, small farms, community gardens, farmers markets
 - Social spaces - safe, enjoyable gathering spaces
 - Forest preservation
 - Species diversity
 - Housing - safe, affordable, sustainable
 - Wise urban planning
- Air
 - Air quality
 - Climate change adaptation - heat waves, storms, wildfires
 -
- Water
 - Clean, drinkable water
- Healthcare system
 - Accessible and affordable to everyone
 - Physicians paid fair wage for their work - procedures should not be incentivized
 - Focused on prevention

Some Thoughts about a New Economic System
A contribution to the consultations with ebbf
Christine Muller, 6 January 2022
Shortened for Health Group 19 January

Arthur's ideas about "non-financial forms of currency" are not that easy to understand and I have struggled to fully grasp them. As others may be in the same situation, I will try to clarify some hard-to-understand issues after seeking Arthur's explanations, as well as to contribute to some of the topics discussed: Health, poverty (minimum income), and carbon.

1. Some Fundamental Thoughts

In the pursuit of how a future economic system that fairly serves the needs of all people and that is environmentally sustainable, I think that we need to **discard materialism at its root**, which means in the way we are thinking about things. This is not easy because we are steeped in an economic system in which value is given to monetary assets. In our efforts to imagine a better economic system and to create measurable standards we need to guard to not give monetary value to human well-being and environmental integrity. Good health, clean air and water, equal access to a good education and work, and a forest or a coral reef with their rich biodiversity have intrinsic value that cannot be defined with monetary means.

However, laws, regulations, and a just financial system are essential for reaching the desired outcome.

I therefore suggest differentiating between two very different things:

1. Developing an alternative standard of well-being based on spiritual principles and ethical values that replaces GDP. We could call it the **Standard of Well-being (STW)**.
Arthur already outlined the main points for a spiritual standard of a society's well-being. I just looked at [Bhutan's Gross National Happiness index](#) and find it also useful for our discussion. Probably, we could explore this further and make these ideas more concrete.
2. Imagining a new economic and financial system that is founded on spiritual principles such as justice and the abolition of extreme wealth and poverty, and that favors environmentally sustainable economic activities. We could call it the **Economic System (ESY)**.

The purpose of such an economic/ financial system would be to achieve the high standards of human well-being (STW).

I think that it would be important for our discussions to clearly distinguish between these two dimensions. Any monetary values and financial tools would need to be confined to the 2nd dimension, namely the Economic System (ESY).

First, I try to illustrate this for the topic of Human Health (that is the group I have been participating in).

2. Human Health as an Example

The following includes the ideas from the brainstorming in the Health Group https://docs.google.com/document/d/1zCWiAID_kcwVK6grR4uxdKrG2gvWI9eSNe-VZ30luAI/edit and many additional thoughts that came up when writing this. The topic is huge and, I am sure, much could be added.

Human health encompasses physical, mental, social, and spiritual well-being which allows people to fully develop their potential and to actively contribute to the culture and well-being of society.

The Standard of Well-being (STW) for Human Health has non-measurable as well as measurable dimensions. It is not possible to measure individuals' experiences and feeling of good or bad health.

Most, but not all, measurable aspects consist of negatives – problems that diminish human health.

The health of a population could be **measured by**:

General observations

- Life Expectancy
- Child mortality rate (under 5 years)
- Number of sick days
- Number of people having to take regular medications
- Number of people exercising regularly

Prevalence of diseases

Malaria and other vector borne diseases
Pandemics
Cancer rates
Rates of Diabetes
Rates of Obesity
Asthma
Water borne diseases
and others depending on the region and country

Incidence of natural disasters and accidents

Traffic accidents and deaths
Earthquakes
Heat waves
Flooding
Radiation exposure from nuclear accidents

Illness and deaths from mental illness and ill health from social problems

Gender violence
Drug abuse
Suicide rates
Gun violence
Depression
Stress from racism and other forms of discrimination
Stress at work
Stress from poverty
Unhealthy work environment (agricultural chemicals, indoor pollution etc.)

Food

Food insecurity
Accessibility and affordability of healthy fresh food
Transparency and truthfulness where food and other products are coming from

Health Care and Hospitals

Availability of Hospitals and Health Care Facilities
Physicians, nurses, and hospital beds available per capita
Infrastructure for preventive Health Care
Access to Nature

Economic System (ESY) – How to achieve the above STW

All policy issues should be examined through the lens of how it will affect the health of those impacted.

Preventive Care Infrastructure

Health Education Infrastructure:

Health education for children (hygiene and diet)

Health education for youth (diet, sleep (regular life pattern), addiction, smoking and drugs, sexuality, parenting, mental health, basic first aid and treatment for minor diseases)

Health education for adults (diet, exercise, parenting, basic first aid and treatment for minor diseases, birth control, mental health)

Preventive Care Programs (Include appropriate indigenous and alternative medicine such as Chinese medicine and acupuncture, and up-to-date science)

Fitness Centers

Sport Programs for children, youth, and adults (that observe moderation)

Health Care and Hospitals:

Accessible and affordable for everyone

Compensation for healthcare workers and doctors: Not for the number of surgeries and tests, but for the time and effort invested

Hospitals should be community owned – not for profit

Health care should be either free or health insurance community-owned (no profit)

Pharmaceutical industry must be regulated to adhere to high ethical standards

Separation between the prescription and the sale of drugs

Avenues for peaceful conflict resolution such as centers for mediation as preventive measures for violence

Heavy taxation for harmful products such as

Alcohol and tobacco

Polluting industries - fossil fuels, coal, gas, oil, agricultural chemicals,

Industrial livestock

Junk food

Sugary drinks

Sugar substitutes

Plastic that eventually enters the food chain

Access to fresh food

Support

- Small and medium sized farms
- Community gardens
- Farmers markets

- Organic and permaculture farming

Wise land and city planning

Green spaces

- Forest preservation (through laws and their enforcement)
- Species diversity (promote native plants by education, laws, and regulations)
- Restoration of native habitats/ecosystems

