

Life Course Perspective in Public Health

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Developed with Julie Dillard



What is the Life Course Perspective?

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



The protective and risk factors that contribute to health outcomes across the span of a person's life

City MatCH

Life Course Game Guidelines

- Each game board accommodates 5 teams.
- Choose a game piece.
- Someone will come and issue you your team's birth certificate. Read it aloud to your table.
- Place your game piece on the **START** arrow.



If you have any additional questions or technical assistance needs to use the Life Course Game, please contact

Katie Brandert at CityMatCH: kbrandert@unmc.edu, 402-561-7508

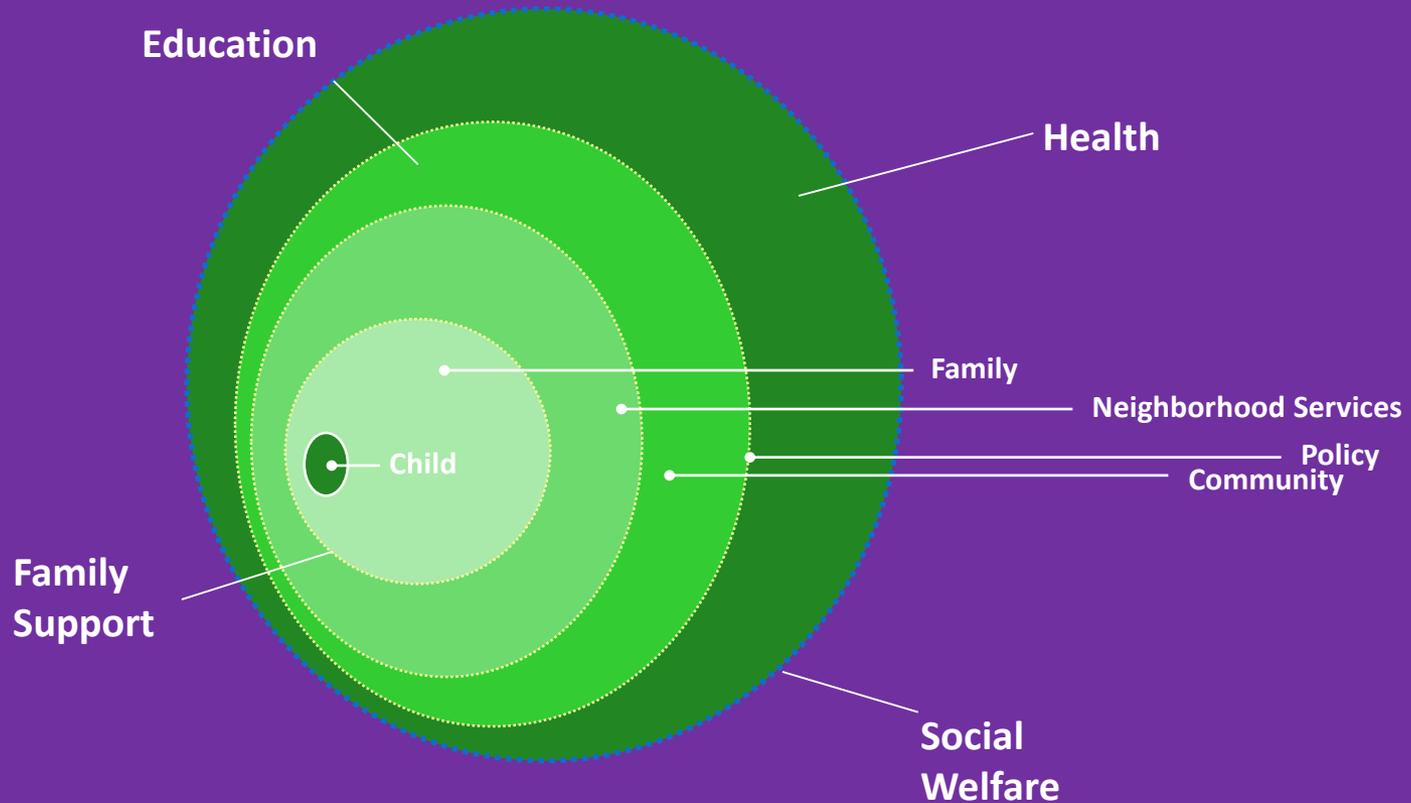
Getting Started

- The Team with “Privilege” on their birth certificate rolls first.
- Follow the instructions where you land-
 - Blank spaces= do nothing
 - Red spaces= take a red card
 - Green spaces= take a green card
 - Scenario spaces= follow instructions on board
- Square 20- **EVERYONE MUST STOP**- even if you roll high enough to pass it. See instructions for how to pass.
- Square 67- **EVERYONE MUST STOP** and complete to finish the game. See instructions for how to pass.

