

Public Health 101

DEFINITIONS of Public Health by...

World Health Organization

An organized activity of society to promote, protect, improve, and – when necessary – restore the health of individuals, specified groups, or the entire population. It is a combination of sciences, skills and values that function through collective societal activities and involve programmes, services and institutions aimed at protecting and improving the health of all people.



American Public Health Association

Public health promotes and protects the health of all people and their communities.

Centers for Disease Control and Prevention

Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.



DOH Vision

That all Hawai'i residents have a fair and just opportunity to achieve optimal health and well-being.

DOH Mission

To promote and protect the physical, psychological, and environmental health of the people of Hawai'i through assessment, policy development, and assurance.

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APPROACHES TO PUBLIC HEALTH



UPSTREAM

Root causes of health status such as socio-economic and political infrastructures that affect an individual's health outcomes (HDOH, 2011)

DOWNSTREAM

Effects resulting from conditions or circumstances occurring upstream (HDOH, 2011)

UPSTREAM *population health*

PRIMARY PREVENTION

Preventing disease before it happens.

Activities to limit risk exposure or builds immunity.

E.g. Vaccines, safe walking paths.

SECONDARY PREVENTION

Early disease detection before problems become serious.

E.g. Screening and monitoring for illness and injury of people at risk.

PUBLIC HEALTH **LEVELS OF PREVENTION**

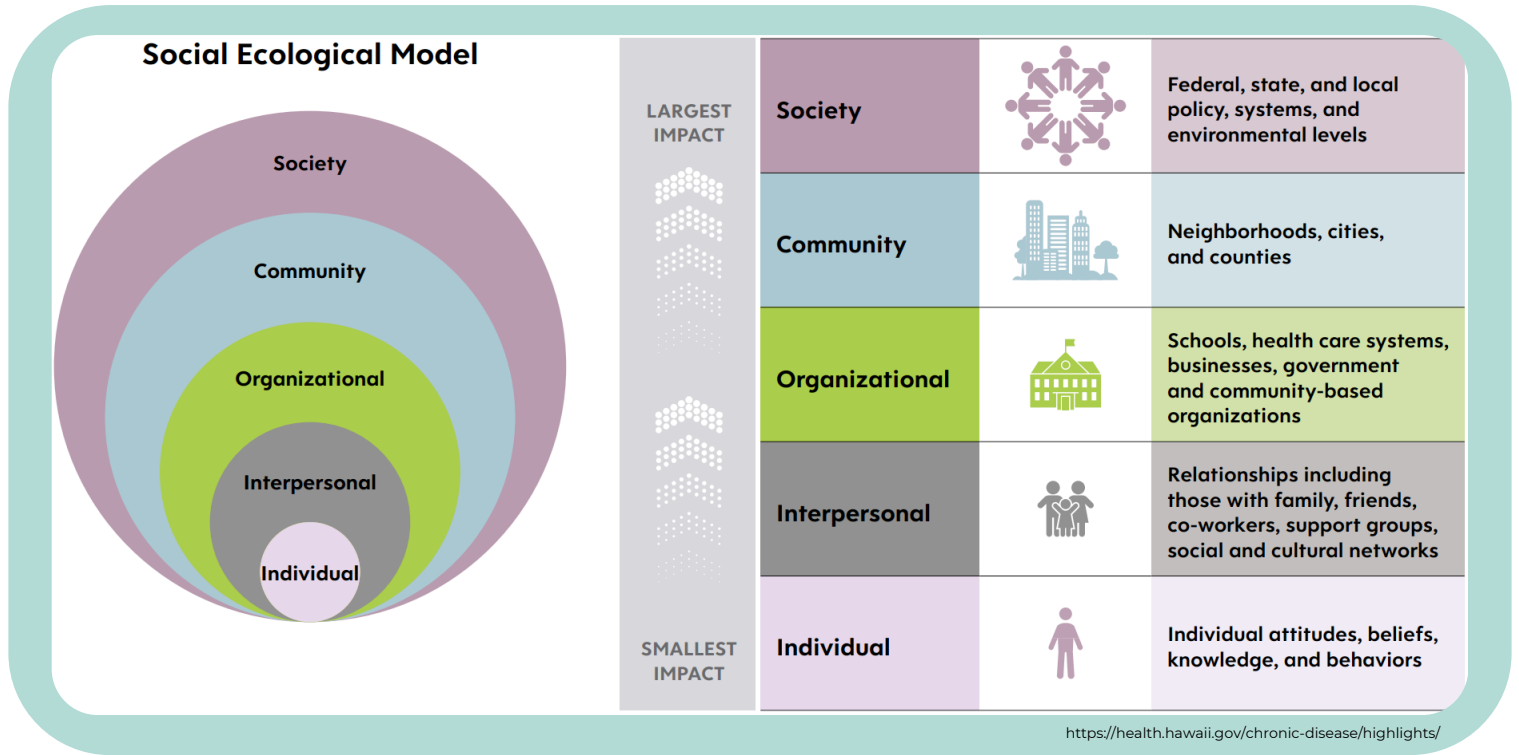
TERTIARY PREVENTION

Preventing complications of the disease or injury.

E.g. Rehabilitation, physical therapy, cancer treatments.

DOWNSTREAM *individual health*

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10 ESSENTIAL PUBLIC HEALTH SERVICES

The Public Health Accreditation Board lists 10 essential public health services that should be conducted by **all communities**.

3 CORE FUNCTIONS OF GOVERNMENTAL PUBLIC HEALTH

Assessment

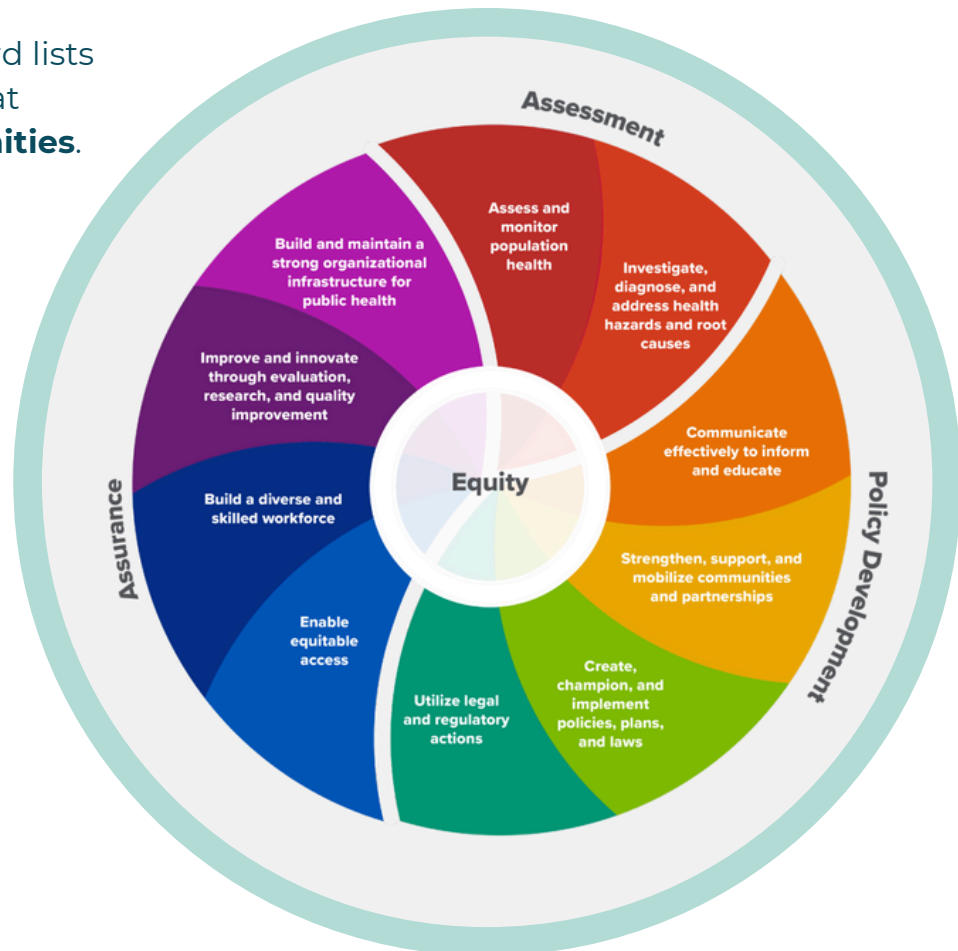
- Evaluating community health conditions and hazards
- Identifying root causes of disease
- Surveillance and monitoring

Policy Development

- Creating policies, plans and laws
- Health communication, advocacy, community partnerships

Assurance

- Ensuring infrastructure & capacity to accomplish public health activities
- Equitable access, effective research and development of a skilled workforce



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NOTES



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