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**CENTER FOR**  
Behavioral Health +  
Smart Technology

# The HealthTech Weekly

December 1st, 2017

## Spotlight on: Dr. Rishi Manchanda, MD, MPH

Physician, author, community health activist, "upstreamist," and founder of

*HealthBegins*,

Dr. Manchanda seeks to improve population health by addressing social determinants of health

([www.healthbegins.org](http://www.healthbegins.org)).

The Center co-sponsored Dr. Manchanda's recent visit to Pittsburgh where he met with faculty, students, and staff, and delivered the Department of Medicine Grand Rounds

presentation: "Moving Upstream:

Addressing Social Determinants to



Advance the Quadruple Aim and  
Health Equity.”

Below, find Dr. Manchanda's TED Talk and read a preview of Center Associate Director Julia Holber's interview with Dr. Manchanda. Visit our website to read the full interview [here!](#)

Dr. Manchanda's TED Talk "What Makes Us Sick? Look Upstream."



**Julia: Dr. Manchanda, you describe yourself as an “upstreamist.” Can you explain what exactly that means?**

Rishi: An upstreamist is someone who is responsible within a healthcare system for making sure that their practice, their department, their clinic, their hospital is routinely screening for social risk factors that are related to health and also equipping their system to do something about these risk factors. The upstreamist is not someone, at least in the way I define it, who is an upstream partner. For example, someone in public health, law, politics, or transportation. Obviously, those are vital roles, and we need a lot more work to be done in other upstream sectors to be able to improve health outcomes. But, I define an upstreamist as someone who will bring the expertise of upstream partners into healthcare delivery. The upstreamist is

responsible for opening the doors of the clinic system, bringing in the wisdom of the community and of upstream partners, and then systematically and rigorously improving the way we deliver care.



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—Dr. Bruce Rollman & the HealthTechPitt Team

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