

## Optimal Health Model

The **optimal health model** prioritizes prevention through policies following these steps:

- Identify the health concern.
- Identify the risk factors that influence that health concern.
- Respond with an intervention that promotes the best possible health outcome for the population.
- Encourage individuals to make appropriate changes that will lead them towards a position of increasingly lower risk.

## OPTIMAL HEALTH MODEL



The model is adaptable to a range of risk behaviors and diseases, and measures success by the degree of movement away from risk. This aspirational public health model can help transform the health conversation and promote optimal health for all.

## Action Steps for Optimal Health

Optimal health is a holistic focus with the aim of attaining the best possible health outcomes by promoting healthier behaviors and not merely the absence of disease:

- State the population message of primary prevention/risk avoidance.
- Adopt the optimal health framework as an intentional lens for individualizing care for every person, regardless of current health status.
- Look for ways to promote the balance of physical, emotional, social, spiritual, and intellectual health.
- Focus on inspiring individuals towards optimal health with changes that are specific to their individual situation, but always measuring success by the degree of movement away from risk.
- Highlight the importance of cultivating [healthy relationships](#).
- Recognize the important role of parents/supportive adults, values, and traditions to influence adolescents' decisions.