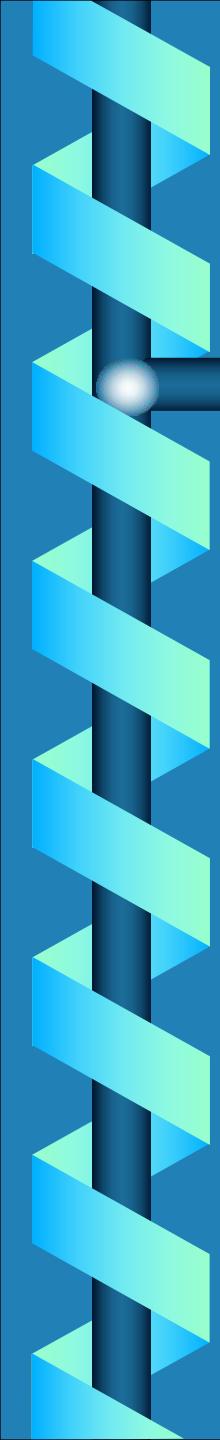




Introduction to Public Health

Dr. Victor Daka



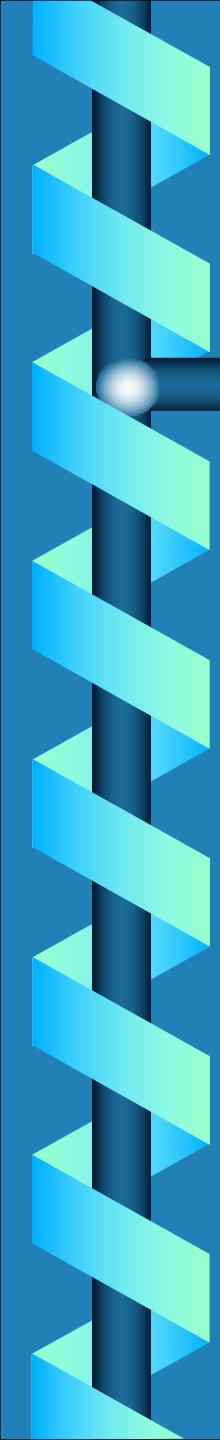
Scope

- Public health must address the challenge of confronting health problems and political, social, and economic factors affecting health, not only at the community, state, and national levels, but at the global level as well.



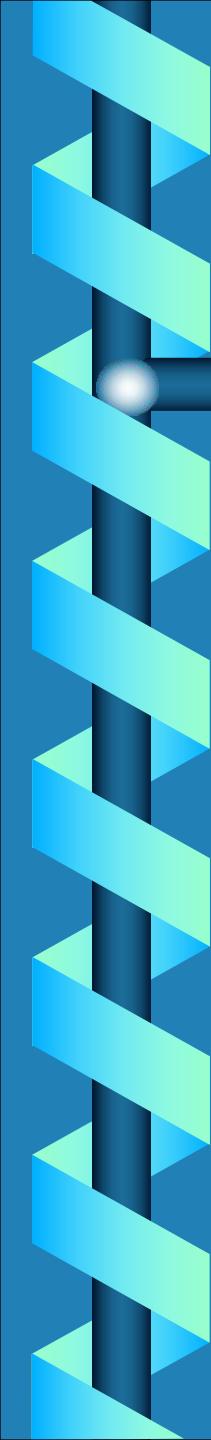
What is Public Health? And what is its goal?

- Public health is the art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society.
- The goal of public health is the biological, physical, and mental well-being of all members of society.



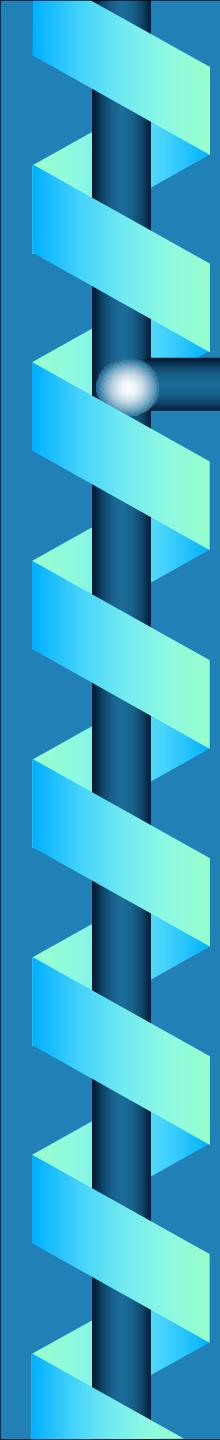
Developed country: History of Public Health

- Public Health from history in developed countries, involved 3 elements:
 - (1) Response to epidemics
 - (2) Policing of towns (and states) in ordinary times
 - (3) efforts to produce a systematic betterment of population health.



