



Creating Positive Mental Health and Well-being for You and Your Community

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Fargo: 8 February 2017

Disclosure

- I have no financial conflicts of interest
- I will not be advocating any commercial products
- I will not be advocating the off-label use of medications or devices

Thomas E. Kottke MD

Today's objectives

By the end of the session, the participant will be able to:

- Name three behaviors that have been shown in randomized trials to decrease symptoms of depression and increase reports of happiness.
- Describe the association between community attractiveness and economic growth.
- Describe one behavior that the participant will initiate by next Tuesday to increase the well-being of individuals in their social network.

To understand how to create *community* mental health and well-being we need first to understand the sources of *individual* mental health and well-being

Six lifestyles that create health & well-being



Adequate physical activity



Not using tobacco



Healthy dietary pattern



Alcohol only in moderation



Healthy sleep

These are the good things that happened to me today Healthy thinking

We traditionally only ask: “How far under water are you?”

Do you have...

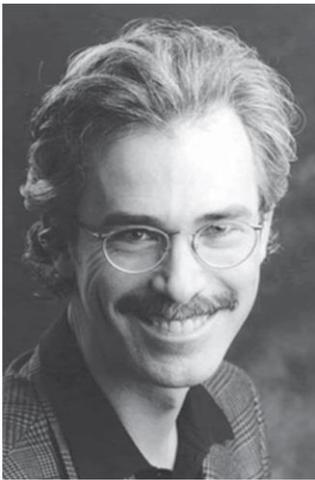
- Little interest in doing things
- Trouble falling or staying asleep
- Poor appetite or overeating
- Trouble concentrating
- Thoughts that you would be better off dead

Are you...

- Feeling down, depressed or hopeless
- Feeling tired or having little energy
- Feeling bad about yourself
- Moving or speaking so slowly...

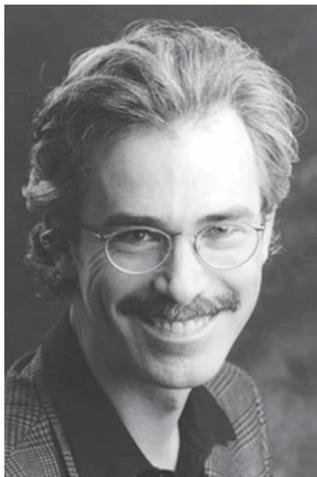
(PHQ-9)

A broader focus would benefit



“The current national strategy of focusing solely on mental illness can, at best, reduce mental illness but not promote mental health.”

Keyes. DOI: 10.1037/0003-066X.62.2.95

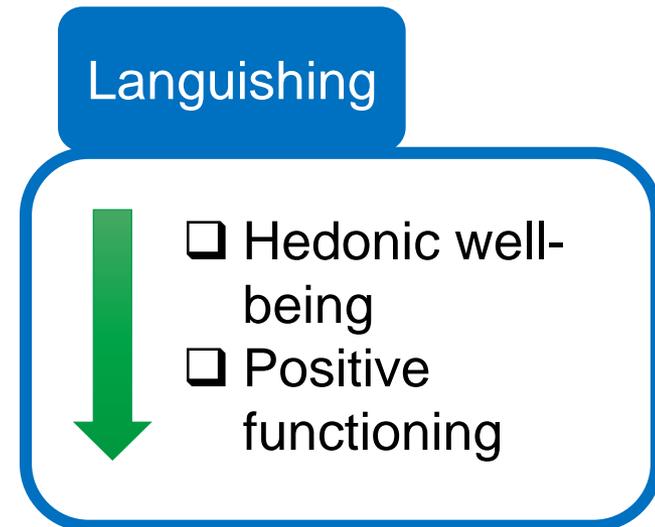
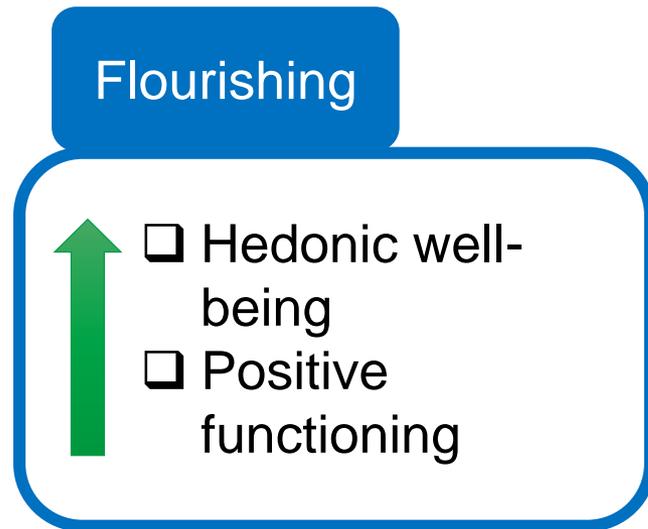


Mental health is not just the absence of mental illness

“Put simply, the absence of mental illness is not the presence of mental health; flourishing individuals function markedly better than all others, but barely one-fifth of the U.S. adult population is flourishing.”

Keyes. DOI: 10.1037/0003-066X.62.2.95

So, what is “flourishing”?



Keyes. DOI: 10.1037/0003-066X.62.2.95

Hedonic well-being, defined

Positive affect

- Regularly cheerful
- Interested in life
- In good spirits
- Happy
- Calm and peaceful
- Full of life

Satisfaction with life

- Mostly or highly satisfied with life overall or in domains of life

Keyes. DOI: 10.1037/0003-066X.62.2.95

Positive psychological functioning

- Self-acceptance
- Personal growth
- Purpose in life
- Environmental mastery
- Autonomy
- Positive relations with others

Keyes. DOI: 10.1037/0003-066X.62.2.95

Positive social functioning

- **Acceptance:** a positive attitude toward human differences
- **Actualization:** believes people, groups, and society have potential to grow positively
- **Contribution:** sees own daily activities as useful to society and others
- **Coherence:** interested in society
- **Integration:** a sense of belonging

Keyes. DOI: 10.1037/0003-066X.62.2.95

To flourish or not: positive mental health and all-cause mortality

Corey L.M. Keyes, PhD, and Eduardo J. Simoes, MD, MPH

AJPH 2012;102(11):2164

1

Midlife in the United States (MIDUS) study.
Baseline in 1995; 10-year follow-up; 6.3% died

