

# eMpowered for Wellness

*Presented by Magellan Healthcare*

## Impacting Social Determinants of Health: People and Communities

*A message from Thomas Lane, NCPS, CRPS, senior director, community and recovery supports*

Welcome to Magellan's first 2020 edition of *eMpowered for Wellness*! Magellan has been creating and sharing the *eMpowered for Wellness* e-newsletter for more than six years, starting with our first issue in the fall of 2012. We continue to offer thought provoking articles on a range of topics, along with resources and other selected information to advance peer support and peer-provided services throughout healthcare systems and beyond.



In this issue you'll find our feature article on social determinants of health, including how each maps back to the Eight Dimensions of Wellness. The social determinants of health are an emerging area of social science and have received a great deal of attention over the last several years. So, the question is, what do we do with this knowledge? How can we translate what we've learned, and continue to learn, to improve personal health, well-being and quality of life? [Read more in the feature article.](#)

**Interested in hearing more? Sign up for our webinar on the topic, taking place on February 20, 2020!**

If this conversation interests you, please make time to join our upcoming no-cost webinar, "Wellness-Informed Peer Support: Impacting Social Determinants of Health," scheduled for February 20, 2020, from 2 – 3:30 p.m. Eastern.

- [Register for this no-cost learning opportunity](#)
- [Check out more on the webinar, including CE credit eligibility](#)

**“In health there is freedom. Health is the first of all liberties.”**

**- Henri Frederic Amiel**



### Health literacy is critical

The Patient Protection and Affordable Care Act of 2010, Title V, defines health literacy as the degree to which an individual has the capacity to obtain, communicate, process and understand basic health information and services to make appropriate health decisions. We need to pay attention to health literacy needs as part of any community health activity.

With this in mind, we are pleased to offer our readers access to our health and wellness library, including health education and interactive tools. These resources are offered at no cost and are available in English and Spanish.

- [Health and wellness library](#) for health topics from A to Z
- [Interactive tools](#) for health, fitness and lifestyle



### Spotlight on learning

If you would like to learn more about health literacy, check out the Centers for Disease Control [Health Literacy for Public Health Professionals](#) free on-demand e-course. It provides an excellent introduction to the subject of health literacy, including why it matters and applying health literacy to practice.

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### We're looking for your feedback!

Take our one-question online survey to share your feedback about our newsletter! We value your opinions and ideas! [Access the survey.](#)

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### No-cost, on-demand learning opportunities

Check out Magellan's on-demand webinars and micronars in our [Recovery and Resiliency e-Learning Center](#). You can also surf through an archive of our previous presentations, e-newsletters, health literacy materials and other resources!

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*Please share this e-newsletter with friends and colleagues, and encourage them to [join our email list](#) to receive it along with occasional announcements about new resources and shared learning opportunities!*

