



# Becoming Trauma Resiliency Informed: Health Perspectives Discussion

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ADVANCING HEALTH EDUCATION & RESEARCH



# 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



Maternal Child Health J 2014 Feb;18(2):344-65

[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.

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# 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.




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# 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.




# 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



*U.S. Department of Health and Human Services*



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*Health Resources and Services Administration*

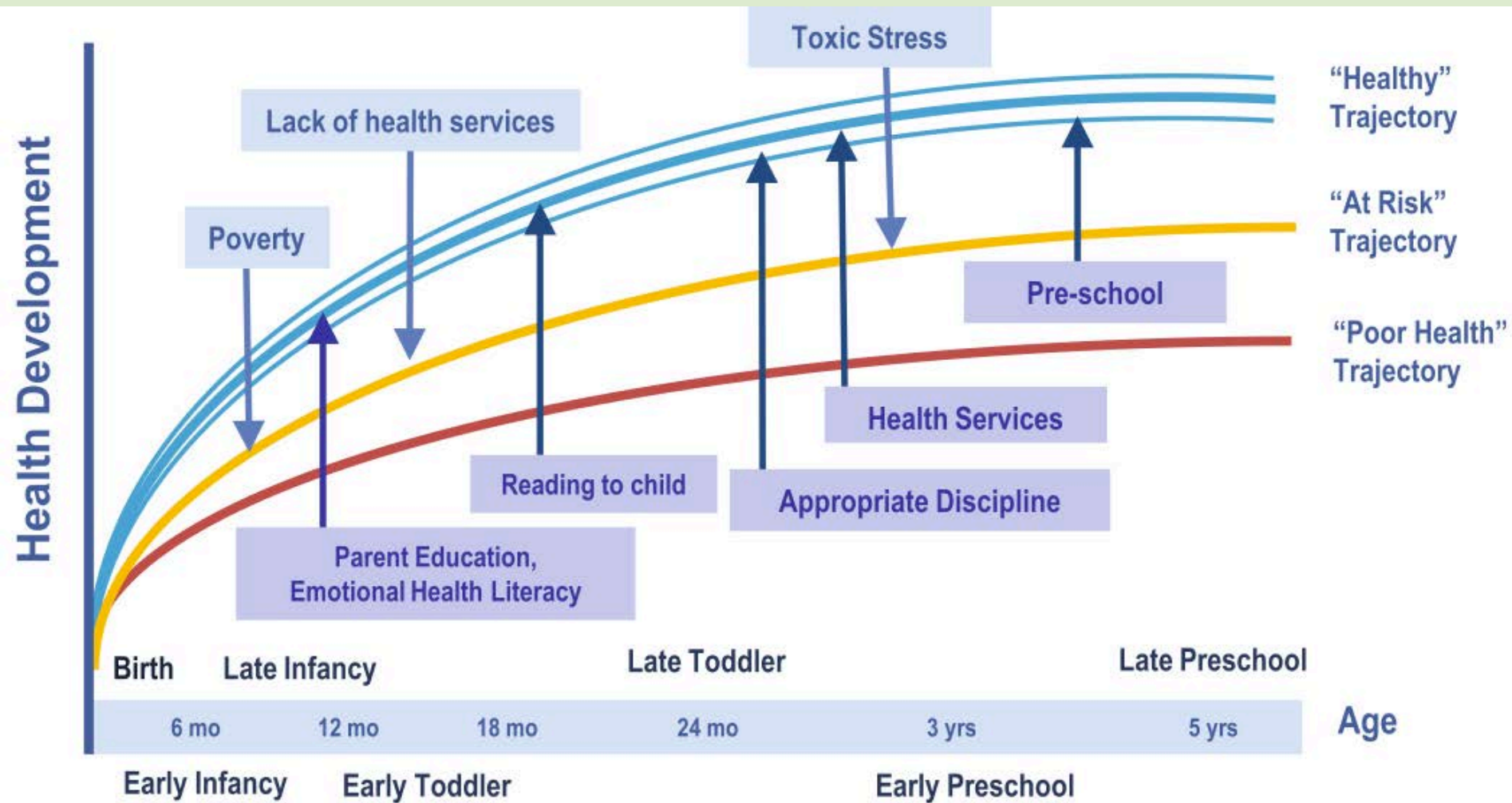
**Maternal and Child Health**



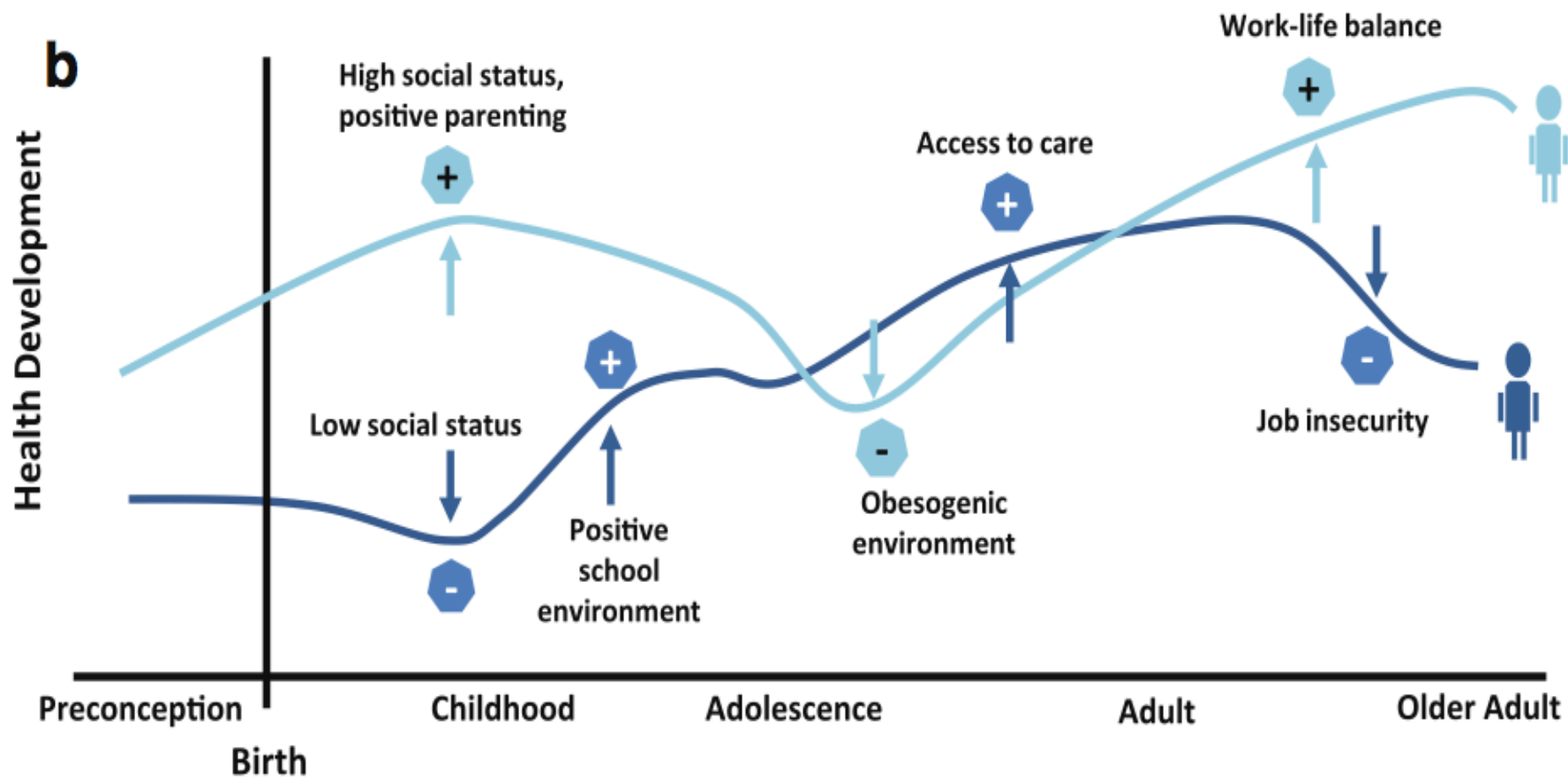
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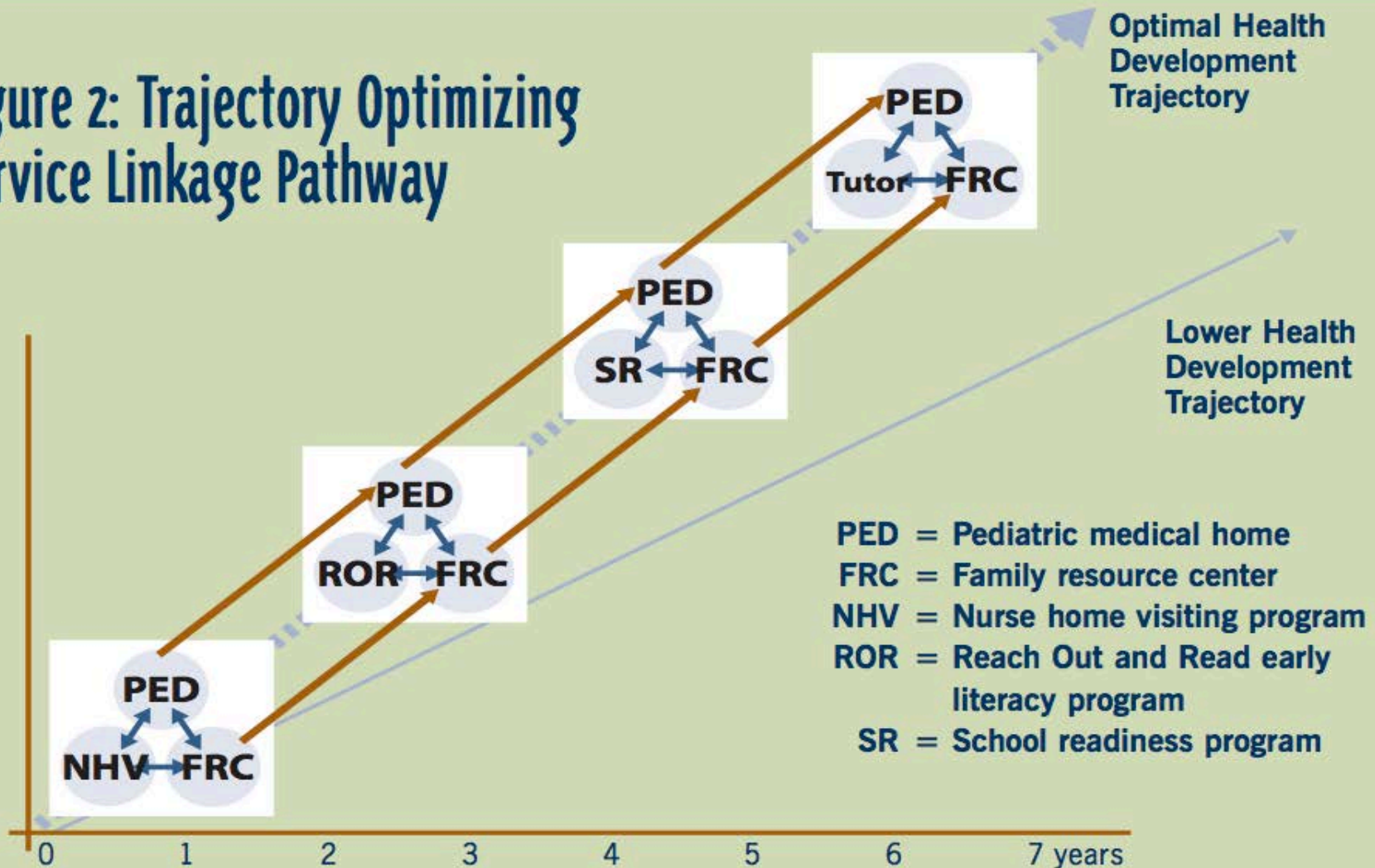
# LIFE COURSE PERSPECTIVE



