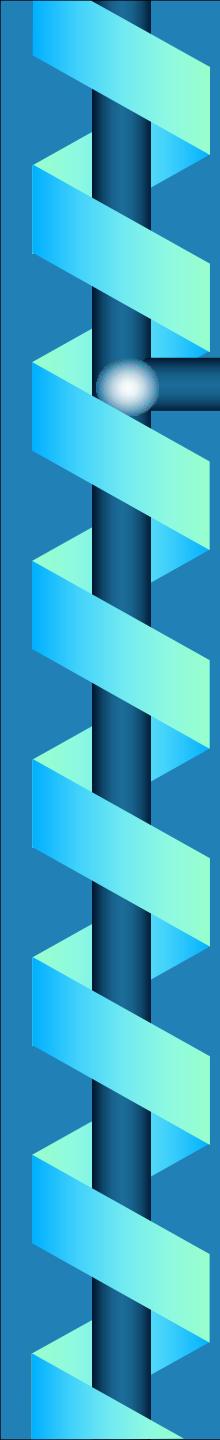




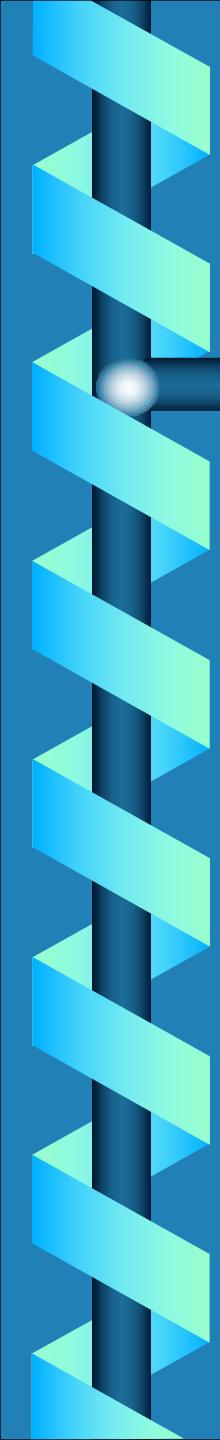
Introduction to Public Health

Victor Daka- PhD



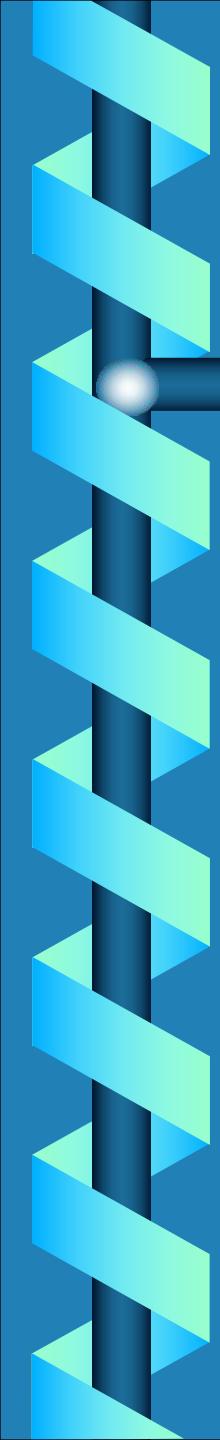
Demography and Health

- Demography is largely concerned with answering questions about how populations change and their measurement.
- Knowledge of demography is important for adequately meeting or measuring the health and health care needs of a particular population



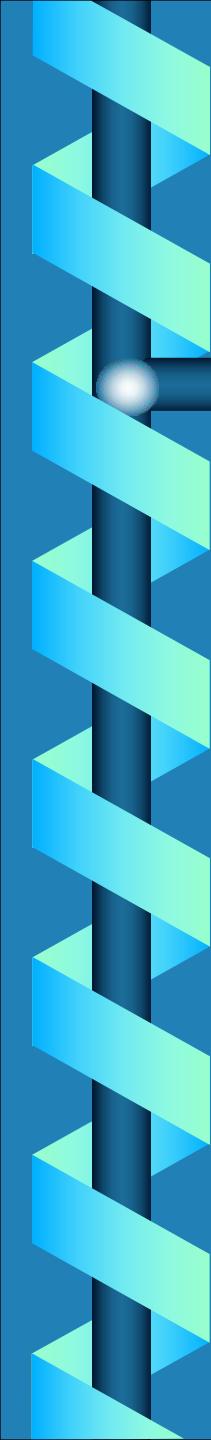
Demography

- Demography as a broader field of population studies, embraces questions of why these changes occur, and with what consequences
- Enables forecasting about future population size and structure which should underpin health care planning.



Demography Necessitates a review of the past

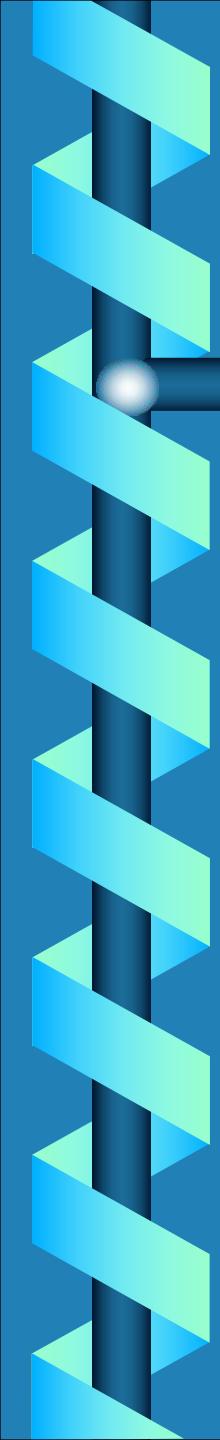
- The number of very old people in a population, for example, depends on the
 - number of births eight or nine decades earlier
 - and risks of death at successive ages throughout the intervening period.
 - more importantly on the denominator, the size of the population as a whole



Population structure, growth rate and its distribution

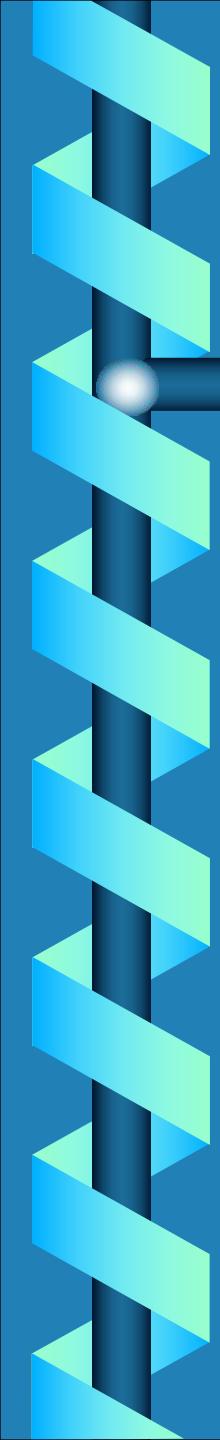
Population size

- The world's population surpassed 7 billion mark in late 2011 and is currently growing by an additional 82 million persons every year (United Nations, 2013).
- By 2050, the world's population is likely to reach an unprecedented size between 8.3 billion and 10.9 billion people.
- It is anticipated that most of the future population growth will occur in developing countries, particularly in least developed countries.



