Theories and Concepts in Public Health

Part One

Lecture Outline

- Introduction to theory
- o Ecological perspective of health

Introduction to theory

- What is theory?
- "A systematic way of understanding events or situations" (Rimer & Glanz, 2005, p.4)
- Why is it important?
 - Provides an understanding of health and the factors that influence health and health behaviors
 - Used to guide why people behave in a specific way, what we should know, and what should be done to change human behavior

Introduction to theory

- Concepts
- Primary elements of a theory
- Constructs
- Key concepts of a given theory
- **Variables**
 - The operational forms of constructs
- Models
 - Often draw on a number of theories to help understand a particular problem

Introduction to theory

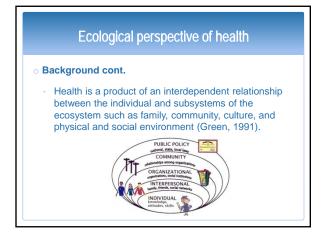
- Explanatory theory vs Change theory
 - Explanatory Theory
 - Describe the reasons why a problem exist
 - Search for factors that contribute to a problem
 - Change Theory
 - Guides the development of health interventions
 - Explains how to change health behaviors
 - Involves assumptions

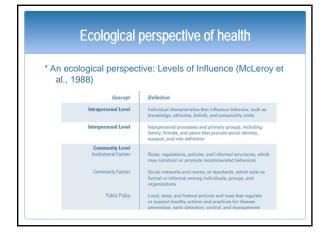
Ecological perspective of health

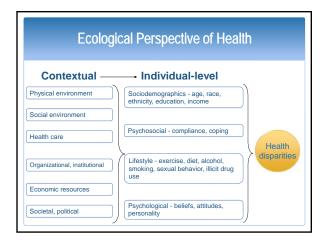
- Background
- Derived from general systems theory which views phenomena as open systems composed of mutually interacting components (Coreil, Bryant, &Henderson, 2001)

Bronfenbrenner's framework (White, 2002)

- Microsystem : individual role and relations
- Mesosystem : interrelations between two or more settings
- Exosystem : external setting that does not include the person
- Macrosystem : culture







Ecological perspective of health Key concepts (Rimer and Glanz, 2005) Health behavior both affects and is affected by multiple levels of influence Individual behavior both shapes, and is shaped by the social environment (Reciprocal causation).

Ecological perspective of health Example - 20 year old man who does not exercise - Intrapersonal level - believes exercise is not important - Interpersonal level - no friend/ family member to exercise with - Community level - Institutional factors: on-campus rec center hours not conducive to school schedule - Community factors: social norms do not support exercise - Public policy: no policies to incentivize activity - What is an example from your own life?

Application of Social Ecological Model Interpersonal violence in adolescence: Ecological correlates of self-reported perpetration by Banyard, Cross, & Modecki (2006). Individual factors: Victimization history, alcohol and drug use, depressed mood, and worries Interpersonal factors: Parental divorce, parental monitoring, and parental support Community factors: neighborhood monitoring, neighborhood support, school attachment, and social responsibility

Ecological perspective of health

- Principles of Ecological perspective on health behavior change
 - 1. Multiple levels of factors influence health behaviors.
 - 2. Influences interact across levels.
 - 3. Multi-level interventions should be most effective in changing behavior.
 - 4. Ecological models are most powerful when they are behavior-specific.

Resources

- Coreil, J., Bryant, C., & Henderson, J.N. (2001). Social and Behavioral Foundations of Public Health. Thousand Oaks,. CA: Sage Publications. Glanz, K., Rimer, B.K., & Viswanath. (2008). Health behavior and health education. Theory, research, and practice. California: Jossey-Bass. Green, L. W. (1991). Health promotion planning: an educational and nvironmental approach (2nd ed.). Mountain View, CA: Mayfield Pub. Co. McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. Health education quarterly, 15(4), 351-377.
- 351-377. Rimer, B.K., & Glanz, K. (1995). Theory at a glance: A guide for health education practice [NiH Pub. No. 95–3896]. Washington, D.C.: National Cancer Institute. White, J. (2002). Family Theories (2nd ed.). Thousand Oaks, California: Sage Publications.