2

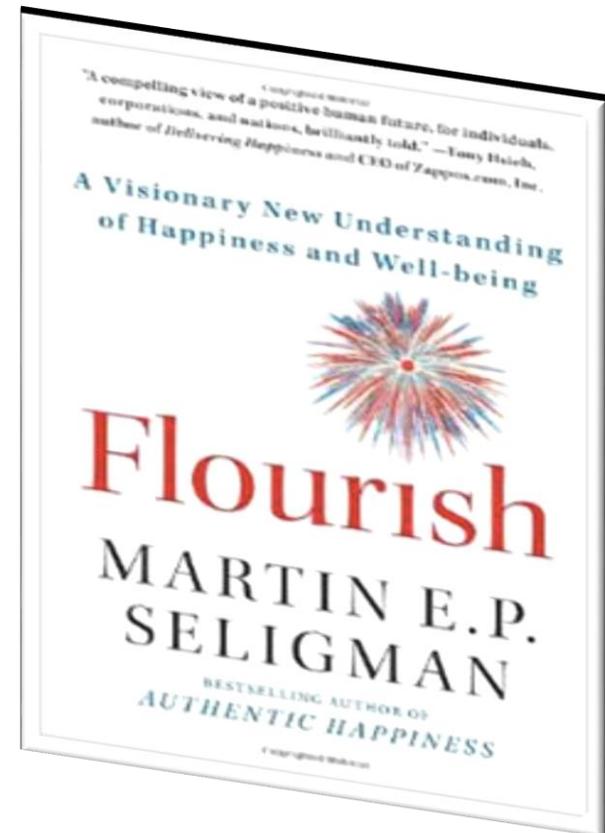
In fully adjusted model, risk of death for non-flourishing vs. flourishing was 1.62 (1.00-2.62)

3

Mortality impact was about the same as major depression but prevalence was 4x as great.

Martin Seligman's definition of flourishing

- **A construct comprising**
 - **P**ositive emotion
 - **E**ngagement
 - **R**elationships that are positive
 - **M**eaning and purpose
 - **A**ccomplishment



Seligman ID'd 24 character strengths

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness HUMOR Zest
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude

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Kaufman asked, “Which character strengths are most predictive of well-being?”

By Scott Barry Kaufman, Scientific American, August 2, 2015

- 1** 517 individuals, ages 18-71; average age is 36
- 2** Assessed PERMA scores
- 3** Assessed character strengths

PERMA well-being components are highly correlated

	Positive emotion	Engagement	Relationships	Meaning and purpose
Engagement	0.52			
Relationships	0.72	0.37		
Meaning and purpose	0.78	0.51	0.63	
Accomplishment	0.74	0.53	0.60	0.79

All $p < 0.01$

Kaufman, SB, Sci Am 2015

The best predictors of PERMA:
gratitude and love of learning



Kaufman, SB, Sci Am 2015

Positive psychology can be learned

- Internet-based RCT
- Interventions
 - Placebo control exercise: early memories
 - Gratitude visit
 - Three good things in life
 - You at your best
 - Identifying signature strengths
 - Using signature strengths in a new way

Seligman ME., *Am Psychol.* 2005;60(5):410-421

Depressive symptoms and positive psychology interventions

	Post-test	1 wk.	1 mo.	3 mo.	6 mo.
Early memories					
Gratitude	✓	✓	✓		
3 good things	✓	✓	✓	✓	✓
You at your best	✓				
ID strengths	✓				
Use strengths	✓	✓	✓	✓	✓

✓ = statistically significant impact

Seligman ME., *Am Psychol.* 2005;60(5):410-421

Happiness and positive psychology interventions

	Post-test	1 wk.	1 mo.	3 mo.	6 mo.
Early memories					
Gratitude	✓	✓	✓		
3 good things			✓	✓	✓
You at your best	✓				
ID strengths	✓				
Use strengths		✓	✓	✓	✓

✓ = statistically significant impact

Seligman ME, . *Am Psychol.* 2005;60(5):410-421

It is easy to improve your own well-being...

Thank people
who help you –
even with the
smallest task or
favor

Be kind to
people when
ever you have
the opportunity

At the end of
every day, note
3 good things
that happened
and why they did

Now that we have explored individual mental health and well-being, let's explore the determinants of community mental health and well-being ...

Dynamic spread of happiness in a large social network: longitudinal analysis over 20 years in the Framingham Heart Study

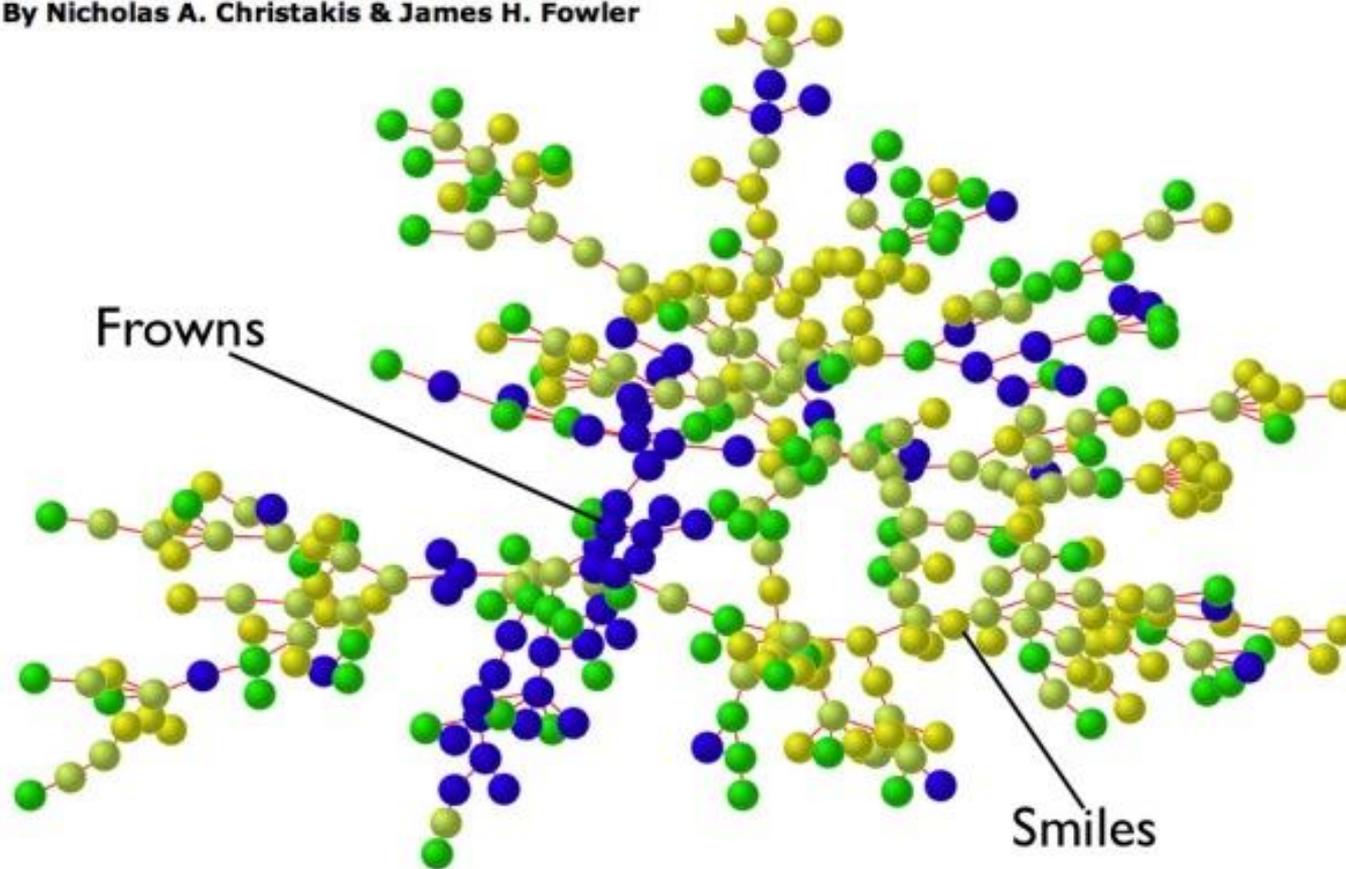
James H Fowler, associate professor,¹ Nicholas A Christakis, professor²

