

## **Putting the Population in Population Health**

The rising tide of non-communicable diseases as the leading cause of death and disability worldwide, are pushing all stakeholders (payers, providers, governments, and end-users) to find better ways to evolve systems (improved outcomes, quality & satisfaction at reduced cost) to enable improved health of populations. Physical Therapists, by way of the American Physical Therapy Association's vision statement, have a stated intention of helping to solve this problem, by transforming society from one state (illness/ disease) to a more desirable state through optimized movement. We believe that through healthy movement and the many factors that support a person's ability to move in a healthy way are key to wellbeing and quality of life. We primarily apply treatment approaches that limit the number of lives we can interface with and thus our likelihood of success in our quest to transform society, but we can change this. We can move toward population health models in which cohorts of individuals are impacted by not only the techniques and interventions we apply but also the knowledge we have gained. As a profession we are well positioned to help minimize the total cost of care by effectively providing conservative (lifestyle) interventions such as exercise, nutrition, and recovery strategies—early enough in the health continuum to prevent, slow, or ultimately reverse the progression of non-communicable disease—will more effectively deliver on our ultimate brand promise: to help individuals live the best possible version of themselves.