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# Health Begins at Home

*The Importance of Prevention  
and Population Health*

**Sara Schmitt**

December 5, 2014



# Three Takeaways

- Improving population health happens largely outside of health care.
- Balancing personal responsibility with public interest is difficult but necessary for success.
- Healthy communities bring value to Colorado.



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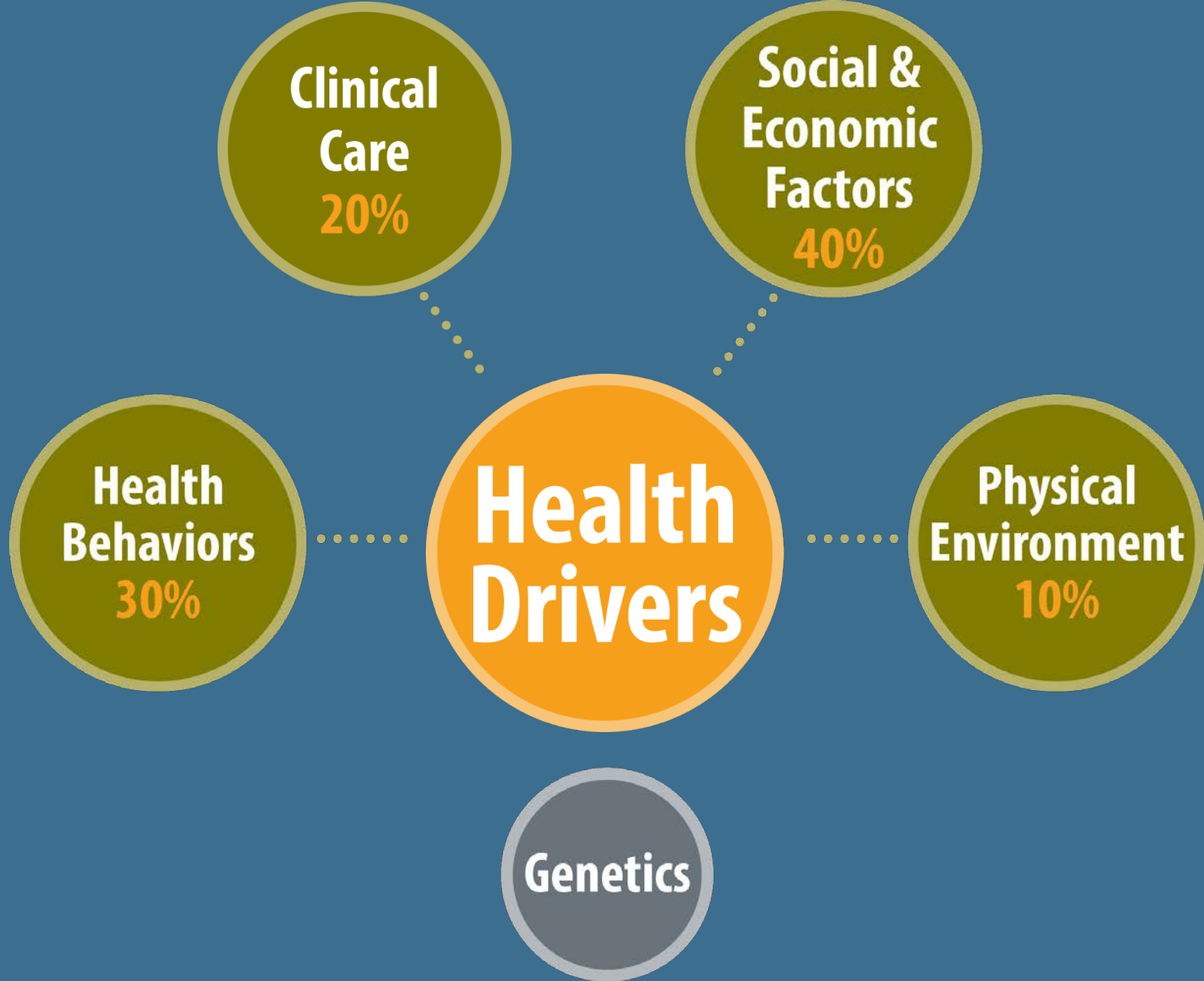
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## Who declared the following?

