

# Healthy Behavior Change



the E-Guide Road Map

## It Begins with You



**health literacy**  
is the first step



get **engaged and activated**



explore **motivation and readiness**



**recovery & resilience**  
is shared

## It Takes a Village



look at **the social determinants of health**



acknowledge the role of **peers, family & community**



think **workplace** about

## Supporting Technologies



**E-health and Health Metrics**  
have a growing role in support



we all need systems that are **trauma informed**



put it all together and combine concepts to explore the base of **healthy behavior change**



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# Changing Health Behavior

**LP Steffe**



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