Debriefing and Reflecting

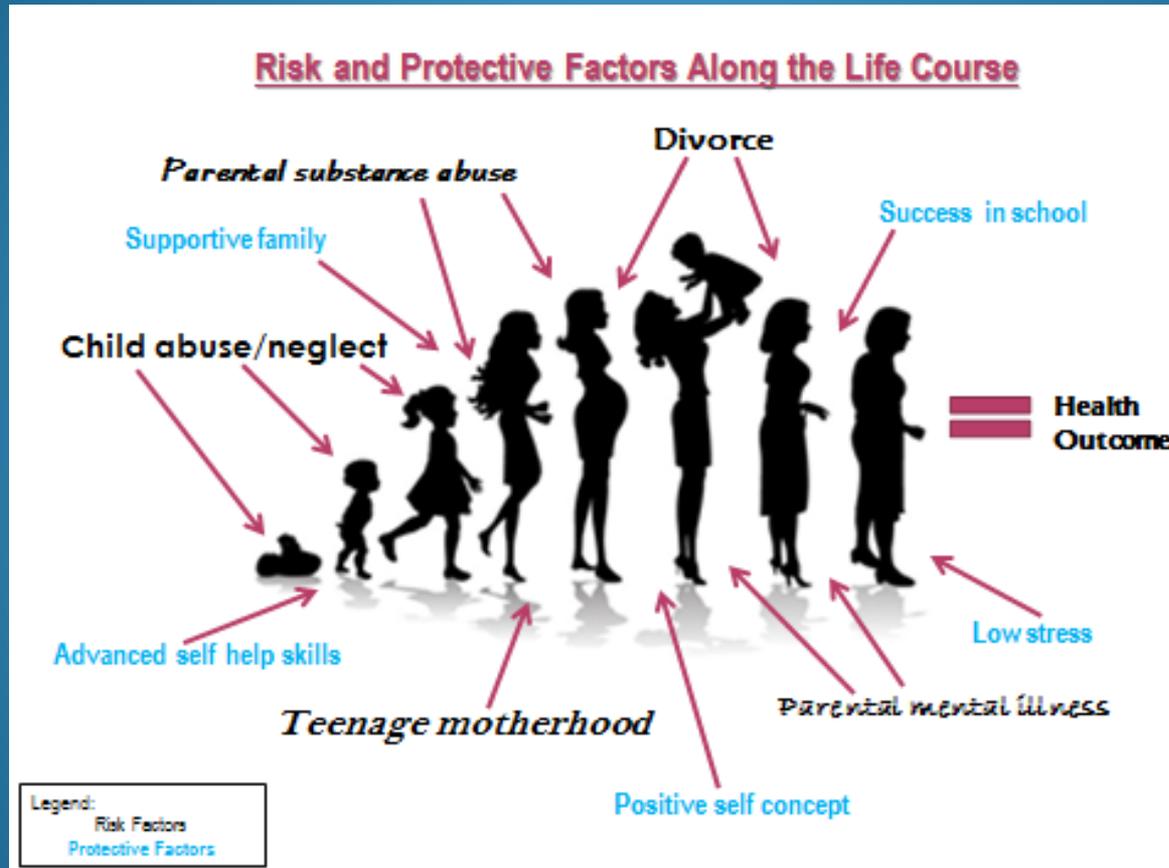
- What comments did you hear as you were playing the game?
- What facts were presented in the game about life and health?
- If you were in the lead in the game, how did that make you feel?
- How does this relate to the customers we serve?

Our Health Outcomes are Multi-Factoral



Graphic Concept Adapted from Neal Halfon, UCLA

Each life stage influences the next



The Intergenerational Aspect of Life Course

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

- Your health as an **individual**
- Your health before your conception (i.e. your mom's **preconception** health)
- Your children's health (**intergenerational** component).



Direct Beneficiary



Components of Lifecourse Model: 2 T's and 2 E's

- *Timeline*

- Risk and protective factors for health occur across the entire span of one's lifetime and across generations

- *Timing*

- Trajectories are particularly affected during sensitive periods for exposure to risk and protective factors

Components of Lifecourse Model

- *Environment and Social Determinants of Health*
 - Health is a function of more than genetics and personal choices
 - Broader environment impacts the capacity to be healthy
 - Zip code matters!

