



Connecticut Health  
FOUNDATION  
*Changing Systems, Improving Lives.*

OUR HEALTH  
IS CRITICALLY IMPORTANT TO  
OUR WELL BEING.

# MEET ANDRÉ

Like millions of other Americans, André is having a hard time getting and staying healthy.

**BUT GOOD HEALTH IS NOT ALWAYS EASY TO ACHIEVE.**

# FOR EXAMPLE:

André lives in an underserved community. Affordable, high-quality health care is not the norm.

We may think it would be enough to simply provide him with good health care, or even just teach him how to be healthy.

The reality is, all around us there are *people, places, and rules* that make it easier or harder to stay healthy

**HOW THESE THINGS CONNECT AND INTERACT IS CALLED A *SYSTEM*.**



The more people, places, and rules that are interacting, the more complicated the system becomes.

**OUR HEALTH CARE SYSTEM  
IS A GOOD EXAMPLE OF A  
REALLY COMPLICATED  
SYSTEM.**



HOW DOES THAT  AFFECT ANDRÉ?

WE'VE ALL HEARD

# THE ADAGE ABOUT THE FISH:



If you **GIVE** a man  
a fish, he will eat  
**TODAY.**

***But***

If you **TEACH** a man  
to fish, he can feed himself  
**FOREVER.**



# SOUNDS NICE, RIGHT?

But there's more to it. *We have to ask ourselves some critical questions...*





A SUBSTANTIALLY HIGHER  
SHARE OF BLACKS AND HISPANICS  
REPORT BEING IN  
POOR OR FAIR HEALTH  
COMPARED TO WHITES.



\*Findings and Analysis from the Connecticut Health Care Survey (CTHCS)



THIS IS EXACTLY

# WHAT WE ARE HERE TO TACKLE.

AT CT HEALTH, OUR MISSION STATES:

“Everyone deserves the opportunity for optimal health, regardless of race, ethnicity, background, or income level. We are dedicated to improving the health of all Connecticut residents.”

Our approach is quite simple.  
**CREATING CHANGE TAKES:**



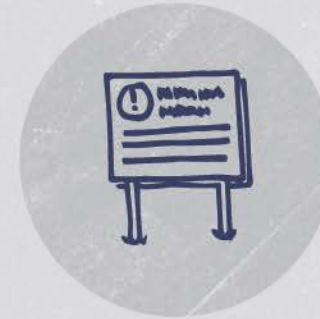
### **THE RIGHT PEOPLE**

Systems are made up of and driven by people, like you and me. Changing a system begins with investing in people who understand how a system works and how to make it better.



### **OPENING PLACES**

Systems work best when there are equal amounts of transparency and access. When people don't understand the many facets of a system, or are denied access, the system is not working.



### **RE-WRITING RULES**

Rules make systems run. There are laws, regulations, best practices, and just the old-fashioned “that’s just the way we do things.” If a system is to work better, we must constantly ask ourselves, “Are the rules fair?”



# YOU CAN MAKE A DIFFERENCE



For André, and many like him.



**SIGN UP FOR OUR  
EMAIL NEWSLETTER**

Learn how we change health care  
systems together.