Population growth

- Presently, many developing countries still have population growth rates that, if sustained, would undermine their development and put pressure on future generations.
- Consequently, stabilizing population growth is a goal in many of these countries that must be achieved in order to preserve the options for the future and ensure sustainable development



Population structures

- Population structures are illustrated using a population pyramid, showing sex by age distribution
- Two bar graphs for ages of males and females put side by side. Population pyramids show percentage of a population in a given age group and sex. Developed and developing countries have different population pyramids.

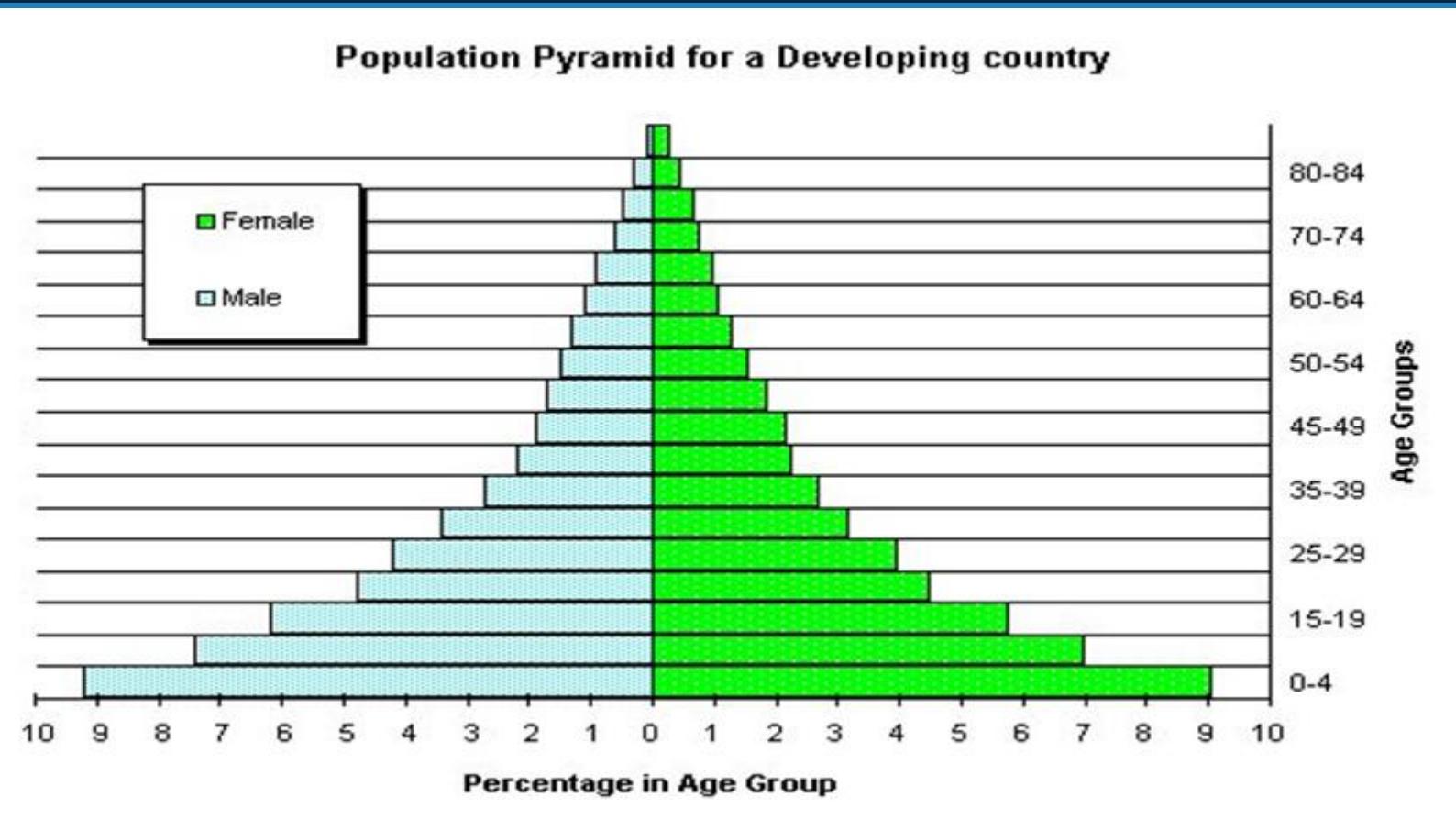
Developing world

- Wide at the base - large proportion of young people in the country
- Narrow at the top - Very small proportion of people is elderly.

