

What is population health?

Population health refers to the health outcomes of a group of individuals, including the distribution of the outcomes within the group.

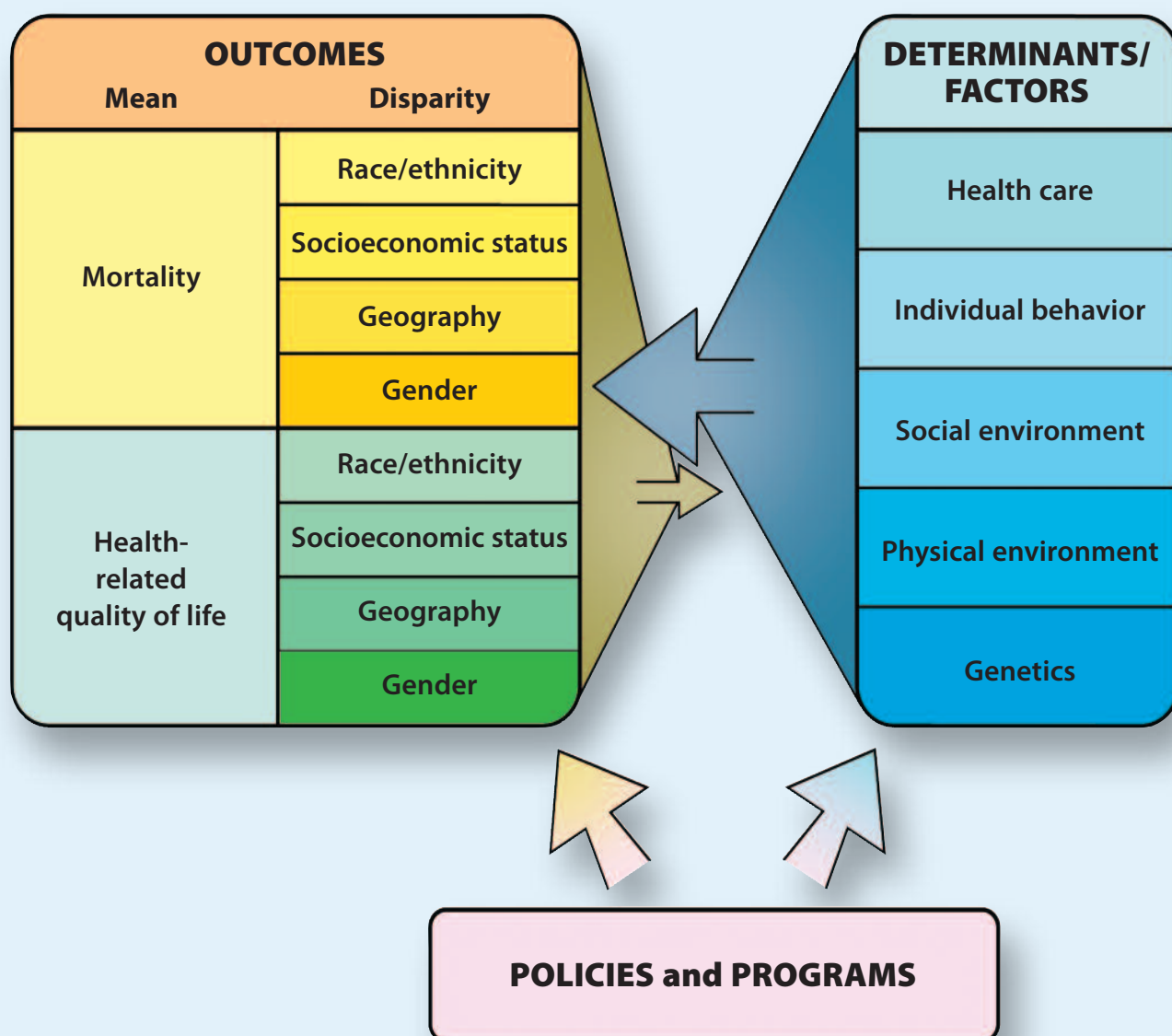
A **group** can comprise people in a geographic region (like a state or country) or individuals with a common characteristic (such as people with heart failure or diabetes).

The **distribution** of health is important; overall health of a population of people with diabetes could be high, but a minority could be much less healthy. The goal of population health is to eliminate or

substantially reduce the differences.

Below is a model for population health. Each of the health determinants has a biological impact on individual and population health outcomes. The goal of policies and programs is to produce changes in these health determinates that result in improved health outcomes. Note that several factors, such as gender and socioeconomic status, can lead to possible disparities in mortality and quality of life.

Technology is a valuable tool for managing population health, as discussed in the article on p. 28.



Source: What is population health? improvingpopulationhealth.org/blog/what-is-population-health.html