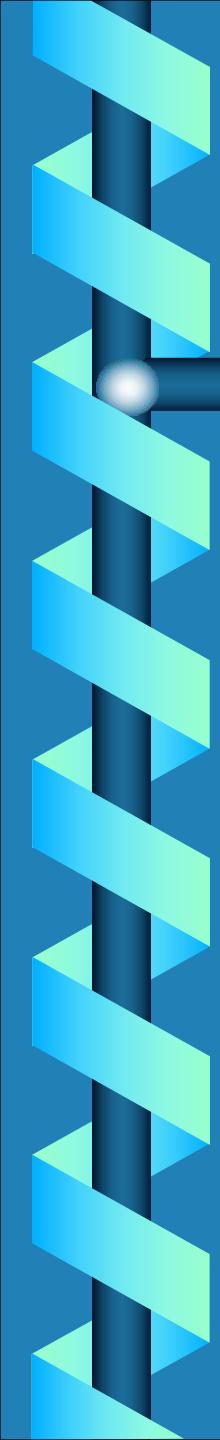
Low Middle Income Countries Public Health

- Focus has been on key factors and events during the transition period from the 20th to the 21st century.
- Rapid, dramatic changes in the SES, health, and development status of countries around the world
- To shape health development through control of diseases and strengthening of health systems



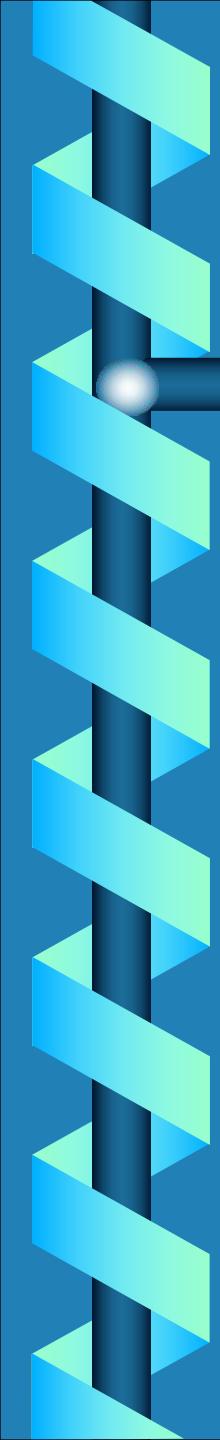
Middle-income countries (MIC)

- Economic transition
- Communicable diseases are declining in MIC
- There are threats of new and re-emerging infectious diseases
- Rapid socio-economic developments linked to environmental and climate change.



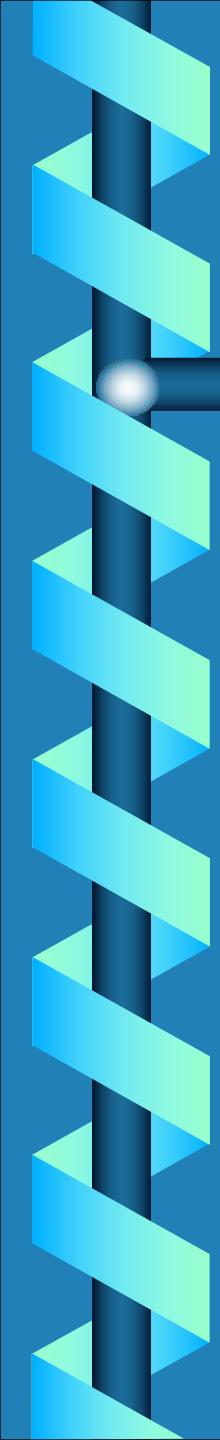
PH development in Economic Transition

- All MICs are witnessing a rise of non-communicable diseases
- Associated risk factors such as diet, tobacco and alcohol use, obesity, and sedentary and harmful lifestyles, as populations become richer and older.



