



The Power of Prevention and Two Steps for Realizing Its Benefits

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Two critical insights

- ◆ Psychological, behavioral, and health problems co-occur.
- ◆ All of these problems stem from a common set of non-nurturing conditions

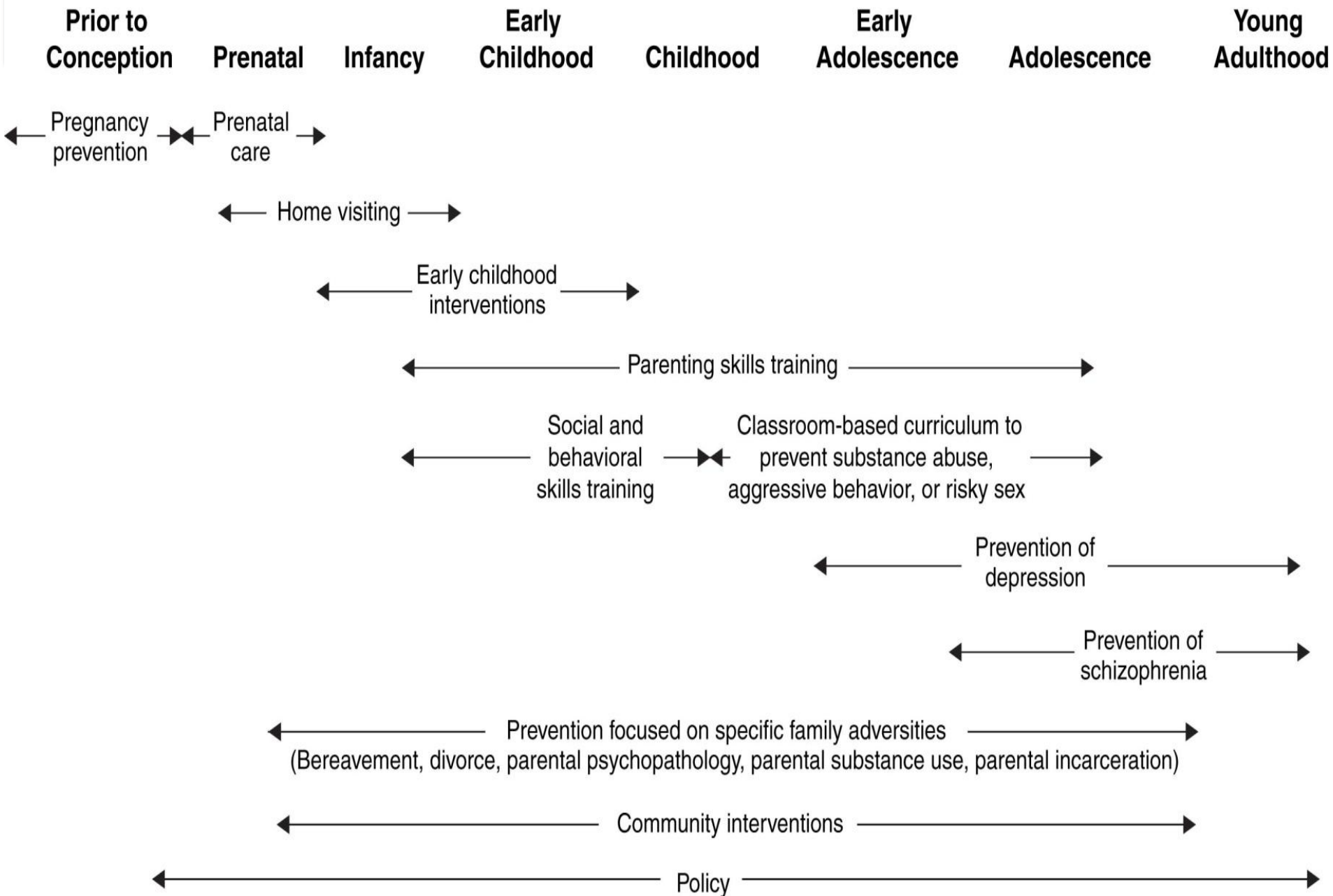


Relative Risk of Problem Behaviors in a Representative Sample of 8th Graders

	Substance Use	Antisocial Behavior	Risky Sexual behavior	Depression	Eating Disorders
Substance use		5.52	8.54	3.66	2.29
Antisocial Behavior	5.42		7.80	3.74	2.62
Risky Sexual Behavior	6.86	7.11		4.46	3.08
Depression	3.93	3.85	5.79		3.64
Eating disorder	2.45	2.89	3.59	4.00	

Boles, S., Biglan, A., Smolkowski, K. (2006) Relationships among negative and positive behaviors in adolescence. *Journal of Adolescence*, 29, 33-52.

