

Introduction to Public Health



What is public health?



Public health :

- Is the science of *protecting* and *improving* the health of communities through education , promotion of life styles, and research for disease and injury prevention.

Public
health
focuses on
entire
population
rather than
individuals



How is it different from health care?

Public Health	Health care
<i>population</i>	<i>individuals</i>
<i>Health</i>	<i>disease</i>
<i>Prevention and health promotion</i>	<i>Diagnosis and treatment</i>

Divisions of public health

- Epidemiology.
- Biostatistics.
- Health services.

Environmental ,social ,occupational health are also important subfields.

History of public health

- Religions regulate behavior related to health such as types of food eaten, physical activities ,drinking alcohol ,and sexual relations.
- During 14th century Black Death in Europe it was believed that removing bodies of dead would prevent infection, which was spread rodent-borne fleas .Burning parts of cities resulted in greater benefit.

Public health functions

- Assessment
- Policy Development
- Assurance

Assessment

- Assess community health needs
- Investigate health hazards and effects
- Analyze health factors

Policy Development

1. Advocate for community needs and issues
2. Prioritize health needs
3. Plan and develop policies

Assurance

1. Manage resources
2. Implement programs
3. Evaluate programs
4. Inform the public

Public Health achievements in the 20th century

Safer, healthier workplaces

- Mining safety
- Industrial safety

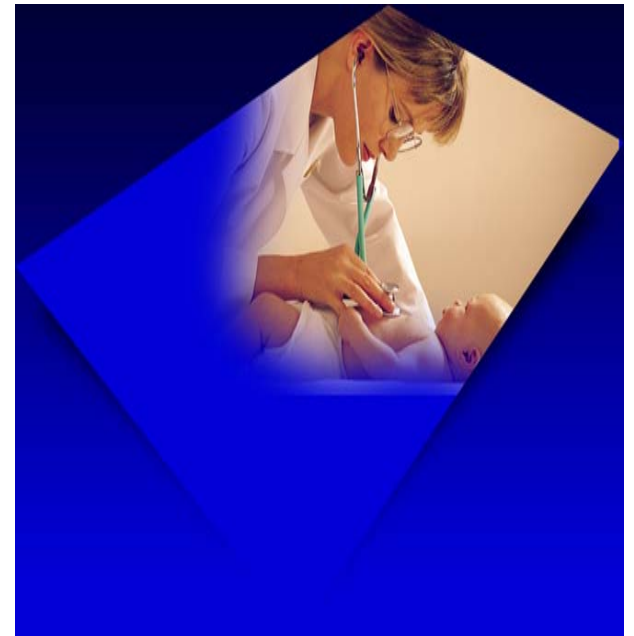
Public Health achievements in the 20th century

Family planning

- Desired birth spacing
and family size

Public Health achievements in the 20th century

- **Mother and infant mortality rates**
 - Improved standards of living
 - Technological advances in medicine
 - Greater access to maternal and well-baby care



Public Health achievements in the 20th century

Coronary heart disease and stroke

The leading cause of death in the U.S. despite a 60% decrease in death rates since 1950.

Public Health achievements in the 20th century

Motor vehicle safety

Public Health efforts have influenced:

- Increased seat belt use
- Vehicle safety improvements
- Traffic safety regulation and enforcement
- Improved streets and highways



Public Health achievements in the 20th century

Recognition of tobacco as a health hazard

- % of population who smoke
- 1965–42.4%
- 1997–24.7%



Public Health achievements in the 20th century

Fluoridation

- Primary factor in the decline of tooth decay
- Benefits all, regardless of age, education, or income

Public Health achievements in the 20th century

- **Safe and healthier foods**
- are now commonplace because of:
 - Hand washing
 - Sanitation
 - Refrigeration
 - Pasteurization
 - Pest control
 - Healthier animal care, feeding, and processing
 - Improved food supply safety

Public Health achievements in the 20th century

Vaccination

- Smallpox
- Tetanus
- Polio