Explanation

- High birth rate
- High death rate
- Low life expectancy

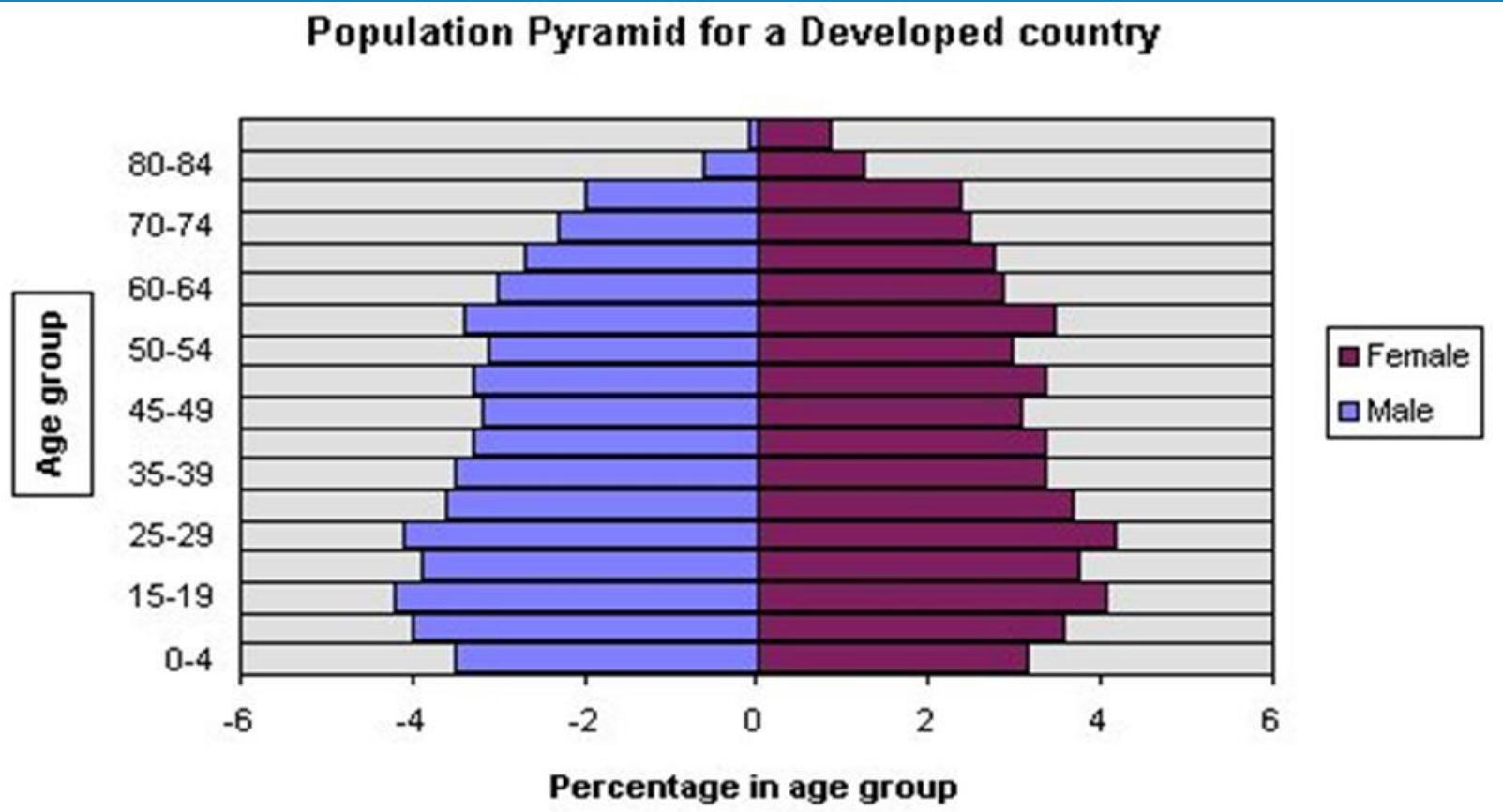
Population pyramid – Developing country

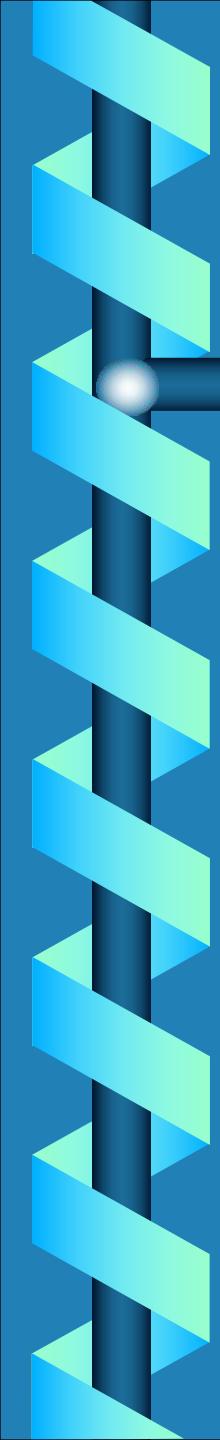


Developed countries

- Roughly equal distribution of population throughout the age groups
- Low birth rate
- High life expectancy E.g. Italy and Japan
population pyramids

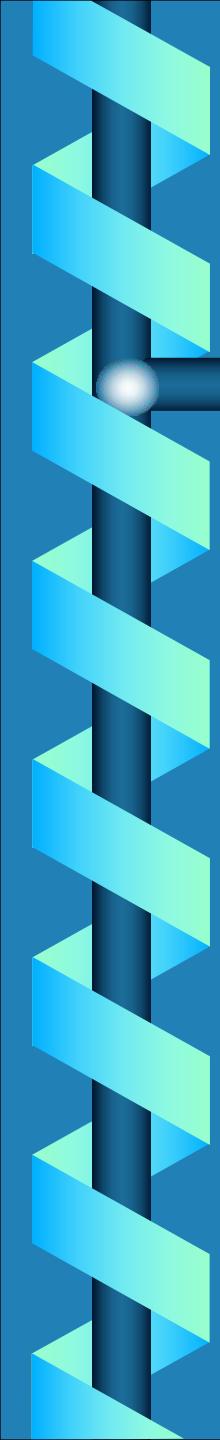
Population pyramid – Developed country





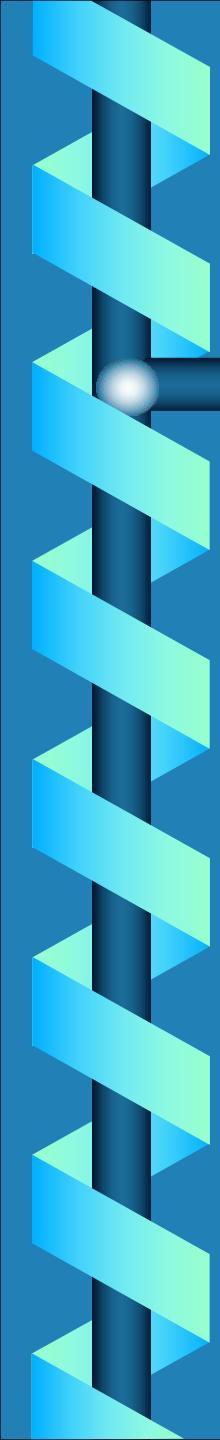
Community Health

- Is a branch of public health which focuses on people and their role as determinants of their own health. It is a collective well-being of community members.
- In addition to living in the same neighborhood or region, these populations often share health characteristics, ethnicities, and socioeconomic conditions.



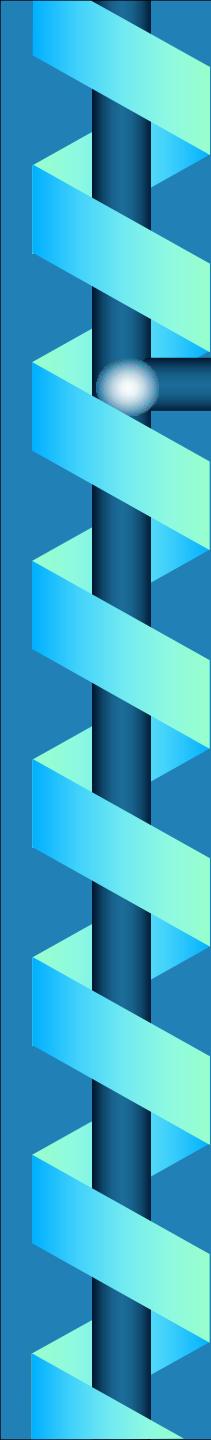
Population health determinants

- Understanding the relationship of population health determinants to health in specific population groups is an important public health aspect.



