### EARLY BRAIN DEVELOPMENT

Approaches Public Health Leaders Can Use to Make a Difference

<table>
<thead>
<tr>
<th>FROM CONCEPTION UNTIL AGE THREE</th>
<th>STATE AND TERRITORIAL HEALTH DEPARTMENTS</th>
<th>EVIDENCE-INFORMED APPROACHES</th>
</tr>
</thead>
<tbody>
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<td>our brain undergoes its fastest development, more than any other time during our lives.</td>
<td>have a core role to play, as both proactive leaders and trusted authorities to encourage protective factors and prevention strategies.</td>
<td>used in states and territories can provide best practices and lessons learned for future public health programs.</td>
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- 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.

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

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

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

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