

lifespan health and wellness

Lifespan Health and Wellness: A Journey to a Longer, Healthier Life

Are you ready to embark on a journey towards a longer, healthier, and more fulfilling life? We're not talking about quick fixes or fad diets. This post dives deep into the concept of lifespan health and wellness, exploring practical strategies and actionable advice to optimize your well-being from your youth to your golden years. We'll cover everything from nutrition and exercise to stress management and mental fortitude – providing a comprehensive guide to building a foundation for a vibrant, extended lifespan. Get ready to invest in your future self!

Understanding Lifespan Health and Wellness: It's More Than Just Longevity

The term "lifespan health and wellness" encompasses far more than simply living longer. It's about maximizing your quality of life across your entire lifespan, prioritizing not just the number of years you live, but the quality of those years. This holistic approach involves proactive steps to prevent disease, maintain physical and mental well-being, and adapt to the natural changes that come with aging. It's about building resilience, fostering healthy habits, and embracing a philosophy of continuous improvement.

Nutrition: Fueling Your Lifespan

Proper nutrition is the cornerstone of lifespan health and wellness. It's not about strict diets, but about nourishing your body with the right balance of macronutrients (proteins, carbohydrates, and fats) and micronutrients (vitamins and minerals). Focus on:

A Plant-Based Emphasis: Incorporate a wide variety of fruits, vegetables, whole grains, and legumes into your diet. These foods are packed with antioxidants, fiber, and essential nutrients that protect against chronic diseases.

Lean Protein Sources: Choose lean proteins like fish, poultry, beans, and lentils to support muscle mass and overall health.

Healthy Fats: Include sources of healthy fats like avocados, nuts, seeds, and olive oil. These fats are crucial for brain health and hormone regulation.

Limiting Processed Foods, Sugar, and Unhealthy Fats: These contribute to inflammation, weight gain, and an increased risk of chronic diseases. Minimize their consumption for optimal health.

Hydration: Drink plenty of water throughout the day. Dehydration can negatively impact various bodily functions.

Physical Activity: Movement for a Longer Life

Regular physical activity is essential for maintaining physical health, preventing chronic diseases, and boosting mood. Aim for a combination of:

Cardiovascular Exercise: Activities like running, swimming, cycling, or brisk walking improve cardiovascular health, reduce stress, and boost energy levels.

Strength Training: Incorporating strength training exercises helps build and maintain muscle mass, which is crucial for preventing age-related decline and maintaining independence.

Flexibility and Balance Exercises: Activities like yoga or Pilates improve flexibility, balance, and coordination, reducing the risk of falls and injuries.

Finding Activities You Enjoy: The key to long-term success is finding activities you genuinely enjoy and can stick with consistently.

Mental Wellness: Nurturing Your Mind

Mental wellness is just as important as physical health. Chronic stress, anxiety, and depression can have significant negative impacts on overall health and longevity. Prioritize:

Stress Management Techniques: Practice relaxation techniques like deep breathing, meditation, or yoga to manage stress levels.

Mindfulness and Meditation: Regularly engaging in mindfulness practices can improve focus, reduce anxiety, and enhance emotional regulation.

Social Connection: Maintaining strong social connections is crucial for mental well-being. Spend quality time with loved ones and build supportive relationships.

Seeking Professional Help: Don't hesitate to seek professional help if you're struggling with mental health challenges. Therapists and counselors can provide valuable support and guidance.

Sleep: The Foundation of Restoration

Adequate sleep is crucial for physical and mental restoration. Aim for 7-9 hours of quality sleep per night. Establish a consistent sleep schedule, create a relaxing bedtime routine, and optimize your sleep environment for optimal rest.

Preventative Care: Early Detection is Key

Regular check-ups and screenings are vital for early detection and prevention of diseases. Schedule regular visits with your doctor for:

Blood Pressure Monitoring: High blood pressure is a significant risk factor for heart disease and stroke.

Cholesterol Checks: High cholesterol can increase the risk of heart disease.

