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# What is population health?

## Introducing key elements and concepts

— Dr. Jennifer LeMessurier —

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# Acknowledgements

- Thank you to Ashley Crocker, Ashley Joyce, and Tracey Sharpe-Smith for their help with preparing this presentation.

# What is health?



# What is health?

“A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

- The World Health Organization



What is health? <https://www.canada.ca/en/public-health/services/health-promotion/population-health/population-health-approach/what-is-health.html>

# Promoting health

## What do we need to be healthy?

“an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment”

- The Ottawa Charter for Health Promotion



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# What is population health?

- A population health approach focuses on improving the health of the entire population.
- It is about advancing the health outcomes and wellbeing of people, with an emphasis on reducing health inequities.
- Seeks to address a range of underlying determinants of health and wellbeing, including through strategies and actions at the community level—such as part of municipal planning or educational initiatives—which are distinct from health services.
- Partnerships and collaboration go beyond the health sector



# What is public health?

- “The organized efforts of society to keep people healthy and prevent injury, illness, and premature death. It is a combination of programs, services, and policies that protect and promote the health of all Canadians.”



# Why is population health important?



**Health Accord**  
for Newfoundland & Labrador





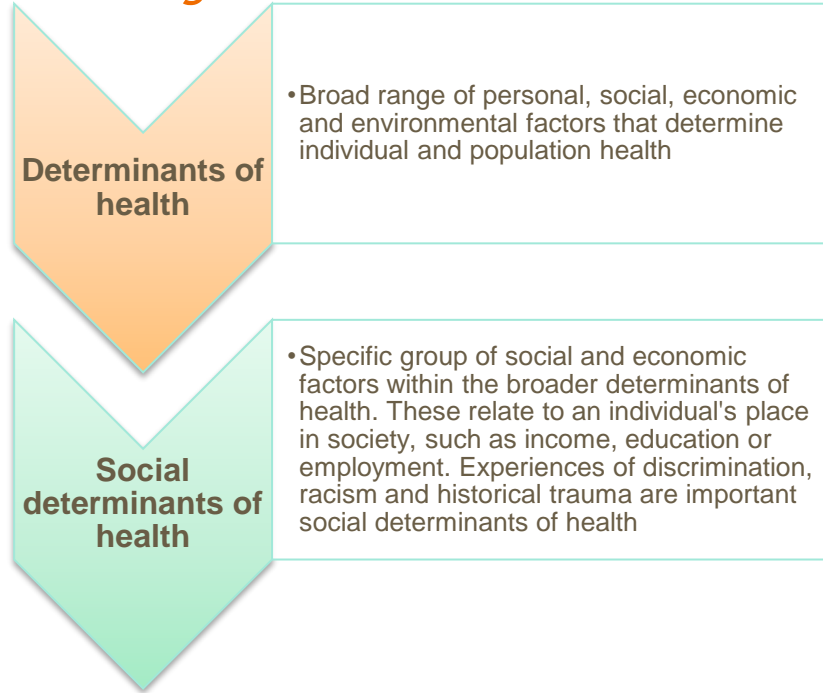
# Key Elements from The Population Health Approach

1. Address the Determinants of Health and Their Interactions
2. Base Decisions on Evidence
3. Collaborate Across Sectors and Levels
4. Focus on the Health of Populations
5. Increase Upstream Investments
6. Apply Multiple Strategies
7. Employ Mechanisms for Public Involvement
8. Demonstrate Accountability for Health Outcomes

What is the population health approach? <https://www.canada.ca/en/public-health/services/health-promotion/population-health/population-health-approach/what-population-health-approach.html>

# What determines health?

## *Addressing the determinants of health and their interactions*



- Income and social status
- Employment and working conditions
- Education and literacy
- Childhood experiences
- Physical environments
- Social supports and coping skills
- Healthy behaviours
- Access to health services
- Biology and genetic endowment
- Gender
- Culture
- Race / Racism

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# The influence of income on health – the social gradient

