Public health approaches to health promotion and disease prevention focus on communities and entire populations. You can consider using policy to make an impact at the population level. For example, a program that teaches students about a risky health behavior can be effective at the individual level. But a local or state policy discouraging that behavior can have a larger reach and improve the health of many people. Anyone concerned about health in their community can play an important role in: researching, developing, and enacting policy. Explore CDC’s Policy Process to learn more!