Cite this as: *BMJ* 2008;337:a2338
doi:10.1136/bmj.a2338

- Framingham Heart Study Social Network
- 4739 individuals followed from 1983 to 2003
- Happiness measured with validated 4-item scale

Happiness begets happiness (and vice versa)

SOCIAL NETWORKS AND HAPPINESS
By Nicholas A. Christakis & James H. Fowler



BMJ 2008;337:a2338 doi:10.1136/bmj.a2338

Social relationships can be strengthened by intention

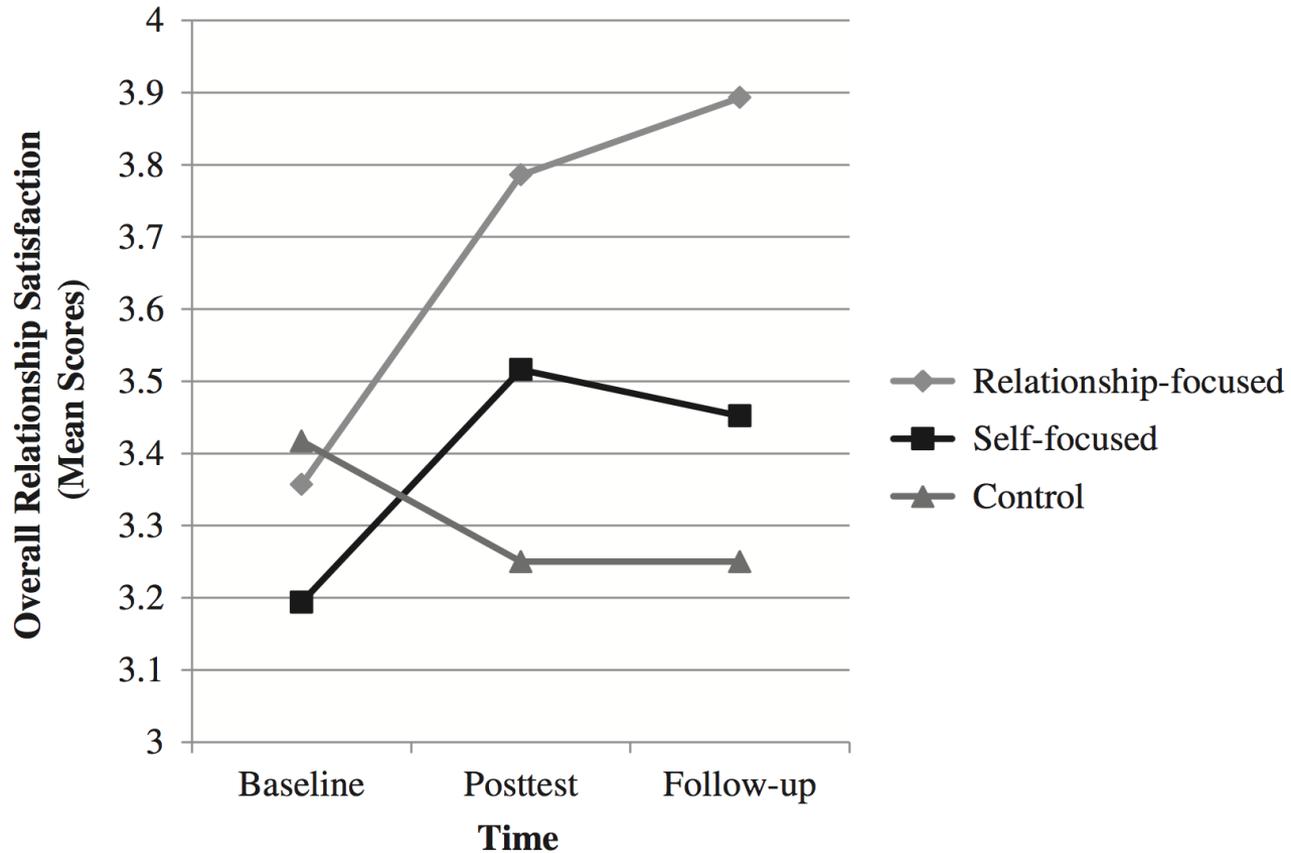
Brenda H. O'Connell^a, Deirdre O'Shea^b & Stephen Gallagher^a

<http://dx.doi.org/10.1080/17439760.2015.1037860>

The Journal of Positive Psychology

- Those assigned to the **relationship focused gratitude** activity were instructed to write and deliver a positive message to someone in their social network
- Those assigned to the **relationship focused kindness** activity were instructed to do something kind for someone in their social network
- Those in the **self focused** groups were instructed to do these activities to themselves
- Those in the **control condition** were asked to list three things that occurred over the day and reflect upon how they felt
- All participants, regardless of condition, were instructed to complete their assigned activities every second day over seven days

Relationship-focused gratitude and kindness improves relationship strength



O'Connell, BH. [dx.doi.org/10.1080/17439760.2015.1037860](https://doi.org/10.1080/17439760.2015.1037860)

