**Health Sciences CHS 232**

**Introduction**

**What is Health?**

Health is a state of complete physical, mental and social wellbeing and not merely absence of disease or disability.

**Determinants of Health**:

|  |  |
| --- | --- |
| * Genetic * Behavioral * Social * Environmental * Personal health care | determinants%20of%20heatlh |

**What is Public Health?**

Public health is a field in medicine generally concerned about the promotion of health through the collective efforts of people and organizations in society. It is also concerned about **preventing** the spread of diseases within society

With public health, the focus is more on society rather than on each person.

Public Health model Medical model

 Versus 

Public health programs often aim to provide preventive measures to ensure people’s health, rather than reacting only to current medical emergencies that need to be taken care of.

**Vision** **of public health:**

Healthy People in Healthy Communities

**Scope of public health:**

1. Biostatics
2. Nutrition and food safety
3. Environmental Health
4. Behavioral Health
5. Health education
6. Microbiology
7. Primary health care
8. Travel health
9. Epidemiology
10. Vector control
11. Occupational health
12. School health
13. Geriatrics
14. Mental Health

**Mission of public health:** Promote physical and mental health and Prevent disease, injury and disability through:

1. Monitor health status to identify community health problems
2. Diagnose and investigate health problems and health hazards in the community
3. Inform, educate, and empower people about health issues

4. Develop policies and plans that support health efforts.

5. Evaluate the effectiveness, accessibility, and quality of haelth services

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

**Examples of some achievements of public health:**

|  |  |
| --- | --- |
| 1. Vaccination, Control of Infectious Diseases 2. Safer Workplaces 3. Safer & Healthier Food 4. Motor Vehicle Safety |  |
| Workplace |
|  |
| Safer and healthier foods |
| Motor-vehicle safety |
|  |
| 1. Family Planning 2. Decline in Deaths from Heart Disease & Stroke 3. Recognition of Tobacco Use as a Health Hazard 4. Fluoridation of Drinking Water |  |
| Family planning |
| Recognition of tobacco use as a heatlh hazard |
|  |
| Fluoridation of drinking water |