



### **1. Counseling and Education**

Health education provided during clinical encounters as well as education in other settings. This level also includes education of health professional staff and public health supportive workers\*. Education in other settings includes, but is not limited to, the following locations/channels:

- Schools
- Workplaces
- Places of worship
- Recreational Venues
- Media campaigns

Activity at this level relies heavily on long term behavioral change of individuals.

\*Public health supportive workers include patient navigators, community health workers, diabetes educators and family and peer resource specialists.

### **2. Clinical Interventions**

This level of the pyramid represents one-on-one health professional staff interaction with a consumer to address a specific disease or health condition. Health professional staff includes doctors, nurse practitioners, dentists, dental hygienists, nurses, physician assistants, social workers, mental health counselors, and public health supportive workers.

### **3. Long Lasting Protective Public Health Interventions**

Systematic interventions that confer long term protection for a population by reaching individuals. Two examples of systematic interventions include dental sealants and immunizations.

### **4. Changing the Context - Healthy Behaviors as the Default**

The creation and implementation of policies, practices and regulations designed to change the environmental context\* to make healthy behaviors the default. Since these actions impact the population, individuals would have to expend significant effort to not benefit from these policies, practices or regulations.

\*Environmental context in this level relates to policy activity in for-profit, not-for-profit, and government sectors that impact where people live, learn, work, play, and pray.

### **5. Social and Environmental Determinants of Health**

Interventions and specific policy changes that address the root social and environmental influences on health. These actions would directly impact the physical, social, cultural, and economic environments and the availability and accessibility of health services<sup>1</sup>. Activities on this level would increase the physical and social assets, reduce toxicity, and enhance the civic engagement of individuals and communities allowing for greater quality of life.

<sup>1</sup>Prevention Institute, Health Equity Primers