Cancer Screenings: Regular screenings can detect cancers early, when they are most treatable.

Dental and Eye Care: Regular dental and eye exams are also essential for maintaining overall health.

Adapting to Aging: Embrace the Journey

As we age, our bodies naturally change. Adapting to these changes is key to maintaining lifespan health and wellness. This might involve:

Adjusting Exercise Routines: Modifying your exercise routine to accommodate age-related changes in physical capabilities.

Dietary Adjustments: Adjusting your diet to account for changes in metabolism and nutrient absorption.

Seeking Assistance When Needed: Don't hesitate to seek assistance with daily tasks as needed to maintain safety and independence.

Conclusion

Lifespan health and wellness is a lifelong journey, not a destination. By incorporating these strategies into your daily life, you can significantly improve your quality of life and extend your healthy lifespan. Remember that consistency is key – small, sustainable changes over time can have a profound impact on your well-being. Embrace this journey, celebrate your progress, and invest in your future self!

FAQs

1. Is it too late to start focusing on lifespan health and wellness if I'm already older? No, it's never too late! Even small changes at any age can have a positive impact. Focus on what you can realistically achieve and celebrate your progress.
1. What if I don't have time for regular exercise? Start small! Even short bursts of activity throughout the day can make a difference. Aim for 30 minutes of moderate-intensity exercise most days of the week, but any movement is better than none.
1. How can I manage stress more effectively? Explore different stress management techniques like deep breathing, meditation, yoga, or spending time in nature. Find what works best for you and make it a regular part of your routine.
1. What role does social connection play in lifespan health? Strong social connections provide emotional support, reduce stress, and contribute to a sense of belonging, all

of which are vital for mental and physical well-being.

1. Are there specific supplements I should be taking to support lifespan health? While a balanced diet is crucial, some supplements may be beneficial depending on individual needs. Consult with your doctor or a registered dietitian to determine if any supplements are appropriate for you.

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through similar stages of development. Young children learn to walk, talk, spell, jump, and tell jokes. Teens learn to become more independent. Adults take on more responsibilities for themselves and others. Throughout the lifespan, people continue to develop and change physically, cognitively, socially, and emotionally. The developmental theories of Erikson, Piaget, Vygotsky, and Kohlberg are highlighted. The text also includes strategies that promote lifespan health and wellness.

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An understanding of the social environment is still critical to the text but in this edition the settings such as school, workplace and cities are integrated throughout. The socio-ecological determinants of health are considered at the forefront, with a greater emphasis on the implications of globalisation and health.

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Tollefson, Nancy Eriksen, Neha Pathak, 2021-10-24 The book is an evidence-based source of information on women's health issues for health professionals already practicing lifestyle medicine, as well as an entry level textbook for those new to the field of lifestyle medicine. The collective expertise of each of the editors along with content provided by leaders within the American College of Lifestyle Medicine fills a much-needed void within the specialty of Lifestyle Medicine and is for providers of women's health globally.

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Krisstal D. Clayton, 2022-02-14 In Essentials of Psychology, authors Saul Kassin, Gregory J. Privitera, and Krisstal D. Clayton propel students into a clear, vibrant understanding of psychological science with an integrative, learn-by-doing approach. Students assume the role of a psychologist, carrying out experiments and making predictions. Compelling storytelling, real-life examples, and the authors' active practice approach encourages critical thinking and engagement.