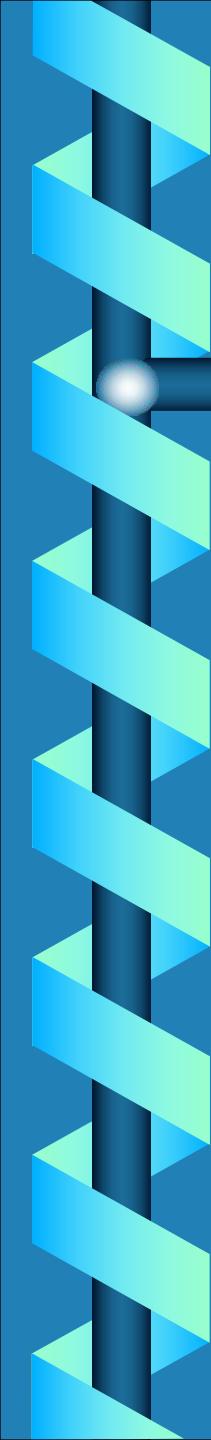
Examples of Population determinants

1. Health care: Access, cost, quantity and quality of health care services.
2. Individual behavior determinants include choices about lifestyle or habits (either spontaneously or through response to incentives) such as diet, exercise, and substance abuse.
3. Social environmental determinants include elements of the social environments such as education, income, occupation, class, social support.



Examples of population determinants

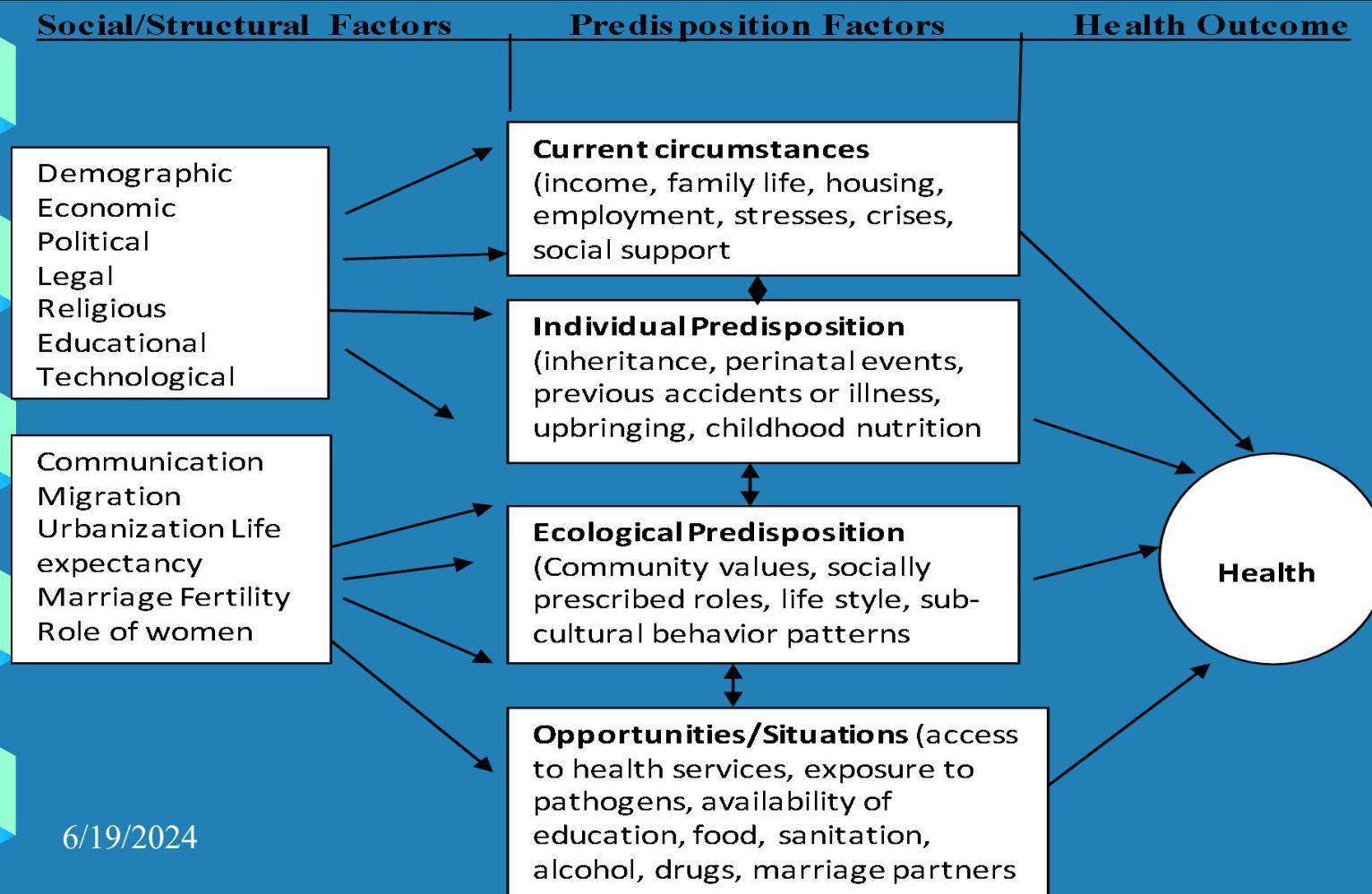
4. Physical environment determinants include elements of the natural and built environment such as air and water quality, lead exposure, and the design of neighborhoods.
5. Genetic determinants include the genetic composition of individuals or populations.

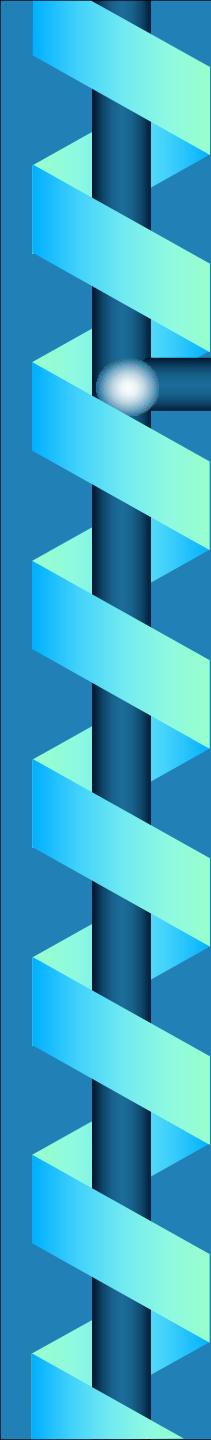


Public Health and society

- Public Health is an integral part of the social system.
- It is influenced by society and society by public health.
- In many places it is the social organization that has made it possible to translate into practice the scientific concepts and achievements.
- As a result, the mortality rates have been brought to low levels and the life expectancy at birth has soared to very high levels.