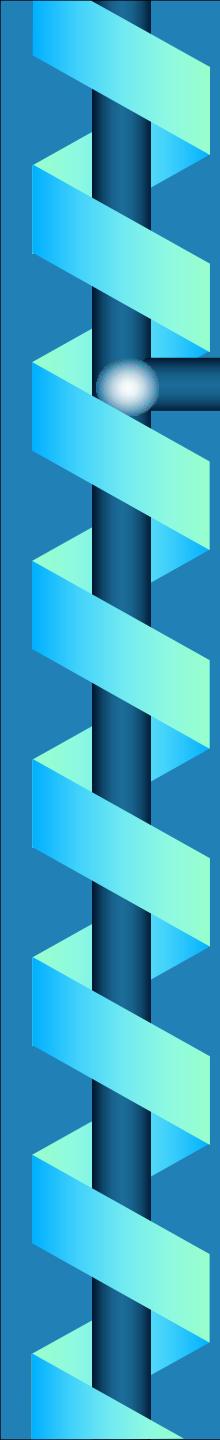
Many governments' response MICs

- Embarked on healthcare reform efforts to improve equity and efficiency in their provision, financing and regulation of health systems.
- Building upon a growing capacity to deliver basic health services, the new priorities in MICs are to achieve greater social protection with universal health coverage.



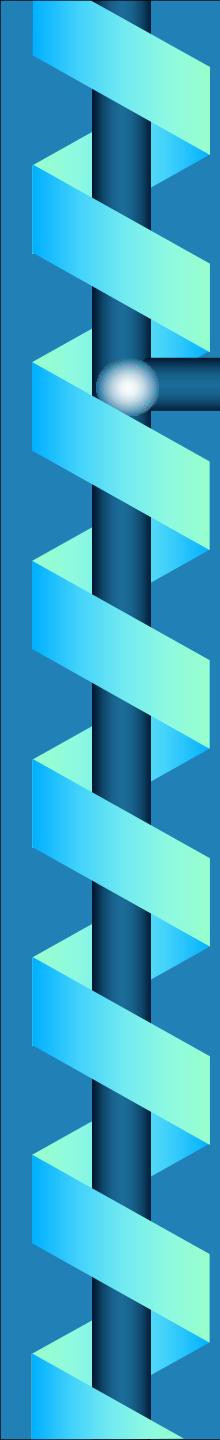
What is health? What are determinants ?

- Health is a state of complete physical, social and psychological well being and not merely the absence of disease or infirmity (WHO,1948).
- The term “determinants” is used to indicate the factors contributing to the start and the spread of a disease.



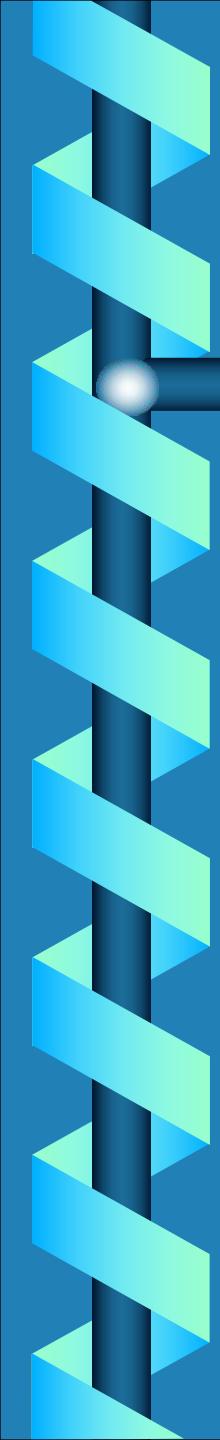
Core Concepts of Public Health from history

- To identify problems of entire communities/populations
- To marshal support to address these problems, and ensure solutions implemented.
- The essence of PH is to deal with the health of the population in its totality.



