

Activity (2)

Public Health

• Public health has made a significant impact on the health of populations:

- Improving health of population
- Making people healthy.
- Saving life.

→ In U.S between 1900 to 1999 → Life Expectancy ↑ 30 years
25 of these extra years gained are due to public health interventions

• Health :- a state of complete physical, mental and social well-being rather than a mere absence of disease or infirmity.
by : World Health Organization. **Bold & Ambitious**

• Public health :- the science and art of preventing diseases, prolonging life and promoting health through the organized efforts of society

• How is public health different to clinical medicine ?

→ Clinical Medicine : Main focus is the immediate health problem, fixing the problems. (Focus on the individual)

→ Public health approach would be holistic and would focus on figuring out how and why this person had this health problem or event.

• Complex interactions determinants of health, include :-

- Individual characteristics

- lifestyle and behaviour

- Physical, social and economic environments

} Social
determinants
of health

• Public health focuses on these upstream factors to make changes that can benefit the health of the population as a whole.

• Public health is very broad and complex.

• Who is responsible for public health ?

- All sectors of society

- Health departments

- Community

- other areas of government

- Private sector

- Non-Governmental Organizations

- International Organizations

* Coordinated efforts *

• How does public health work ?

3 core service areas

+ Enablers

of public health

↳ ensure that these services can occur effectively and efficiently.

1 ↓

Protection

2 ↓

Promotion

3 ↓

Prevention

• 3 Core service areas of public health:

1) Protection

- protect health from population
- Including
 - the control of infectious diseases
 - managing environmental hazards
 - ensuring a healthy workplaces
 - managing health emergencies

2) Promotion

- Improving the health of population
- covers a broad range of activities that not only focuses on the individual, like
 - promoting health behaviour
 - improving the social determinants of health

3) Prevention

- Preventing health issues before they occur
- Include activities such as
 - Vaccination
 - 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 support public health workforce

- Accurate , timely information → to support health actions such as relevant research , surveillance , monitoring and evaluation

اللَّهُمَّ انْقِطِعِ الرَّجَاءَ إِلَّا مِنْكَ وَخَابَتِ
الْأَمَالَ إِلَّا فِيكَ وَانْسَدَّتِ الطَّرِيقُ إِلَّا إِلَيْكَ

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لا تنسوا أهلنا في غزة من دعواتكم
اللهم اجعله عملاً خالصاً أجره لنصرة
أهل غزة

ملاك البستجي