# LIFE COURSE PERSPECTIVE



# Figure 2: Trajectory Optimizing Service Linkage Pathway



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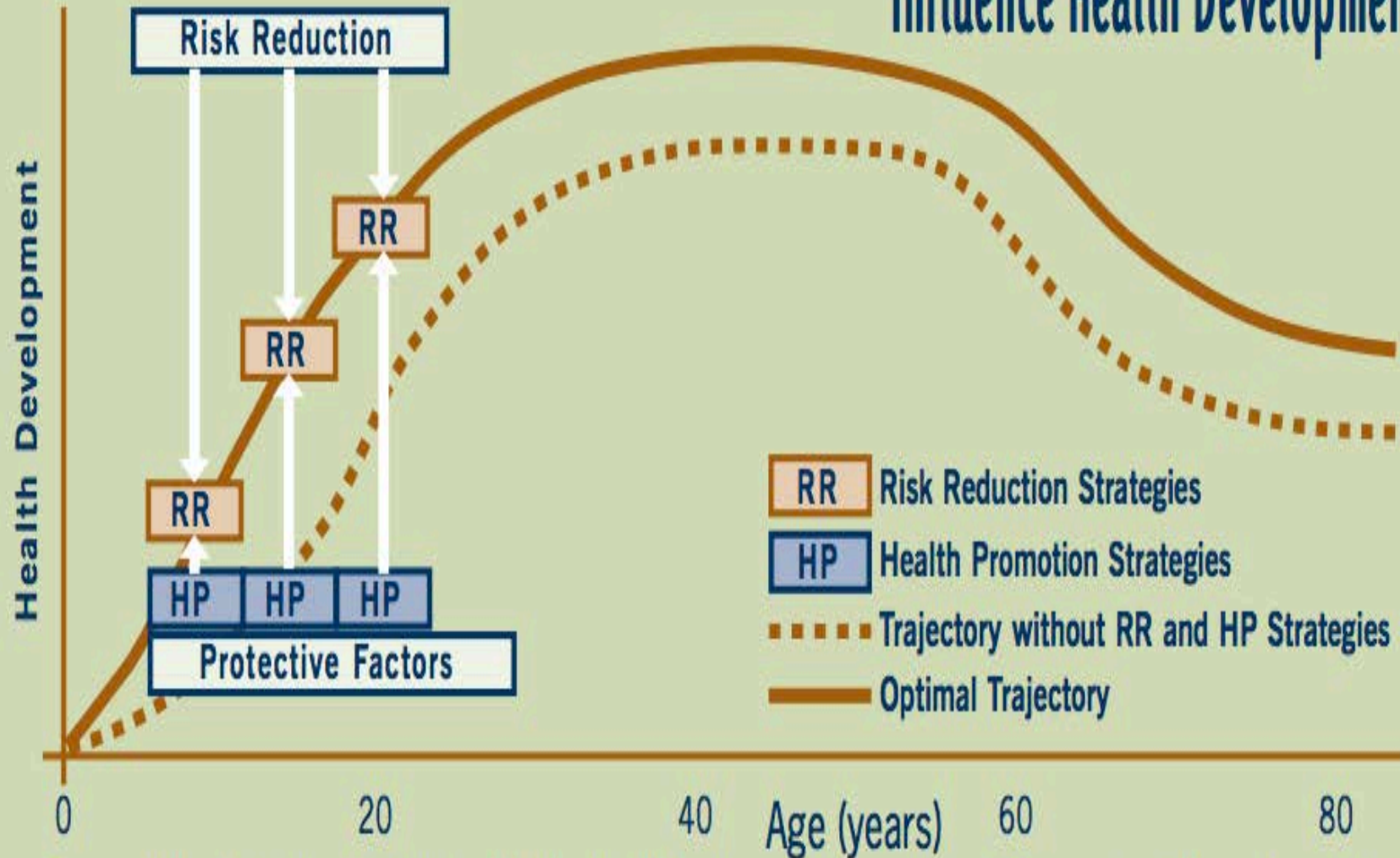
ESSAYS ON TRENDS, INNOVATIVE IDEAS AND CUTTING-EDGE RESEARCH IN HEALTH CARE

February 2009

## Life Course Health Development: A New Approach for Addressing Upstream Determinants of Health and Spending

Neal Halfon 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



Source: Halfon N, Inkelas M, Hochstein M. "The Health Development Organization: An Organizational Approach to Achieving Child Development." *Milbank Quarterly*. 2000; 78(3):447-97.

Thank you!

