Health Behaviors
The Foundation of Prevention

Marietta Langlois, Ph.D.
Associate Professor, Wright State University
Health, and its behavioral, social, and environmental determinants, is nothing if complex.

Maibach, Abroms & Marosits 2007
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

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

The Punch Line........

“we” don’t practice this way.
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
Disease Prevention Model

Disease / Health Condition

Risk Factors / Protective Factors

Knowledge, Beliefs, Skills, Resources, Social Support

Take Home 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.