Interventions by Developmental Phase





Fostering Nurturing Environments

- ◆ Minimize toxic social and biological conditions
- ◆ Teach, promote and richly reinforce diverse forms of prosocial behavior
- ◆ Limit influences and opportunities for problem behavior
- ◆ Promote psychological flexibility—a mindful approach to pursuing one's values
 - More than 60 randomized trials showing the value of psychological flexibility for a wide variety of psychological, behavioral, and health problems.

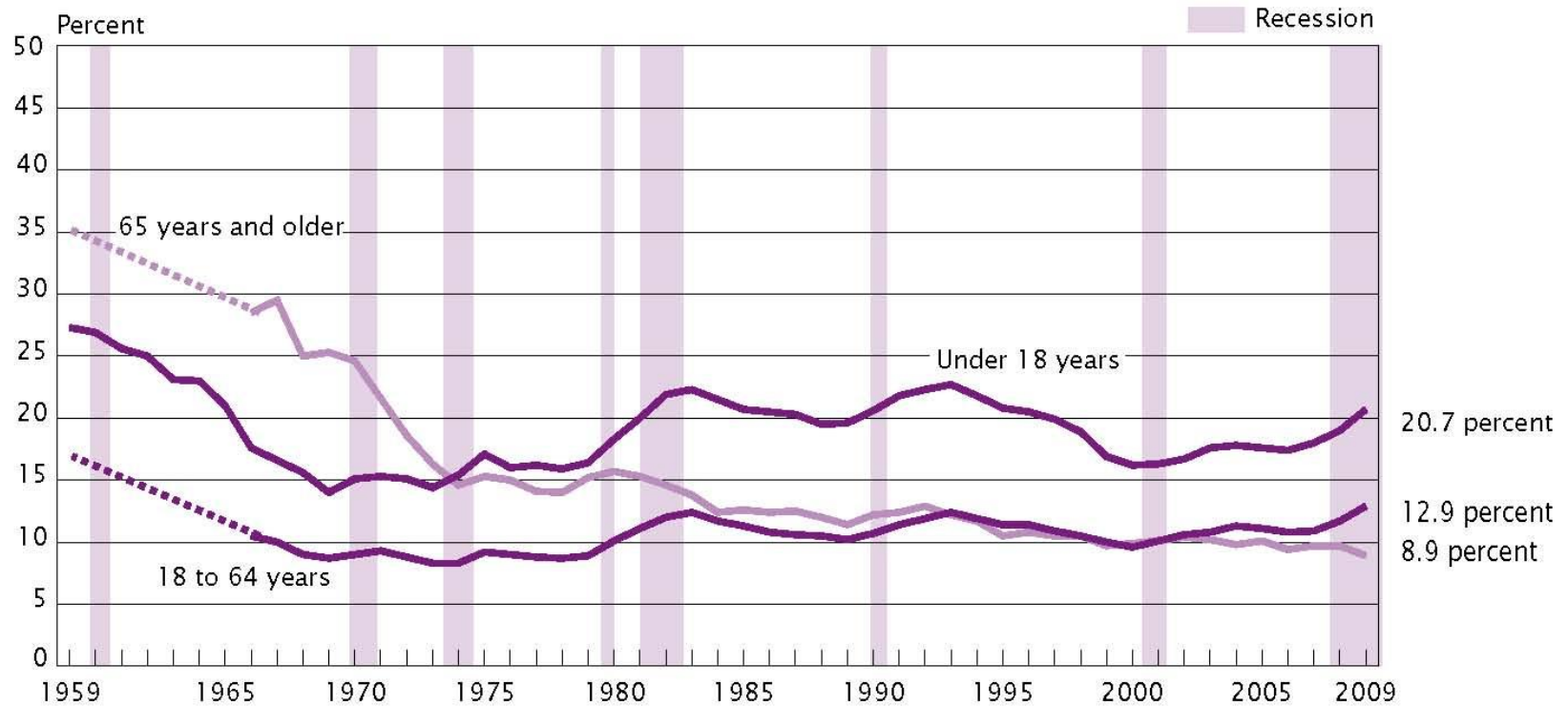


The Direct Effect of Maltreatment on Health⁵⁵

- ◆ Meta-analysis of 24 studies involving 48,000 individuals
- ◆ Disease endpoints: cardiovascular, respiratory, metabolic, musculoskeletal, and autoimmune conditions.
- ◆ 1.69 greater likelihood of one or more of these outcomes
- ◆ 2.77 times more likely to have stroke or myocardial infarction.



Poverty rates by age: 1959 to 2009



Notes: The data points are placed at the midpoints of the respective years.

Data for people aged 18 to 64 and 65 and older are not available from 1960 to 1965.

Source: U.S. Census Bureau, Current Population Survey, 1960 to 2010 Annual Social and Economic Supplements.



