

EARLY BRAIN DEVELOPMENT

Approaches Public Health Leaders Can Use to Make a Difference



FROM CONCEPTION UNTIL AGE THREE

our brain undergoes its fastest development, more than any other time during our lives.



STATE AND TERRITORIAL HEALTH DEPARTMENTS

have a core role to play, as both proactive leaders and trusted authorities to encourage protective factors and prevention strategies.



EVIDENCE-INFORMED APPROACHES

used in states and territories can provide best practices and lessons learned for future public health programs.



Healthy early brain development can influence adult health outcomes, such as the odds of developing diabetes, hypertension, and heart disease, and prevent substance abuse and risky behaviors.



States and territories can create a trauma-informed system of care that leads to system-level change and sustained community impact.



Research indicates that intervening early to address brain development is less expensive than dealing with its consequences later in life.



Early screening and intervention can detect developmental delays and disabilities, and health departments can connect children with services when they are most effective at the earliest stages of life.



Health departments can collaborate with human services, healthcare professionals, education, and child care providers to integrate early brain development efforts into existing programs.



Health departments can develop and implement evidence-based home visiting programs that strengthen caregivers' capacity to provide healthy relationships and environments for infants and children.