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EPISODE EIGHT — Trend Weaving

WITH JANE SARASOHN-KAHN

COVID-19 has disrupted healthcare like a Cat 5 hurricane. So what comes next? And how do we create positive change on the other side of the pandemic? Jane Sarasohn-Kahn thinks she knows. The CEO of THINK-Health and founder of the Health Populi blog, Jane is a health economist, advisor, trend weaver, and author. Join us as she shares her insight about three Ts—telehealth, trauma, and trust—the importance of self-care, and what it means to be a health citizen.

JaneSarasohnKahn.com

@healthythinker

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Jane Sarasohn-Kahn

THEMES & INSIGHTS

1. We are citizens of a larger health ecosystem and are responsible to each other. Your health behaviors impact the people around you, and their health behaviors impact the people around them.

2. Social determinants like food security, housing security, clean air, and clean water affect individuals' health outcomes. Effective digital health solutions in the future need to solve these deeper problems.

3. Start a virtuous cycle of self-care, and your actions will inspire other people's actions in your network and beyond.

COMBUSTION QUOTES

"So the trend weaving comes in terms of working throughout the ecosystem and having a portfolio beyond just healthcare and medical care. So that's really the value that I hope I bring in my perspective, which is a birds-eye view over the ecosystem and understanding the dynamics between this growing ecosystem of healthcare, medical stuff, which we're learning now that we're sitting in the midst of the COVID pandemic, is really very interrelated."

"I think this is how we have to look at the world now, this world of uncertainty, which is healthcare but also all these elements that surround healthcare; the social determinants, the politics, technology, regulation, increasing globalization, and technology, of course, which is evolving so quickly, and consumer and sociological trends."

"So what digital tech and digital health companies can do and have begun to do is to help scale social-determinants solutions where they need to be. And I think we've started to see a lot of that inspired in the COVID area. But even in the last couple of years, more and more recognition that digital health isn't an app; you need to solve a real problem."

RESOURCES

PULSE+SIGNAL HEALTH POPULI JANE'S LIBRARY