Social spaces - safe, enjoyable gathering spaces

Transportation

- Public transportation
- Bike paths (for transportation and for fitness)
- Car/bike share programs,
- Car charging stations

Housing - safe, affordable, sustainable – incentives and regulations

Air quality – heavy fines and legal prosecution for air pollution

Water

- Clean, drinkable water infrastructure
- Heavy fines and legal prosecution for water pollution

Climate change adaptation - heat waves, storms, wildfires, flooding

Climate change mitigation

- Incentivize sustainable lifestyle and business practices,
- Tax polluting ones

Worker safety regulations that are enforced

Maintain and create

- Green spaces and parks
- Social spaces – town square, youth centers, art and music centers, theatre
- Bike paths (exercise and air quality)
- Preserve and restore local ecosystems

Provide incentives and education for fresh and healthy food availability

- Organic farming
- Farmers markets - farm to table
- Community gardens (also promotes fitness)
- Individual gardens (also promotes fitness)

22.01.20 Meeting

We need to scale these measurement systems both to the local level and to the global level. Maybe we think of these accounting systems in terms of the individual, the community and the institutions (which could include businesses, governments, organizations, etc.)

How do we connect these ideas to the community-building work at the local level? For instance, at the neighborhood level, we could offer a simple set of questions to help a neighborhood read its own reality and assess its health: Do we have access to clean water, clean air, green spaces, connections between neighbors, diversity? How is our health literacy? How are we expressing love?

We talked about separating out a Standard of Wellbeing from the structures, policies and actions to achieve it (the Economic System). We acknowledged the need for positive definitions of health: measures of vitality, rather than simply the absence of disease. We looked at emerging and little-acknowledged health challenges: the effect of social media and racism on health and the high suicide rates in “successful” countries, as well as divorce rates. We talked about the need for a preventive orientation to health, addressing root causes.

Vanuatu has started a process with village surveys to find out what is important to people. From that, they developed a set of indicators of wellbeing and are creating structures to increase that wellbeing.

The Health account is a nexus for many of the other accounts: clean water, clean air, healthy food, biodiversity, employment, justice, etc.

Here is the [transcript of the meeting](#) (I didn't edit the machine transcription.)

Updated section on this theme in the discussion paper by Arthur Dahl 26 January 2022

Health accounts

Health is another essential requirement for well-being. A health budget would obviously start with individual health and the ability of each person to optimize their physical capacity to achieve well-being and to contribute to society. Such accounting would treat human health and productivity as capital, and all activities that damage health would increase debt. This is only presently measured as increasing financial costs of the health care system, not as a loss of human well-being. The accounts would need to consider health at all stages of life, both in terms of the characteristics of a healthy body and its biological requirements for care and nutrition (linked to food accounts) and behavioural determinants of health from exercise to harmful addictions. While ageing and death cannot be avoided, much can be done to improve well-being at all stages of life as part of human health capital. However, no person lives in isolation, but in a family and community that determine many health outcomes, so health accounting should include family and community health.

There is, of course, extensive medical information on individual health, more perhaps on the curative perspective of causes of disease and bad health, rather than a preventive approach of encouraging good health. However, looked at over an individual lifetime, the health of a baby and growing child is largely determined by the family behaviour and environment. As the child leaves the family circle, it is the community that has an increasing influence on health. Marriage and raising a family then become an important framework for health outcomes, including those of the next generation. Through adulthood, while individual behaviour and choices of diet and lifestyle are important to health, there is still a significant component of community influence, including incentives for good and bad actions and access to information and health care. The inevitable decline in old age increases dependence on the family and community as determinants of the best possible health in the last years of life. Health in this larger context obviously includes mental health, which is closely linked to physical health, and even spiritual health, which again has a powerful influence. While this would suggest the need to measure good health and its positive benefits as health capital to be maximised, the other side of the health accounts would address all those things damaging human health. Control of diseases is an obvious dimension, linked to improvements in health care systems everywhere. Tobacco use and narcotic drugs presently generate financial profits, because the human health impact is not integrated into the accounting system with rewards and punishments. The same could be said for fast foods with little nutritional value and the high use of sugar and salt for their addictive potential in highly processed and heavily marketed food

products. Pollution also impacts the health budget, as do all the impacts of climate change on health, so there are interlinkages possible between accounts from an overall systems perspective. Recent research, such as in the book *Stolen Focus: Why You Can't Pay Attention* by Johann Hari, shows the damaging impact of the new information technologies, particularly smartphones, social media and online games, in creating addictions and destroying the brain's capacity to concentrate. This can be added to other social ills like alcohol, drugs and consumerism that have detrimental impacts on health, where the community plays an important role.

A preliminary listing of factors damaging health that should be accounted for could include: general measures such as life expectancy, child mortality (under 5 years), number of sick days, people under regular medication, lack of regular exercise, food insecurity, starvation, poor nutrition, food contamination, and inadequate health care. Another category would be diseases: malaria and other vector borne diseases, pandemics, cancer rates, diabetes, obesity, asthma, water borne diseases, and others depending on the region and country. Natural disasters and accidents are also a significant cause of mortality and invalidity: traffic accidents, earthquakes, heat waves, flooding, and radiation exposure from nuclear accidents, among others. Then there is ill health and death from mental illness and social problems: gender violence, violence from racism, hate crime, gun violence, drug abuse, suicide, depression, stress from poverty, racism and other forms of discrimination, work stress and burnout, work accidents and unhealthy work environment (agricultural chemicals, indoor pollution, etc.), war and conflict, and even lack of access to nature.

The challenge for defining an appropriate "currency" for accounting in this area will be to find scientifically-valid and measurable descriptors of the ideal health outcome for an individual throughout life that would enable both the refinement of individual character and contributing to society. A healthy body is a tool to achieve other ends rather than an end in itself. Even serious health problems or physical handicaps can be incentives to grow and develop spiritually and to compensate and contribute in other ways to society. This is where the roles of the family and community are important in helping each individual to find their place and to develop their capacity for meaningful service in dignity.