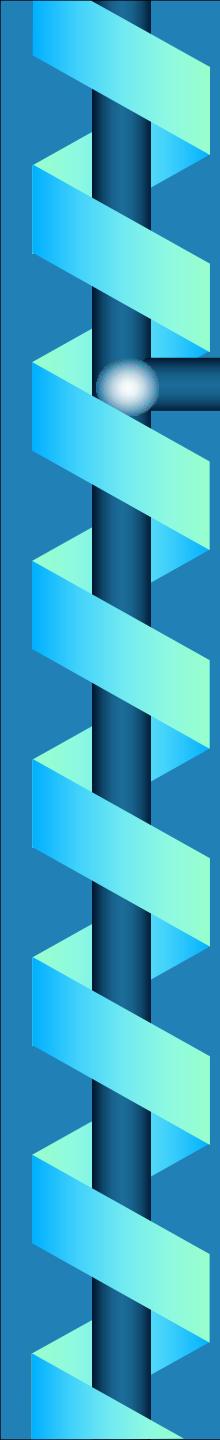
Social factors influencing people's health





Governmental and non-governmental structures in communities

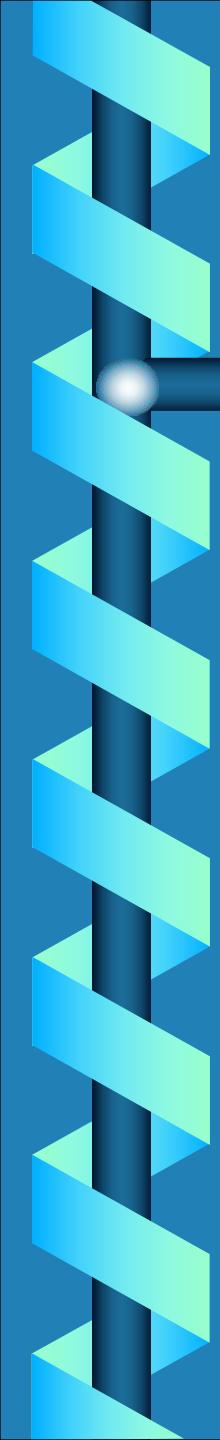
- The focus of public health interventions is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions.
- It's government in any nation to equitably provide healthcare services.
- However, many governments in developing countries fail to meet all the health needs .



Contributions of NGOs to Aspects of Health

1. Health Services

- Service provision
- Facilitating community interactions with services
- Distributing health resources such as condoms, bed nets, cement for toilets; and building health worker morale and support.



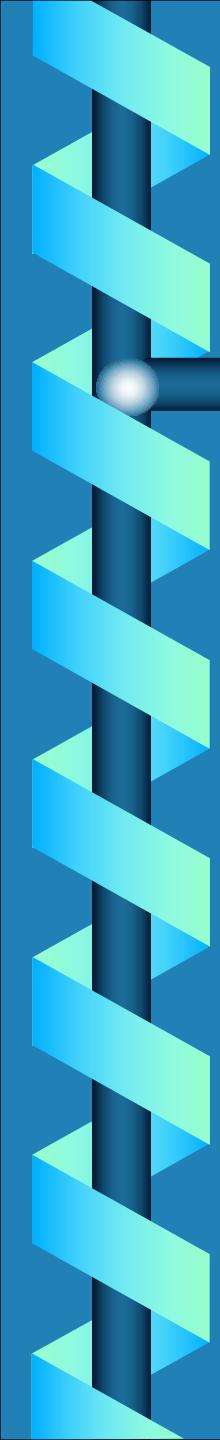
2. Health promotion and information exchange:

- Obtaining and disseminating health information; Building informed public choice on health; implementing and using health research; Helping to shift social attitudes; and mobilizing and organizing for health



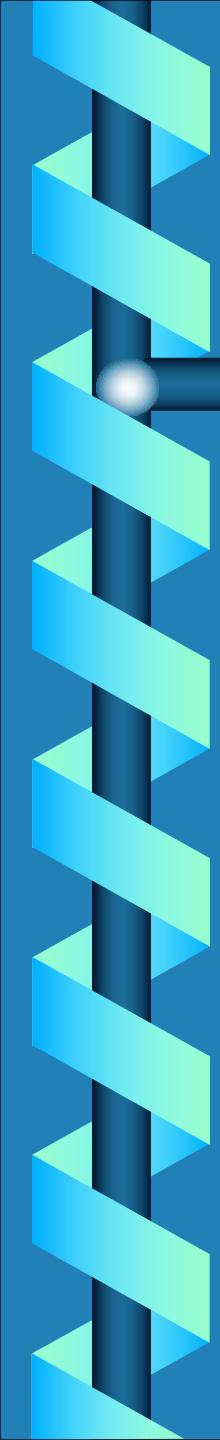
3. Policy setting

- Representing public and community interest in policy; Promoting equity and pro-poor policies; Negotiating public health standards and approaches; Building policy consensus; disseminating policy position; Enhancing public support for policy



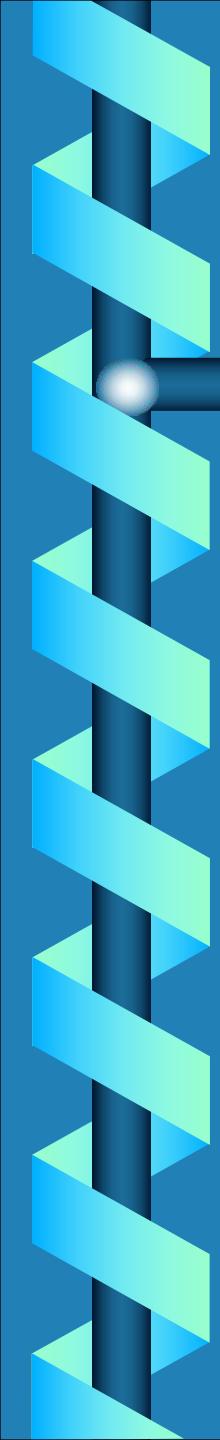
4. Resource Mobilization and allocation

- Health financing; raising community preferences in resource allocation; mobilization and organizing community co-financing of services; promoting pro-poor and equity concerns in resource allocation; building public accountability and transparency in raising, allocating and managing resources.



