HEALTH, WEALTH AND WELL-BEING

Presentation to staff of Audit Department

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Not just absence of disease
WEALTH

Abundance of valuable possessions;
Being rich material prosperity
WELL-BEING

Comfortable, Health or Happy
Wealth Improves Health

People with Lower Incomes Report Poorer Health and Have a Higher Risk of Disease

Percentage of adults

- Less than $35,000: 22.8%
- $35,000–49,999: 12.9%
- $50,000–74,999: 9.4%
- $75,000–99,999: 7.0%
- $100,000 or more: 5.6%
Wealth Improves Quality of Life

People with Lower Incomes Live Shorter Lives

<table>
<thead>
<tr>
<th>Annual family income</th>
<th>Sadness (%)</th>
<th>Hopelessness (%)</th>
<th>Worthlessness (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $35,000</td>
<td>6.4</td>
<td>3.8</td>
<td>4.6</td>
</tr>
<tr>
<td>$35,000 – 49,999</td>
<td>3.2</td>
<td>2.3</td>
<td>1.9</td>
</tr>
<tr>
<td>$50,000 – 74,999</td>
<td>2.3</td>
<td>1.5</td>
<td>1.1</td>
</tr>
<tr>
<td>$75,000 – 99,999</td>
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</tbody>
</table>
Wealth Improves Health

Lower-Income Individuals Are Less Able to Afford Health care Services and Health Insurance
Families with Greater Resources can Afford Healthy Lifestyles and experience Place-Based Health Benefits
Improving the economic conditions of Americans at many income levels—from those who are poor to those in the middle class—could improve health and help control the rising costs of health care. Jobs, education, and other drivers of economic prosperity matter to public health.
Sudden Wealth Syndrome

* Stress
* Guilty
* Social Isolation
* Confusion
* Paranoia
YOUR WORTH ISN’T MONEY

Don't educate your children to be rich. Educate them to be happy, so they know the value of things, not the price.

Money Isn't Everything...

It can buy a bed - but not sleep
It can buy a clock - but not time
It can buy you a book - but not knowledge
It can buy you a position - but not respect
It can buy you medicine - but not health
It can buy you blood - but not life
It can buy you sex - but not love
You need less than you think

Money won’t make you happy

Money is not the greatest goal of your work

Wealth has its own troubles

The desire for riches robs us of life
* Boundaries are life giving
* There is joy in giving money away
* The security found in money is fleeting at best
* Money, at its core, is only a tool
Physical Health
Social Health
Spiritual Health
Mental Health
“One cannot think well, love well, sleep well if one has not dined well” – Virginia Woolf
“If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk” - Hippocrates
SOCIAL WELL-BEING
SOCIAL WELL-BEING

Beautify your inner dialogue. Beautify your inner world with love light and compassion. Life will be beautiful” –Amit Ray
“Let us not become weary in doing good, for at the proper time we shall reap a harvest if we do not give” –Galatians 6:9
IF WEALTH IS LOST NOTHING IS LOST; IF HEALTH IS LOST SOMETHING IS LOST; IF CHARACTER IS LOST EVERYTHING IS LOST.
THE END

THANK YOU