What is public health?

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objectives

- What is public health?

- How public health is different from clinical medicine ?

- How does public health (how's responsible to do it)?

- How is it done(work) ?

Introduction :

public health has made significant impact on health of population, making people healthy and saving lives

for example :

in USA between 1900-1999 people life expectancy has increased by over 30 years ,25 years of these gained due to public health interventions

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What is health ?

WHO defined health as " the state of complete physical, mental and social well being rather than the mere absence of disease or infirmity"

- This definition is pretty bold and ambitious which prompts people to look beyond diseases and focus on mental and social aspect of health rather than focusing in physical aspect only !

Public health:

"the science and art of preventing disease ,prolonging life and promoting health ,through the organised effort of society ?"

How's public health different to clinical medicine?

Let's take an example to understand the difference ,suppose that someone has car accident and has broken leg , the clinician main focus is ==the immediate health problem==(fixing the fractured leg)so clinician focus on the individual while the public health approach would be ==holistic== and focus on figuring out how and why this person had an accident? So the actions can be taken to prevent it from happening again for example ,why did he have the accident? Was there a problem with his vision ?was it poor knowledge of driving skills or bad attitudes towards driving(knowledge ,attitudes) a ,was he under the influence of alcohol /drugs when he was driving ?,are there laws against this(legislation) and resources to enforce it (enforcement)what are the community expectations/attitudes toward driving ,does he have a good social support network that'll help in his recovery or prevent this from happening again , was the road he was driving on safe?(safe roads), was he driving safe car that was well maintained ?if not ,why not? Could he not afford it ?if not ,why could he not afford it? , does he have a job that doesn't pay well? why is that ?is it because he didn't have access to good education ?was there good access to health services which would determine his treatment and recovery

❑ <u>Heath is determined by a complex interaction between many different factors or determinants of health</u> include:
1)individual characteristics
 2)lifestyle and behavior
3)physical ,social and economic environment

- Social determinants of health

- in order to make a difference in health ,action needed across all the different determinants

- Public health focus on these upstream factors to make changes that can benefit the health of the population as a whole ,So it seem like a very broad and complex task !

Who is responsible for public health?
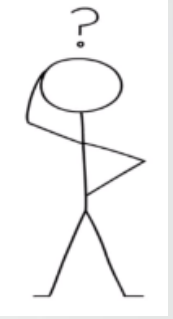
The responsibility of creating a healthy community rests with:
❖All sector of society
❖ health departments (have central role)
❖Coordinate effort –other broad range of stakeholders
(include other area of government ,private sector ,
NGOs "non governmental organization "
international organizations and community

❖All of these united with a shared goal of
improving the health of the public

How does it work ?

➤ The world federation of public health association's has developed a useful framework to understand how public health is delivered . There're 3 core service area of public health and group of enablers that ensure that these services can occur effectively and efficiently.

❑ The three core area of public health are of public health are:
1-protection (is about protecting the health of the population which includer: *the control of infectious diseases *managing environmental hazards *ensuring a healthy workplace *managing health emergencies)

2-promotion (is about improving the health of the population , it cover broad range of activities that not only focuses on the individual like promoting health behaviors over life course , it also focus on improving the social determinants of health) .

3-prevention (is about preventing health issues before thy occur ,it includes activities such as vaccination and screening
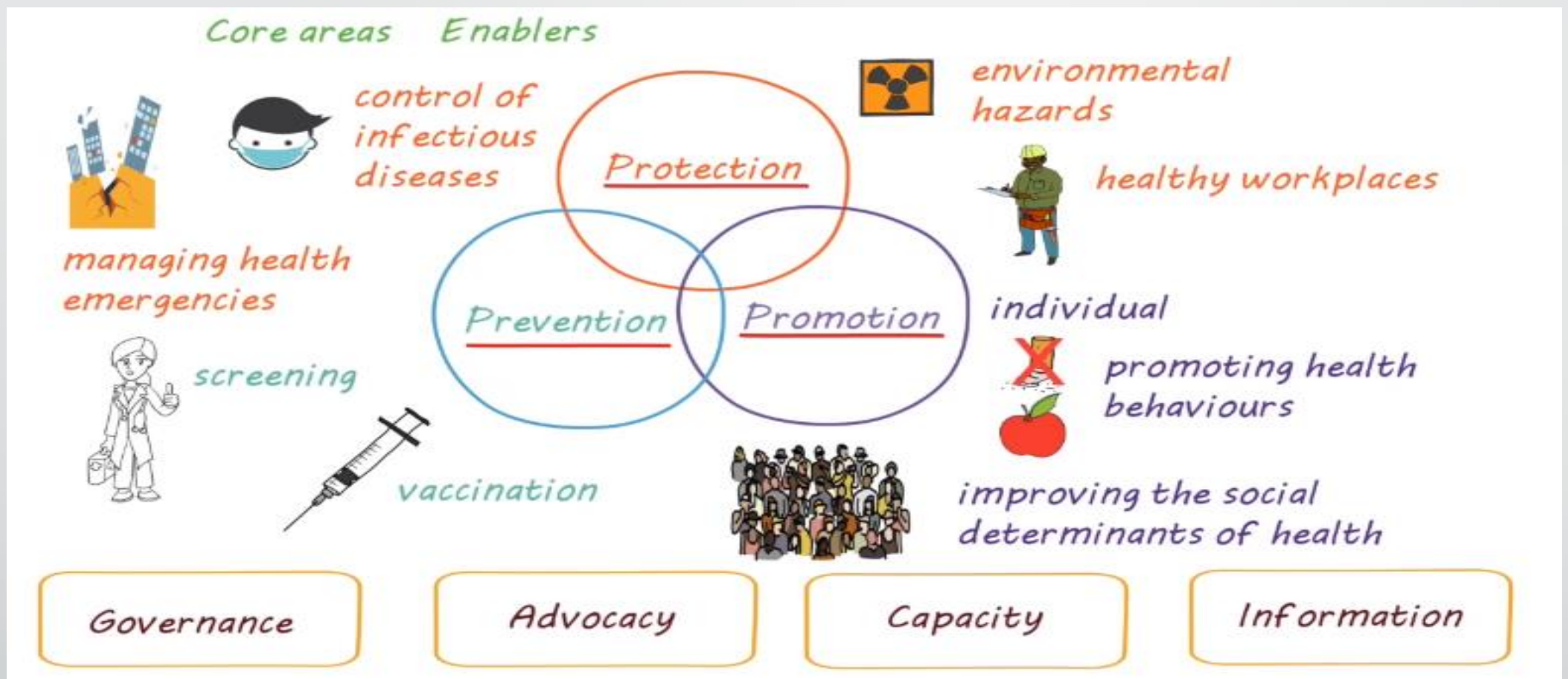
✓ To enable these core areas to function there needs to be : good **governance** ,**advocacy**(to influence and obtain support and commitment for actions that support a health goal) ,**capacity**(having an adequate well trained and supported public health workforce)

✓ , having accurate timely **information** to support health actions such as relevant research ,surveillance , monitoring and evaluation