

Defining Levels of Prevention

Level 1 Prevention efforts build on existing assets to enhance the livability of the community.

Examples:

- Education/training on budgeting skills

- An elderly care facility hosts music appreciation classes for high school students

- Exercise and healthy diet is a part of your daily routine

Of the three levels of prevention, this one has the greatest impact on building healthy communities. However, it is also the most difficult for which to recruit help, as people are not reacting to any kind of problem or crisis.

Level 2 Prevention efforts focus on reducing or eliminating recurrence of community problems by altering the enabling conditions.

Examples:

- Reducing alcohol sales to minors

- Lighting parks to reduce vandalism and theft

- You being an exercise program after having a heart attack

Problem solving is a level 2 prevention effort where, working as partners, people apply a specific process/strategy to address a common concern (an existing problem).

Level 3 Prevention efforts focus on reforming the offender.

Examples:

- Prison

- Traffic citations

- You have a triple bypass