

Office of the U.S. Surgeon General

Policy Priority: The Office of the Surgeon General is focused on promoting health and wellbeing nationwide and empowering individuals with information on health.

Problem: Emotional Well-Being is defined as one's ability to overcome adversity and/or reach one's fullest potential, has been shown to increase cognitive function, immunity and longevity and has been associated with higher graduation rates, productivity, and life satisfaction. Investigators have found that we can potentially monitor EWB and related health behaviors/outcomes by examining patterns in sleep, social interactions, activity, keywords in search engines, and social media messages. Parents and community leaders could benefit from evidence-based tools that provide information regarding EWBs and cultivate individual and community-level EWB.

Use Cases:

- Parents looking to move to a specific neighborhood want to know how a neighborhood rates in terms of EWB
- Local city officials and community leaders looking to understanding the challenges to EWB (e.g., lack of sleep, burdensome amount of stress, trauma, Adverse Childhood Experiences, etc.) and which tools can best be leveraged to best address those challenges (e.g. meditation, mental health services, counseling, social connection programs, drug therapies, etc.).
- Advocates and state/federal leaders looking identifying populations that have a high likelihood for violence, suicide, trauma and other adverse behaviors related to a lack of EWB. This information can help direct resources, including funding, to the places where it's most needed.
- Policymakers looking to overlay data about other health challenges (e.g., lack of physical activity, poor nutrition, high rates of substance abuse, etc.) to identify possible correlations with EWB. This will help them develop comprehensive public health policies that address the totality of a community's needs, rather than working in silos