Changes in communities can be huge

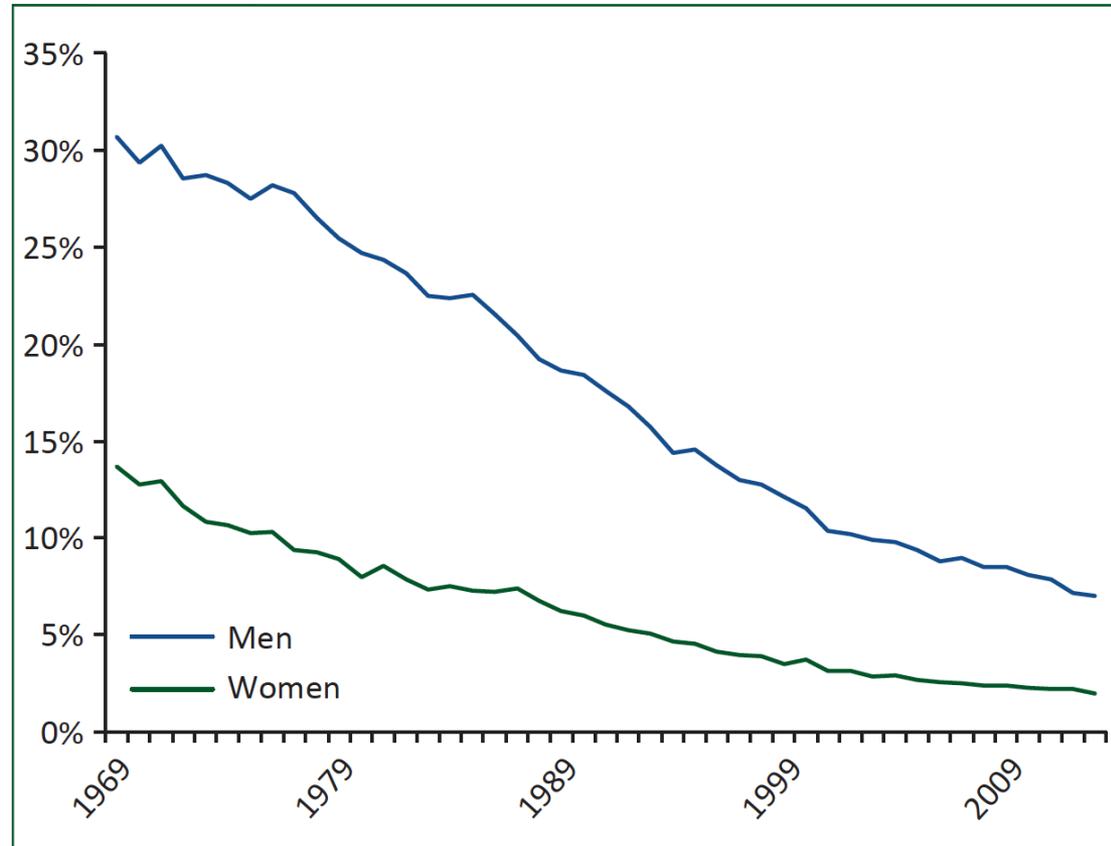
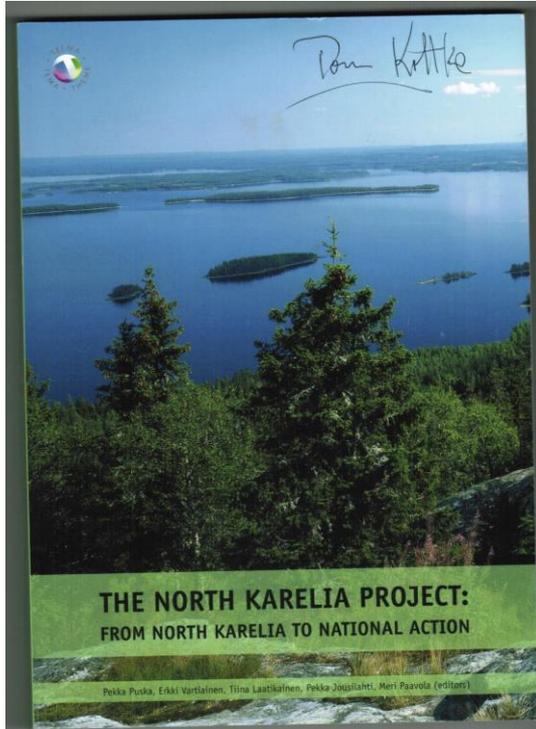


FIGURE 8. The probability of a 30-year old man (blue line) or woman (green line) to die from cardiovascular disease before his/her 70th birthday in Finland during the period 1969 to 2013.