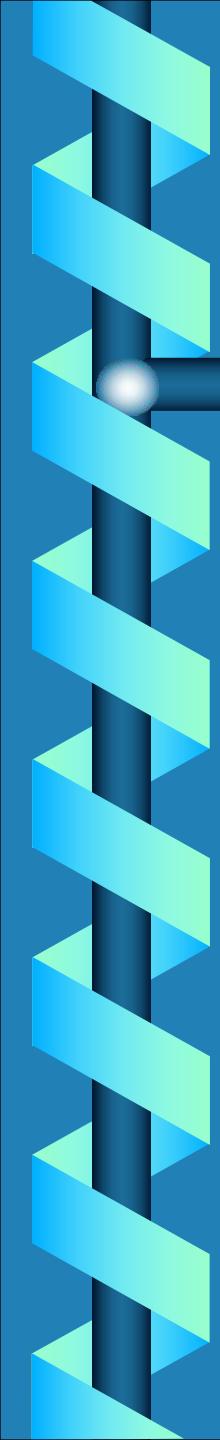
5. Monitoring quality of care and responsiveness

- Monitoring responsiveness and quality of health services; giving voice to marginalized groups; promoting equity, representing patient rights in quality of care issues; Channeling and negotiating patient complaints and claims



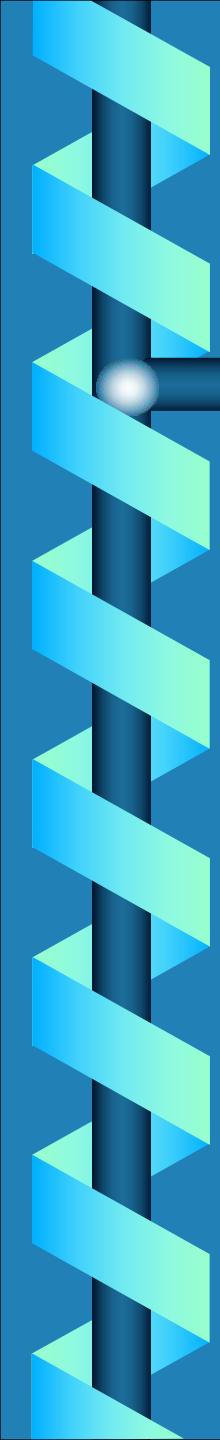
Ways in which the state benefits from its interaction with nongovernmental organizations

- Support for national/global values, for state regulation of commercial interests adverse to health.
- Introduction of new perspectives, technical expertise, capacities and human resources, networks and informed leadership on health.



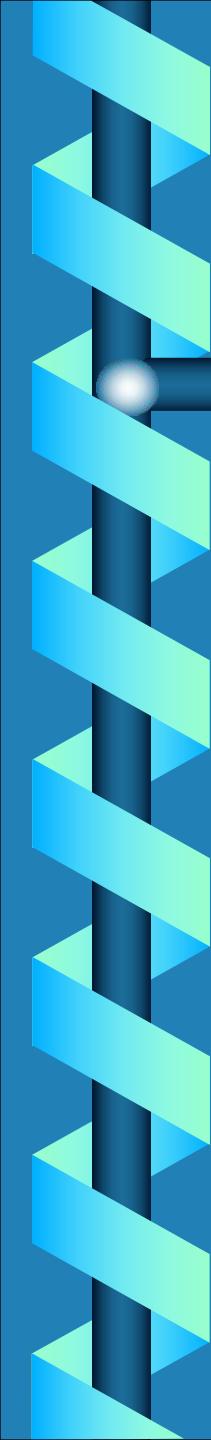
Ways in which the state benefits from its interaction with nongovernmental organizations

- Increased service provision and implementation of public programs, particularly among marginal communities and in remote areas, and increased financial contributions to health programs.



Why government should work with NGOs

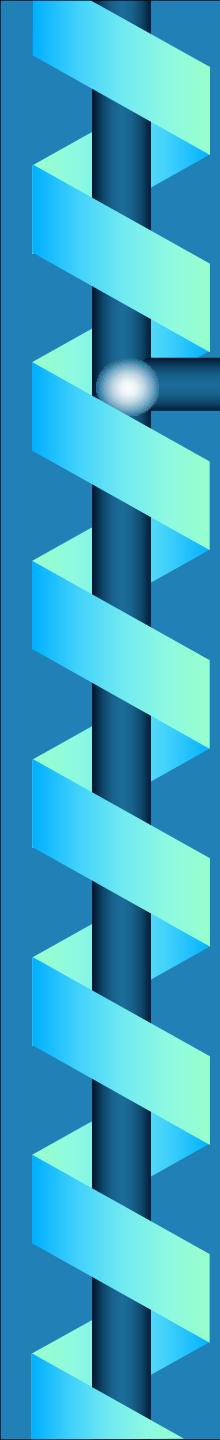
- There is great potential for improving public health through systematic collaboration between Government and NGO's.
- Government need to work with NGO's to organize the social dimensions of health actions and to strengthen public accountability and responsiveness within health systems.



The role of government is to improve the health status and contribute to socioeconomic development

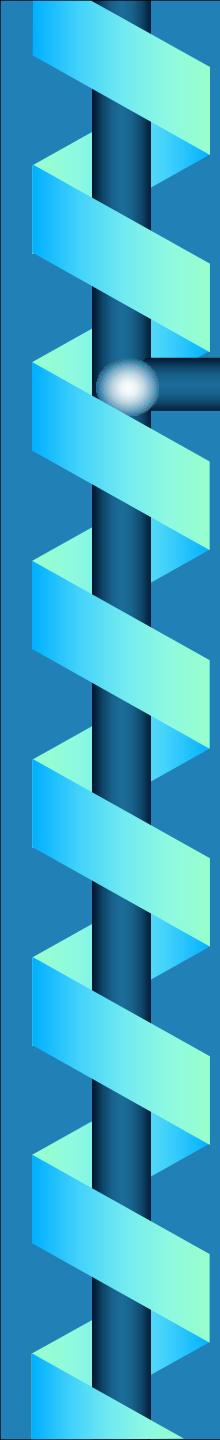
To achieve this, the Government;

- Plays a major role in educating and providing information to the public on how they can maintain a healthy lifestyle
- Plays a key role in reducing illnesses through the control and prevention of diseases and ensuring that resources are allocated appropriately to do this.
- Is responsible for the training of health personnel, procurement of drugs and construction of health facilities



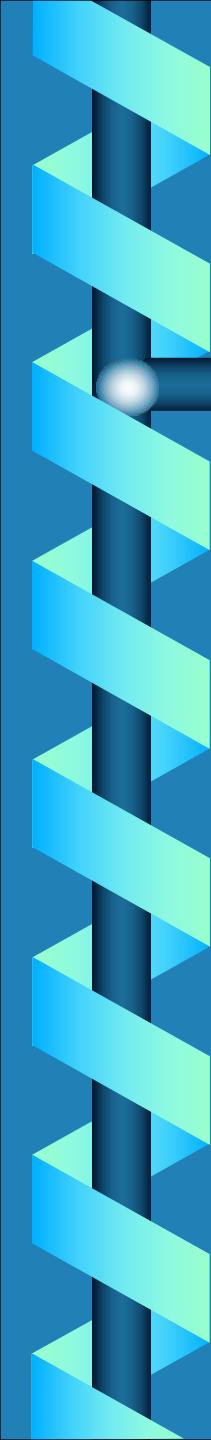
Role of NGOs

- Contribute to enhanced health care by providing services in response to community needs and adapted to local conditions, often acting as intermediaries between Government and the communities.
- Reach remote areas poorly served by Government facilities and provide services that may be less expensive but more efficient.
- Provide technical skills on a range of issues from planning to service delivery.