The existing framework of health statistics can provide the basis for this accounting, although more work may be needed to collect statistics on good health for everyone and on high life expectancy as the desirable outcome, to balance all the data on disease and morbidity. A multicultural perspective would consider all the contributing factors to good health, beyond the curative approach of Western medicine.

In this framework, accounting in some "health currency" is really a measure to optimize each person's ability to contribute to individual and collective well-being in this world as we build a global civilization. This would represent the maximum health capital, perhaps with some measure of "service/years" that each person in good health is able to contribute at each stage in life, from junior youth activities to the stories of the elders. Each person born into this world would therefore have an ideal potential lifetime health capital in service years on some curve from the earliest contributions of a small child to the last efforts of a dying elder. The listing above enumerates many of the contributors to "health debt" that destroy this capacity or even cut a life short. Measures of all those factors and their prevalence in a community, nation or the world society would provide indicators of how much human potential has been lost through our neglect of health.

The health accounts would cross-link to some other forms of accounting, for example with the food, poverty and pollution accounts measuring some of the factors damaging health, and the work, knowledge and spiritual accounts relating to the contributions healthy people can make to our collective well-being.

22.02.17 Discussion

Health Wealth	Health Debt
Physical, mental, social, spiritual well-being • Clean water, air, soil • Food • Housing • Fitness & hygiene • Health education • Health care ◦ Preventive care ◦ Curative care • Cooperation between groups • Access to nature	Factors the diminish well-being • Pollution • Toxic work environment • Violence • Oppression (racism, etc.) • Addictive substances • Disease • Obesity • Suicide • Depression • Consumerism • Junk food

Measures

- Life expectancy / child mortality rate
- # of people exercising regularly
- # of people taking medication
- Prevalence of
 - Disease: pandemics, diabetes, obesity, cancer, etc.

- Natural disasters: earthquakes, heat waves, flooding
- Accidents: traffic accidents, home accidents
- Violence: injuries and deaths from gun violence, gender violence, racial violence
- Mental distress: depression, suicide, stress
- Poverty rate
- Pollution rate
- Food availability and sustainability
- Health care facilities per capita
- Doctors per capita
- Access to nature

People

- Mojgan Sami - specialist in public health

Principles

- Reading reality
 - Our current economy is limited to dollars and GDP
- Building capacity
- Vertical coherence - individual to global
- Horizontal coherence - individual connects to community and company
- Indicators come in at different levels
 - Individual responsible for own health
 - Family takes care of children
 - Community
 - Company - people are stressed or exposed
 - Nation
 - World
- Health of individual
 - Human health encompasses physical, mental, social, and spiritual well-being which allows people to fully develop their potential and to actively contribute to the culture and well-being of society.
- Health of community
 - Is the community taking care of the individuals?

- Individuals do not live alone, they are part of a community. The very young and the very old are dependent on others for their care.
- Purpose of community - nurture and support relationships between individuals and help them fulfil their potential
- Purpose of health of individual is to support the community
- Health of the World
 - International community responsible if a disaster hits a country - other countries support a country in need: health disaster, environmental disaster
 - Pandemic - as long as there are more variants of COVID, nobody is safe - have vaccinations available everywhere in the world
- Justice
 - Many people who don't have access to health care or are exploited by others, which causes ill health
- Health of institutions
- All these levels are interconnected.

Indicators	Individual	Community	Company	Nation	World
Clean water	clean water in house	Provide clean water % people w/access	Provide clean water	National policy	Global standards % people w/access
Clean air	Avoid smoking Heating source Reduce driving				
air, soil Food Housing					

Indicators	Individual	Community	Company	Nation	World
Clean water	clean water in house	Provide clean water % people w/access	Provide clean water	National policy	Global standards % people w/access
Clean air	Avoid smoking Heating source Reduce driving				
Fitness & hygiene Health education Health care Preventive care Curative care Cooperation between groups Access to nature					

22.04.07 Discussion

Yves' presentation

- Add table to Miro board
- Lost at the beginning - show Miro board, highlight the circle you are talking about
- Organization - two layers: Government & Business
- How can this be used to assess very different kinds of communities?
 - Does it adapt across cultures and physical realities?
 - How universal are our concepts/vocabulary?
- How well are these different dimensions already being studied, catalogued and listed by WHO, etc.? How much data is already there? Does it capture the health as well as the unhealthy side?
 - Is there good data on traditional healing practices? Access to nature?
 - Who else is collecting data?
- Missing orientation of the talk - what is the title and who is your audience?
 - Arthur - all measures of progress are in financial terms, material measures.
 - So many important things can't be measured in money.
 - Need to go beyond GDP as a measure of development.
 - Trying to come up with an alternate set of accounts - measure most important areas of human wellbeing - most directly related to what the thing is.
 - Health - rather than costs of poor health. It's important for every human being to be healthy throughout their life. What are the measures of good health as the ideal? Ideal health capital. Then what are the things causing health debt?
 - 9 different teams, arenas.
 - Next week's plenary - present how the groups are progressing.
- Researching what has already been done
 - WHO list of health indicators is enormous - not meaningful for us
 - Look at positive indicators - has it been studied? Find some data
 - Document what has been researched and what hasn't been measured
- Arthur - don't need all the detail. What are the key indicators that tell the story? How do we get away from this purely financial indicator of GDP?
 - Healthy places index - looking at places rather than people
- Next week (Arthur) - all of the groups have read the basic background paper
 - How far groups have gone and what do we learn from each other?
 - 3 circle diagram or flow diagram would be helpful
 - Can we identify the gaps in the data?