Life expectancy at birth has increased > 10 years

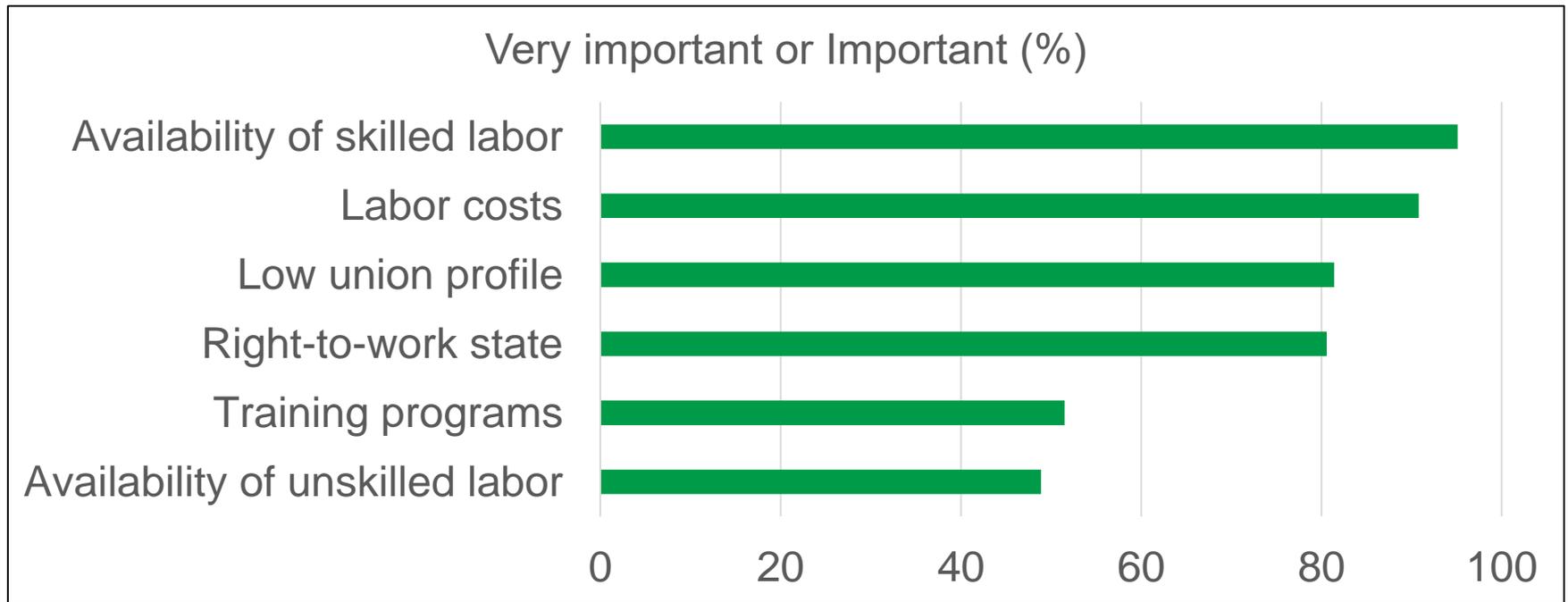
Salomaa, V. *Global Heart*, 2016



“But why should I use my resources to invest in someone else’s happiness?”

SITE SELECTION | CORPORATE EXEC SURVEY RESULTS

28th Annual Survey of Corporate Executives: Availability of Skilled Labor New Top Priority



What attracts & keeps skilled labor?



SOUL OF THE COMMUNITY

ABOUT KNIGHT SOUL OF THE COMMUNITY

OVERALL FINDINGS

WHAT MAKES PEOPLE HAPPY WITH THEIR COMMUNITIES?

ST. PAUL, Minn. (Nov. 15, 2010) – A three-year Gallup study of St. Paul and 25 other U.S. cities has found that people's love and passion for their community may be a leading indicator for local economic growth. Surprisingly, social offerings, openness and beauty are far more important to St. Paul residents than their perceptions of the economy, jobs or basic services in creating a lasting emotional bond between people and their community.

The 26 cities in the survey with the highest levels of resident love and passion for their community, or resident attachment, also had the highest rates of local GDP growth over time.

What attracts & keeps skilled labor?

GOVERNING

THE STATES AND LOCALITIES

FINANCE | HEALTH | INFRASTRUCTURE | MANAGEMENT | ELECTIONS | POLITICS | PUBLIC SAFETY | URBAN | ED

Do Millennials Want to Call Your City ‘Home’?

Millions of millennials will soon be putting down roots. Cities and suburbs that are less attractive to them have a limited window to turn things around.

BY WILLIAM FULTON | NOVEMBER 2012

I knew the “brain drain” problem had reached a crisis point when they started talking about it in Boston.

You know the story: Kids move to where they want to live and then look for a job, not the other way around.

Walkable communities

What Millennials Want—And Why Cities Are Right to Pay Them So Much Attention

You might be sick of hearing about this generation, but two recent surveys show they can't, and shouldn't, be dismissed.

ANTHONY FLINT | May 5, 2014 | 105 Comments

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[Tweet](#)



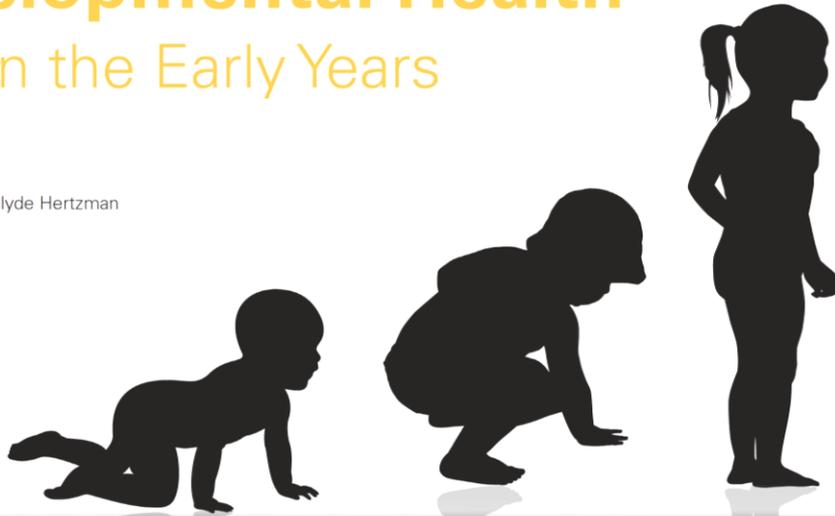


We recognize that this isn't just about someone else and someone else's kids.

It is about our kids and our kids' kids

Social Geography of Developmental Health in the Early Years

Clyde Hertzman



And we
recognize that
environment
counts

“...children do not simply grow and develop according to the dictates of internal biology. The qualities of experience when a given biological window of opportunity opens support or undermine the child’s chances of achieving the competencies associated with that window...In Canada, less than 5% of children at every socio-economic level are born with clinically detectable limitations to their development; but by school age, vulnerability in developmental health grows to over 26% and profound socio-economic inequalities in development emerge.”

Healthcare Quarterly 2010;14(1):32-40.

So we organized PowerUp4Kids.org

powerUP

Search



Food Ideas

Family Activities

Fun & Games

Classes & Events

School & Sports

Contact Us

Let's PowerUp
the Valley!



PowerUp is a community-wide youth health initiative to make better eating and active living easy, fun, and popular, so that our youth can reach their full potential.

PowerUp is a long-term commitment to create change over 10 years in partnership with schools, businesses, health care, civic groups, families, kids, and the entire community!

PowerUp is supported by a designated fund of the Lakeview Foundation in partnership with HealthPartners.

Read how HealthPartners family of care is [building healthier communities.](#)

So we organized PowerUp4Kids

power^{UP}

Search



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Let's PowerUp
the Valley!



PowerUp will...

- Reach Out in a positive way to encourage a healthy eating and activity environments.
- Be Strategic in a comprehensive approach based on promising research.
- Build on what is already working on a national and local level.
- Innovate and find new approaches that will work here in the valley.
- Form positive partnerships with families, schools, business, health care, food retailers, childcare, faith communities, and the community.
- Measure results along the way.

PowerUp4Kids

powerUP

Search...

Search



Food Ideas

Family Activities

Fun & Games

Classes & Events

School & Sports

Contact Us

SCHOOLS IN THE ST. CROIX VALLEY CAN NOW POWERUP WITH THE 2017

SCHOOL CHALLENGE

CLICK HERE TO
LEARN MORE!