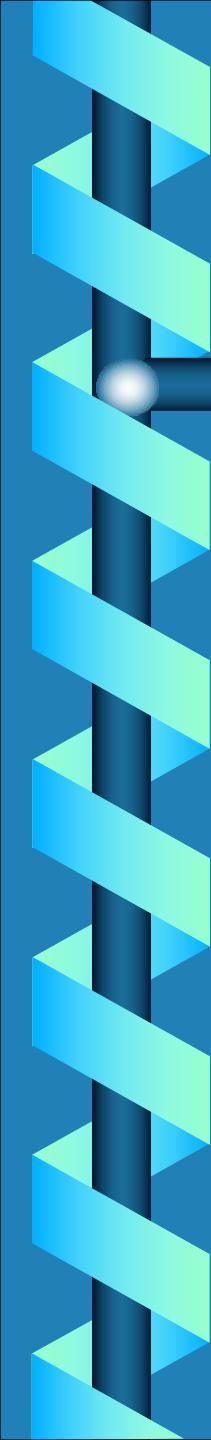
The benefits of Government in working with NGOs

- Support for national/global values, for state regulation of commercial interests adverse to health.
- Introduction of new perspectives, technical expertise, capacities and human resources, networks and informed leadership on health.
- Increased service provision and implementation of public programs, particularly among marginal communities and in remote areas, and increased financial contributions to health programs



Benefits of NGO in working with Government

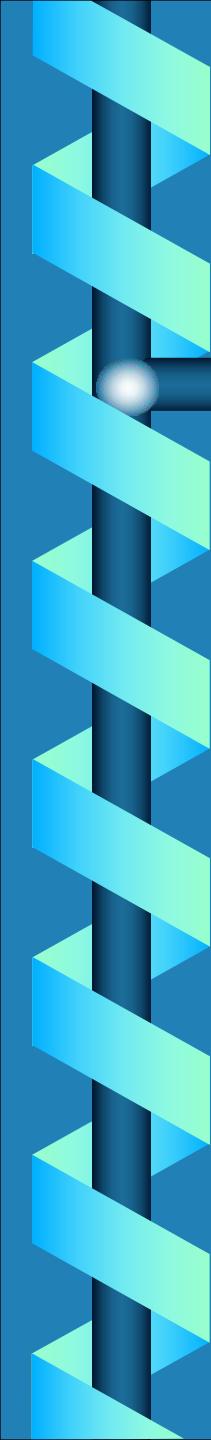
- Increased possibilities of influencing health policy by incorporation of NGOs' issues in policy
- Enhanced linkages and transparency of interaction with the state and technical inputs to NGO's from the state.
- Enhanced prospects for civic education, participation and building of social capital thus strengthening NGO capacities.
- Improved options for access to health services.
- Expanded opportunities for greater involvement in health programs



Potential risks of this interaction

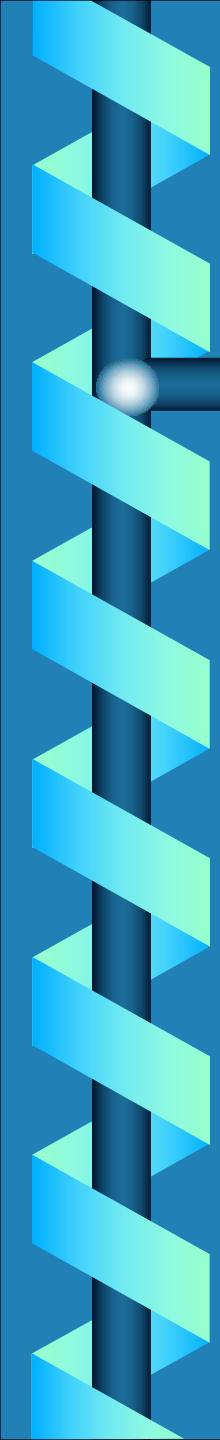
Risk for the state

- Cross-cutting and multiple roles among NGO's leading to diversity in views and numbers can be difficult to manage. NGO's clearly do not speak with one voice.
- NGO's have varying levels of accountability to the communities they speak for. These features may weaken the legitimacy of NGO position within national and international platforms.
- Risk for the Government staff leaving to join NGO's, leaving the state weaker in technical expertise and capacity.



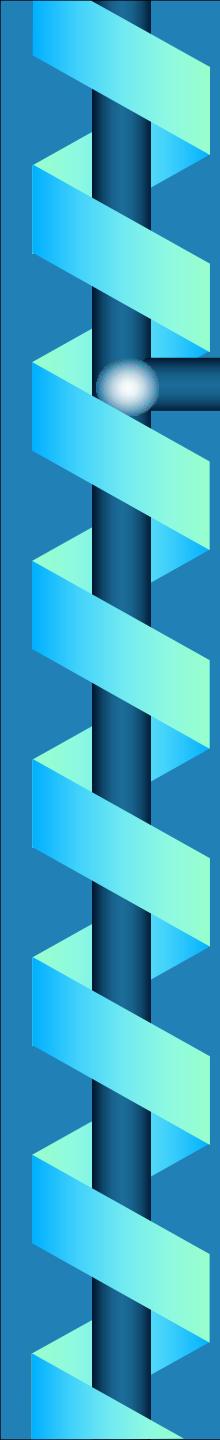
Risk for NGO

- State links may distort NGO's voices and representation by giving privilege to a few interlocutors.
- Dependency on the state for access or resources may compromise the autonomy, accountability or self-determination of NGO's and make them reluctant to criticize the state.
- Risks of NGO's staff leaving to join government units, leaving NGO's weaker in technical expertise and capacity
- Therefore, overall conclusion however, is, that the benefits of collaboration for both the state and NGO's outweigh the risks of possible tensions in NGO-Government interactions.



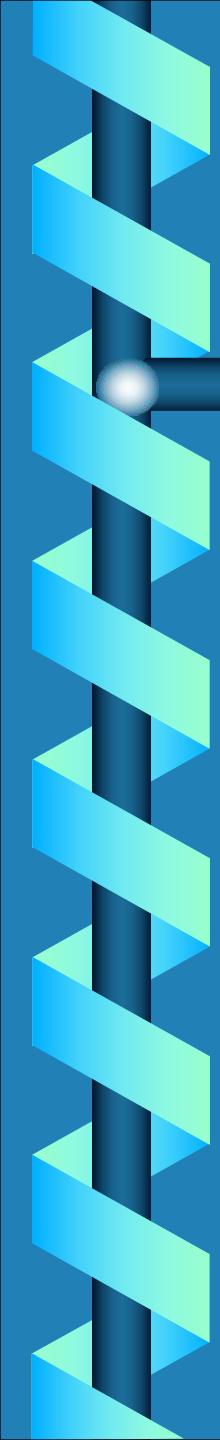
Demographic transition theory and health

- Demographic Transition is a gradual process in which a society moves from high birth rate and death rate to low birth rate and death rate.



