During the AMSUS Conference Dr. Jerome Adams, MD, Surgeon General, discussed two social determinants to health care. The terms were weathering and allostatic load.

Watch Dr. Adams presentation from December 9, 2020.

Research and define both weathering and allostatic loading in regards to health. Check out the following sites on weathering and allostatic loading:

https://www.npr.org/sections/codeswitch/2018/01/14/577664626/making-the-case-that-discrimination-is-bad-for-your-health
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470581/

You will be assigned to a team and will use the guidelines from Creative Problem Solving to formulate a plan to address both weathering and allostatic loading.