- Positive Indicators - focus on
 - Is physical activity being tracked?
 - Blood values - is there data for all the countries?
 - BMI - comparison across countries
 - criticism - is that mass fat or muscle?
 - Healthy food - FAO? WHO?
- Look at community
 - Snapshot in time doesn't tell you what direction the community is going - toward better health or declining health?
 - A set of accounts measured wellbeing over time.
 - Are there engines that drive progress in health? In the Baha'i Faith, it's the health of the institute process, which has growth inherent in it. The health of the institute process indicates the health of the community. That's the engine of prosperity. What are the indicators here - ongoing health education, etc.
 - There's a group on Knowledge and Education. Specific health education - does everyone have the knowledge they need to stay healthy.
- Community indicators - find data
 - Access to nature - Christine
 - Years of ability to work - Yves
 - Longevity - Ramie
 - Availability of healthy food - Sara
- next meeting - Thursday April 28 same time

22.04.28 Discussion

Years of ability to work - Yves

- WHO - Healthy Life, Healthy Longevity - years someone can live healthily, meaningful contribution to society
 - student - learning
 - retired - share knowledge

Longevity - Ramie

- What measures would be useful outside of developed countries?
 - Families care for the elderly than institutions
 - Malaria & tuberculosis cause deaths in all age groups

Access to nature - Christine

- Access to nature affects mental health
- Access to nature is not equitable - along racial and poverty lines
- Marginalized groups are often pushed to or left in polluted environments - lack of access to nature
- What is the research on child education and contact with nature?

World Happiness Report

- Jeffrey Sachs state that what they missed in assessing happiness, is the happiness that comes from living a virtuous life - spiritual dimension of happiness.

What are the cross-linkage indicators?

- Access to nature is linked to Biodiversity group
- Health education / nature education is linked to Knowledge & Education group
- What is positive and encouraging that we can work toward?

Nature

- It's positive to have green spaces, but we can't minimize impact of technology. Kids / adults have access to nature, but are on their phones.
- Commercial interests are developing addictive apps, fostering black/white thinking.

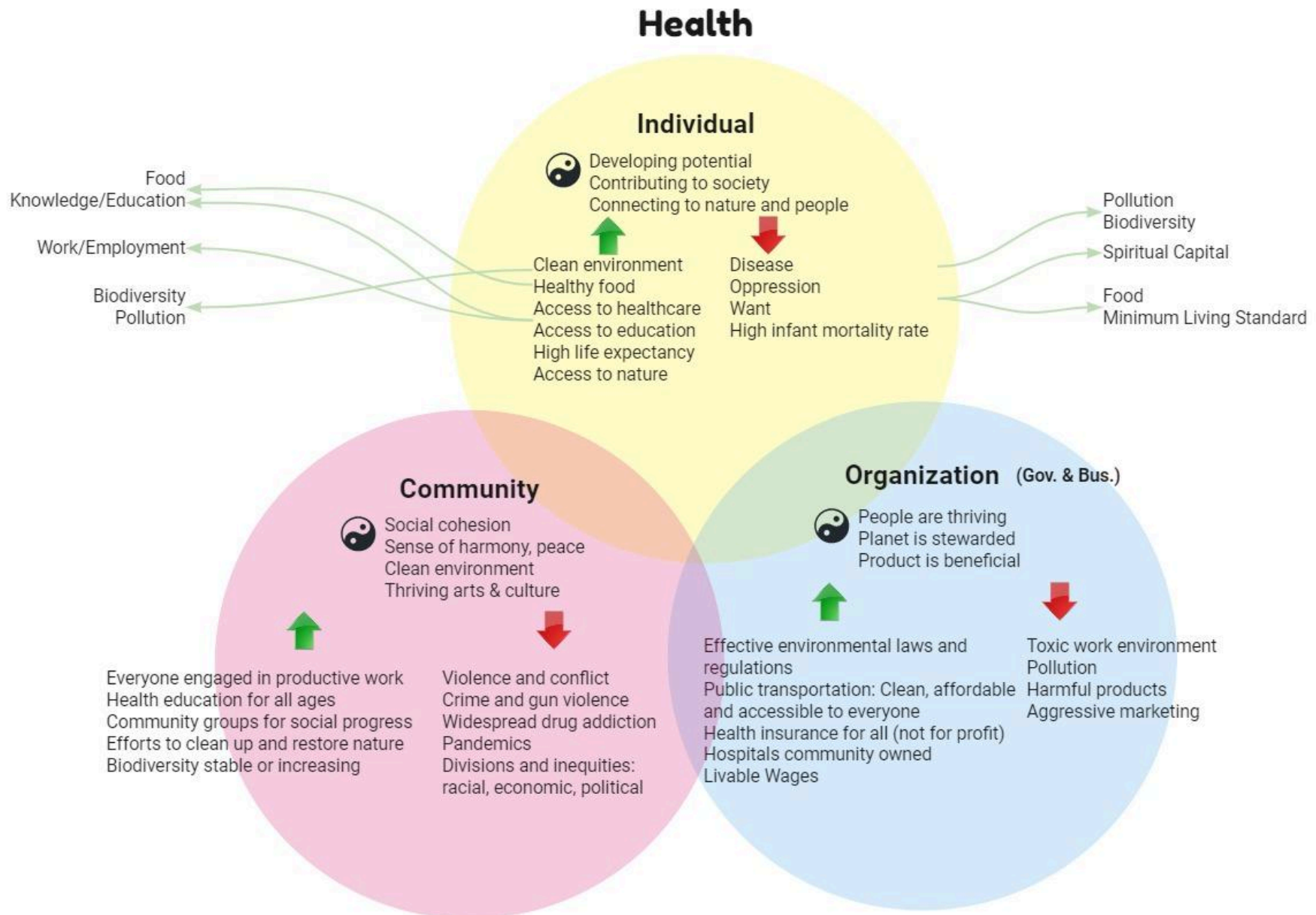
Assignments

- Yves - update graphics and table
- Christine - short description for the health group

- Nonfinancial currency -
 - Scientifically measurable indicators of good health: 3 - 10 indicators
 - What would describe a healthy child, adult, senior?
 - Longevity - what are positive indicators?
 - physical health, mental health, spiritual health - all interconnected
 - What tells the story?
 - How many of the 8 billion human beings on the planet are in good health? How do we know?

