A Quick Reference on Using the Population Health Guide

**Key Elements**

Below are key elements of a population health approach based on research, best practices and input from local partners. You will find tools and strategies for each, along with some common challenges and potential solutions. The approach can be applied to any health issue. For a real-time example, see how it is helping the state Arthritis Management Project.

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 issues:

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

Dive into the topics to learn about their current status in our state, and find statewide resources to help address them.

**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.

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Contact Us

Would you like help using this approach in your project or region? Contact us at p4iph@doh.wa.gov.

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