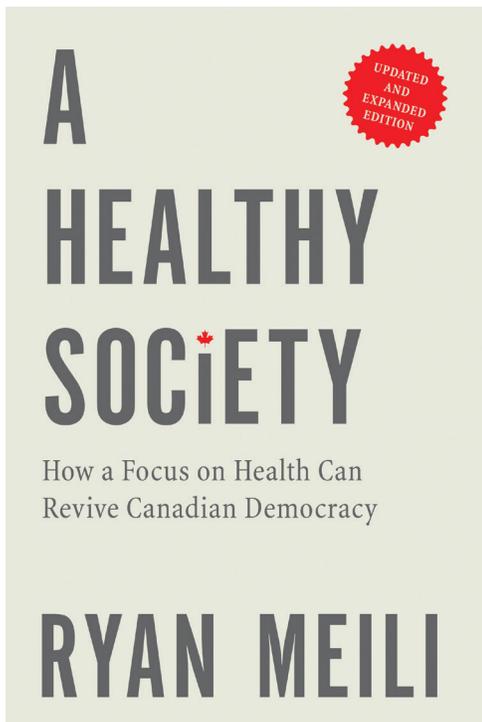


Saskatchewan NDP leadership candidate Ryan Meili's new book points the way to political change for healthier Canadians

A Healthy Society: How a Focus on Health Can Revive Canadian Democracy by Ryan Meili releases on Dec 1



(Vancouver, November 29) What do income, education, and social supports have to do with health? They are three of the major social determinants of health – conditions that have far more impact on health than the actions of healthcare providers. These social determinants have influenced the work of Dr. Ryan Meili, family physician and politician, for almost a decade. In *A Healthy Society: How a Focus on Health Can Revive Canadian Democracy*, Meili appeals for political change to address the social determinants of health and, in turn, to create a more just society.

“Meili speaks from experience, from the heart, and with passion for achieving social justice. His political insight into how to achieve prosperity for all society is creative and revolutionary.” — **Louise Simard**, former Saskatchewan minister of health and minister responsible for the status of women

Ryan Meili is an award-winning family physician, MLA for Saskatoon Meewasin, and founder of Upstream: Institute for a Healthy Society. He is currently campaigning for the Saskatchewan NDP Leadership.

In *A Healthy Society*, Meili argues that health delivery too often focuses on treatment of immediate causes and ignores more fundamental conditions that lead to poor health. Numerous studies point to health disparities between low-income and affluent Canadian neighbourhoods. The divide is staggering when comparing rates of suicide, hepatitis C, type 2 diabetes, and infant mortality. For Meili, the solution is a political one. In this updated and expanded edition of his book, he includes new chapters on poverty, food security, and climate change and expands the discussion on basic income, poverty reduction strategies, innovative housing policies, and carbon pricing.

A Healthy Society is a timely and well-written book that will be of interest to all Canadians.

“Whether you have left, right, or centrist political leanings, the concept that keeping people healthy is a better investment than trying to heal them later is inarguable.” — **André Picard**, from the foreword.

Book launches will be held in Saskatoon at the Le Relais, 308 - 4th Avenue North on Monday, December 4 from 7:00 pm - 9:00 pm, and in Regina at the Artesian, 2627 - 13th Avenue on Tuesday, December 5 from 5:00 pm - 7:00 pm.

To arrange an interview with Ryan Meili, receive a book for review, or obtain permission to excerpt, contact:

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AUTHOR BIO



RYAN MEILI is a family physician, an upstream thinker, and the MLA for Saskatoon Meewasin. Dr. Meili has founded numerous organizations and initiatives, including Upstream: Institute for a Healthy Society, which promotes the idea that we can create a healthy society through evidence-based, people-centred policies; the Division of Social Accountability at the College of Medicine, University of Saskatchewan, which helps to ensure that Saskatchewan's future doctors are equipped to meet the needs of the diverse communities they serve; SWITCH, the Student Wellness Initiative Toward Community Health, a student-run clinic; and the College of Medicine's Making the Links program, which gives medical students the opportunity to work in Northern Saskatchewan, SWITCH, and communities in the Global South.

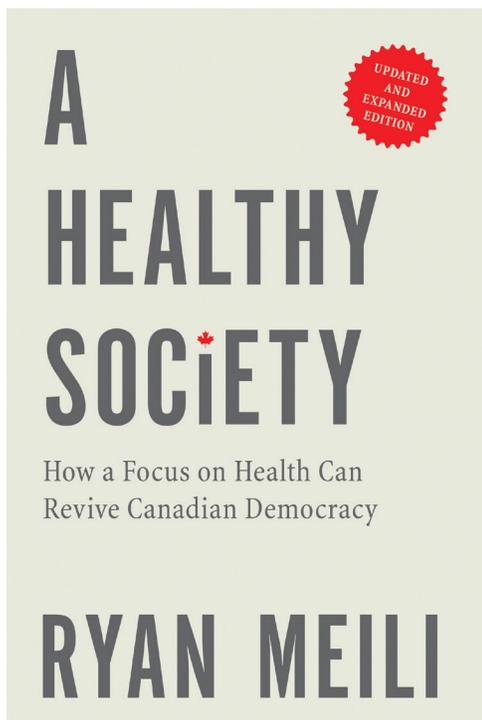
Dr. Meili's work has been recognized with various awards and honours, including the Saskatchewan College of Family Physicians Award of Excellence (2014), the University of Saskatchewan Alumni Achievement Award (2015), and the College of Physicians and Surgeons of Saskatchewan Distinguished Service Award (2015).

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PRAISE for *A HEALTHY SOCIETY*



“What do you get when an empathetic physician combines stories, concern for his community, and analysis? This special book. Ryan Meili goes from patient to society, and from social and political forces to the patient. If this book’s insights were put into practice, we would get a healthy society indeed.”

— **Michael Marmot**, director of UCL Institute of Health Equity and author of *The Health Gap*

“Meili speaks from experience, from the heart, and with passion for achieving social justice. His political insight in how to achieve prosperity for all citizens and society is creative and revolutionary.”

— **Louise Simard**, former Saskatchewan minister of health and minister responsible for the status of women

“Understanding health means understanding society. Ryan Meili is a physician who understands both. This book is passionate, very readable, and gives the whole system a major push toward a better future.”

— **Richard Wilkinson**, co-author of *The Spirit Level: Why More Equal Societies Almost Always Do Better*

“Physicians have traditionally sought to cure the ailing patient. Why are you not well? How can we make you well again? In this thoughtful and inspiring book, Ryan Meili takes this same approach to what ails us as a society. The perspective is holistic, novel, and necessary. If you want to know how we’ll get to a better future for all, then you must read this book.”

— **Yann Martel**, author of *The Life of Pi*, winner of the Man Booker Prize

“Dr. Meili’s focus on health and its social determinants to drive social and political change is powerful. This book is written with clarity, centred on stories, and informed by years of experience as a family doctor and public policy reformer. Canadians would do well to heed its call to action to deepen our democracy through a focus on health.”

— **Danyaal Raza**, chair of Canadian Doctors for Medicare

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