Next meeting: May 19 at same time

Health Framework



Individual

 Ideal State	 Positive Indicators	 Negative Indicators
Developing potential Contributing to society Connecting to nature and people	Clean environment Clean Water Clean Air Healthy food Access to healthcare Access to education High life expectancy Access to nature	Diseases Malaria Cancer rates Diabetes Obesity Asthma Water borne diseases Oppression (domestic and economic) Want (malnutrition, hunger, homelessness) High infant mortality rate

Community

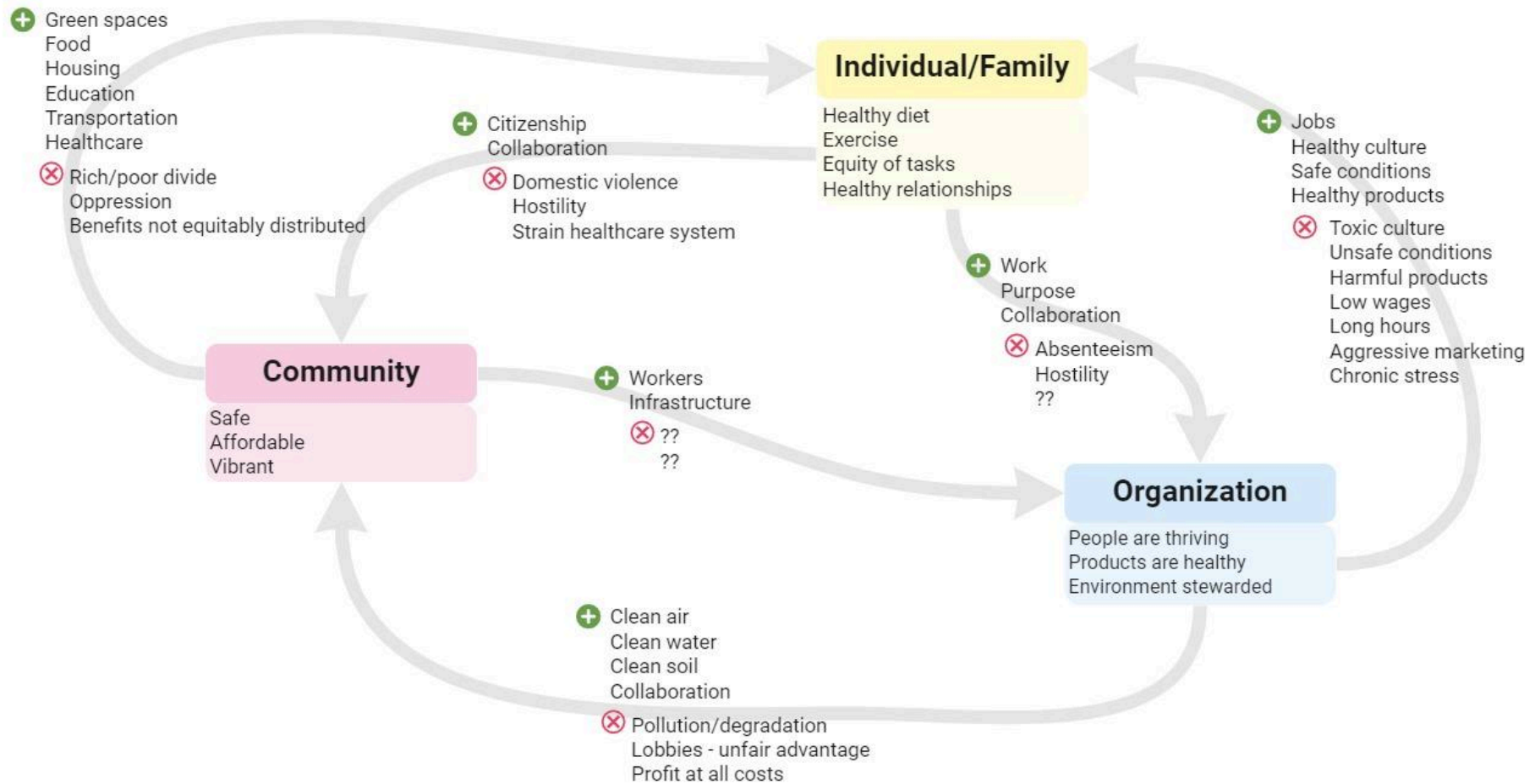
 Ideal State	 Positive Indicators	 Negative Indicators
Social cohesion Sense of harmony, peace, justice, collaboration, and satisfaction Clean environment Thriving arts and culture	Everyone engaged in productive work Health education for all ages Community groups for social progress Efforts to clean up and restore nature Biodiversity stable or increasing	Violence and conflict Crime and gun violence Widespread drug addiction Pandemics Divisions and inequities: racial, economic, political

Organization (Government and Business)

 Ideal State	 Positive Indicators	 Negative Indicators
People are thriving Planet is stewarded Products are beneficial	Effective environmental laws and regulations Public transportation: Clean, affordable and accessible to everyone Health insurance for all (not for profit) Hospitals community owned Livable Wages	Toxic work environment Pollution Harmful products Aggressive marketing

Dimensionally, thinking in, say, second and third dimension, where second dimension refers to a somewhat STATIC ideal, while third might refer to an additional, higher one: the more dynamic, growth dimension. "Let each morn be better than its eve, and each morrow richer than its yesterday." It could incorporate the dimension of continual improvement in a particular, or in a totality of indicators. It touches perhaps on qualitative, more than quantitative, aspects of indicators. The "quality" (love, spirit, high endeavor, lofty ideal) we put INTO the system equals the quality we get OUT of it - measured in the form of increasing or new efforts made etc.

Health Physical, mental, social and spiritual well-being at all levels



Summary

We can focus on the main health indicators, some of the factors listed in previous tables can be considered covered by other working groups, for example education or pollution.