Parenting: A key pathway from poverty to problem development

- ◆ Perturbed parenting leads to
 - Children and adolescents being more anxious and depressed
 - Failure in school
 - Aggressive behavior
 - Delinquency

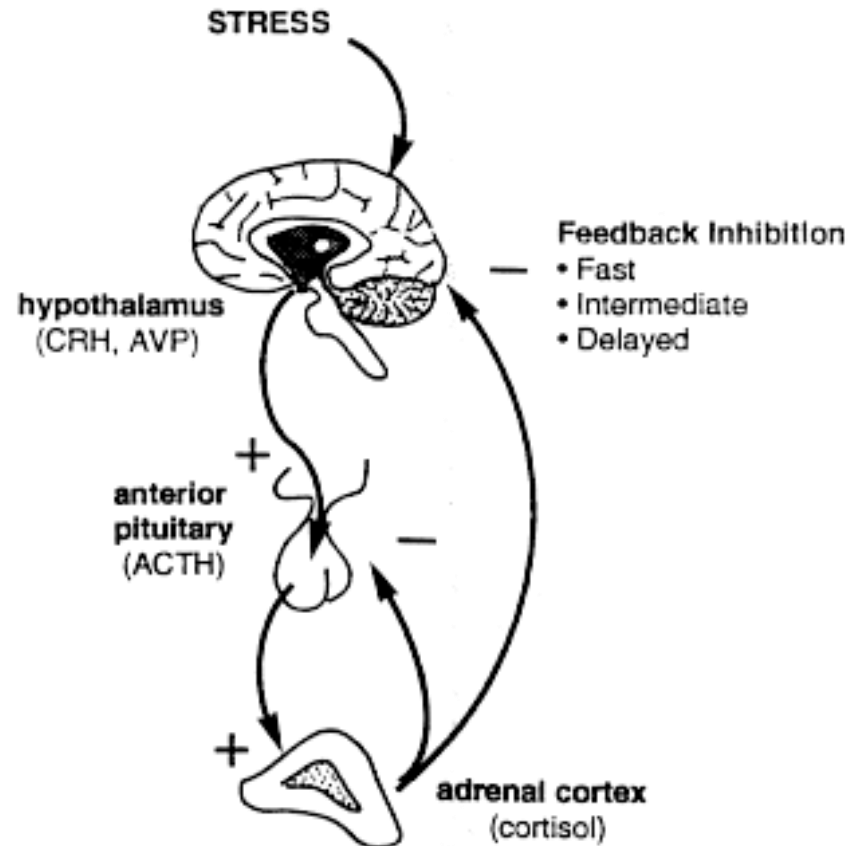


Effects of SES on Health

- ◆ Increased risk of all-cause mortality: 20%–40%
- ◆ Excess risk of 30-60% for CVD across studies
- ◆ Effects even among those who have increased their SES as adults; 20-40% range for CVD
- ◆ Maternal nurturance prevents these effects!



Minimize toxic conditions: the physiological stress response







Uniting Our Fragmented Efforts

- ◆ Treatment, prevention, policymaking, and research are fragmented, with different groups working on different problems (e.g., academic failure, substance use, depression, etc.)
- ◆ We need to bring all parties together around a focus on increasing the prevalence of nurturing families and schools.



An IOM Study on Nurturing Families

- ◆ Articulate the impact of family dysfunction on **all** aspects of wellbeing.
- ◆ Describe the policies, programs, and practices that can increase the prevalence of nurturing families and prevent the entire range of psychological, behavioral, and health problems.



An IOM Study on Nurturing Families

- ◆ Increase support for policies that reduce family poverty.
- ◆ Lay out an agenda for future research and policymaking.
- ◆ A catalyst for the development of a society-wide effort to make family nurturance a fundamental goal for policymakers, practitioners, scientists, and advocates.



Evidence-Based School Interventions

- ◆ e-Circle Professional Development for Preschool Providers
- ◆ Providing Alternative Thinking Strategies/PATHS
- ◆ Positive Behavior Intervention and Support
- ◆ Positive Action
- ◆ Seattle Social Development Program



The Good Behavior Game

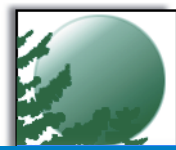
- ◆ Classroom teams in elementary school earn small rewards for being on-task and cooperative





GBG Timeline of Benefits

First month						
More time for teaching and learning			Less stress for staff and students			
First year						
Better attendance	Fewer referrals	Fewer service needs	Less illness	Happier families	Less vandalism	Better academics
Two-three years						
ADHD averted		Oppositional Defiance averted			Special Education averted	
Five-fifteen years						
No tobacco	Less alcohol	Fewer conduct disorders	Less depression	Less crime, violence, suicide	High school graduation and university attendance	



Cost Savings



How much might GBG save?

- ◆ GBG costs about \$150
- ◆ GBG pays back \$4,637 over 15 years to individuals, taxpayers, and others per student exposed in first grade.
- ◆ **\$18 billion** for every first grade cohort by age 21, after an investment of \$600 million.²²



In Sum

- ◆ Fund an IOM study of the why and how we could increase the prevalence of nurturing families.
- ◆ Implement the Good Behavior Game in elementary schools nationwide