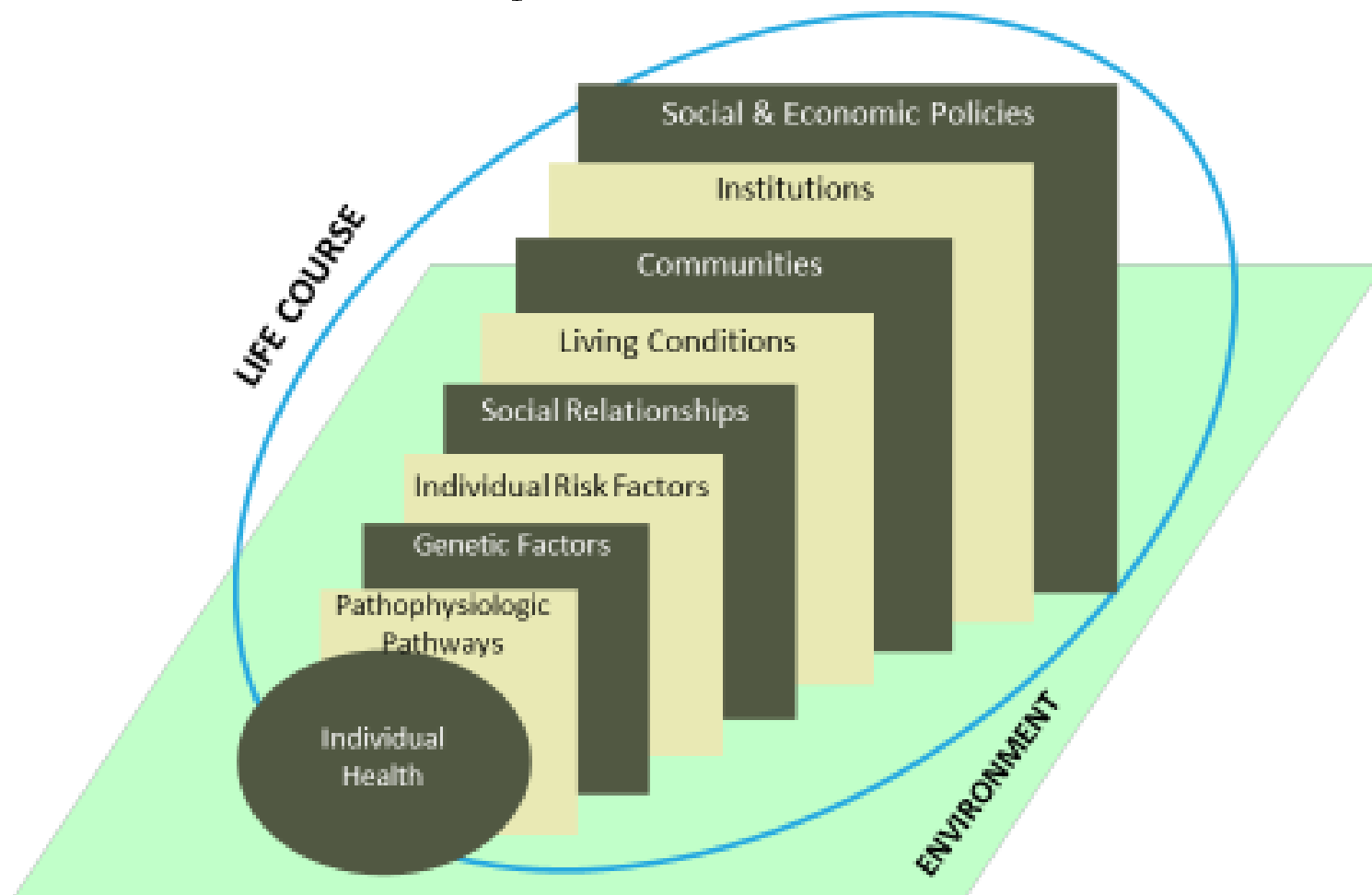


# Defining Community Health in the 21<sup>st</sup> Century

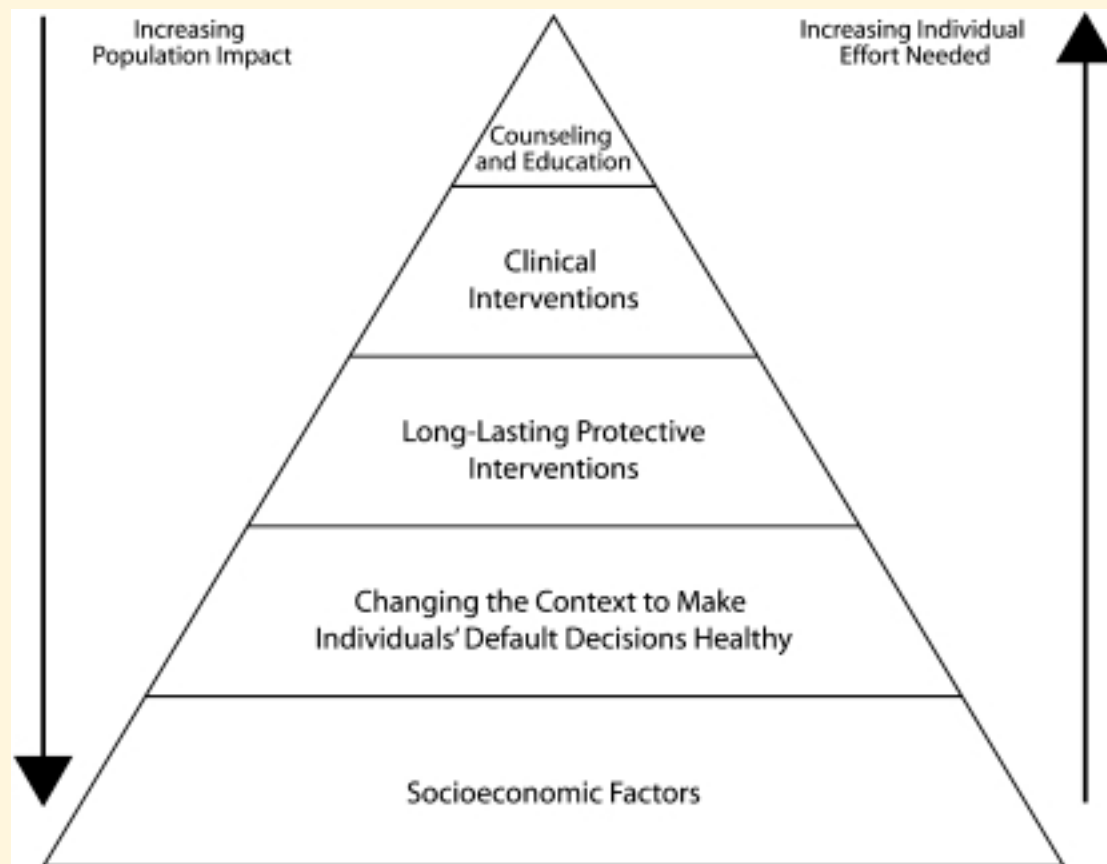
## Understanding “Health” in Building Healthy and Safe Communities

Thomas R. Prohaska, George Mason University

# Upstream and Downstream Determinants of Population Health



Source: Kaplan, G.A. Epidemiol Rev 2004;26:124-35.



# CDC-HAN Definition of Health

Healthy Aging is the development and maintenance of optimal physical, mental and social well-being and functions in older adults.

It is most clearly achieved when physical environments and communities are safe and support the adoption and maintenance of attitudes and behaviors known to promote health and well-being and when health services and community programs are used effectively to prevent or minimize the impact of acute and chronic disease on function.

# Limitations of Definition of Health

On the positive side, the definition:

- reflects traditional bio-psychosocial model of health
- It stresses community and environmental factors on health
- defines health beyond disease and disability to include optimal physical, mental and social well-being
- it includes clinical and health services component

On the limitation side:

- It does not adequately three major and emerging factors influencing health
  - The direct and indirect impact of policy on health
  - The emerging role of technology on health in community settings
  - The minimal buy growing role of genetics and health



# Establishing Public Health Risk Factor Priorities

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*An assessment of research agenda items*

- What is the incidence and prevalence of exposure to risk factors in diverse populations?
- What is the level of evidence of the risk factor on the health of the population and the synergistic effect with other domains of risk (bio-psychosocial and genetic risk factors)
- What is the mutability of the risk and at what are the most appropriate strategies for minimizing risk (e.g., policy, education)
- Can we change or intervene on these risks and does a successful intervention make a difference in the health and well being of these individuals?
- Can we successfully disseminate these risk reduction strategies and do the costs of these strategies outweigh the benefits?

