

Public Health 101

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Objectives

- Define public health
- Review public health approach at large
- Explain public health core functions and essential services
- Introduce Social Ecological Model (SEM)
- Explain Determinants of Health (DOH) and Social Determinants of Health (SDOH)
- Provide perspective on how individuals and stakeholders contribute to the health of their own communities
- Give additional resources



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What is Public Health?



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Public Health Defined

“The science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals.”

-Charles-Edward Armory Winslow

“Public health promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.”

- American Public Health Association



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How Does Public Health Affect Your Everyday Life?



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How Does Public Health Affect Your Everyday Life?

“It can be said that there are four basic and primary things that the mass of people in a society wish for: to live in a safe environment, to be able to work and provide for themselves, to have access to good public health and to have sound educational opportunities for their children.”

-Nelson Mandela

“ The physical and emotional health of an entire generation and the economic health and security of our nation is at stake. This isn't the kind of problem that can be solved overnight, but with everyone working together, it can be solved. So, let's move.”

- Michelle Obama

“Healthy citizens are the greatest asset any country can have.”
- Winston Churchill

“Parks represent an efficient, cost-effective way to improve public health”.

-Chuck Norris

“The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet.”
-Wayne Fields

“Public health service should be as fully organized and as universally incorporated into our governmental system as is public education. The returns are a thousand -fold in economic benefits, and infinitely more in reduction of suffering and promotion of human happiness.”

-Herbert Hoover



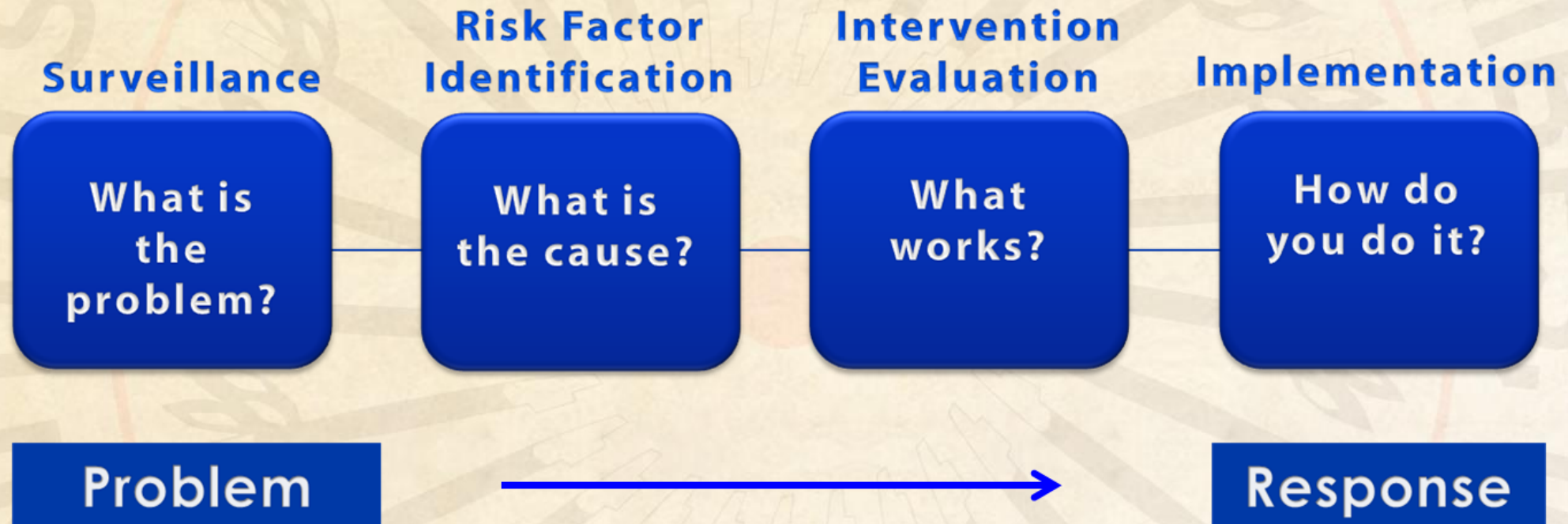
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A Public Health Parable