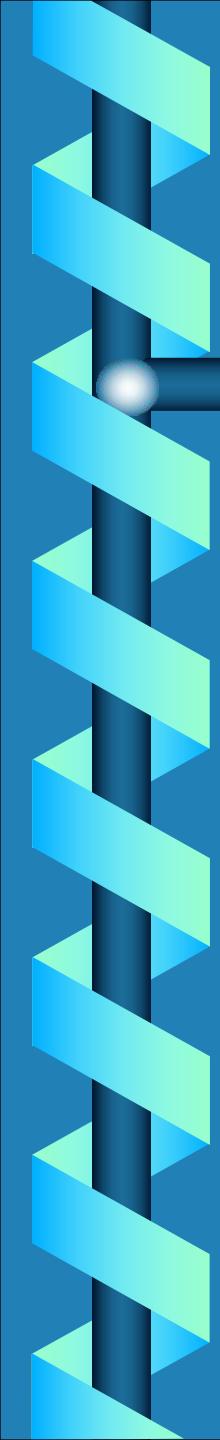
PH Concepts

- Connotation of the term 'public' was widened to encompass the involvement of people together with the government in health development efforts.
- Without full involvement of the population, the control of NCDs & other diseases becomes ineffective



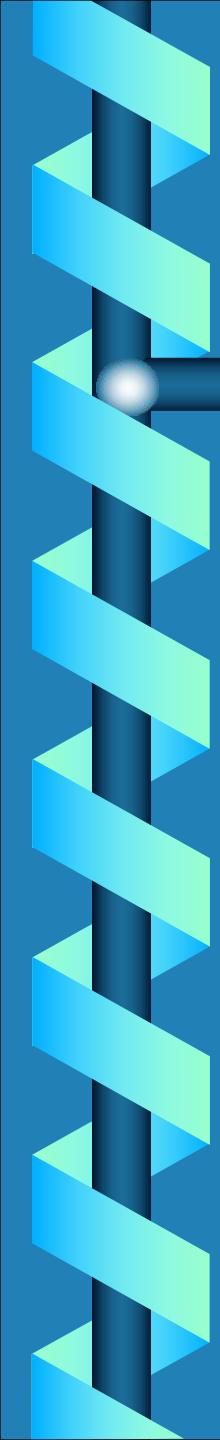
Reducing health inequalities in developing countries

- WHO 3'S major themes which aims to reduce the gaps between rich and poor and develop equity in health outcomes:
 - (1) improving daily living conditions
 - (2) tackling the inequitable distribution of resources
 - (3) measuring and understanding the problem and assessing the impact of action.



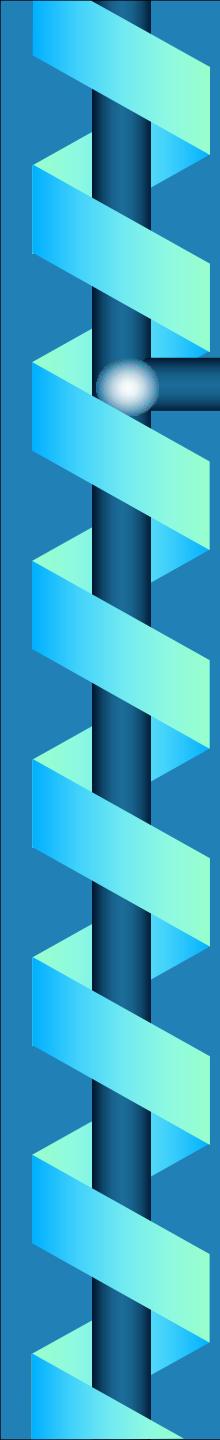
Measuring inequality

- Indices to measure health inequities, include examples such as:
- Progress towards the Millennium Development Goals (MDGs) and now the Sustainable Development Goals



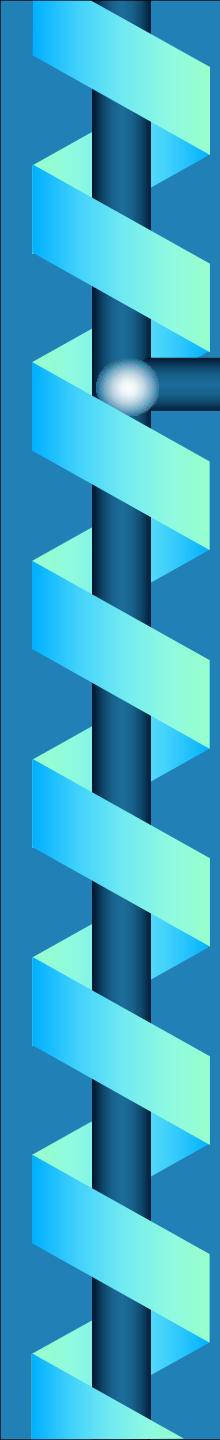
Focus of Public health

- Public health intervention is to improve health and quality of life
- Improvement of the health of people through the prevention and treatment of disease and other physical and mental health conditions
- Surveillance of cases and the promotion of healthy behaviors.