Adapted from Prohaska et al. 2006 *Journal of Gerontology*

# Types of Needs Assessment

	Description	Pros	Cons
Existing Data	Statistics and reports of community-related data	<ul style="list-style-type: none"> <li>• Data already exists</li> <li>• Quick access</li> <li>• Can chart changes</li> </ul>	<ul style="list-style-type: none"> <li>• Info may be dated</li> <li>• Lacks people's perceptions of needs</li> </ul>
Attitude Survey	Representative sample of population is asked to respond about issues (personal or telephone interviews, questionnaires)	<ul style="list-style-type: none"> <li>• Valid data from broad range of people</li> <li>• Can find out behavioral info and opinions</li> </ul>	<ul style="list-style-type: none"> <li>• Can be costly</li> <li>• Have to build survey which can be tricky</li> </ul>
Key Informant	Community leaders help identify priority needs and concerns	<ul style="list-style-type: none"> <li>• Quick &amp; Inexpensive</li> <li>• Questionnaire easy to prepare</li> <li>• Provides valuable contacts</li> </ul>	<ul style="list-style-type: none"> <li>• Information is likely biased by age, occupation...</li> <li>• Few informants can represent the entire population</li> </ul>
Group Sessions	Use group or public sessions to identify and analyze ideas, issues and opinions	<ul style="list-style-type: none"> <li>• Quick &amp; Inexpensive</li> <li>• Input from wide variety of people</li> <li>• Can aid public relations efforts</li> <li>• Can ask more and deeper questions to get clarity</li> </ul>	<ul style="list-style-type: none"> <li>• Attendees may not represent population</li> <li>• Attendees may come with negative attitude</li> <li>• May heighten public expectations beyond reasonable limits</li> <li>• Need skilled moderator</li> </ul>

# CDC Common Elements of Community Assessment and Planning Framework

1. Organize and plan
2. Engage the community
3. Develop a goal or vision
4. Conduct community health assessment(s)
5. Prioritize health issues
6. Develop community health improvement plan
7. Implement and monitor community health improvement plan
8. Evaluate process and outcomes



# Sources of Community Health Needs Assessments

## Traditional CHNAs

- Hospital Based Community Needs Assessment
  - ACA driven
- Health Department Community Needs Assessment
  - County driven
- Stakeholder/Organization Community Based Needs Assessment
  - Foundation/organization driven
- CDC Community (state) Based Needs Assessment
  - Federal driven, state based, county applied

## Non-Traditional CHNA

- Environmental scans
- Resource Assessment



# Environmental Domains

Geo-environmental contaminants

- Global climate change

Work/industry environments

Indoor environment

Resource Accessible environments

- Distribution of health risk/health promoting resources in communities

Built environment

Health promoting environments

# Building Healthy and Safe Communities

Prohaska et. al. Walking and the Preservation of Cognitive Function in Older Population (The Gerontologist 2009)

Satariano et. al. Lower-body function, neighborhoods and walking in an older population (American Journal of Preventive Medicine 2010)

Ivey et. al. Neighborhood characteristics and depressive symptoms in an older population (Aging & Mental Health 2014)

# Conclusions

- The broad bio-psychosocial, environmental perspective should incorporate an emphasis on the increasing role of technology, and policy on community health initiatives.
- All sociodemographic, behavioral and psychosocial risk factors for poor health should be considered in the environments in which they occur.
- Although it remains to be adequately documented, it is likely that macro climate changes are more likely to have greater health consequences on disadvantaged populations and should be considered in community health initiatives.

# Conclusions

- It is feasible to incorporate built environments to promote physical activity among older adults
- Each environment has strengths and weaknesses that should be considered when designing activity programs for older adults
- The built environment can be structured to promote health and directly and indirectly reduce the risk for cancer.
- Neighborhood characteristics are significantly associated with behavioral risk factors that are associated with cancer among older adults.
- Person environment fit should be considered when promoting the health of older adults.