Components of Lifecourse Model

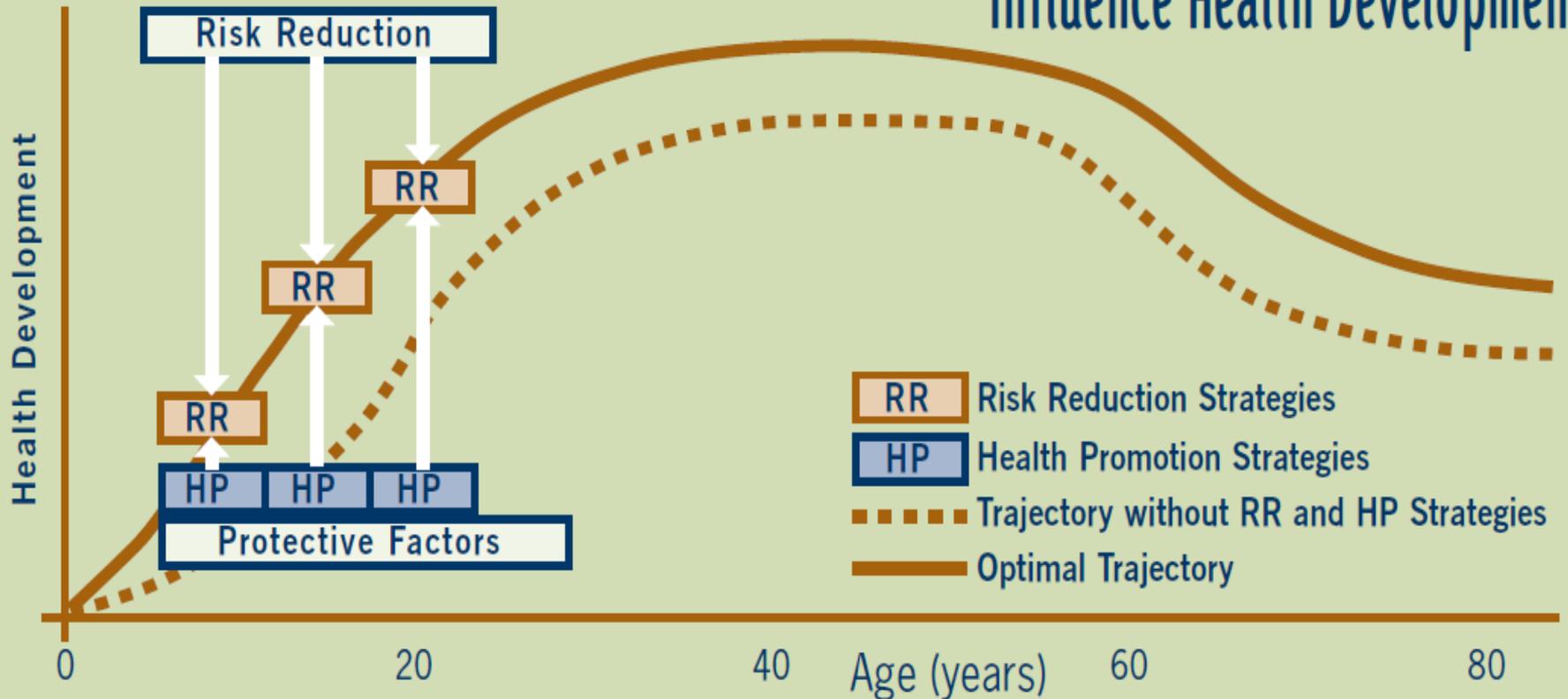
- *Equity*

- Health Equity (HP 2020) -Achieving the highest level of health for all people.
 - Focused societal efforts to address avoidable inequalities by equalizing the conditions for health for all groups, especially for those who have experienced socioeconomic disadvantage or historical injustices.
 - Eliminating health disparities is a human rights issue, public health imperative

Reducing disparities in health outcomes

- Enhance access to health care services for disadvantaged populations, including communities of color and low-income families
- Strengthen families and communities
- Address social and economic inequities over the life course

Figure 1: How Risk Reduction and Health Promotion Strategies Influence Health Development



Source: Halfon N, Inkelas M, Hochstein M. "The Health Development Organization: An Organizational Approach to Achieving Child Development." *Milbank Quarterly*. 2000; 78(3):447-97.

In summary....

- Public health is a logical home for life course
- Looks at health as an integrated continuum
- Goes beyond individual to include social, economic and environmental factors
- Refocuses resources/strategies for greater emphasis “upstream”
- Promotes protective factors & reduces risk

Healthier Men and
Women throughout
the Life Course



Healthy Adolescents



Children whose Life
Course Starts as
Advantaged as
Possible

Thank you!

“Addressing health risks that occur early in life is important not just in terms of improving later adult health, but in setting a strong foundation for the entire nation’s well-being.”



Source: Halfon, Larson, Lu, Tullis, Russ. Lifecourse health development: Past, present and future. *Maternal and Child Health Journal* (2014)