

# Brighter Futures Initiative Definitions

The definitions for "evidence-based" and "prevention" originate from the [Department of Health & Human Services, Substance Abuse & Mental Health Services Administration](#) website (Prevention Platform Glossary and Training Sections). The definition for "positive youth development" originates from the [Department of Health & Human Services, Administration for Children & Families](#) website (Positive Youth Development Fact Sheet).

**Evidence-based** (for the purpose of this grant) means a program [or strategy] that is theory-driven, has activities/interventions related to the theory of change underlying the program model, has been well implemented, and has produced empirically verifiable outcomes, which are assumed to be positive.

**Positive Youth Development** (for the purpose of this grant) suggests that helping young people to achieve their full potential is the best way to prevent them from engaging in risky behaviors. Organizations and communities that promote positive youth development give youth the chance to exercise leadership, build skills, and get involved. The self-confidence, trust, and practical knowledge that young people gain from these opportunities help them grow into healthy, happy, self-sufficient adults.

**Prevention:** an active process that creates and rewards conditions that lead to healthy behaviors and lifestyles. Prevention efforts target different individuals and groups with different programs, depending on their needs.

The traditional definition, which has been used for a broad range of prevention efforts, draws upon a classification system first proposed by the Commission on Chronic Illness in 1957. According to this system:

- **Primary prevention** is directed at averting a potential health problem before it starts.
- **Secondary prevention** is directed at early detection and, as appropriate, early intervention.
- **Tertiary prevention** is directed at minimizing disability and avoiding relapse.

An alternative classification model for prevention is used by the Institute of Medicine (IOM) and includes the following three categories of preventive measures:

- **Universal prevention:** activities or prevention programs designed for everyone in the eligible population, both the general public and all members of specific eligible groups. Also, activities targeted to the general public or a whole population group that has not been identified on the basis of individual risk.
- **Selective preventive interventions:** activities targeted to individuals or a subgroup of the population whose risk of developing a disorder is significantly higher than average.
- **Indicated preventive interventions:** strategies designed for persons who are identified as having minimal but detectable signs or symptoms or precursors of some illness or condition, but whose condition is below the threshold of a formal diagnosis of the condition.