

INTERVENTIONS

Interventions that focus solely on individual-level behavior change have not been effective in reducing health disparities. To be effective, interventions must address the complex underlying causes of health disparities, the multifactorial pathways by which these factors influence population health outcomes, and the risk factors that are shared among multiple health conditions. Intervention designs must be comprehensive, multilevel, adaptable, sustainable, and culturally appropriate for health disparity populations.

This group of strategies is one of three pillars in NIMHD's plan to advance health disparities science and improve minority health. These three pillars are methods and measurement, etiology, and interventions.



Guiding Principles

- ▶ Promote interventions that address the structural drivers of health disparities and consider the interplay with behavioral and biological factors.
- ▶ Support interventions that address common modifiable risk factors associated with multiple health conditions and disease outcomes to reduce health disparities.
- ▶ Incorporate a life course perspective by intervening at critical windows of malleability and plasticity during the lifespan and determining opportunities for altering the intergenerational transmission of advantage and disadvantage to prevent and reduce health disparities.



Approaches

- ▶ Leverage electronic information and communication technologies to deliver and evaluate interventions that have the greatest potential to reduce health disparities by removing accessibility and health literacy barriers, facilitating tailoring and personalization, and decreasing cost.
- ▶ Promote interventions that address the social determinants of health within health care systems.



Methods and Evaluation

- ▶ Use study designs and intervention research approaches best suited to accommodate the complexity of health disparities research, while upholding principles of validity and rigor.
- ▶ Evaluate the effectiveness of community-derived and practice-derived interventions that maintain and improve health or prevent disease.
- ▶ Assess the relative and interactive contributions of multi-level intervention components, as well as the mechanisms through which an intervention affects health outcomes.



Dissemination and Implementation (Scalability)

- ▶ Examine key dissemination and implementation issues during intervention design, development, and evaluation (e.g., cost, resources, fidelity, adaptation, feasibility, acceptability) to inform subsequent implementation and scaling up in health disparity populations.
- ▶ Build the science of adapting interventions to different contexts, including cultures, delivery systems, and social environments.