



Patterns of Adapting to Health

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Linking the Health Behavior of Individuals to the Health Behavior of Populations

Developmental Stages of Adapting to Health

After age 18, adults move through three stages of adapting to health:

Pre-adaptive

Health and healthcare decisions made by others (external locus of health decision-making responsibility). The percentage of pre-adaptive adults goes down with age, particularly among women.

Adaptive Patterns

Internalizing health decision-making responsibility unconsciously draws adults into conformity with one of nine patterns shaping the interaction of health-related actions and the physical environment.

Adaptive decay

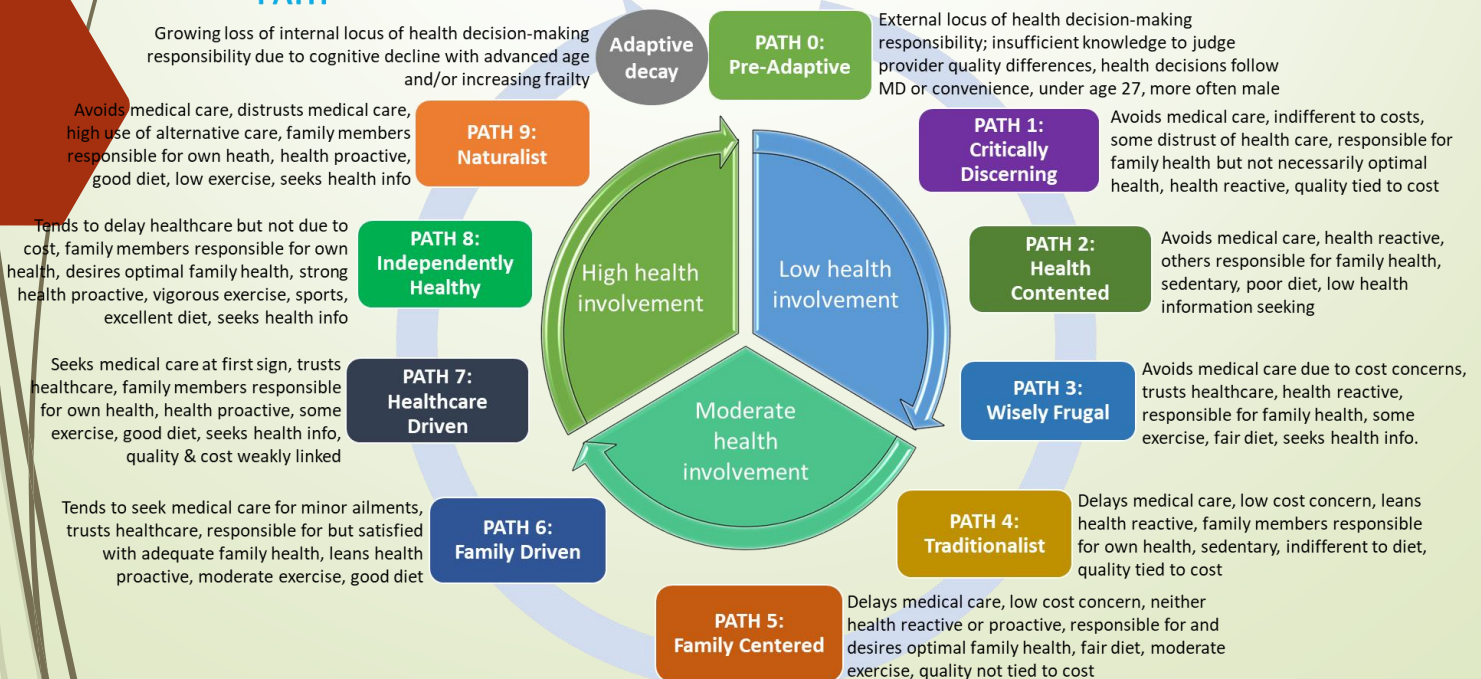
As health and healthcare decision-making ability wanes requiring the aid of others a small percentage of adults "fall out" of a pattern and revert to the pre-adaptive state.