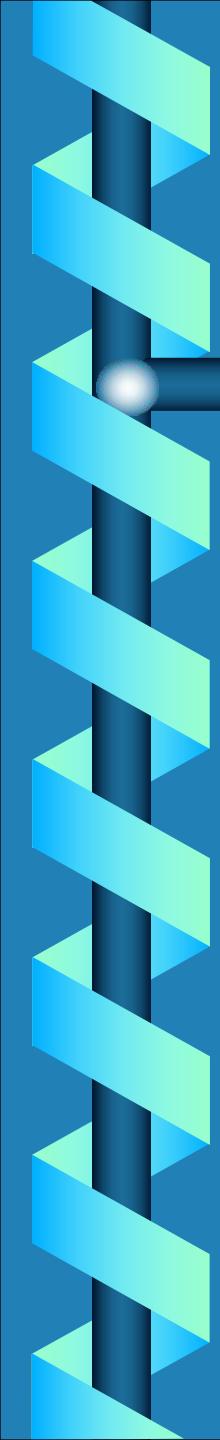
Role of public health

- Many diseases are preventable through simple, non-medical methods. For example, research has shown that the simple act of hand washing with soap can prevent many contagious diseases.
- Prevention of unhealthy conditions and promotion of people's health is the main role of PH



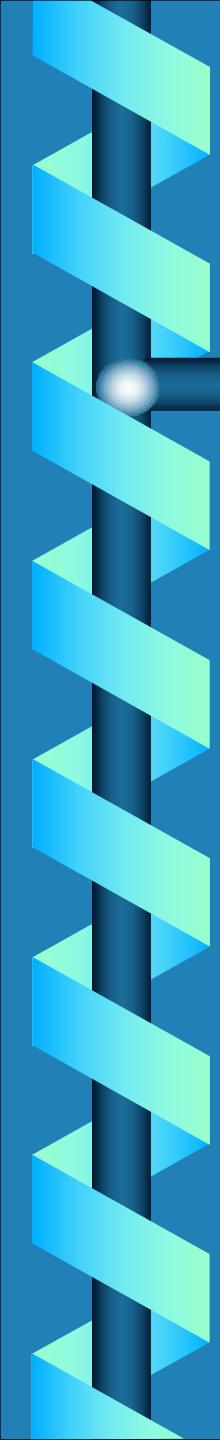
Three core functions of public health

- i. Assessment
- ii. Policy development
- iii. Assurance



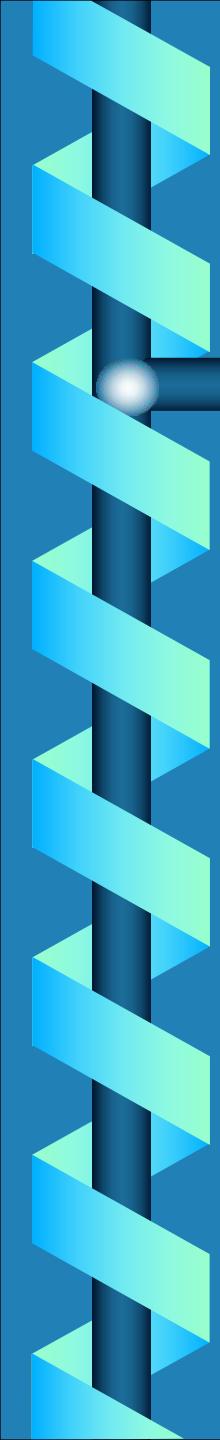
Ten essential public health services

- The ten essential public health services have been classified according to the three core functions mentioned earlier on.