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2017-04-10 The essential tools and methodologies for real-world patient education Human Disease and Health Promotion offers a comprehensive introduction to health advocacy and patient education in a real-world context. Covering the epidemiology and pathology of major communicable and non-communicable diseases, this book details up-to-date health promotion strategies and communication approaches designed to engage diverse populations. These methodologies can inform health promotion efforts. You'll learn how to partner with the patient to navigate healthcare systems and services and how to manage the relationship to avoid patient dependence and advocate burn-out. An extensive guide to common diseases includes details on mechanism, treatment, epidemiology, pathology, and attendant psychosocial implications, and prevention and control are emphasized to the degree that the patient has the capacity to obtain, process, and understand the information and services needed to make appropriate health decisions. Rich in examples, tools, and exercises, this text includes access to a downloadable workbook that provides additional exercises to reinforce concepts and build essential practical skills. Public health education and advocacy is an enormous undertaking with many variables. This book helps provides a real-world picture of the depth and breadth of the field, with clear guidance toward current theory and practice. Apply current health literacy theories and participatory patient education strategies Design, implement, and evaluate programs targeting various groups Analyze and apply new technologies in patient education and health advocacy Understand the mechanisms, treatments, and epidemiology of common diseases Nine out of ten adults may lack the skills needed to manage their health and

prevent disease, and over half find it a challenge to self-manage chronic diseases and use health services appropriately. Human Disease and Health Promotion helps you develop your role as health educator and advocate so you can connect patients with the care and information they need.

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authoritative reference has never been greater. This fully revised and updated edition of PEDIATRIC AND ADULT NUTRITION IN CHRONIC DISEASES, DEVELOPMENTAL DISABILITIES, AND HEREDITARY METABOLIC DISORDERS offers a comprehensive reference to the nutritional interventions for diseases across the lifespan. Comprising more than 60 topic-based chapters from leading figures in nutrition and medicine, this book is the most up-to-date work on diet as a symptom of, and therapy for, chronic, hereditary, and developmental disorders. Enriched with tables and charts that distill the latest recommendations for nutrient intake, physical activity, this third edition is a convenient and essential resource for busy clinicians and students in nutrition, dietetics, and medical specialties.

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Assistant is a comprehensive text that delineates the role of the occupational therapy assistant in the delivery of mental health services. Christine Manville and Jeremy Keough provide information and learning activities that enable the student to build knowledge of mental health practice, incorporating approaches used in the traditional medical model, as well as the community. The impact of mental illness on occupational performance across the lifespan is also examined. Mental Health Practice for the Occupational Therapy Assistant guides the reader in how to analyze the service environment, including cultural, societal and political factors; explore the client's participation in age-appropriate, meaningful occupations; and, under supervision of the occupational therapist, provide treatment that includes 1:1 and group interventions. Mental Health Practice for the Occupational Therapy Assistant structures each chapter to provide an enhanced approach to student learning by incorporating concepts from Bloom's Taxonomy. Current and emerging trends in mental health practice are discussed, as well as service provision in the traditional medical model. The appendices include a discussion of additional factors that impact the provision and efficacy of therapy services, including pharmacology and ethical and legal issues. Features: Provides an overview of the DSM-5 and the World Health Organization's International Classification of Functioning, Disability, and Health. These classification systems provide a common language for practitioners from a variety of disciplines to communicate about the impact of mental illness on occupational performance and participation Describes the use of general educational strategies to enhance the teaching/learning process in the provision of occupational therapy services Terminology from the Occupational Therapy Practice Framework, Third Edition is utilized to enhance the development of clinical reasoning and practice skills Provides information on how to communicate effectively with clients Mental health practice is viewed across the lifespan Instructor's materials include PowerPoint presentations, student study sheets, tests questions, and application questions for each chapter Included with the text are online supplemental materials for faculty use in the classroom. Mental Health Practice for the Occupational Therapy Assistant is an excellent side-by-side resource for the occupational therapy assistant, occupational therapist, or any practitioner working in a mental health setting.

