Foundations of Prevention

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Poll Question:

IS IT POSSIBLE TO PREVENT DOMESTIC VIOLENCE?

Why is prevention important?

- IPV is a serious health problem that affects millions of people
  - It is important to eliminate the conditions that allow it to occur
- Important to ensure everyone is healthy and safe at every stage of life

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Prevention can be broken down into two categories:
BEFORE & AFTER

PRIMARY PREVENTION	SECONDARY PREVENTION	TERTIARY PREVENTION
• Stopping a social or health problem BEFORE it occurs	• Takes place immediately AFTER an incident occurs to deal with short-term consequences and immediate needs	• Long-term approach for AFTER an incident occurs
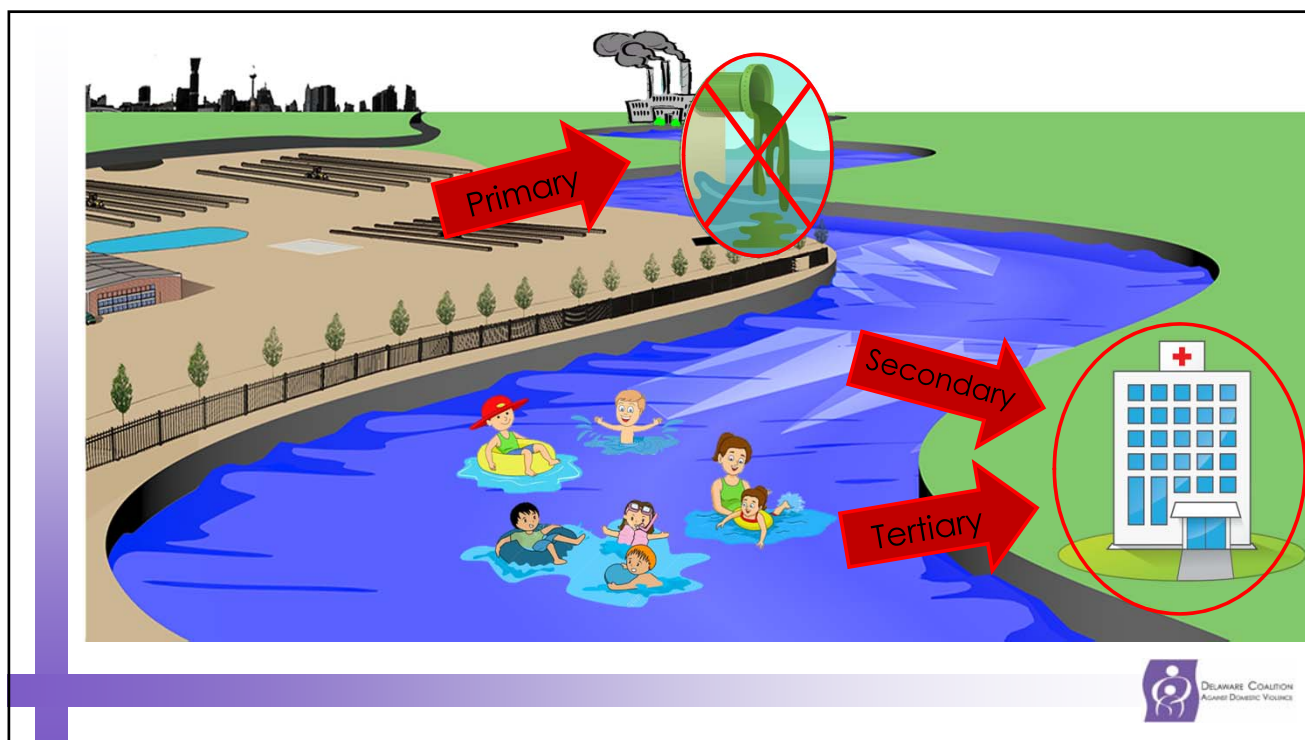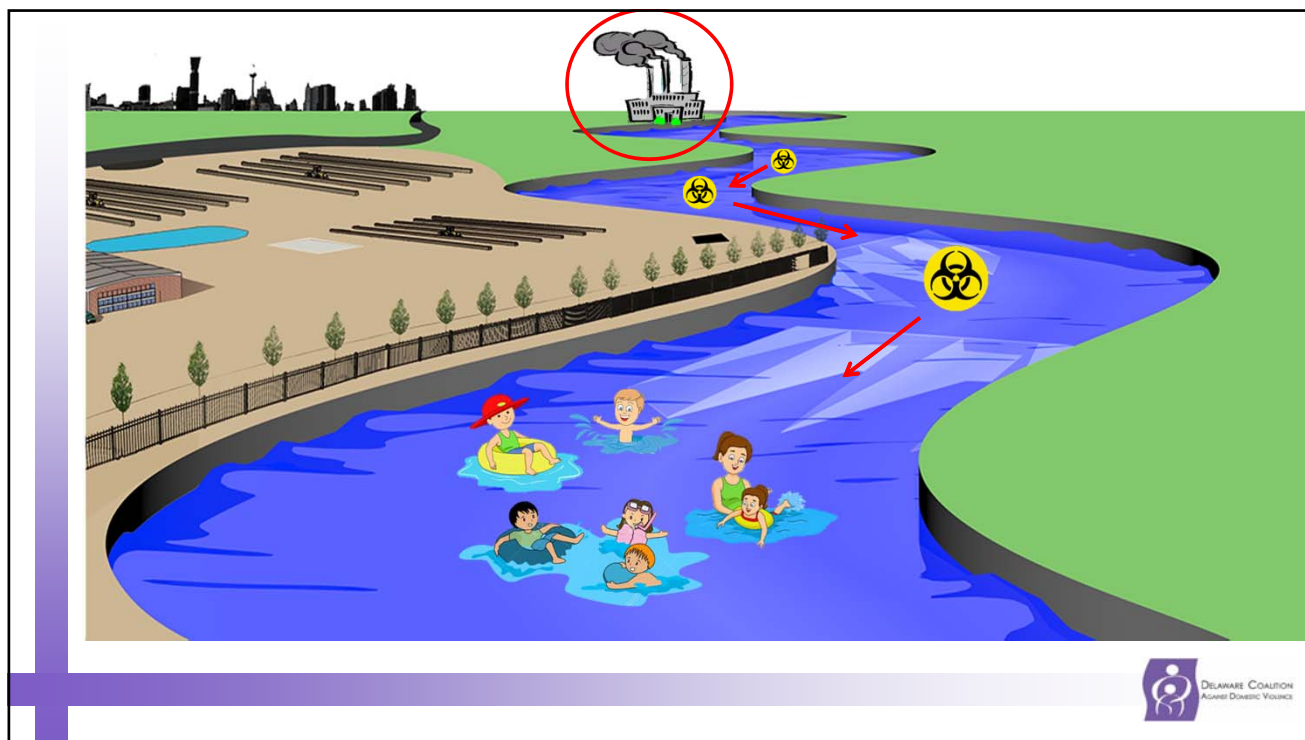
Why Focus on Primary Prevention?

