

# Example of essay on cross post

[Sociology](#), [Population](#)



\n[[toc title="Table of Contents"](#)]\n

\n \t

1. [Mari's Post](#) \n \t
2. [Hedrine's Post](#) \n \t
3. [References](#) \n

\n[/toc]\n \n

## **Mari's Post**

Population health is one of the most significant factors that evolved in the past few years to determine health outcomes of human beings within a certain group. The concept of health population includes genetic, behavioral and social determinants; thus, it has a great influence on personal behavior and lifestyle of persons within a group over the lifespan (Kindig, 2007). This approach is based on various health determinants at individual and social levels that intervene as social, genetic and environmental factors that affect health of the population.

According to Stoto (2013), one of the Triple Aims of the Institute of Health Improvement's (IHI) is improving population health and reducing per capita cost of health care. However, IHI's approach is based on health care promotion and disease prevention as both have a crucial role in improving health of the population.

## **Hedrine's Post**

Today, it is of the greatest importance to improve health of individuals and populations. According to Evan et al. (2003), it can be done by investing in the health determinants that include three main levels: intervention at social

and individual levels to reform health policies; improving an equal distribution of health outcomes in a society; improving other health determinants (socioeconomic status of individuals in the society, their physical environment, etc.).

Among other significant factors that determine health of the population are medical care, average income, level of education and social support, employment, clean water and air, etc. (Friedman & Starfield, 2003). Models of the World Health Organization and other institutions are based on identifying challenges in health care and suggesting strategies aimed at building healthy public policies and influencing abovementioned factors. All in all, population health can be greatly affected by implementing models focused on improving social and physical environment, public care and genetics of people all over the world.

## References

- Evans, R., & Stoddart, G. (2003). Models for population health. Consuming research, producing policy?. *American Journal Of Public Health*, 93(3), 371-379.
- Friedman, D., & Starfield, B. (2003). Models of population health: their value for US public health practice, policy, and research. *American Journal Of Public Health*, 93(3), 366-369.
- Kindig, D. A. (2007). Understanding population health terminology. *Milbank Quarterly*, 85 (1). Pp 139-161. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2690307/pdf/milq0085-0139.pdf>
- Stoto, M. A. (2013). Population health in the affordable care act era.

Academy Health,

Retrieved from <http://www.academyhealth.org>