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and administer drugs safely and effectively--and grasp all the vitals of pharmacology--with the fully updated *Pharmacotherapeutics for Advanced Practice*, 4th edition. Written by pharmacology nursing experts, this easy-to-read text offers proven frameworks for treating more than 50 common diseases and disorders. Learn how to identify disorders, review possible therapies, then prescribe and monitor drug treatment, accurately. Based on current evidence and real-life patient scenarios, this is the perfect pharmacology learning guide and on-the-spot clinical resource. Absorb the key principles and practical methods for accurate prescribing and monitoring, with . . . NEW chapter on Parkinson's disease, osteoarthritis, and rheumatoid arthritis NEW and updated therapies, and updated and additional case studies, with sample questions NEW content on the impacts of the Affordable Care Act Updated chapters on complementary and alternative medicine (CAM) and pharmacogenomics Updated evidence-based algorithms and drug tables - Listing uses, mechanisms, adverse effects, drug interactions, contraindications, and monitoring parameters, organized by drug class; quick access to generic and trade names and dosages Quick-scan format organizes information by body system Chapter features include: Brief overview - Pathophysiology of each disorder, and relevant classes of drugs Monitoring Patient Response section - What to monitor, and when Patient Education section - Includes information on CAM for each disorder Drug Overview tables - Usual dose, contraindications and side effects, and special considerations Algorithms - Visual cues on how to approach treatment Updated Recommended Order of Treatment tables - First-, second- and third-line drug therapies for each disorder Answers to Case Study Questions for each disorder - Strengthens critical thinking skills Selecting the Most Appropriate Agent section - The thought process for choosing an initial drug therapy Principles of Therapeutics unit - Avoiding medication errors; pharmacokinetics and pharmacodynamics; impact of drug interactions and adverse events; principles of pharmacotherapy for pediatrics, pregnancy/lactation, and geriatrics Disorders units - Pharmacotherapy for disorders in various body systems Pharmacotherapy in Health Promotion unit - Smoking cessation, immunizations, weight management Women's Health unit - Including contraception, menopause, and osteoporosis Integrative Approach to Patient Care unit - Issues to consider when presented with more than one diagnosis Standard pharmacotherapeutics text for nurse practitioners, students, and physician assistants Ancillaries - Case Study answers, multiple choice questions and answers for every chapter, PowerPoints, Acronyms List

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strengths and capacities that provide a firm basis for growth and health.--BOOK JACKET.

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lifespan health and wellness: What Is the Evidence on the Role of the Arts in Improving Health and Well-Being Daisy Fancourt, Saoirse Finn, 2019-06 Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region. Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan. The reviewed evidence included study designs such as uncontrolled pilot studies, case studies, small-scale cross-sectional surveys, nationally representative longitudinal cohort studies, community-wide ethnographies and randomized controlled trials from diverse disciplines. The beneficial impact of the arts could be furthered through acknowledging and acting on the growing evidence base; promoting arts engagement at the individual, local and national levels; and supporting cross-sectoral collaboration.

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lifespan health and wellness: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications

for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

lifespan health and wellness: Growth and Development Across the Lifespan Gloria Leifer, Eve Fleck, 2012-10-15 This book provides introductory coverage of growth and development throughout the lifespan. The content emphasizes normal aspects as well as the unique problems and health promotion needs of each age and stage of development. It features a strong health promotion theme structured around Healthy People 2020 objectives. - Lifespan coverage from prenatal development to death helps students integrate concepts related to normal changes in each stage of the life cycle. - Coverage of current research and trends in health care provide readers with the most up-to-date, accurate information. - Health promotion and disease prevention, including Healthy People 2020 objectives, are highlighted throughout the book. - Cultural content is highlighted throughout the book and in new Chapter 3: Cultural Considerations in Health Care to encourage students to consider cultural implications at every stage of development. - Separate chapter on advanced old age and geriatrics (Chapter 14) discuss the theories, physiological changes, and psychological aspects of aging; health promotion and maintenance; and the role of health care providers in caring for the geriatric patient. All of this helps students understand how to maintain quality of life and promote health in advanced old age. - Teaching techniques for every developmental stage are part of a consistent chapter format and provide age-appropriate patient education tips. - Consistent chapter organization for each stage of growth and development makes information easy to access. - Critical Thinking scenarios and questions appear at the end of each chapter to help students consider all variables when planning care across the lifespan. - Student learning features include Objectives, Key Terms, Key Points, and Review Questions. - Appendix A includes the FDA's Recommended Child and Adult Immunization Schedules, providing essential health promotion information. - NEW Appendix B provides a Multilingual Glossary of Symptoms to enhance students' awareness of culturally sensitive care. - Glossary includes definitions of Key Terms and additional terms help students review concepts and terminology at a glance. - Bibliography is organized by chapter at the end of the book to facilitate additional research and study.