- Miro Board for Global Systems Accounting - https://miro.com/app/board/uXjVOKwgGb0=/?invite_link_id=156895643194
- California Healthy Places Index - <https://healthyplacesindex.org/> (What is already being done)
- Also, the public health field talks about “social determinants of health” - as Mojgan shared in her presentation
- Christine’s 3 points for community:
 - Clean environment: clean air, water, food, stable climate
 - Health condition of the population: well-being, absence of disease
 - Healthcare: health education, preventive care, illness care, health insurance

Level	Positive Indicators	Negative Indicators
Individual	Physical activity Blood values in a healthy range Healthy cardiovascular system Healthy food BMI in a healthy range Normal body temperature Strong hand grip	High Blood pressure Blood sugar
Community	% people with good health Healthy life expectancy Density of medical doctors Accessibility to healthcare Waiting time for medical treatment Affordability Longevity Preventive medicine Traditional healing practices Access to nature Clean environment Affordable public transportation Availability of healthy food	Prevalence of diabetes, cardiovascular disease, cancer, pulmonary disease, malaria Child mortality Suicide rate Addiction rate (alcohol, tobacco, hard drugs) Child malnutrition
Government	Universal Health Coverage Addiction prevention programs Health education programs Laws to protect the health of the population	Child mortality Death rate due to preventable diseases
Businesses	Contribution to health insurance Workplace safety Psychological safety Contribution to the health of the	Sick leave Workspace injuries Absenteeism Stress

	community where the company is located Healthy products	Unhealthy products Illnesses in the community near the plant due to pollution
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24 March 2022

I (Christine) just saw this section from the introduction to “*Wellbeing Wardrobe: A wellbeing economy for the fashion and textile sector*”
<https://eeb.org/library/wellbeing-wardrobe-a-wellbeing-economy-for-the-fashion-and-textile-sector-summary/>

It makes many important points, and I highlighted one in green.

The Wellbeing Economy

Conventional measures of the health of a nation’s economy – such as GDP (Gross Domestic Product), employment rates and inflation – focus only on growth. Yet it’s increasingly clear that this current economic paradigm is not sustainable and has resulted in climate change, biodiversity loss and environmental degradation. A large percentage of the global population does not have stable livelihoods, adequate nutrition or access to education, housing and health care. There is substantial evidence that economies and societies based on growth and consumption have not led to increased levels of human happiness or wellbeing.

A wellbeing economy approach revolves around a planned reduction of energy and resource use to bring economic activity back into alignment with environmental health and human wellbeing. Wellbeing can be defined in different ways. Most broadly, it refers to the ability of humans to meet our needs while keeping in balance with the planet and safeguarding the rights of future generations. Human wellbeing depends on meeting physical needs (such as for food, water, housing, health care and education) as well as emotional and psychological needs (such as for meaningful relationships and work, a sense of identity, thriving communities, and the ability to participate in social and political life).

The wellbeing economy is defined by several overarching objectives:

- reducing the environmental impact of human activities through reduced material and energy consumption and more localised economies;
- supporting a more even income distribution both within individual countries and internationally using methods such as redistributive income, universal basic income, non-monetary exchange systems and new modes of ownership;
- fuelling the transition from material consumption-based societies to more participatory and community- oriented societies through innovations such as shorter work weeks, limits to advertising and more humane ways of recognising unpaid and/or informal labour;

Wellbeing Wardrobe: A wellbeing economy for the fashion and textile sector 7

• encouraging simplicity and downscaling by promoting alternative forms of economic exchange such as those that are local, community-based, reciprocal (rather than operating on monetary exchange), and recognise the value of collaboration, sharing, recycling, upcycling and blurring the boundaries between consumers and producers.

This transition to a post-growth model will depend on the actions of many stakeholders and require new mechanisms for deliberative and participatory decision-making. We will need both grassroots and top-down approaches to reduce unsustainable activities and scale up activities that contribute to achieving wellbeing.

It's also crucial to consider how this shift would have different conditions and consequences for the Global North and the Global South. **While the objectives of the wellbeing economy in the Global North might focus on post-growth and reducing materialism, in the South the focus will be on a form of development that does not rely on growth or the South needing to 'catch-up' with the North.** We will also need to pay attention to short-term impacts and disruptions on employment and livelihoods across global supply chains as we make these changes.

Health Indicators

[What is Public Health?](#)

WHO: Health is a state of complete physical, mental and social (and spiritual) well-being and not merely the absence of disease or infirmity.

Public Health: Promotes and protects the health of people and communities where they live, learn, work and play.

Indicators

- On-time high school graduation
 - Leading indicator of good health
 - 20% U.S. students miss this opportunity
- Livable wage
 - poverty and ill health go hand-in-hand
- Clean air and water
 - 50% Americans live in communities with unhealthy levels of air pollution
 - Zip code can mean a difference of 15 or more years in your life expectancy
- Healthy, affordable food options
 - 85.2% U.S. households are food secure

- ____% neighbourhoods lack fresh fruits and vegetables
- Safe, affordable housing
- Race reconciliation
 - Racism creates chronic stress for people who are discriminated against
 - Racism excludes people from opportunities
 - See [Power & Health](#)
- Climate resilience

Strategies

- Prenatal services
- Seat belt laws and safety policies
- Access to contraceptives and education
- Design safe communities
 - Encourage physical activity, bike paths, public transportation and parks
- Quality, affordable healthcare
- Reduce gun violence
- Reduce traffic fatalities

[Food Deserts](#)



[Food Security in U.S.](#)





22.05.19 Discussion

Indicators of Good Health

- Life without disease (dis-ease = pain, illness, injury, discomfort - emotional & physical)
 - Age-structured diagram - measure life.
 - Are we reproducing at a sustainable level?
 - Are we sustaining life at a comfortable level?
- Determinants of health - supported by medical care
 - Nutrition
 - Lifestyle
 - Environment
 - Genetics
 - (no spiritual or psychological aspects?)
- What are the health disparities that are the determinants of health?
 - Physical & social environment
 - Psychological and health behaviors
 - ?
 - ?
- Wider determinants of health
 - Social
 - Economic
 - Political
 - Environmental
- Social determinants of health - WHO started looking at in 1998