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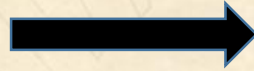
A Public Health Approach



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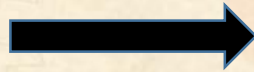
Core Functions of Public Health

Assessment



Systematically collect, analyze, and make available information on healthy communities

Policy Development



Promote the use of a scientific knowledge base in policy and decision making

Assurance

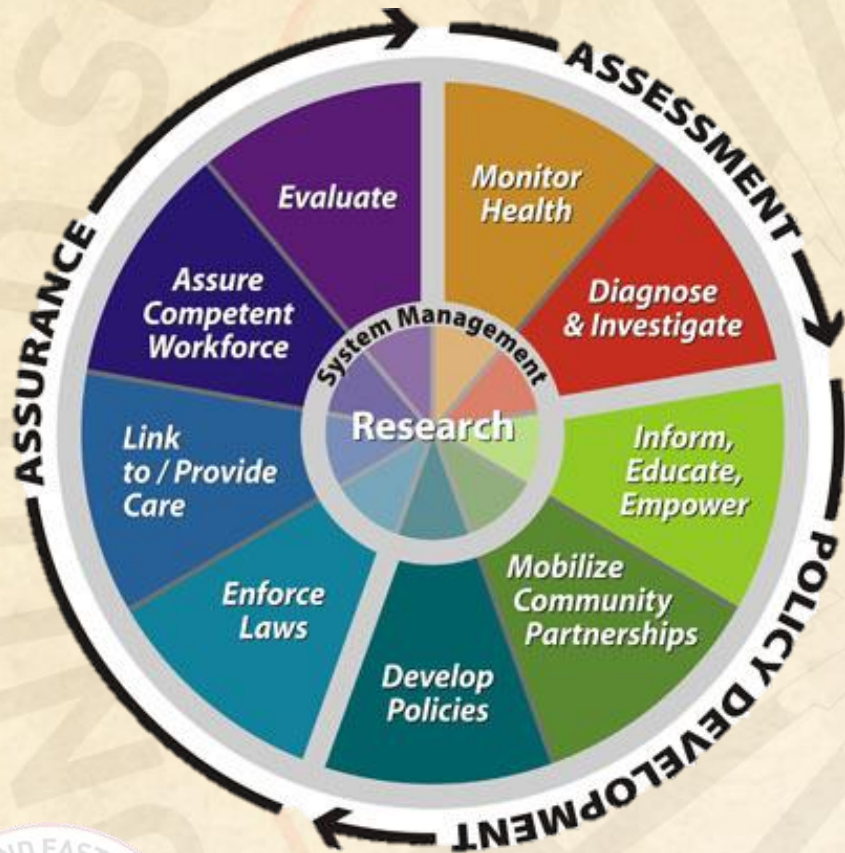


Ensure provision of services to those in need



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Public Health 10 Essential Services



Assessment

1. Monitor Health
2. Diagnose and Investigate

Policy Development

3. Inform, Educate, Empower
4. Mobilize Community Partnership
5. Develop Policies

Assurance

6. Enforce Laws
7. Link to/Provide Care
8. Assure a Competent Workforce
9. Evaluate
10. Research



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Social-Ecological Model (SEM)