By age 27, the adaptive health behavior of most adults conform to one of nine well-defined population-level patterns:



Patterns of Adapting to Health (PATH)





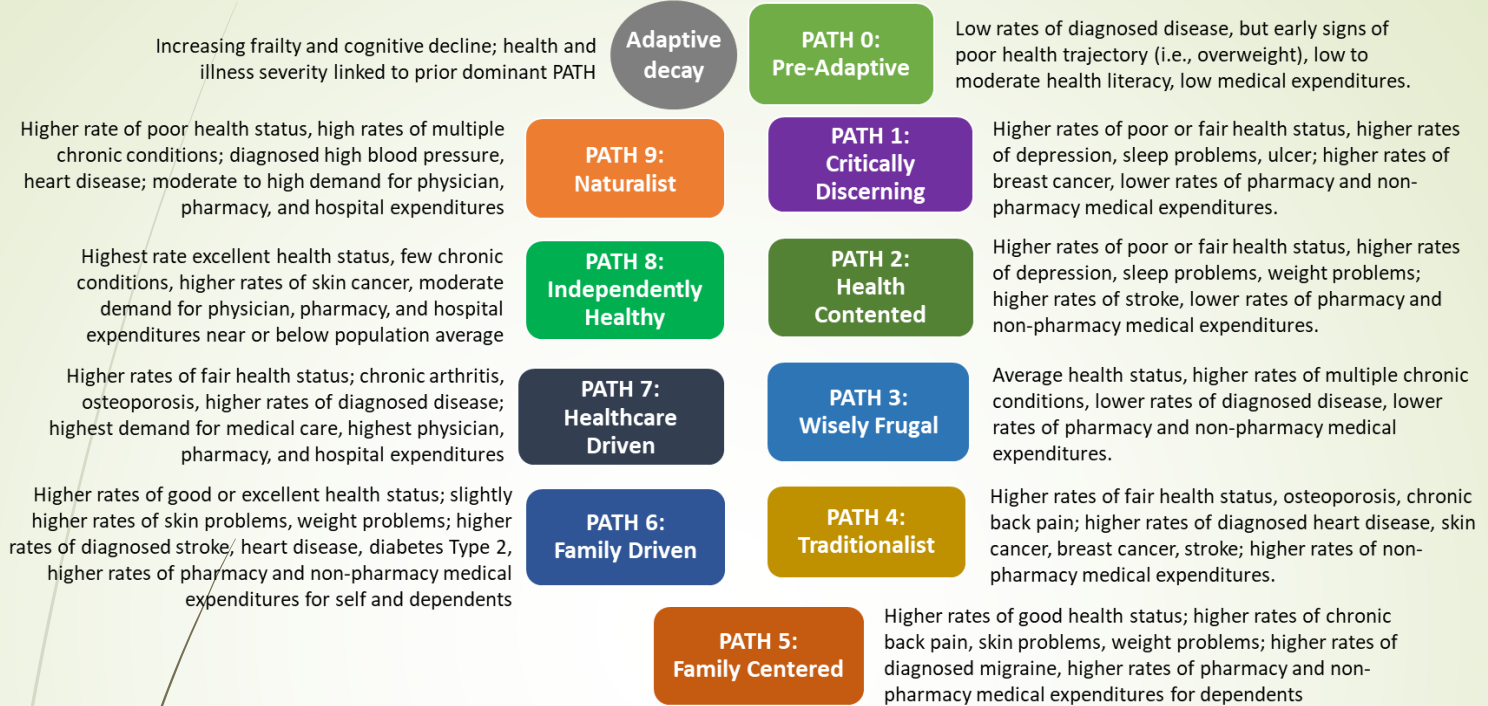
The PATH Research Institute, Inc.

Over 30 Years of *Real-World and Client Data* has linked the PATH to Many Diverse Health and Health Care Outcomes

Patterns of Adapting to Health (PATH)

Nine distinct health trajectories

Each “pattern” maps out a well-defined trajectory of health shaping the health outcomes and medical expenditures of hundreds of thousands of adults across the US



PATH Applications allow health organizations to see these patterns, link them to relevant health outcomes, and target these populations through tailored communication at the population and personal levels

The **Patterns of Adapting to Health** exist in every U.S. adult population