- Stop violence before it happens

- Violence places a huge burden on society, which can be measured by:

    – **Mortality:** number of deaths due to violence

    – **Morbidity:** prevalence of injury and disease due to violence

    – **Economically:** direct and indirect costs associated with morbidity and mortality (healthcare and legal expenses, impacts on workforce, education, loss of tax revenue from lost income, etc.)

WHERE DO WE START?

Public Health

Focuses on the health, safety and well-being of entire populations. This approach attempts to achieve the maximum benefit for the largest number of people using a four tier approach.

Public Health Model

Define the Problem

• What is the issue that is affecting our society?

Identify Risk and Protective Factors

•What are circumstances or conditions that increase the likelihood of violence (Risk Factors)?

•What are circumstances or conditions that reduce the likelihood of violence(Protective Factors)?

Develop and Test Prevention Strategies

•What are ideas to engage in prevention efforts and how well are these prevention efforts working?

Assure Widespread Adaptation

• How can we make sure this prevention strategy will be used on a broad scale?

IPV as a Public Health Issue

• Intimate Partner Violence has a serious effect on a persons health

• Affects people through serious injury or through prolonged stress responses that in turn leads to chronic health problems

Rates of Prevalence of Intimate Partner & Sexual Violence as compared to Leading Health Issues
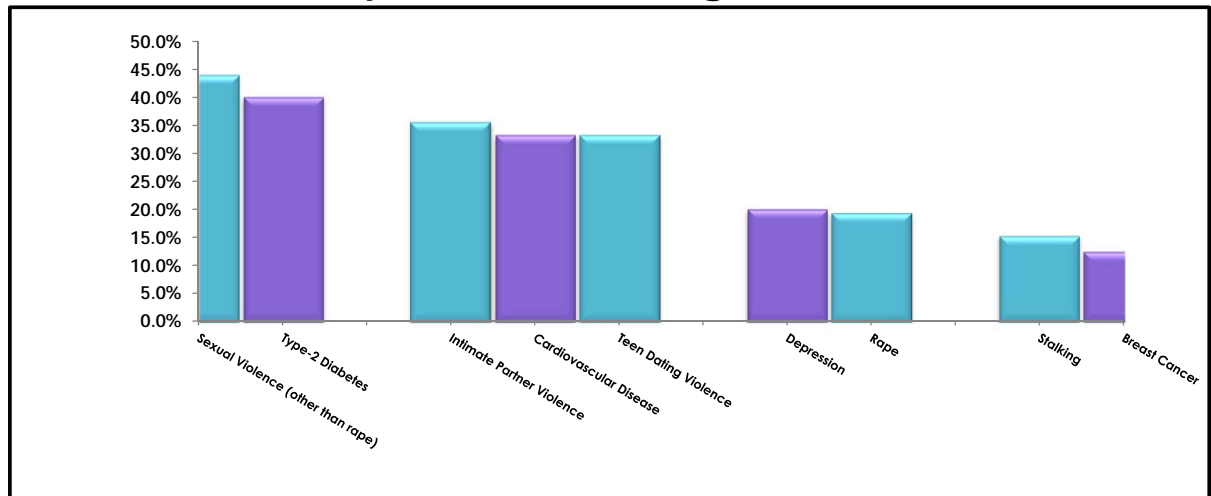
"As the state director for Public Health, I want to be clear: domestic violence is a public health issue as much as newborn screenings, immunizations, healthy lifestyles, disease prevention, and safe drinking water."

- Dr. Karyl Rattay, Director, Delaware Division of Public Health

Social Ecological Model
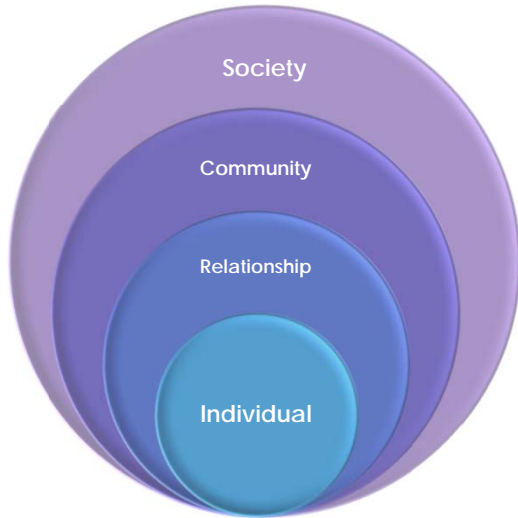
- A four-level model that helps understand the roots of violence and the effectiveness of prevention efforts
- Allows us to recognize factors that put people at risk for violence or help acknowledge how to protect them from experiencing or perpetrating violence.
- Model also helps demonstrate the necessity to work across multiple levels of the model at the same time.
- When applying this approach, it is more likely to maintain prevention efforts as opposed to singular intervention efforts.

Centers for Disease Control and Prevention

Individual

- Biological and personal history factors that impact the likelihood that person will experience or perpetrate violence
- Factors can include:
  - Age
  - Education
  - Income
  - Substance abuse
  - Prior history of abuse

Relationships

- Close relationships (peers, social groups, partners, family members) that could increase the risk of violence.
- Prevention efforts would include:
  - Family focused prevention programs
  - Healthy relationships
  - Mentoring and peer programs (with focus on resolving conflict)

Community

- The settings (schools, neighborhoods, workplaces) in which social interaction occurs
- Seeks to identify characteristics of these settings that could impact becoming victims or perpetrators of violence
- Prevention efforts would include:
  - Policies in schools and workplaces
  - Improving economic and housing opportunities in neighborhoods

Societal

- Broad societal factors that foster conditions in which violence is encouraged or inhibited.
  - Includes social and cultural norms on ways to resolve conflict

Spectrum of Prevention

Builds from the Social Ecological model to really demonstrate ways to engage in prevention efforts from multiple aspects

Prevention Institute

Future Prevention Trainings

Be on the look out for future prevention trainings!

- Planning & Evaluation
- Privilege & Oppression
- Evidence-Based Models and Prevention Strategies
- & more!

"If we continue the way we have been, the future doesn't look so bright for Americans. That's why one of the new buzz words is "prevention" which means increasing awareness, making changes that support the body in avoiding disease, and creating an environment that promotes good health habits."

~CarpeVITA Health

www.CarpeVITAinc.com

For further questions or information:

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