Policy

- Tribal Nation, Federal, State, local law

Community

- Relationship between organizations, including the built environment

Organizational

- Organizations and social institutions

Interpersonal

- Family, friends, social networks, culture

Individual

- Knowledge, attitudes, beliefs

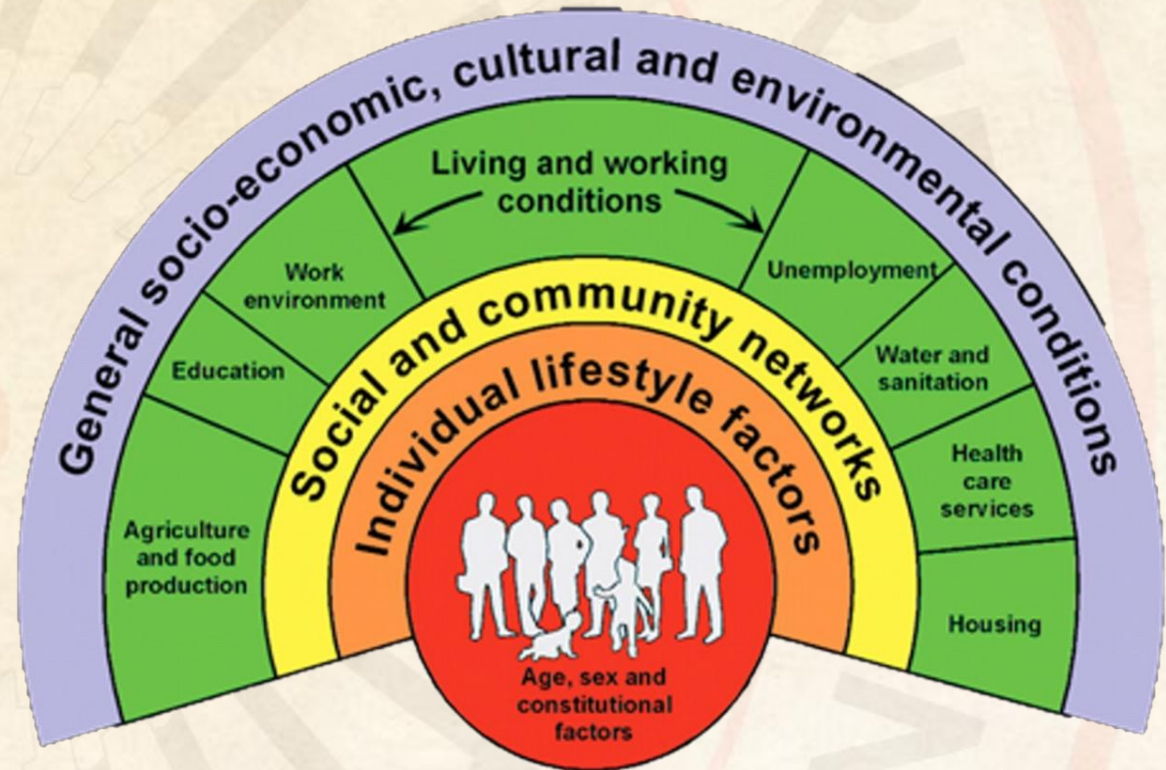


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Determinants of Health

A range of **personal, social, economic** and **environmental** factors that influence health status.

- Age, sex & constitutional factors
- Individual lifestyle
- Social & community networks
- Living & working conditions
- General socio-economic, cultural, & environmental conditions



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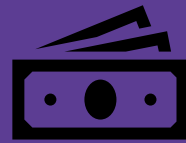
Social Determinants of Health (SDOH)

Conditions in the places where people **live, learn, work, worship, and play** affect a wide range of health risks and outcomes.



Economic Stability

- Employment
- Income
- Expenses
- Debt
- Medical bills
- Support



Neighborhood & Built Environment

- Housing
- Transportation
- Safety
- Parks
- Playgrounds
- Walkability
- Zip code/geography



Education

- Literacy
- Language
- Early childhood education
- Vocational training
- Higher education



Community & Social Context

- Social Integration
- Support systems
- Community engagement
- Discrimination
- Stress



Health Care System

- Health coverage
- Provider availability
- Provider linguistic and cultural competency
- Quality of care



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Social Determinants of Health



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Public Health in Your Community



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Additional Resources

- CDC- Public Health 101 Series
- <https://www.cdc.gov/publichealth101/index.html>
- IHS- Community Health
- <https://www.ihs.gov/communityhealth/>
- WHO- Public Health, Environmental, Social Determinants of Health
- <https://www.who.int/phe/en/>



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Questions?
Comments?



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Citation

- <https://www.cdc.gov/publichealth101/public-health.html>
- <https://www.ruralhealthinfo.org/toolkits/health-promotion/2/theories-and-models/ecological>
- <https://www.coursehero.com/file/21719940/Module-1-MNCHN-C4D-Guide/>
- <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- <https://esrc.ukri.org/about-us/50-years-of-esrc/50-achievements/the-dahlgren-whitehead-rainbow/>



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