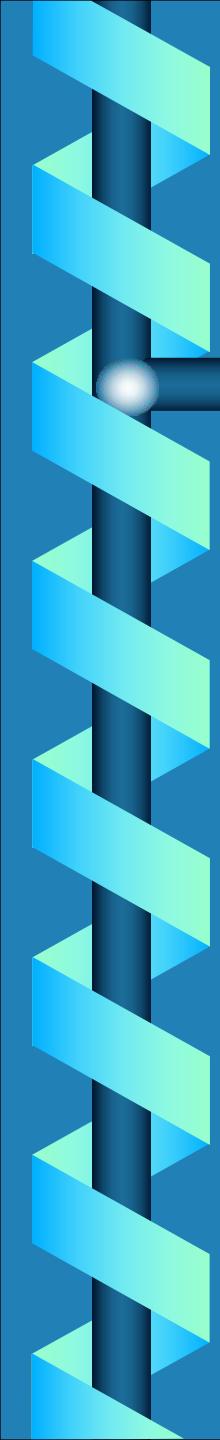
a. Assessment

- Involves the collection, assembling, analyzing and making available information on the health of the people
 1. Monitor health status to identify community health problems
 2. Diagnose and investigate health problems and health hazards in community



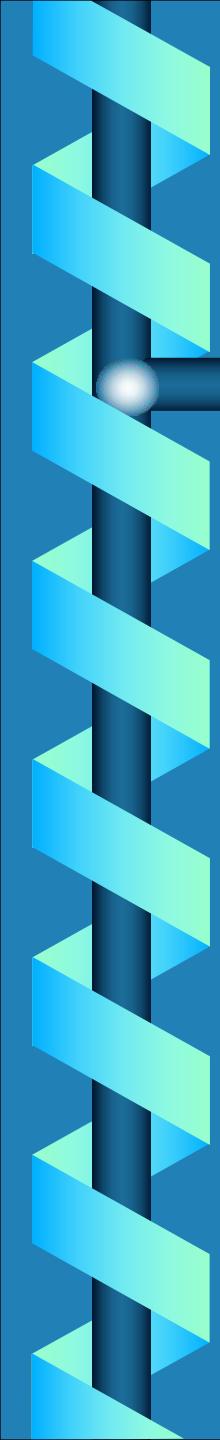
b. Policy development

- Involves the use of scientific knowledge to develop a strategic approach to improving the community's health
- 1.
- 3. Inform, educate and empower people about health issues



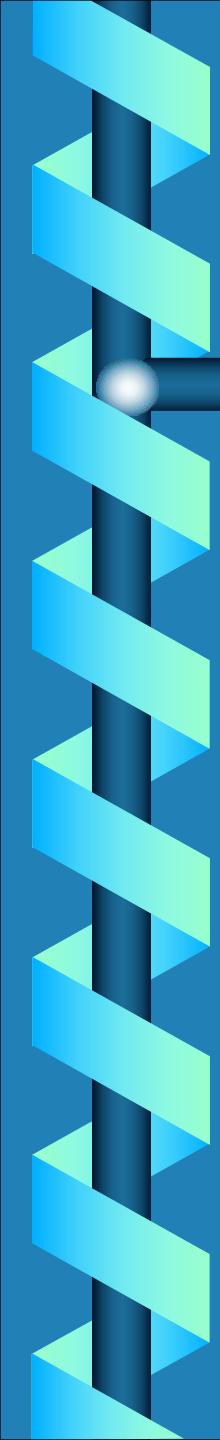
b. Policy development

- 4. Mobilize community partnerships to identify and solve health problems
- 5. Develop policies and plans that support individual and community health efforts



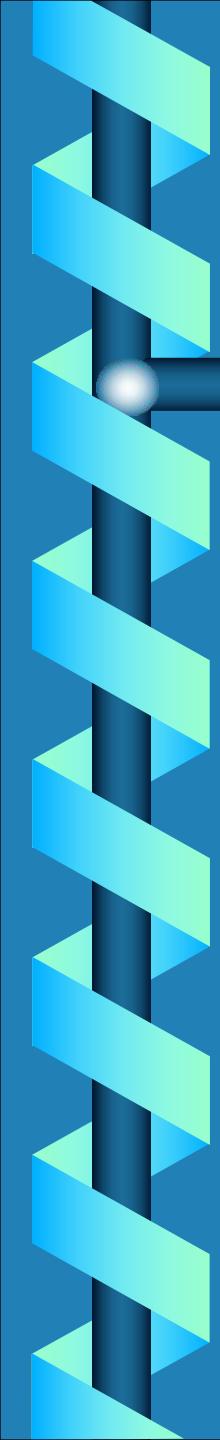
c. Assurance

- Ensures that environmental, educational and basic medical services are available and accessible to everyone for the protection of public health
6. Enforce laws and regulations that protect health and ensure safety