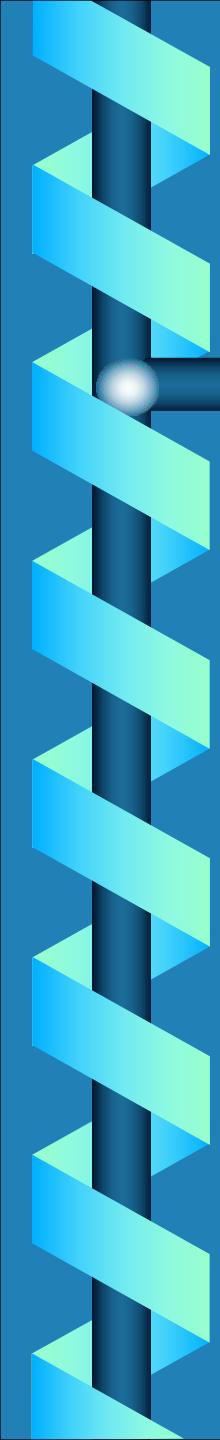
Stages of demographic transition

- There are five (5) stages in the demographic transition.
- The demographic transition looks at three major indicators for assessing and predicting population change: fertility, mortality and growth rate.



1. High Stationary Stage

- Stage before industrial revolution (Pre-transition phase).
- Characteristics: - high fertility (birth rate) and high mortality (death
- low or stable growth rate i.e. population remains constant due to high birth and death rate)
- Reasons for high birth rate: - lack of family planning methods, high infant mortality rate
- Reasons for high death rate: - poor health and health services, famine, lack of proper education and unavailability of clean water and sanitation
- Relatively low people in old age

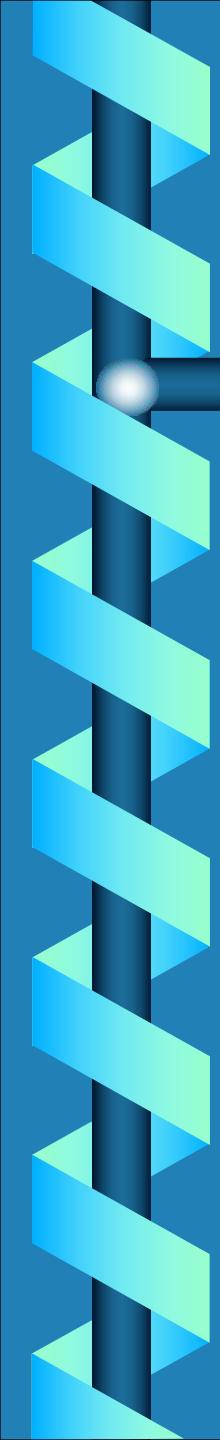


2. Early expanding phase

- In this stage, birth rate keeps on increasing, while death rates begin to fall rapidly/sharply. This results in high /rapid population growth (population explosion stage)
- Reasons for decline in death rates were: increase in food supply due to agricultural revolution and improvement in health and sanitation causing reduction in child mortality
- High birth rate results in large cohort of younger population. Most of the least developed countries are in this stage

3. Late expanding phase

- In this stage the birth rate also starts to fall/decrease
- While birth rate starts to decrease slowly and gradually, death rate also keeps on falling slowly. This leads to the narrowed gap between birth and death rate compared to early expanding stage.
- Results of this stage is low population growth or natural increase in population
- Reasons for gradual decrease in birth rates were: the introduction of contraceptive devices, increase in women's status and rise in economic conditions and education level of the people.
- Most of the developing countries are in this stage

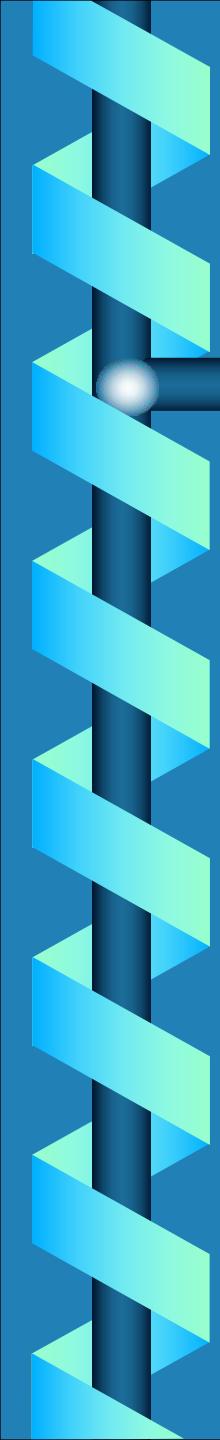


4. Low stationary/low fluctuating stage

- It is known as the stage of stationary population
- In this stage, birth rates and deaths rates both are low. Also both of them are approximately equal to each other
- This results in stability/slow rise in population
- Most of the developed countries are in this stage

5. Declining phase

- This stage is characterized by low death rate, lower birth rate, and excess deaths over births
- In this stage birth rates are lower than death rates i.e fertility rate is below the replacement level (2 children). This leads to increase in dependent/elderly population compared to the younger populations
- This stage is resulted due to continuous desire of the families to have a smaller family
- Some parts of Europe like Russia, Sweden and Germany and Japan are reaching towards this stage



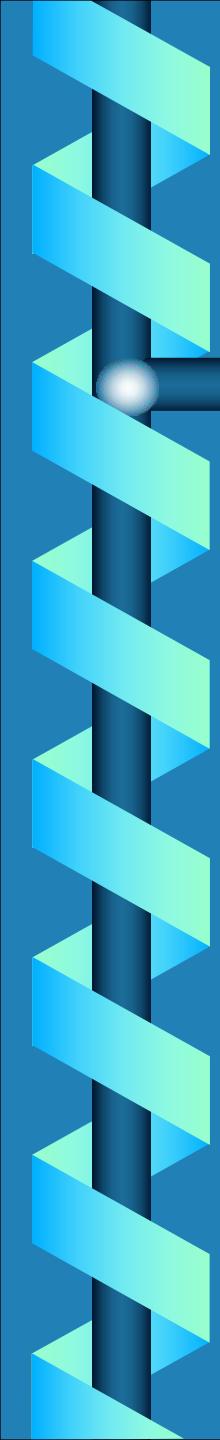
Strengths/uses of this theory

- Based on actual population growth trend of the countries of the world
- Universal applicability i.e applicable to both developing and developed countries
- Allows comparison between the countries



Disadvantages/ limitations of the theory

- The theory is accused of being Eurocentric i.e following the trend of European countries. Because all countries may not follow the same stages of population transition. Also results might be different in cases of war as they are less likely to experience industrialization
- It does not consider the impact of migration as countries like USA and Canada experienced migration from European regions and did not have to pass through earlier stages
- The model cannot predict how long any country will remain in a certain stage



**THE
END**

