Becoming Trauma Resiliency Informed: Health Perspectives Discussion

Tasneem Ismailji MD, MPH
A Life Course Approach to Health
What is Life Course Health Development?

The goal is to better understand factors to ensure optimal health and developmental trajectories over a lifetime and across generations.

Neal Halfon, Kandyce Larson, Michael Lu, Ericka Tullis, Shirley Russ
What is Life Course Health Development?

Health is a consequence of multiple determinants operating in nested genetic, biological, behavioral, social, and economic contexts that change as a person develops.

Neal Halfon, Kandyce Larson, Michael Lu, Ericka Tullis, Shirley Russ
What is Life Course Health Development?

Health development is an adaptive process composed of multiple transactions between the biobehavioral regulatory systems that define human functions.
What is Life Course Health Development?

- Different health trajectories are the product of cumulative risk and protective factors during critical and sensitive periods.

- The timing and sequence of biological, psychological, cultural, and historical events and experiences influence the health and development of both individuals and populations.

Neal Halfon, Kandyce Larson, Michael Lu, Ericka Tullis, Shirley Russ
Why Life Course?

Impacts

- How an individual’s health and population health is considered
- Training of healthcare professionals
- Development of health care systems
- Policy, practice, prevention, research

Neal Halfon & Miles Hochstein The Milbank Quarterly 2002
Life Course Approach

- The important role that early life events play in shaping health trajectories
- The interplay of risk and protective factors
- Socioeconomic status, environmental exposures, health behaviors, and stress influence health throughout one’s lifetime
LIFE COURSE PERSPECTIVE

Health Development

- Lack of health services
- Poverty
- Reading to child
- Parent Education, Emotional Health Literacy
- Toxic Stress
- Pre-school
- Health Services
- Appropriate Discipline

Age

- Birth
- Late Infancy
- Late Toddler
- Late Preschool

- Early Infancy
- Early Toddler
- Early Preschool

“Healthy” Trajectory
“At Risk” Trajectory
“Poor Health” Trajectory

Maternal Child Health J 2014 18:344-365
LIFE COURSE PERSPECTIVE
Figure 2: Trajectory Optimizing Service Linkage Pathway

PED = Pediatric medical home
FRC = Family resource center
NHV = Nurse home visiting program
ROR = Reach Out and Read early literacy program
SR = School readiness program

Optimal Health Development Trajectory
Lower Health Development Trajectory

Life Course Health Development:
A New Approach for Addressing Upstream Determinants of Health and Spending
Neal Halton MD, MPH, Director, UCLA Center for Healthier Children, Families, and Communities, and Professor of Pediatrics, Health Sciences and Public Policy
Figure 1: How Risk Reduction and Health Promotion Strategies Influence Health Development

Thank you!