

Activity (public Health)

↳ improving health of population

public health has made a significant impact of the health of populations

making people healthy and saving lives

For ex: In united state 1900 → 1999 people life expectancy has increased by over 30 years. Did you know that 25 of these (extra years) gained are due to the public health ^{تدخل} intervention

Public Health * What is it ?

- * How is it different from clinical medicine ?
- * Who does public health
- * How it is done

What health is ?

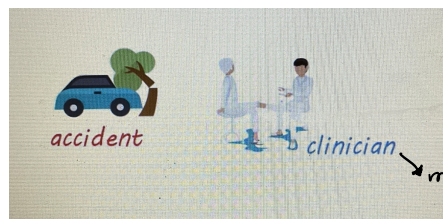
↳ bold and ambitious

Health : is a complete state of physical, mental, social well being not merely the absence of the disease or infirmity. (doesn't focus on the physical aspect but also on the mental and social aspect)

What is public health ? is the science and the art of prevention disease, prolonging life and promoting health and efficiency through organized community efforts

So how it is different from clinical medicine ?

So lets take an example lets take that some one has an accident and has a broken leg



main focus is the immediate health problem fixing the fractured leg (focus in the individual)

Clinician focus on the individual. The public health approach would be holistic and would focus figuring out how and why this person ^{is} had an accident so that action can be taken to prevent it from happening again. For example Why did he have an accident ? Was the problem with his vision ? Was poor knowledge of driving skills or bad attitude toward driving ? Was he under the influence of alcohol or drugs when he was driving ?

Are there laws ^(legislation) against this and resources to enforce it?
 What are community expectations or attitudes towards driving?
 Does he have a good social support network that will help in his recovery or prevent this from happening again?
 Was the road safe for driving? Was he driving a 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 does not pay well? Why is that? Is it because he did not access to good education? Was there good access to health services which determine his treatment and recovery?

As you can see from this example \Rightarrow health is determined by a complex interaction between many different factors or determinants of health

Complex interaction determinant of health:

- ① Individual characteristics
- ② lifestyles and behaviours
- ③ physical, social and economic environment

Social determinant of health

In order to make a difference in health there is action needed to cross all different determinants

public health on these upstream factors to make changes that can benefit the health of the population as a whole

So who is responsible for public health?

The responsibility of creating a healthy community rests with all sectors of society

Health department

coordinated effort of broad range of stakeholders
 ↳ this include:

- ① other areas of government
- ② private sector
- ③ Non-Governmental Organization NGOs
- ④ International organization
- ⑤ community

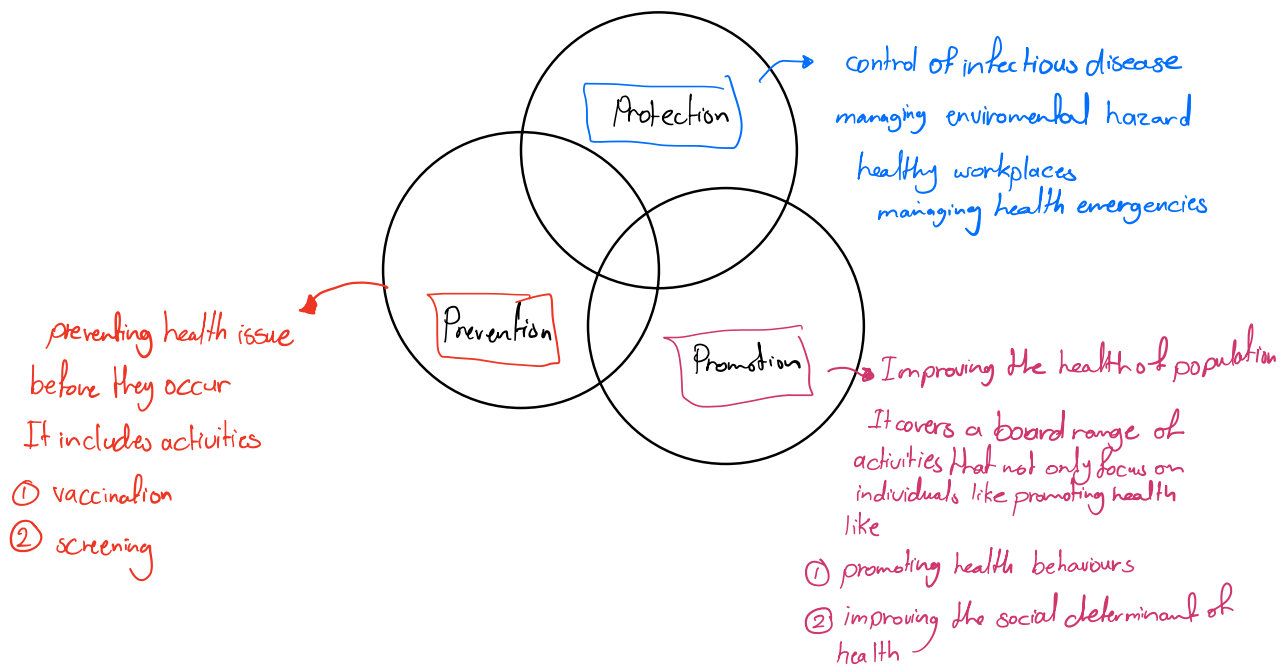
All united with a shared goal of improving the health of public