SCHOOL
CHALLENGE



News

Events

Newsletters

Classes

- 01/13/2017 - A glimpse into some of the projects PowerUp is working on!
- 11/04/2016 - The PowerUp Candy Trade-In went spooktacular!
- 10/01/2016 - PowerUp at the Night Owl 5K/10K and Chomp Night Light Runs!
- 08/20/2016 - Kids were PoweredUp at the BreakAway Kids Tri
- 08/17/2016 - Kids Powered Up at the Annual District Dash
- 08/05/2016 - PowerUp Days on the Farm!
- 07/29/2016 - Summer Tuesdays-Stillwater



PowerUp4Kids

PowerUp Parks Passport

Places to Play in Minnesota

Places to Play in Wisconsin

▶ Additional Activities

Outdoor Wild Winter Fun



Looking for wild and wacky ways for you and your kids to jump into a winter wonderland, that's right outside your back door? You're not alone! Here's to making lots of new wild winter memories with your family and friends this season!

Bonus: they're all free, or next to free!



2 On the 2nd Day of Wild Winter fun...
Create Crazy Snow Critters



1 On the 1st Day of Wild Winter fun...
Make snow angels

Always a favorite! Find that fresh patch of snow to jump down in and make some fun snow angels. To make snow angels even more wild and wacky this winter, use snow paint (directions from #4) to add color and character to your new angel.



3 On the 3rd Day of Wild Winter fun...
It's Tee Time!

Make It OK

- Stigma still surrounds the topic of mental illness and sometimes is a barrier to seeking needed treatment.
- HealthPartners, Twin Cities Public TV and NAMI MN worked together to create a campaign to eliminate stigma about mental illnesses.

Make It OK

www.MakeItOK.org

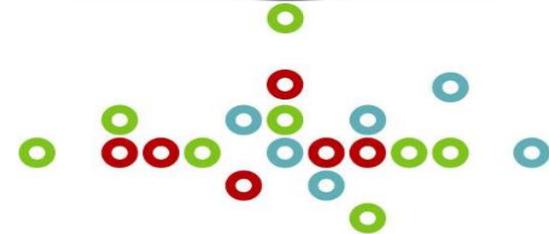
- Engaging
- Logo free
- You are invited to link to this website and use the toolbox to create a Make It OK campaign for your organization or community group
- Here is a link to a toolbox of material to create your own community campaign

<http://makeitok.org/interactive/organization-ready/>

Make It **OK**

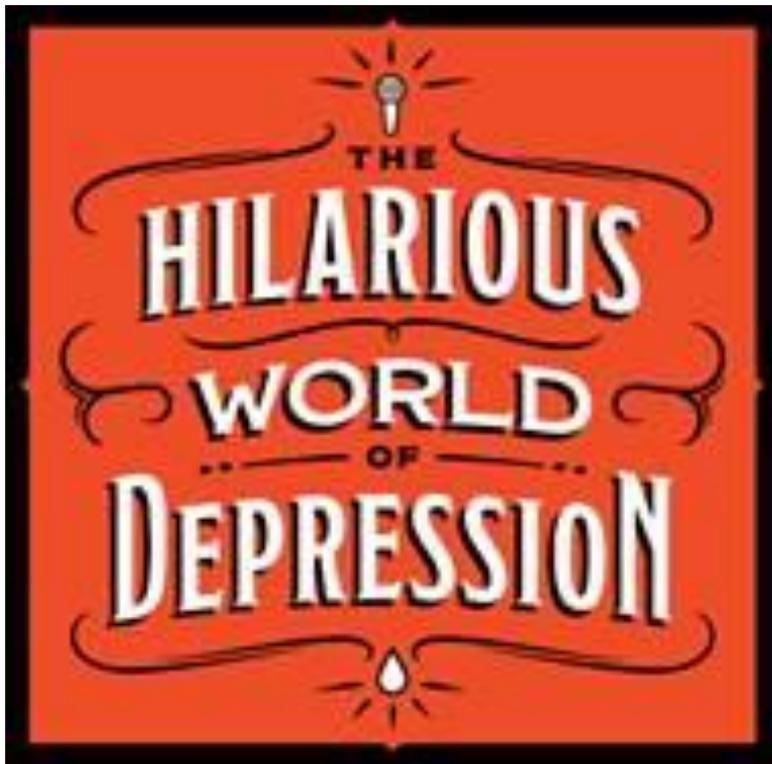


KFAI RADIO
WITHOUT
BOUNDARIES
90.3  106.7



**MINNESOTA
PUBLIC RADIO®**

Make It OK



American Public Media

Minnesota Public Radio

Free podcasts John Moe with:

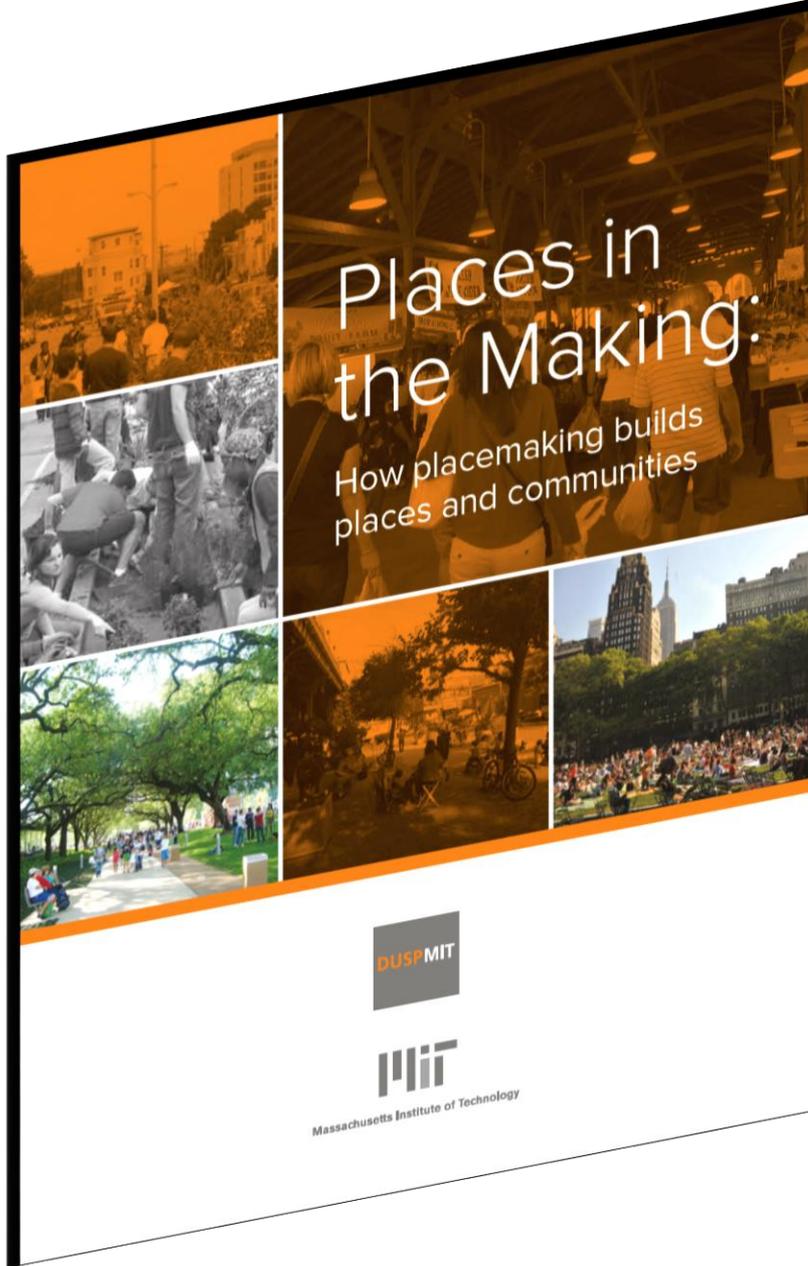
- Peter Sagal (Wait Wait...Don't Tell Me)
- Maria Bamford
- Sam Grittner
- Dick Cavett



