What is population health?

Population health is the health outcomes of a defined group of people, including the distribution of such outcomes within the group.\(^1\)

What are the primary goals hospitals and health care systems should include in their population health strategies?

Hospitals and health care systems should include these five distinct goals in their population health strategies:

1. Coordinate hospital-based interventions with community stakeholders and other key partners through mature collaborations;

2. Increase preventive health services through coordinated care across the health care continuum;

3. Provide culturally and linguistically appropriate care;

4. Promote healthy behaviors; and

5. Track population health metrics against dashboard targets.

What is meant by a defined group of people?

A defined group of people may be, but is not limited to, those who are attributable to or served by a hospital or health care system, those living in a specified geographic area or community or those experiencing a certain condition or disease.

What processes should be considered when implementing a population health strategy?

Population health is achieved through a focus on three interrelated processes:

1. Identify and analyze the distribution of specific health statuses and outcomes;

2. Evaluate the clinical, social and economic, behavioral and environmental factors associated with the outcomes; and

3. Implement a broad scope of interventions to modify the correlates of health outcomes.

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