A Quick Reference on Using the Population Health Guide

6 Key Elements

Below are the key elements of a population health approach to addressing health issues, based on research, best practices, and input from local partners. You will find relevant tools and strategies for each element, as well as some common challenges and potential solutions. These key elements may be applied to multiple health issues.

1. Assess the Community and Population
   • Health Equity
   • Social Determinants

2. Define the Problem

3. Develop Interventions

4. Implement Interventions

5. Evaluate and Measure Results

6. Communicate What is Learned

Health Topics

These topics align with many of Washington State’s priority health areas:

- Adverse Childhood Experiences
- Diabetes
- Obesity
- Opioids
- Tobacco
- Well Child Visits

You can dive into each health topic, learn the current status of this condition in our state, and find statewide resources.

Health Equity

Once you have selected your health topic(s), make sure to review the Health Equity Concerns page. You’ll find data highlighting inequities, and resources to address specific equity issues for that particular health topic. Health conditions affect everyone differently, so an effective population health approach will take into account the possible barriers and challenges people face in achieving their full health potential.

You will also want to look at the Health Equity section on the Assessment page. You will find helpful resources such as the Health Equity Policy Planning Tool and Tribal Resources Profile. Using these resources can help your group achieve the best outcomes for your project.