Now it is time for table work!

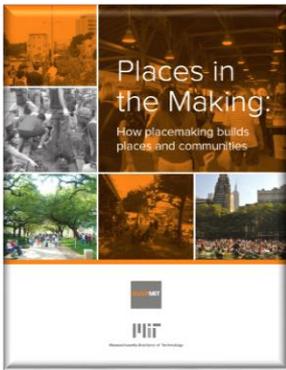
Over the next 30-40 minutes address these 3 questions and then we'll get back together and discuss what we've concluded

- What change in another community has impressed me as improving mental health and well-being?
- What new programs, policies, systems or environments in the Fargo-Morehead region would improve community mental health and well-being?
- What am I willing to do in the Fargo-Morehead region to improve community mental health and well-being?



Case studies can help

[mit-dusp-places-in-the-making.pdf](#)



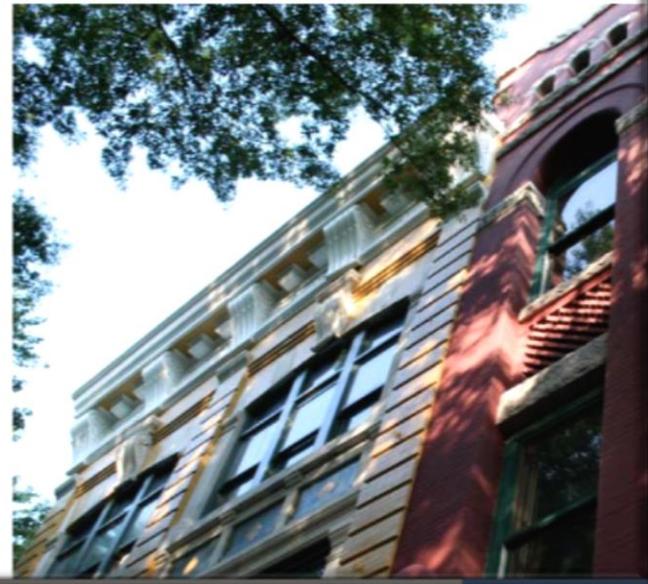
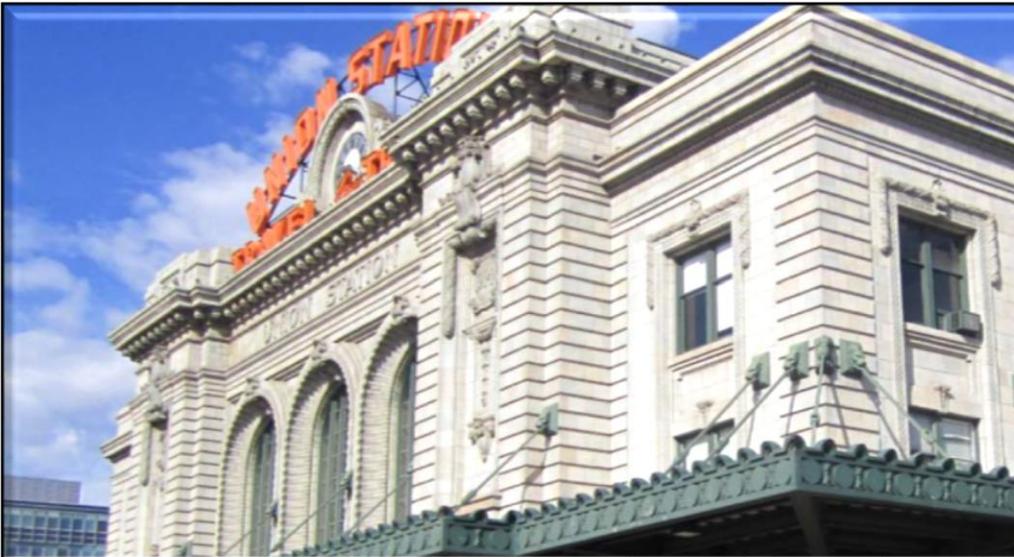
5.9 Fargo/Moorhead StreetsAlive: Fargo, ND and Moorhead, MN

