

## SECTION II

### OVERVIEW OF HIGH-LEVERAGE HEALTH SUB-ISSUES

Considerable research and data exist in the literature, on the Internet, and within the local health care community regarding each of the four targeted high-leverage health (HLH) sub-issues—alcohol abuse; depression; poor nutrition and sedentary lifestyle; and health system complexity. For each sub-issue, this section presents a synopsis or summary of the global impact, economic cost, description of determinants and consequences, guidelines for effective planning, and resources, defined as follows:

- Global Impact & Fact Sheet: Overall magnitude of the problem at the national and local levels, including incidence, prevalence, and overall effect on society.
- Economic Cost: Where available, both national and local economic cost of the problem.
- Determinants & Consequences (Descriptive Model): Illustrative model based on the scientific literature that summarizes most of the major risk factors for and consequences of the problem presented (for descriptive purposes only).
- Guidelines for Effective Planning: General characteristics of effective preventive or treatment interventions based on the literature. A summary of specific model programs can be found within each of the Fact Sheets in the 1998 Needs Assessment Report.
- Local Model Initiatives & Resources: An example of a local program or initiative that represents some or all of the guidelines for effective planning, as well as a list of local, state, and national resources.

Information and data summarized in this section is taken from some of the most well-known and established organizations and agencies, such as the National Institutes of Health, Centers for Disease Control and Prevention, non-profit organizations, and national and local health and human services agencies.

Although this report identifies targeted areas of focus within each HLH issue, it should not be construed that other aspects of each HLH issue (e.g., tobacco use within substance abuse) are inconsequential. On the contrary, the identification of the categorical HLH issues invites continued examination of and discussion about all appropriate sub-issues.