Dear Friends,

As I reflect on the past year, I am energized by the momentum being built for upstream care. At HealthBegins, we are seeing more and more leaders mobilizing around the idea of moving upstream to transform health and well-being for all communities.

I am encouraged to see that many organizations are responding to the call to shape the way work is done to address the social determinants of health. We're supporting this movement through our work with agencies, health systems, and others to help them develop the skills needed to move healthcare upstream. Our recent webinar on healthcare's role in fighting structural racism drew record-setting attendance and a passionate discussion. The conversation must not end there. To carry it forward and help catalyze passion into action, here is a summary of key lessons learned in the webinar, with contributions from health leaders who are expanding healthcare's reach to improve health outcomes.

As we paddle upstream to address social needs and improve health and well-being, it is essential to remember that health is determined by many factors outside of the healthcare system. By focusing on the social determinants of health, we can make lasting improvements in the health of individuals and communities.

I hope you find the information in this newsletter helpful and inspiring. Let this be the first of many resources that we and you, our colleagues, can use to move healthcare upstream.

Best,
Rishi Manchanda