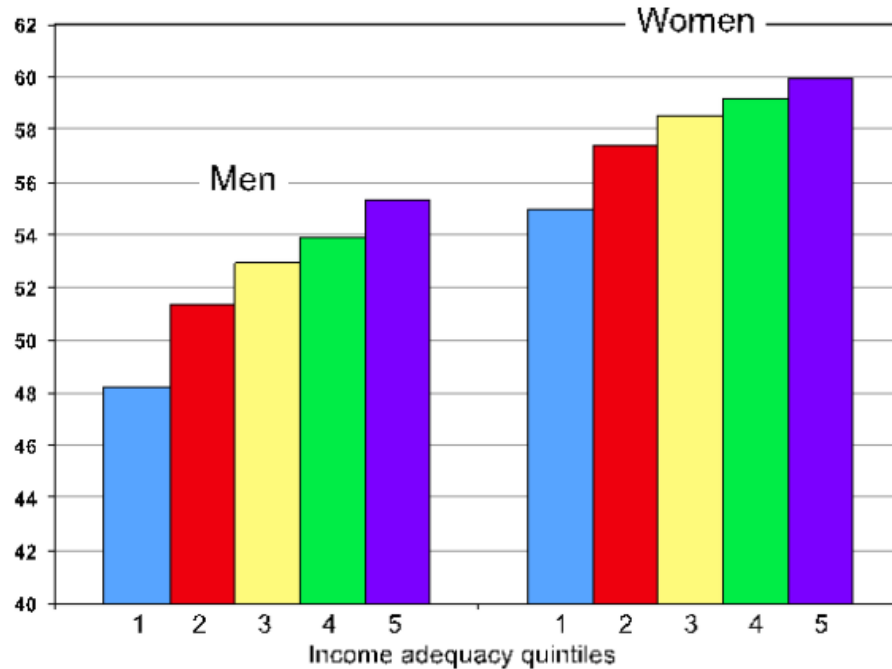


Figure 2.1: Remaining life expectancy at age 25 in Canada by sex and income quintile, non-institutionalized population, 1991 to 2006

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# How can health be improved?



# What determines the health of your community?





# MAKING THE CONNECTIONS

## OUR CITY, OUR SOCIETY, OUR HEALTH

Social determinants of health: what are they and how to they impact the health of the population?

<https://youtu.be/q-3mUiGi6bA>



# Health Equity



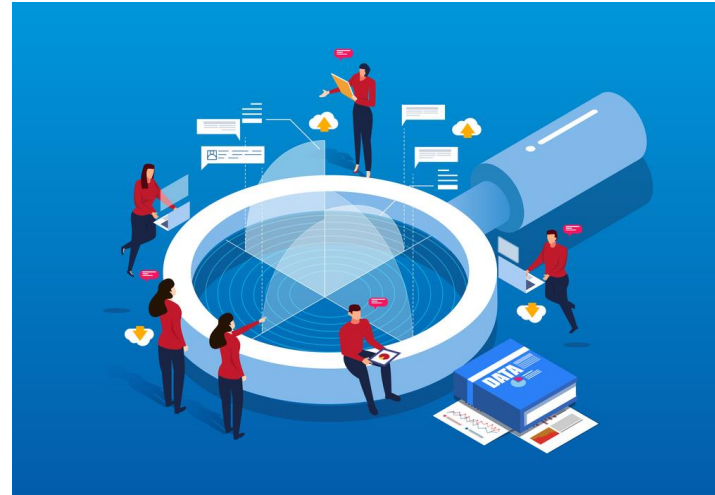
Image from: <https://www.hqontario.ca/What-is-Health-Quality/Health-Equity-and-Quality>

# Basing decisions on evidence

A population health approach draws on a full range of data types — both qualitative and quantitative.