How public health work

The World Federation of Public Health Association has developed a useful framework to understand how public health is delivered

There are three core service areas of public health and a group of enablers that ensure that these services can occur effectively and efficiently

The three core of public health



To enable these core areas to function there need to be

- ① Good Governance
- ② Advocacy → to influence and obtain support and commitment for actions that support a health goal
- ③ Capacity → having an adequate, well trained and supported public health workforce
- ④ accurate, timing information to support health actions such as relevant research, surveillance, monitoring and evaluation

Community Medicine

- **Task 2**
- Task 1 is about self-study the slides from 28- to the of Introduction:)
 - **Required for exam!!**
 - **By leen abd**



Public health

- How did the public health improve health of population? 🤔
 - by making people healthy, and saving lives 🤔

Ok how we did know this ? People in US from 1900 → 1990 people's life expectancy has increased by over 30 years.. 25 years of those was due to public health intervention!

Public health

Now we will gonna answer 4 questions to clarify our question about what is public health?

- 1) What is public health? 🍏
- 2) How it's different from clinical medicine? 📄
- 3) Who does public health? 👨‍⚕️
- 4) How is it done ? 📖

1) What is public health ?

It's the science and art of preventing disease, prolonging life, and promoting health through the organized efforts of society.

2) How is it different from clinical medicine?

Clinical medicine deals with healing in general, including injuries, diseases , etc .. While public health works in how to prevent these injuries or diseases to happen.

How? By searching how this happened .. These factors are the determinants of health , such as :

- Individual characteristics
- lifestyle and behavior
- physical, social and economic environment
- social determinants of health

Let's take an example💡

If someone had an accident 🤔

The clinicians focus in the immediate health problems, how to fix his fractured leg?

While public health is holistic..
Figuring out how this accident happened? Was the problem with his vision? Did he take alcohol? Was the road safe? Does he have a job that doesn't pay well? Etc ..



3) Who does the public health?

All sectors of society are responsible..

Health departments , coordinate other-stakeholders , other areas of government, private sectors, non-governmental organizations (NGOs)

International organizations and communities

All should work to improve health of the public.