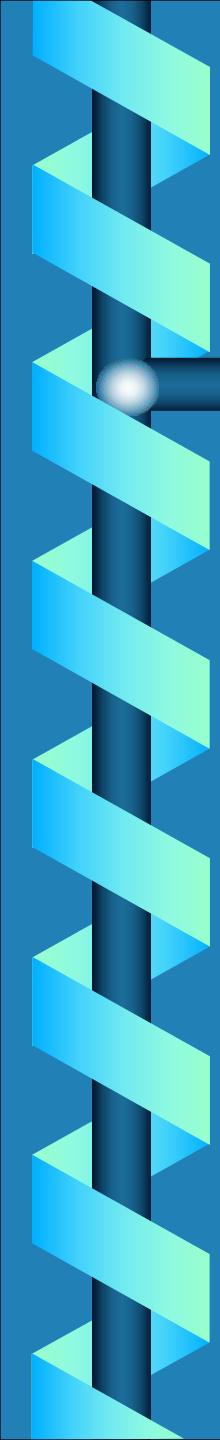
c. Assurance

7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable
8. Assure a competent public health and personal healthcare workforce



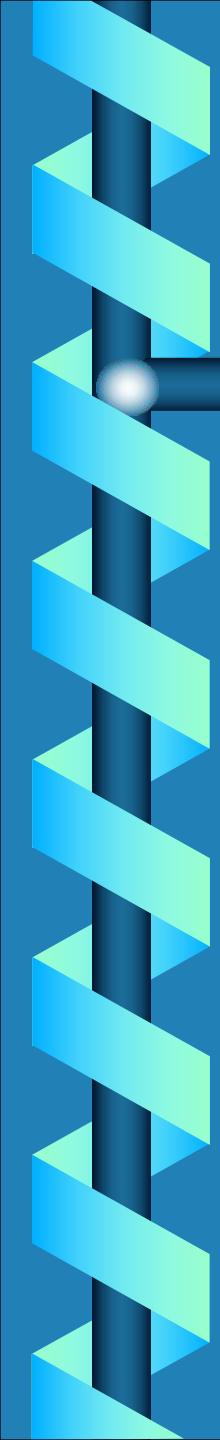
c. Assurance

9. evaluate effectiveness, accessibility and quality of personal and population-based health services



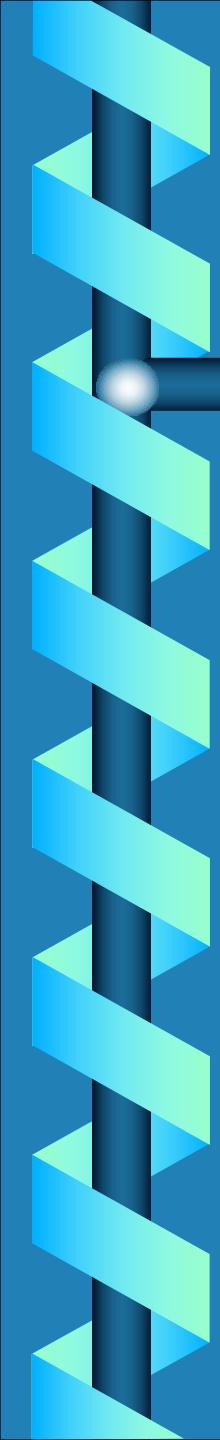
d. Serving all functions

10. Research for new insights and innovative solutions to health problems



The Five steps of Public Health's approach to health problems in a community

1. Define the health problem
2. Identify the risk factors associated with the problem
3. Develop and test community-level interventions to control or prevent the cause of the problem
4. Implement interventions to improve the health of the population
5. Monitor those interventions to assess their effectiveness



**THE
END**