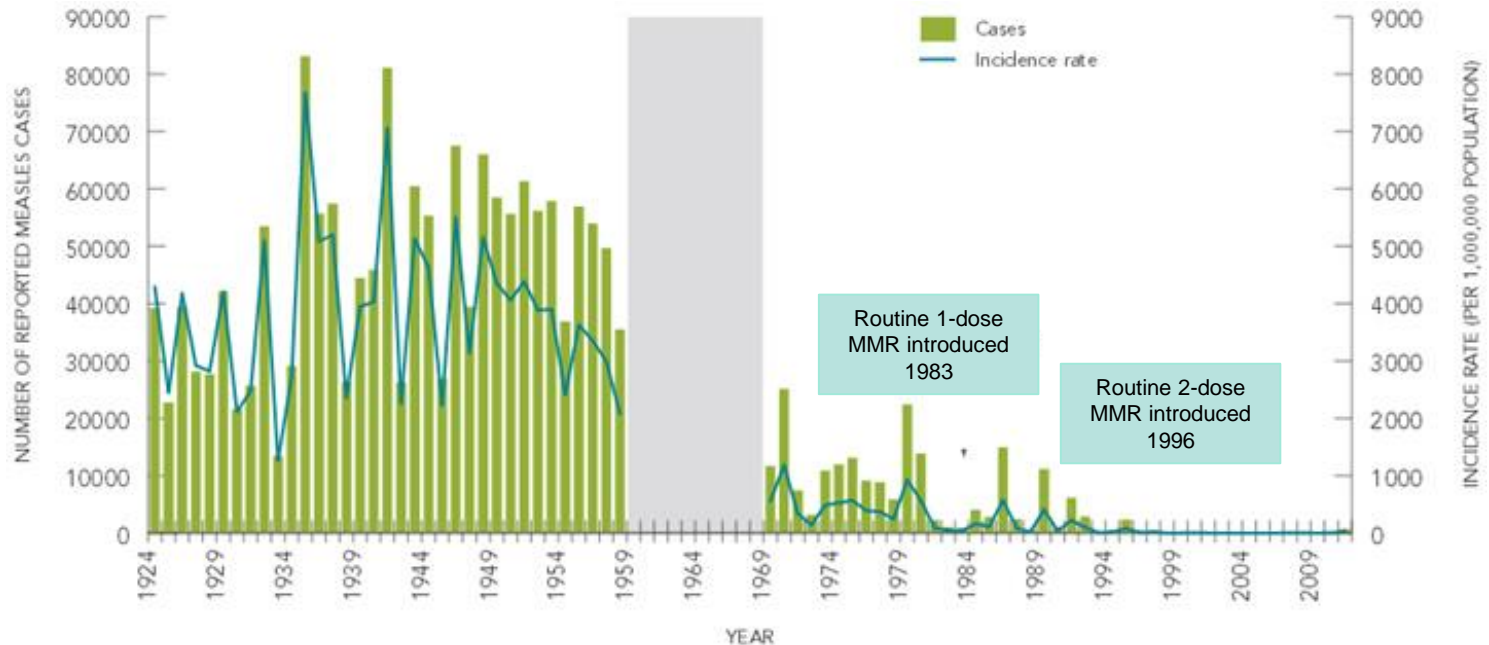
Data types include:

- environmental data
- lifestyle data
- vital statistics data
- social and economic data
- epidemiological data
- health systems data
- information from people with lived experience
- demographics



# Basing decisions on evidence

## *Eliminating measles in Canada*



# Collaborating across sectors and levels

- Partnership is a collaborative relationship between two or more parties based on trust, equality and mutual understanding for the achievement of a specified goal.
- Collaborative efforts between government, health and community organizations to improve health are essential to improving population health status.
- Working together, sharing resources and experiences, and recognizing strengths and assets enhance the opportunities and likelihood for achieving positive health outcomes.



**Population  
Health in  
Action:  
Local  
initiatives**

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Harbour Grace -

**The SPLASH Centre**

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George's Brook-Milton –

**The Loop**

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Conception Bay South -  
**Community Garden**

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**NAVNET**

“Joining forces across governments, communities and sectors, we can define the public health system that we all need and expect, in pursuit of the healthy and thriving society that we all want. It is in working together that we can make sure that we get it right”

Dr. Theresa Tam  
Canada's Chief Public Health Officer