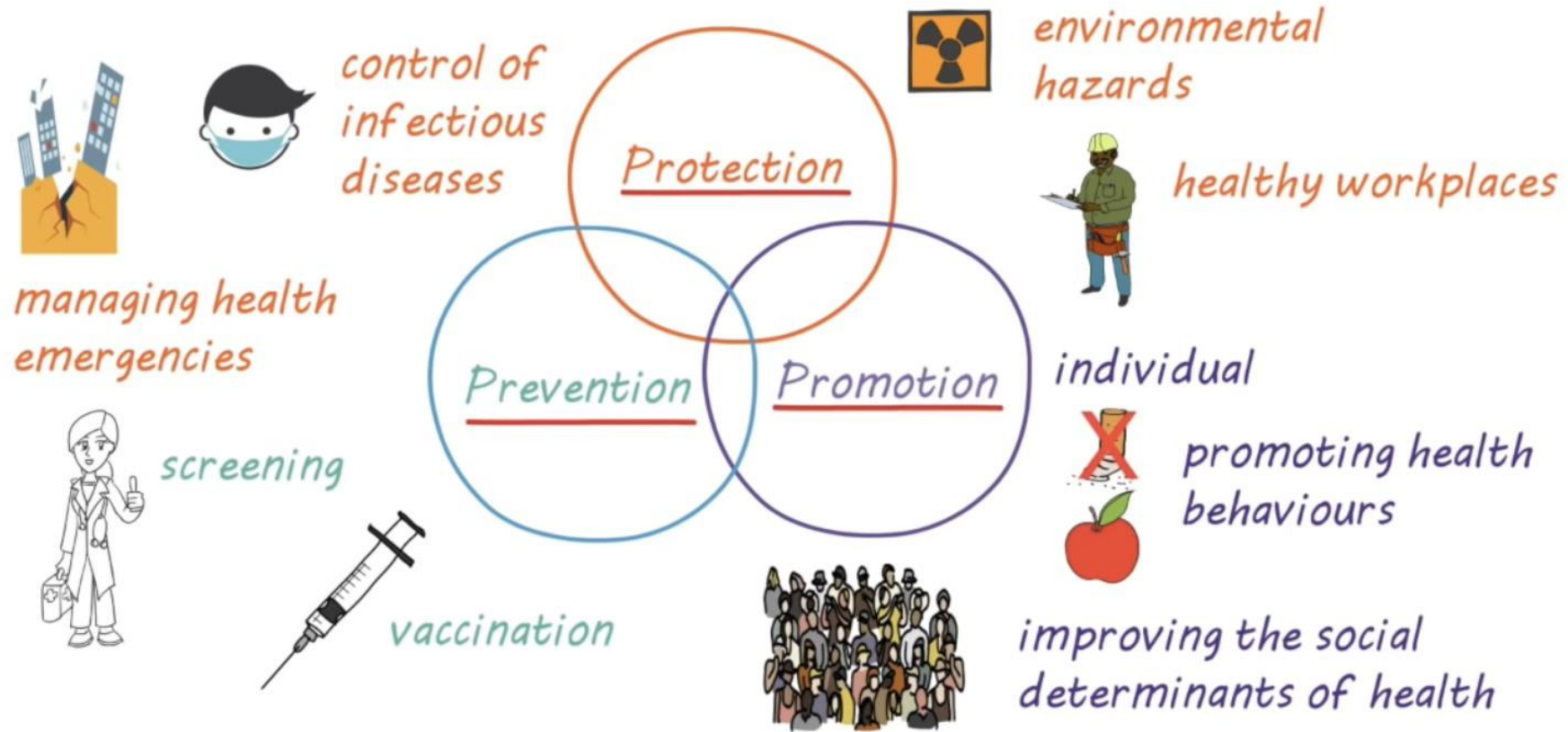
4) How is it done?

There are three core areas and four enablers that ensure that these services can occur effectively and efficiently.

The cores of public health are:

- 1) Protection
- 2) Promotion
- 3) Prevention

We will discuss each one in next slide 



- Protection: that ensure that these services can occur effectively and efficiently. This includes what is written in the orange.
- Promotion: is about improving the health of the population. It covers a broad range of activities that not only focuses on the individual like what is written in the purple.
- Prevention: is about preventing health issues before they occur. It includes activities that is written in blue.



Now the enablers are :

- Governance: 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.
- Information: And having accurate, timely information to support health actions such as relevant research, surveillance, monitoring and evaluation.

We are done 

Good luck and remember that public health is

وقاية ، والطب السريري هو علاج

ودرهم وقاية خير من قنطار علاج 