

Objective 1: Values Alignment

If you shared an airplane ride with your chief health equity officer, what would you want to talk about? Pick one domain to explore how these shared values play out – find some way to express this (picture/image, list of ideas, word-cloud, etc.)



Intersecting Domains of Health Equity and Integrative Health



Integrative Health



Objective 2: Tangible Strategies

Fill out any of the following cells with your small group to envision what tangible strategies could bring a health equity focus to your integrative health and medicine work

| Domain | Goals/Objectives - How are you going to be merging integrative health and health equity in your work? | Tasks – what steps need to be taken to achieve your goals? | Stakeholders – who will support, approve, implement, and be impacted by this work? | Time Frame | Evaluation – what will success look like? |
|-----------------------------|--|---|---|-------------------|--|
| Medical Education | | | | | |
| Systems and Policies | | | | | |



Integrative Health



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|------------------------------------|--|--|--|--|--|
| Healthcare Worker Wellbeing | | | | | |
| Community Outcomes | | | | | |
| Leadership | | | | | |
| Clinical Outcomes | | | | | |



Integrative Health



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|-----------------|--|--|--|--|--|
| Research | | | | | |
|-----------------|--|--|--|--|--|



Other Questions to Consider:

- Research/Community - What are research or grant specific aims/goals and objectives that incorporate integrative health and health equity?
- Clinical – In what ways do you incorporate health equity into your intakes and treatment plans?
- Policy/System & Leadership - What are the tangible ways that systems and leadership can support incorporation of health equity into integrative medicine and health? How do we work with our national climate of DEI rollbacks?
- HCW Wellbeing - How can health equity be a part of a whole-person approach to healthcare worker wellbeing?
- Medical Education - How does health equity influence integrative health and medicine education programs?





Integrative Health



Objective 3: Dream Big!

Policy Memo Worksheet

To:

From:

Date:

RE:

(Your Recommendation)

Executive Summary

(Lead with your main point and then summarize your main findings. Focusing on why you are recommending they take action. End the summary with a brief statement of what will happen your recommendations are implemented.)

Background & Methodology



Integrative Health



(Include context and historical or technical information needed to understand your findings.)

Key Finding(s)

(Provide evidence and your analysis of the evidence in support of your proposal.)

Recommendations

(Connect the root causes of the problem in your key findings section, with what needs to be done by whom. Your recommendations should be SMART – Specific, Measurable, Attainable (Cost-effective), Realistic, and Time limited.)

Conclusion



(Place your key findings in a broader context and remind the reader why the proposal is important.)