*"The public health system reduces health care costs by preventing disease and injury, promoting healthy behavior, and reducing the incidents of chronic diseases and conditions. Thus, the public health system is a critical part of any health care reform."*

- American Hospital Association
- Centers for Disease Control and Prevention
- Colorado General Assembly
- Colorado Public Health Association





**Individual  
Responsibility**

**Government  
Regulation**



# The Value Proposition of Prevention



**Individual  
Responsibility**

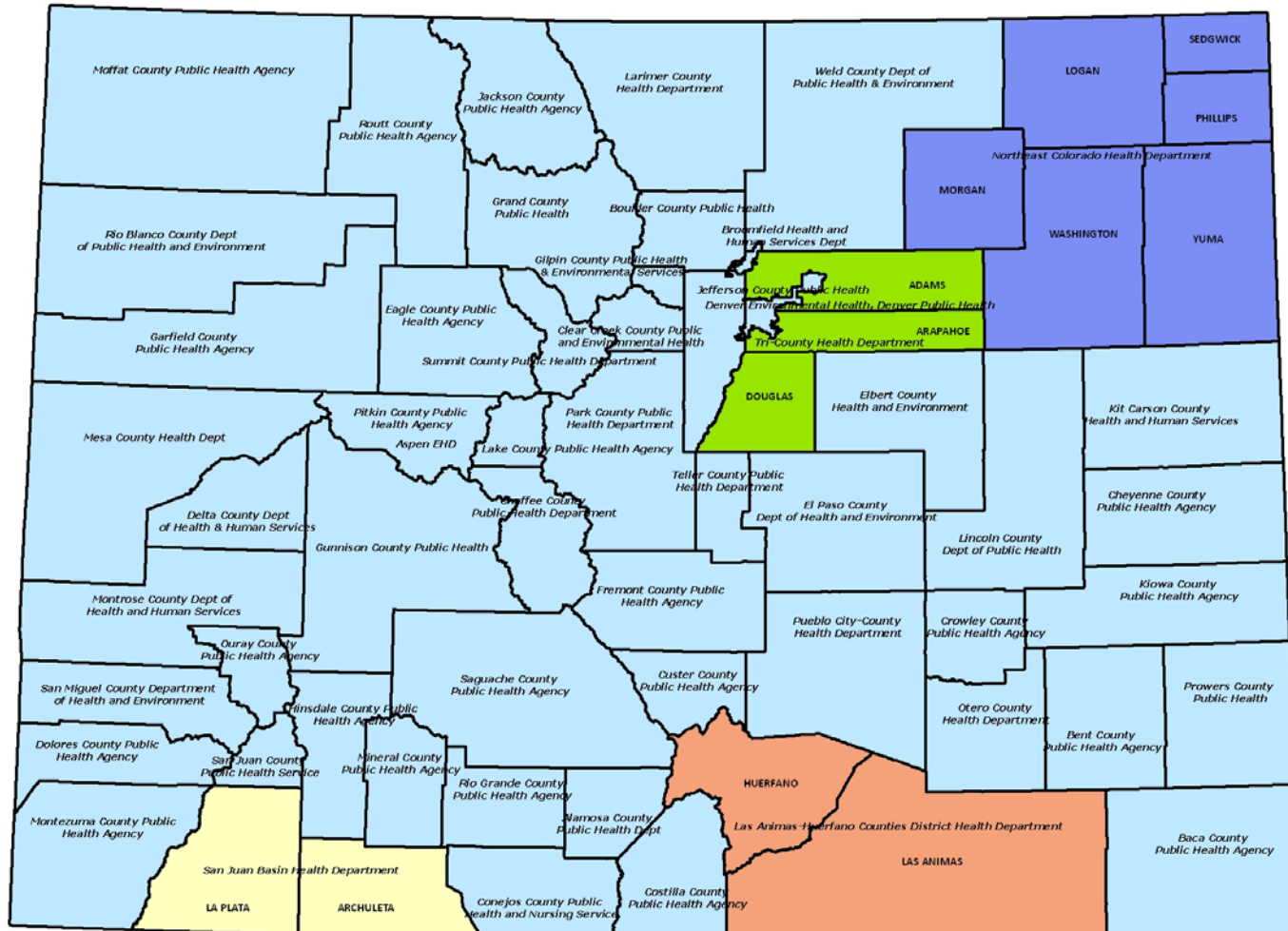


**Government  
Regulation**





# Colorado Local and District Public Health Agencies, July 2009



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