Placemaking through active living



Fargo Moorhead StreetsAlive, Fargo, ND

mit-dusp-places-in-the-making.pdf



Amazing Place

Six Cities Using the New Recipe
for Economic Development

JUNE 2016

The Case for
**HEALTHY
PLACES**



IMPROVING HEALTH OUTCOMES
THROUGH PLACEMAKING

Produced by



Another resource



SOCIAL SUPPORT & INTERACTION



PLAY & ACTIVE RECREATION



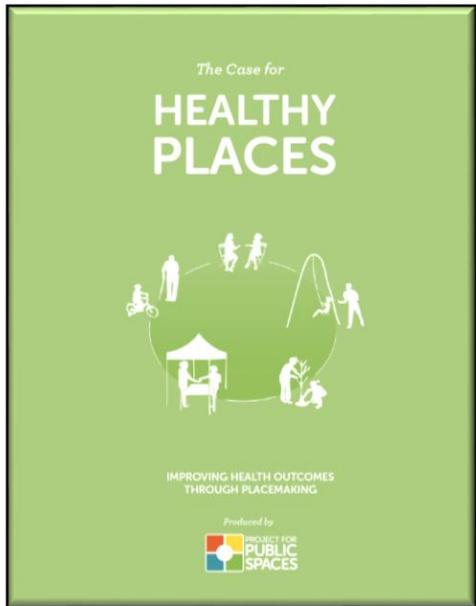
GREEN & NATURAL ENVIRONMENTS



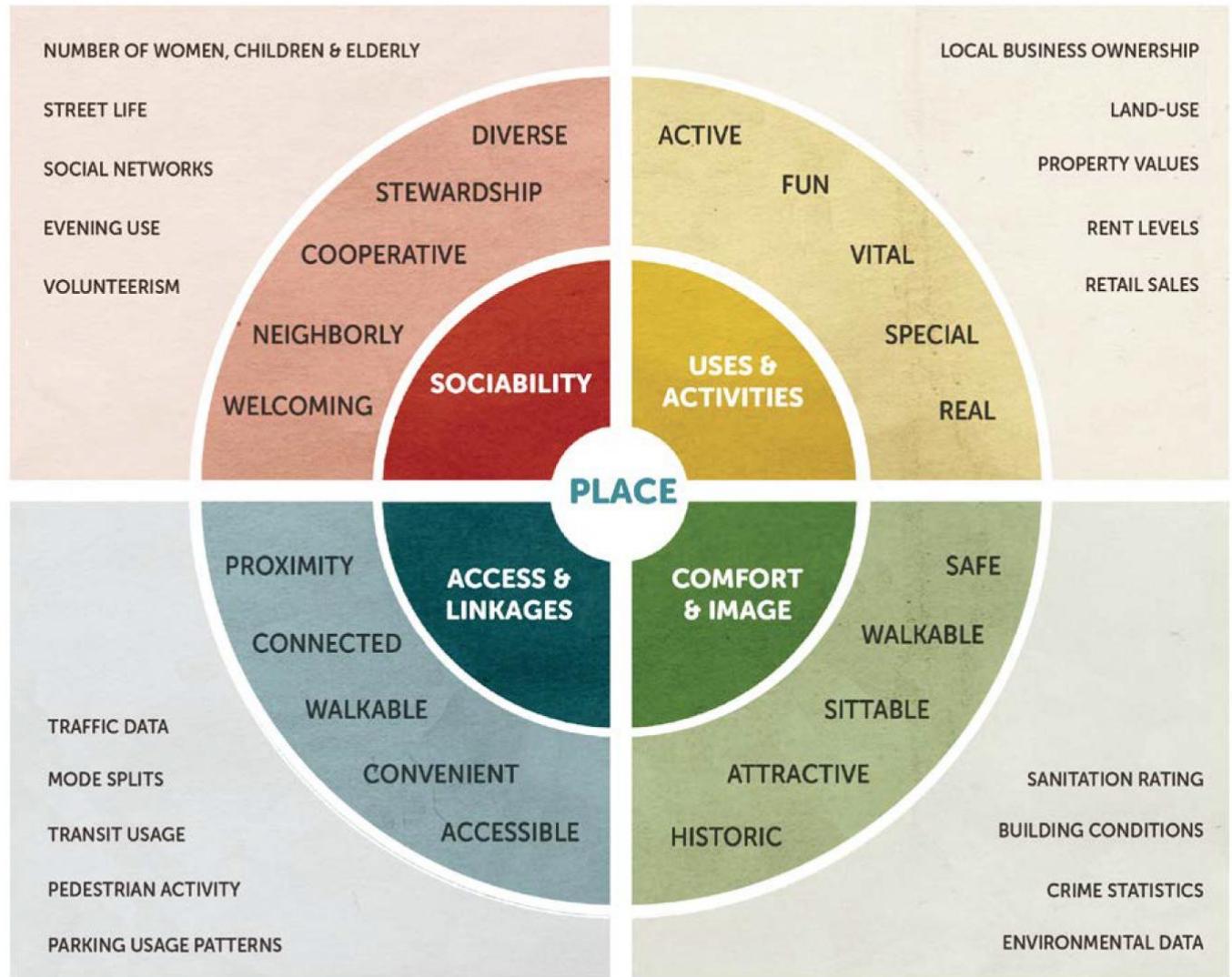
HEALTHY FOOD



WALKING & BIKING



WHAT MAKES A GREAT PLACE?



MEASUREMENTS ● INTANGIBLES ● KEY ATTRIBUTES ●



SOCIAL SUPPORT & INTERACTION **CASE STUDY**

Peaches & Greens, DETROIT, MI

A small produce store grows into a community and health hub that houses a commercial kitchen, a meeting space, a plaza and park, community gardens, and an orchard.





PLAY & ACTIVE RECREATION **CASE STUDY**

New York Playground Program, NEW YORK, NY

A program created to address unequal access to outdoor play areas across New York City Neighborhoods of varying income levels is now celebrating its 20th year and nearly 200 playgrounds designed and built in New York City public schools since its inception in 1996.





GREEN & NATURAL ENVIRONMENTS **CASE STUDY**

Avers Community Garden, NORTH LAWNSDALE, CHICAGO, IL

A neighborhood collective transformed an empty lot into a community garden that has become a center of youth activity.





HEALTHY FOOD CASE STUDY

East NY Farms, BROOKLYN, NY

More than a place to buy healthy food, this farmers market is an engine for local entrepreneurship and youth empowerment.





WALKING & BIKING CASE STUDY

Guerrero Street, SAN FRANCISCO, CA

A group of neighborhood activists came together to create a safer, healthier, pedestrian friendly street.



A couple of final thoughts...

1

We can train our brains like we train our bodies.

2

The only cost of cheerfulness is the loss of our own grumpiness



But wait, are you asking me abandon my aspirations?

Nope! You can practice healthy thinking and still aspire to a goal of a better life. Unless you are a bank robber or a street thug, healthy thinking is more likely to get you your dreams than being morose, mean, and dispirited.

Won't promoting well-being just increase disparities?

Most of us would benefit from improved mental health even though we are not mentally ill.

Ignoring the needs of individuals who could benefit from better mental health does not help the mentally ill.

Simple maneuvers can increase mental health.

Happiness in individuals creates happiness in groups.



So,...

...stay active,
eat your veggies,
drink just a little wine,
don't smoke,
clear the electronics
from your bedroom,
give thanks,
engage,
help others...

...and be well!

Thanks so much!

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Fargo: 8 February 2017

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