

Public Health and Wellness

Nutrition

A balanced diet with essential nutrients supports overall health and helps prevent chronic diseases.

Exercise

Regular physical activity improves cardiovascular health, strengthens muscles, and enhances mental well-being.

Mental Health

Mental health is as important as physical health, focusing on emotional, psychological, and social well-being.

Healthcare Systems

Healthcare systems vary globally, with models ranging from public single-payer systems to private insurance-based care.