



CONSORTIUM FOR CITIZENS
WITH DISABILITIES

EFFECTIVE EVIDENCE-BASED PROTOCOLS OF PUBLIC HEALTH FACTORS MAY PREVENT DIMINISHED HEALTH AND DISABILITY

Researchers should develop evidence-based protocols for a wide scope of public health social determinants that can be implemented to prevent diminished health and disability.

A Congressional briefing was held on “Fostering Healthy Communities” that featured lessons learned from community-based programs that focus on chronic disease prevention, childhood obesity, and health equity improvement. The briefing addressed projects sponsored by the Centers for Disease Control and Prevention (CDC). Honorary co-sponsors of the event were Chairmen of the Senate Agriculture Committee and the House Energy and Commerce Committees.

Summary

The Centers for Disease Control and Prevention defines “social determinants” as health factors of the social environment that contribute to or diminish individual or community health. Social determinants are the cause of approximately 70% of healthcare costs. A solid case has been made that effective community-based public health interventions related to social determinants can reduce healthcare costs.

A considerable amount of prevention of diminished health is based on consumers’ and health professionals’ behaviors in applied settings. Thus, studies to prevent diminished health require application of the behavioral and social sciences. The classical evidence-based research-practice model of public health social determinants is that the research project can be replicated in practice in a wide variety of settings. The research-practice model indicates that if you use *these protocols with personnel trained in these ways under these conditions* you will get *these results with these populations*. With this model, research becomes part of practice. The evidence-based procedures enable practitioners to set goals and track progress through a set of objectives. Legislation should clearly state that defined interventions be controlled and implemented by trained personnel and linked with valid health benefits for targeted populations.

Disability Prevention Issue

The CDC programs for preventing chronic disease, childhood obesity, and improving health equity are all public health initiatives designed to prevent diminished health that can contribute to disability. Thus, there is a need to design efficacy research into evidence-based protocols on a wide scope of social

determinant health factors and have them widely disseminated and implemented to prevent diminished health.

Intervention

A letter was written to the Chairman of the House Energy and Commerce Committee to comment on interventions related to public health “social determinants.”

Recommendation

There should be appropriate research on practice protocols of social determinants of public health designed to prevent diminished health and disability.