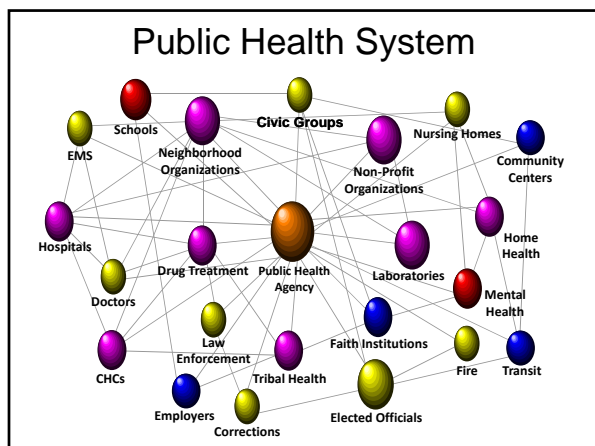


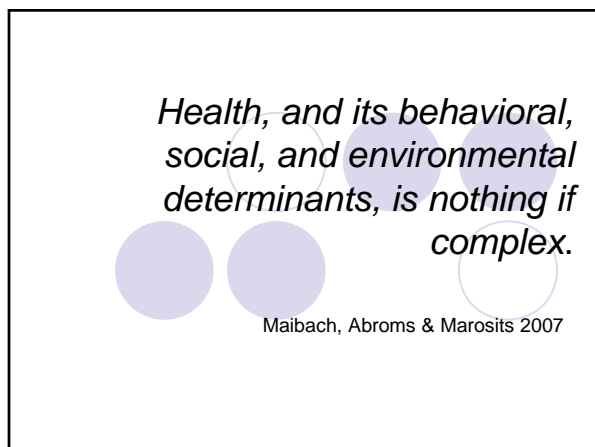
Health Behaviors The Foundation of Prevention

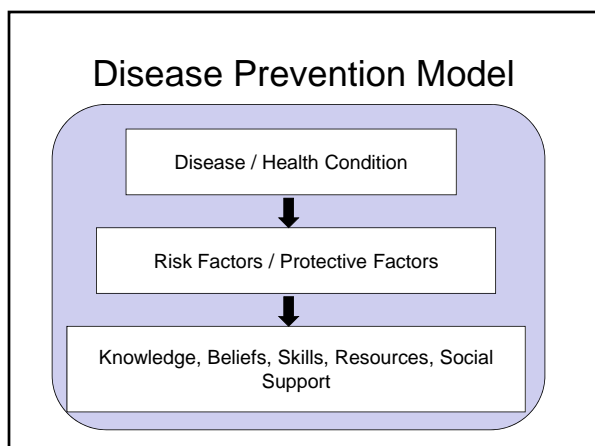
Marietta Langlois, Ph.D.
Associate Professor, Wright State University











Teen Pregnancy (Health Issue)

- School performance
- Plans for higher education/future
- Attachment to school and or with family
- Sport / fitness involvement
- Age of initiation of sexual behaviors
- Age of partner
- Use of contraception
- Substance use

* Partial list of risk factors
Kirby, Lezin, Afriye, Gallucci (2003). Preventing teen pregnancy: Youth development and after-school programs. ETR Associates.

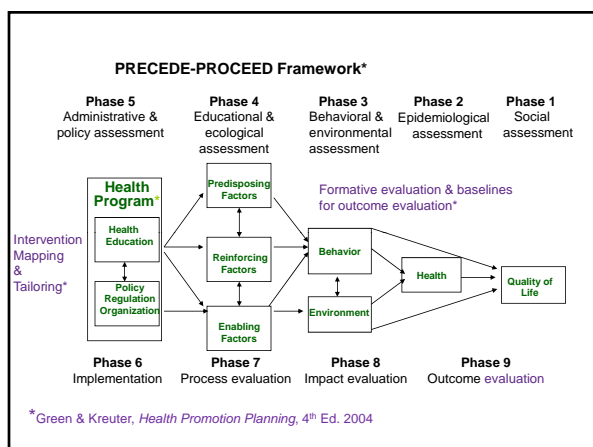
The Punch Line.....

"we" don't practice this way.

Challenges

- Plan at the "health" or "disease" level
- Risk factors
 - UNCLEAR
 - Relevant for our population
- Fail to address behavior in ample manner to change it
 - Scope of antecedents
 - Antecedents have relationship to target behavior





Healthy People 2010

- Two overarching goals
- 28 focus areas
- 467 specific objectives
- 10 Leading Health Indicators
- Behavioral Risk Surveillance System

Common Behavioral Targets

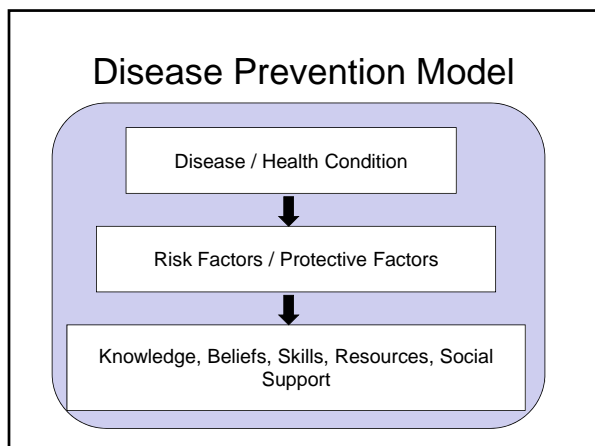
- School Health Education
 - CDC Priority 6: tobacco, AOD, eating, injury-prevention behaviors, physical activity, sexual behaviors
- In the news: preparedness, vaccination, hand washing
- Behavioral Risk Factor Surveillance System
 - LHI

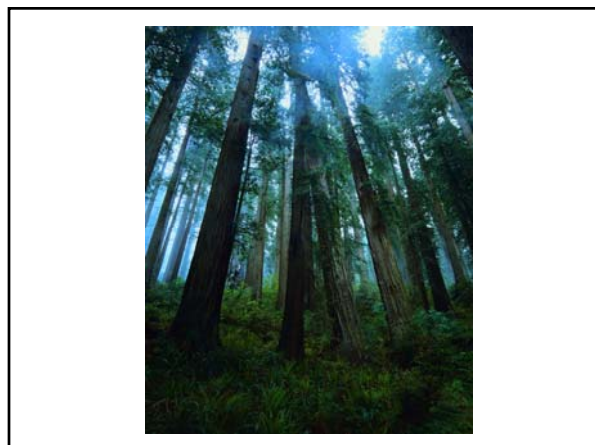
Selecting Behavioral Targets

- Through time, become “obvious”
 - Smoking
 - Physical activity
- Assessment
 - Health issues
 - Behaviors

Types of Health Promotion Interventions

- Health Education
- Health Communications
- Health Engineering
- Health Policy





Take Homes Messages

- Know where you are in the forest and work 2 levels at a time.
 - What risk factors influence the health issue?
 - What risk factor are you trying to shape?
- Shape behavior by changing the antecedents.
- Use a variety of strategies to address the antecedents.