EBBF Conference Zoom sessions inspired shift in thinking

- This whole GSA idea needs to be applicable to all cultures & countries. The needs and realities are very different.
- Leave the science to the scientists. Look at the spiritual framework of this whole idea.
- Village storehouse - individuals contribute a significant portion of their wealth to the common good. Every individual is supported by society.
- “Let your vision be world-embracing, rather than confined to your own self.”
- **Solidarity index** - measures to what degree we are in solidarity (in health, in environment, in each area

Mo

- Add a spiritual conceptual framework
- What you’re outlining is a conceptual framework for life in Baha’u’llah’s revelation
- UHJ Ridvan Message
- Ground the conceptual framework in the planet and in the oneness of humanity
- Planetary health is the conceptual framework at the cutting edge of policy = how we measure health in the 21st century
- Indigenous framing of health always includes spiritual health = we need to re-spiritualize the material conceptions of health.
 - This would be welcome in these circles
 - Help us understand what we are missing, what are the gaps.
- Why do we use GDP?
 - In Global health we narrowly focus success on economic growth - either opening new markets or increase consumption
 - We are converting everything into an individualized consumer model = if you aren’t ____, it’s your fault.
 - We’ve reduced health to individual behavior and access to clinics
 - Determinants of health: social, environmental, political, structural (colonialism, capitalism, supremacy, pollution)
 - What is the world we want to live in?
 - “Pandemic as a Portal” by ____ Roy
- Recommend: Think about the upstream questions, the larger questions:
 - What kind of world do we want to live in?
 - How do we want health to be, post-pandemic?
- Moving toward planetary health - starting point.
 - What’s missing - these broad concepts have yet to sit in government and academic places in a meaningful way
 - We understand air pollution is related to diabetes, lung cancer, etc. But how countries measure air pollution in terms of life expectancy - hasn’t manifested in policy changes.
 - Linking environment and health - there’s a lot of work to do.

- These issues are not easy to analyze. Expertise is specialized and technical. We need groups like this to challenge the conceptual framework.

Arthur

- How do we take Baha'i vision of the future and take it back to the present and identify the gaps?
- How do we capture this and distil it and create that larger picture?
- This is what we're trying to aim for.
- What are the values behind all of this?
- We need to be looking at this sense of solidarity through these various dimensions - environmental, social, work
- The challenge is to capture the best of this
- Health group - comprehensiveness of thinking
- What's missing is the rooting in the science but not getting into the detail.

Mo

- Dr. Tedros at WHO - at the beginning of the pandemic - we need two things to get through this: science and solidarity. People on the ground don't have time to think about solidarity. Baha'is have ideas, people have ideas. There's a call from WHO asking: How do we get people to care about each other?
- Dr. Richard Egan from New Zealand - teaches spirituality as part of health. We need to re-spiritualize our conversation on health. The West erased indigenous knowledge when we conquered the lands. Need healing process and reparations to the indigenous communities and recognize their contributions to science.
- Sione is President of the International Union of Health Promotion.

Arthur

- Stockholm+50 - what's missing is spirituality and religion. They've been part of the problem, but they need to be part of the solution.
- How do we put this into a framework that links them all together.
- Bring in the health dimension and tie it with the others.

Christine

- UHJ messages - the importance of reading reality. This includes - if there is a problem in the community, identify it and research about it. When we look at the overall framework, the first step is government diligently reads reality continually. Make sure the problems are being investigated by the relevant scientist. Then these findings are communicated to the community. Ethics and solidarity is applied when addressing these problems. Needs the support of individuals who would adhere to government guidelines (requires trust). Truthfulness is needed.

Mo

- Truthfulness = trust and trustworthiness. How do we know who to trust in reading our reality? Are they trustworthy? Currently there are environmental impact reviews, but they are not publicized in a transparent way. Laws don't allow talking about health impacts in these reviews.
- Who is reading the reality? Why are they doing it? Who is trustworthy? How do we know we are getting the whole truth?

Christine

- Scientific research is not equally researched around the world.

Mo

- There's not a priority to fund solutions.

John

- Accountability - has to be seen through the lens of science and justice.
- Is there a coherence between what I say and what I do?
- What are the exigencies of the day? What should my behavior be? There's often a gap.
- Health - meet our needs but also fulfill our aspirations and solve difficult problems.
- Are you developing your capacities and being of service? This is an outcome of health
- Accountability at community level - the object of our government systems is the health and wellbeing of the population.
- Solidarity = justice + unity
- Link the individual to what they'll need from those accountability systems. Create an environment where the potential of all is the trust of all.

Arthur

- This is the purpose of GSA - identify areas of accountability.
- Accountability is the step to solidarity. Recognize that we need to be accountable.

Mo

- This conversation aligns with conversations in planetary health
- We put the burden of accountability on individuals
- Commercial determinants of health - how do we hold EXXON accountable for their health impacts?
- Who are we taking to account?
- Who is doing the accounting?
- It's rare to take a government or CEO to account.
- Relationship of accountability and justice is important but they are not the same.
- We won't have justice until Black Lives Matter and that won't happen until we see all of humanity as one.
- 3 ways global health frames health

- Biomedical - individualizing, reductionist (we all want doctors when we're sick). Burden of health is on doctors and individuals
- Behavioral - individualized - let people decide whether to wear a mask
- Systems - how are we looking at all the systems that affect health on the planet. No one wants to be accountable for human health. Everyone would be culpable - food, roads, products, everything has impact.

Christine

- How can we develop solidarity?
 - Baha'is & friends trying to spiritualize society. Slow process. But quite amazing.
 - If we turn away from GDP and have a Solidarity Index, it would focus people's attention on this positive vision: peace, everyone is healthy, everyone lives in a clean environment. This gives us a way to have a conversation and a focus. It's motivating.
- Society has a stronger influence on individuals than individuals can have on society.

Mo

- There are already some Solidarity Indexes.
- Solidarity - spiritualize the process. What does this mean?
- Religion and spirituality are not the same.
- How is this linked to accountability - individuals, collective.
- We only bring ourselves to account.
- Spiritualizing the process for individuals, communities and institutions are 3 distinct process

Arthur

- This is what we're trying to do here - looking at all these levels.
- The alcohol industry is not responsible for the impacts of alcohol.
- Document this through these accounts and hold the actors accountable.

