Place Matters: Is your street address a good predictor of your health?

LILLIAN ZUÑIGA, OFFICE OF HEALTH EQUITY
Learning Objectives:

• Examine the social determinates of health.

• Identify risk factors and protective factors that either push down or lift up our overall health trajectory and life course

• Identify ideas and strategies for incorporating a life course perspective into our lives and our work.
Where you live...
What Determines Health?

- Genetics: 20%
- Health Care: 20%
- Social, Environmental, Behavioral Factors: 60%

Source: McGinnis et al, 2002
County Health Rankings and Roadmap Framework
Health in All Policies (HIAP)

APHA promotes a health in all policies approach as a strategy for addressing the complex factors that influence health and equity, also referred to as the social determinants of health, which include educational attainment, housing, transportation options, and neighborhood safety.
Public Health Approach

Public Health Model  Versus  Medical Model
A system approach to prevention
Life Course Perspective
Life Course Concepts ‘T2E2’

• **Timeline** – health is cumulative and longitudinal, i.e., developed over a lifetime.

• **Timing** – health and health trajectories are particularly affected during critical/sensitive periods.

• **Environment** – the broader environment (biologic, social, physical, economic) affects health and development.

• **Equity** – health inequality reflects more than genetics and personal choice.

– Fine and Kotelchuck
Our Health Outcomes are Multi-Factoral

- Education
- Health
- Family
- Neighborhood Services
- Policy
- Community
- Social Welfare
- Family Support
- Child

Graphic Concept Adapted from Neal Halfon, UCLA
What is the Life Course Perspective?

A complex interplay of
– biological,
– behavioral,
– psychological, and
– social

**protective and risk factors** contributes to health outcomes across the span of a person’s life.
Graphic Concept Adapted from Neal Halfon, UCLA

Risk Factors
- Lack of health services
- Family Discord

Protective Factors
- Poverty
- Health Services
- Appropriate Discipline
- Pre-school
- Reading to child
- Parent's Education
- Emotional health
- Literacy

“Healthy” Trajectory

Age
- Birth
- Late Infancy
- Late Toddler
- Late Preschool

- 6 mo
- 12 mo
- 18 mo
- 24 mo
- 3 yrs
- 5 yrs

Early Infancy
- Early Toddler
- Early Preschool

Ready to learn
What is the Life Course Perspective?

Looking at health through a life course perspective hopes to address three key areas:

1. Your health as an **individual**

2. Your health before your conception (i.e. your mom’s health **pre-conception**)

3. Your children’s health (**intergenerational** component)

---

Your Life

Your Mother’s/Father’s Life

Your Life

Next Generation
The Life Course Game: A Simulation Experience
Instructions: Life Course Game

- Select one person at each game board to be in charge of the instructions
- Each player/team should select game piece
- *Game Profile* that corresponds with color piece
- Go around the table, reading aloud your profile information for the birth certificate
- Place colored game piece on “Start”
- “STOP” – roll dice and read instructions
Debriefing the Game

• What events occurred during the game that you recall?
• What comments did you hear as you were playing the game?
• What facts were presented in the game about life and health?
Reflecting On Your Life...

• What events in the game reminded you of something from your own life?
• If you were in the lead in the game, how did that make you feel?
• If you were falling behind, how did that make you feel?
• What song/music comes to mind that describes your experience playing the game?
Interpreting and Applying Lessons from the Game

• What does this game tell us about the complex nature of living in our community?
• What learnings or insights that the group has shared so far seem the most critical? The most important to act upon?
• What questions did this experience raise for you personally? For the work you do?
• What difference will using a life course perspective make in our work?
Where Do We Go From Here?

• What actions or ideas has this experience triggered for you?
• How would you articulate the Life Course Perspective after playing this game?
• What would our community/organization look like if we fully incorporated a life course perspective in all of our work?
• What are the first steps we must take?
THANK YOU!

LILLIAN ZUNIGA
LILLIAN.ZUNIGA@WYO.GOV
307 777-5601