August 4, 2021

During the AMSUS Conference Dr. Jerome Adams, MD, 20th Surgeon General of the United States, discussed two social determinants to health care. The terms were weathering and allostatic load.

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.