John

- The exigencies differ and vary - colonization. The groups that have perpetrated this are the least involved in examining the effects.
- We can distract ourselves from the real issues.
- There's the climate crisis, but if the U.S. doesn't solve its race issue, we'll never come together to solve the climate crisis.
- Read the reality and prioritize the problems. To build a house, you must start at the foundation.
- There's a truth and reconciliation process in the U.S., but it hasn't achieved enough.
- There needs to be a cogent reading of reality.

Mo

- Rupa Marya - Infamed <http://rupamarya.com>

Arthur

- We don't need to go into the medical side of things.
- Are there a few indicators that indicate the health of a community?
- How do we put this spiritual dimension into it?
- What are the dimensions that are more universal? Bring in indigenous wisdom.
- How does this take us the next step forward - conceptual framework.
 - Nutrition dimension - food dimension
 - Pollution dimension
 - Work dimension - be useful, mental health
- Identify the linkages between these dimensions

John

- What are some of the elements we can measure?
 - Individuals - what are my linkages with marginalized peoples in my community?

Next meeting - June 15 at 11 am

- Major indicators in a spiritual framework
 - Reading reality
 - Equality of access + justice + inclusiveness
 - Relationships - quality and diversity and quantity
 - Governance relationships
 - Social bonding
 - Destructive effects of new technologies (addiction = disconnection) - who is responsible? How are they being driven by corporate interests? "Stolen Focus" - Johann Hary
 - Who is accountable for disinformation and misinformation?
- How do we expand this discussion?
 - Collaborate with the other groups.
 - Association of Baha'i Studies - has health groups. July 22-24 health conversation at Green Acre

Meeting Chat

10:59:44 From Mojgan Sami to Everyone:

The above attachment is the final statement from IUHPE and it's super helpful to see the cutting edge of global health/planetary health

11:00:04 From Ramie Leibnitz, Ph.D. to Everyone:

Thanks, Mo!

11:00:07 From Mojgan Sami to Everyone:

A Solidarity Index exists...

<https://www.global-solutions-initiative.org/policy-advice/recoupling-dashboard-2020/recoupling-dashboard-solidarity-index/#:~:text=The%20Solidarity%20Index%20is%20measured,on%20in%20times%20of%20trouble> .

11:05:04 From Mojgan Sami to Everyone:

<https://www.goodreads.com/book/show/17847523-lethal-but-legal>

11:05:26 From Mojgan Sami to Everyone:

The book "legal but lethal" highlights exactly the points that Arthur made about industry escaping accountability

11:12:13 From Mojgan Sami to Everyone:

<https://rupamarya.org/>

2022-5-19 Christine's Notes about a Solidarity Index:

Overall Framework of a Solidarity Index

“Let your vision be world embracing rather than confined to your own self.” Baha’u’llah

Reciprocity of giving and receiving between individuals and society/government.

Individuals:

Serve the common good and thereby develop their spiritual capacities and fulfill the meaning of their lives. Work as worship – striving for excellence.

Community

Each individual is the trust of the whole society. Society supports individuals in need. Social safety net from local to global.

Solidarity Index

- Would work in all countries and cultures.
- Would work on the local, national, and international level (if there is a need for indicators on the international level).
- What would be measured are actions, not present conditions which should be assessed by scientists. Actions of solidarity to deal with these conditions are measured with this index.

Solidarity Index for Health

Health objective: A civilization in which individuals are supported to achieve physical, mental, social, and spiritual well-being which allows them to fully develop their potential and to have the volition to actively contribute to the well-being of society.

Please, scroll down - there is a problem with the Google Doc Layout:

Local	National	International
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- Are the health conditions of the community scientifically assessed on a regular basis? - Is there a system in place that continually monitors air quality? - Is there a system in place that monitors air quality? - Are all these assessments truthfully reported to the public? - Does the government take adequate action to address the issues identified in these assessments? - Do all people have access to sufficient and good nutrition? Are there efforts to improve food security and quality? - Are there regulations that polluters pay for cleanup and for health damages, and are these regulations enforced? - Is there good quality health care that meets the needs of the community? - Is health care affordable for all? - Are all health care facilities not for profit, e.g. government owned? - Are medicines sold at a fair and affordable price? - Are there laws that regulate damaging substances such as tobacco and alcohol (e.g. prohibition of advertisements.) - Is there a holistic education available for all children that ensures the healthy development of	- Does the government follow the science to address issues such as a pandemic? - Does the country support medical science? - Are there clear science-based national health guidelines? - Are they in harmony with the guidelines of the WHO? (not necessarily the same) - Do people trust the government and adhere to these guidelines? - Are all people treated equally, and are there laws, educational programs, and other services that address current and past discrimination? - Are local communities supported in their specific area of need (toxic cleanup, recovery after disaster, malaria prevention etc.) - Are guns prohibited or restricted? - Is there treatment for drug addiction? - Do media and entertainment refrain from promoting materialism and consumerism (advertisements) and instead provide valuable information, science, art, culture (especially including indigenous and minority cultures), and promote a meaningful life? - Is there a sense of peace and social cohesion? - Does the country accurately and truthfully report its health situation to the WHO? - Does the country contribute to planetary health proportionate to its wealth in terms of financing, sharing knowledge and	- Is there peace? Are conflicts resolved by diplomacy/consultation? - Is there an agency that coordinates ongoing efforts to distribute food, vaccines, medicines, and other medical necessities globally? - Is there an agency that coordinates emergency relief efforts? - Does the WHO provide science-based and clear health guidelines that are followed all over the world?
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a child's physical, mental, spiritual, social, and artistic development? - Is the primary objective of education to raise healthy global citizens motivated and capable to serve the common good in their work and personal life? - Are there health education and programs for preventive health care? - To what extent are people engaged in productive work? - To what extent are people engaged in cultural activities or projects that improve their community?	technologies without patents (rich countries provide vaccines, medicines etc., food assistance or disaster recovery)	