

Population Health Guide



GUIDE NAVIGATION

waportal.org/population-health-guide

A Quick Reference on Using the Population Health Guide

About

Sample Situation

Key Elements

National Resources

Select a Health Topic

Current Work

Emerging Issues

Key Data

Recommended Strategies

Equity Concerns

10 Key Elements

Research, best practices, and input from local partners identify the following key elements of a population health approach. 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 health of the population
- 2 Engage partners and community
- 3 Identify populations of focus
- 4 Determine common goals and metrics
- 5 Develop and prioritize interventions
- 6 Align strategies and resources
- 7 Implement interventions
- 8 Build sustainability
- 9 Measure results
- 10 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.

Contact Us

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



DOH 141-002 October 2018

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).