**Concept of health:** Health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity

**Physical Dimension:** perfect functioning of the body, a physically healthy person may be conceived as one (a) who has a normal anatomical profile, (b) who has a normal physiological profile, (c) who has a normal biochemical profile, (d) who possesses a normal nutritional profile

**Mental Dimension:** a state of balance between the individual and the surrounding world.  
Criteria of a mentally healthy person:   
• Is free from internal conflict  
• is well adjusted  
• has a strong sense of self-esteem  
• Knows himself/herself, his/her needs, problems and goals  
• Knows his/her strength and weakness  
• has good self-control  
• Faces problems and tries to solve them intelligently

**Social Dimension:** harmony with other members of society

**Emotional Dimension:** it relates to feeling

**Concept of Public Health:** Public health is the science and art of preventing disease, prolonging life, and promoting health and efficiency through organized community effort

**Primary Health Care:** In Alma-Atta declaration,1978: “ Essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and the country can afford to maintain at every stage of their development in the spirit of self-determination.

**Components of Primary Health care:** There were 8 components/ elements:  
1.Education about prevailing health problems and methods of preventing and controlling them.  
2. Promotion of food supply and proper nutrition.  
3. An adequate supply of safe water and basic sanitation.  
4. Maternal and child care, including family planning.  
5. Immunization against infectious diseases  
6. Prevention and control of endemic diseases  
7. Appropriate treatment of common diseases and injuries.  
8. Provision of essential drugs.

**Principles of Health Care**: 1. Appropriateness, 2.Adequacy, 3.Availablity, 4.Accessibility, 5.Affordablity, 6.Comprehensiveness, 7.Feasiblity

**Determinants of Health:** The factors which influence health lie both within the individual and externally in the society in which he/she lives are collectively known as determinants of health.

**Types of determinants:** A. Positive Determinants or Healthy, B. Negative Determinants or Risky or Risk factorsAnd1) Internal Determinants, 2) External Determinants

**How many factors influence the health of a person?**

**Major Public health Problems in Bangladesh:**1.Population problem, 2.Communicable Diseases problem, 3.Non communicable Diseases problem, 4.Nutritional problem, 5.Drug addiction/dependence problem among the high risk group, 6.Road/ traffic accident and other accidents e.g. drowning, 7.Medical care problem, 8.Environmental Sanitation problem, 10.Violence against women, 11.Violence against men (small extent), 12.Child abuse/ child labor, 13.Unemployment problem, 14.Food adulteration problem, 15.Problem of Social violence (Anti-social activities)e.g. hijacking, snatching etc.

**Prevention**: Is a process of protection someone from getting any health problems.

**Control:** Disease incidence is reduced to a minimal level, acceptable at the level of country/region, at which the disease is no longer considered a public health problem, while infection may still occur.

**Elimination:** Reduction to zero of the incidence of specified disease in a defined community or country or region as a result public health actions

**Eradication:** It means worldwide disappearance of a disease i.e. (permanent reduction to zero level)

**Control of communicable Diseases**  
Control measures: A. Measures taken at individual / personal level, B. Measures taken at community level.

A. Personal level measures:1) Attention to cases, 2) Attention to contacts, 3) Attention to carriers

B. Measures taken at community level:1) Vaccination/ Immunization, 2) Mass chemotherapy, 3) environmental control, 4) Surveillance, 5) Personal hygiene, 6) Personal protection, 7) Health education

**Why Tobacco is a legal drug?**

**Why Tobacco is more addictive than heroin and cocaine?**

**How to control tobacco consumption in Bangladesh:** Monitoring, Support the smoker, Increase the tax, Negative ad, Enforcement

**Drug Abuse:** Abnormal use of drug. When a drug is taken for non-medical purposes, in a dosage or in a frequency that goes against the pharmacological norms, it amounts to drug abuse.

**Phases of drug abuse:** Three phases of drug abuse can be identified: 1) The Induction phase, 2) The continuation phase, 3) The tolerance phase, 4) dependence phase

**Health impact of drug abuse:**

• Weaken the immune system, increasing susceptibility to infections.  
• Cardiovascular conditions ranging from abnormal heart rate to heart attacks.  
• Injected drugs can also lead to collapsed veins and infections of the blood vessels and heart valves.  
• Nausea, vomiting and abdominal pain.  
• The liver to have to work harder, possibly causing significant damage or liver failure.  
• Attack, stroke and widespread brain damage can impact on memory, attention and decision-making, including sustained mental confusion and permanent brain damage

**Solve the problems of drug abuse:**

– Anti drug campaign  
– Drug free community coalition  
– Screening, brief intervention, referral to treatment  
– Improving access to treatment and recovery

**Manner, Ethic, Etiquette, Social Behavior:** Manners are something used every day to make a good impression on others and to feel good about oneself. Simplest, ethics is a system of moral principles. They affect how people make decisions and lead their lives. Etiquette is the forms, manners, and ceremonies established by convention as acceptable or required in social relations, in a profession, or in official life the rules for such forms, manners, and ceremonies. Social behavior is the activity of an individual which qualifies, modifies or otherwise alters the act of another individual. In short social behavior is what you react in different situation in your daily life is called social behavior.

**Food:** Foods are substances containing nutrients. They are needed for: Cell repair, Cell growth, Energy, Protection

**Nutrition:** Nutrition can be defined as the process by which living organisms acquire substances called Nutrients for growth, repair and energy. Or Nutrition may be defined as the science of food and its relationship to health

**Nutrients:** Nutrients are specific dietary constituents. They can be classified into: macronutrients and micronutrients. Nutrients include: Carbohydrate, Protein, Fat, Vitamins, Minerals, Trace elements, Dietary fiber, Water

**Malnutrition:** The condition when the body does not get the right amount of the vitamins, minerals, and  
other nutrients it needs to maintain healthy tissues and organ function

**Types of Malnutrition:** Over nutrition, Under nutrition, Imbalance nutrition, Specific nutrition

**Types of Nutrients:** Macronutrients(Carbohydrate, Protein, Fat), Micronutrients(Vitamins, Minerals, Trace elements, Dietary fiber, Water)

**Types of Food:** Many ways we can classify foods e.g.-  
(1)By origin– a. Foods of animal origin, b. Foods of Plant origin.  
(2)By chemical composition–a. Protein, b. fat, c. Carbohydrate, d. Vitamins, e. Minerals etc.

(3)By predominant functions-a. Body-building foods-Meat, fish, Milk, Pulses etc. b. Energy giving foods-cereals, sugars, roots etc. c. Protective foods-vegetables, milk & fruits

**Balanced Diet:** Balanced diet means Proper quantities, Proportion of foods, Maintaining health and growth

**Calorie Intake Calculation Fat, protein, Carbohydrate, Salt, Water:**

Carbohydrate- rice, wheat = 50% - 65% (1g = 4kCal; 1000/4=250gm)  
Protein- flesh, egg = 15%-20% (1g = 9kCal; 400/4=100g)  
Fat- oil, ghee, butter = 25%-30% (1g = 4kCal; 600/9=66g)  
Dietary Fiber = 25 -40 gram/ day Approx.  
Fresh vegetables+ fresh Fruits = Plenty if calorie free or zero kcal.  
Table salt = Less than 5 gm/day  
Water = for one kcal one ml of water plus daily loss.

**Concept of Food Safety:** No adulteration and food contamination

**Food security:** Threat natural disaster

**Food Adulteration:** Intentional addition or Extraction or Substitution or False labelity or False branding to get more profit with evil motive

**Food Contamination:** Unintentional addition of harmful unhealthy

**Ensure food safety and food security in Bangladesh:**