What is a Population Health Approach?

Let’s begin with an ecological framework.

Individuals are... embedded in families...

...that interact with various community ecosystems.
This *adaptive* approach identifies groups with different needs, aligns needs with specific interventions, and tracks the interventions’ quality, all with the goal of *improvement*.
Began with an Ecological Framework

• Recognize that individuals are embedded in military-connected families who interact with various systems

• Improvements in one area will reverberate throughout entire family

MacDerrmid Wadsworth et al., 2013
IOM Report, 2019
Preventions fit into larger continuum of mental health care

Current Continuum of FOCUS Prevention Interventions

Providing flexible opportunities to meet families where they are, using various modes of delivery, working with the existing systems

Lester et al., 2016; Beardslee et al., 2011; 2013
Families with Children: Child Adjustment over Time
3,810 children ages 3-18; 54% were boys

Estimated Means

Pro-Social Behaviors

Total Difficulties

Parent Anxiety and Depression Symptoms Over Time
1,426 (40.8%) Service Members and 2,073 (59.2%) Civilian Parents