# Seven Steps to Answer Public Health Questions

1. Define the population of interest
2. Conceptualize and create measures of exposures and health outcome
3. Take a sample of the population
4. Estimate measures of association between exposures and health indicators of interest
5. Rigorously evaluate whether the association observed suggests a causal association
6. Assess the evidence for causes working together
7. Assess the extent to which the result matters, is externally valid, to other populations