lifespan health and wellness: Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

lifespan health and wellness: Focus on Adult Health Linda Honan, 2018-01-25 Focus on Adult Health: Medical-Surgical Nursing 2E separates the wheat from the chaff by drilling down to the essential content that students need to know. This book provides the foundation of medical-surgical

nursing with core content, values, and skills. Focus on Adult Health: Medical-Surgical Nursing 2E is not designed to answer every question related to internal medical and surgical care. Instead the intentional design of the book is to give depth and breadth to the essentials. Written by nurses active in clinical practice, these expert clinicians know what qualifies as “need-to-know” content. This book includes rigorously researched current references and innovative technologies.

lifespan health and wellness: Prevention Practice Catherine Rush Thompson, 2007 The all-encompassing Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness successfully details the impact health promotion, health protection, and the prevention of illness and disability have on increasing the quality and length of a healthy life for individuals across the lifespan. Dr. Catherine Thompson along with eight contributors, all with diverse backgrounds in physical therapy, rehabilitation, and healthcare, present the fundamental health, fitness, and wellness concepts that are critical for providing preventive care to healthy, impaired, and at-risk populations as outlined in the Guide to Physical Therapist Practice and Healthy People 2010. Prevention Practice includes screening tools for determining risk factors associated with common medical problems as well as resources for implementing prevention practice in clinical and community-based settings, including planning and marketing a prevention practice. Additionally, this unique guide offers suggestions for providing appropriate interventions (consultation, referral, education, resources, and program development). Some topics covered include: • Overview of holistic versus traditional medicine • A comparison of isometric, isotonic, and isokinetic exercises • Comprehensive physical health screening • Musculoskeletal, neuromuscular, cardiopulmonary, and integumentary impairments and developmental disabilities • Tips, letters, and “dorsquo;s and donrsquo;tsrdquo; for providing advocacy to those in need of guidance Perfect for clinicians, students, allied health professionals, rehabilitation specialists, physical medicine specialists, and recreation therapists, Prevention Practice is a valuable resource for everyone in the areas of health, fitness, and wellness. Additional features: • Behavioral Risk Factor Surveillance table • Lifestyle Behaviors Screening questionnaire • Pathology-specific signs and symptoms • Women's health issues • Risk of injury based upon age, gender, and race • Nutrition screening for older adults

lifespan health and wellness: Play in Healthcare for Adults Alison Tonkin, Julia Whitaker, 2016-06-23 PLAY. We all do it: wordplay, love play, role-play; we play cards, play sport, play the fool, and play around. And that's just the grown-ups! It features in every aspect of our lives, whether we call it by that or another name. We all do it, but why do we do it? What does it mean to play and what, if any, difference does it make to our lives? Most crucially, and central to the theme of this book, is the question, ‘Does play have a positive impact on our health and wellbeing, and consequently a role in modern healthcare delivery?’ The contributors to this book provide a comprehensive overview of how play and play-based activities can be used throughout the adult lifespan to promote health and wellbeing within the context of healthcare service delivery for patients, their families and communities, and for the staff involved in their care. Responding to current global health concerns such as obesity, coronary heart disease, dementia and mental health, the book argues that play and playfulness offer a means of protection, promotion and recovery of positive health and wellbeing. The human tendency for play and playfulness as essential to personal growth and development lie at the heart of the discussion. This book will be of interest to all those working in health or social care settings, including nursing, social work and allied health students and professionals and those working within the therapeutic disciplines of art therapy, music therapy, and recreation alliances.

lifespan health and wellness: The Future of the Public's Health in the 21st Century Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010,

and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

lifespan health and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

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