

Activity 1:

Note: watch the video, then read the following thoroughly:

(i)

PUBLIC HEALTH

improving health of populations

making people healthy

saving lives

United States

1900 → 1999

Life Expectancy

↑ 30 years

25 years

(i)

PUBLIC HEALTH

What is it?

How is it different from clinical medicine?

Who does public health?

How is it done?

i What is health?

World Health Organization

bold and ambitious!

" a state of complete physical, mental and social wellbeing rather than the mere absence of disease or infirmity"

and public health?

"the science and art of preventing disease, prolonging life and promoting health, through the organised efforts of society"

How is it different from clinical medicine?

Suppose someone had an accident and broke his leg

Clinical medicine will focus only on treating him

While public health will care about HOW and WHY this happened

Is it bcz he wasn't focused? What is the community's attitude toward this?

Does he have enough money to educate, work and drive?... and a lot of philosophical questions :)



So public health is:



Public health → benefits entire population
 UPSTREAM FACTORS
 BROAD!



who is responsible for public health?

all sectors of society

Health departments

coordinated efforts - other stakeholders

Other areas of government

Private sector

NGOs

Nongovernmental organizations

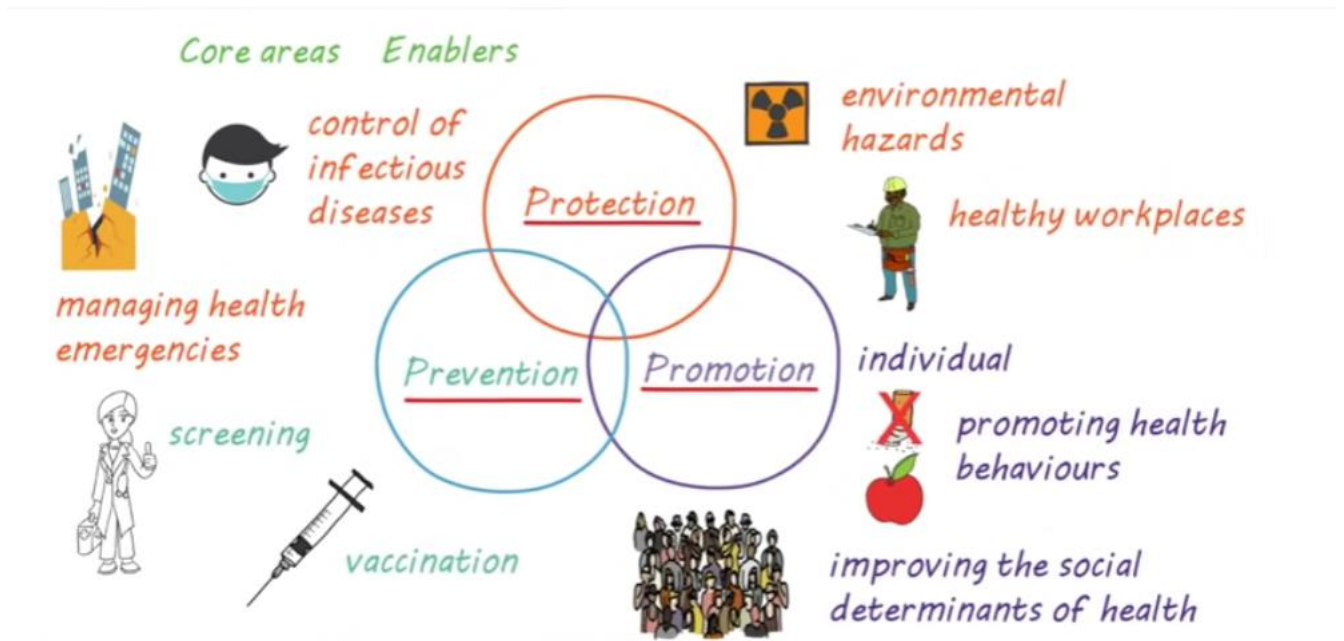
International Organizations

Community

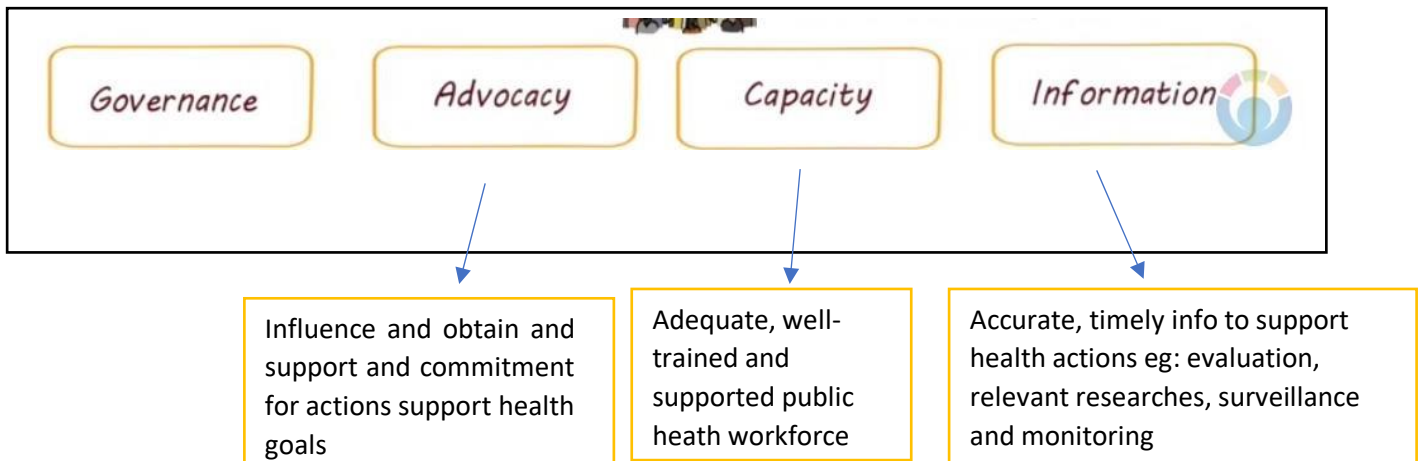
Improving Health

The main purpose for all

core areas are : protection, prevention, promotion



These core areas need to function::



--Activity1 notes: Please pay attention to the example of the individual who had an accident

Solution:

- Let's say someone has an accident and has a broken leg.
- A clinician's main focus is the immediate health problem, fixing the fractured leg.
- Clinicians focus on the individual.

- The public health approach would be holistic and would focus on figuring out how and why this person had an accident so that actions can be taken to prevent it from happening again.

- For example:

- o Why did he have the accident? Was there a problem with his vision?

- o Was it poor knowledge of driving skills or bad attitudes towards driving?

- o Was he under the influence of alcohol or drugs when he was driving? Are there laws against this and resources to enforce it?

- o What are the community expectations or attitudes towards driving?

- o Does he have a good social support network that will help in his recovery or prevent this from happening again?

- o Was the road he was driving on safe?

- o Was he driving a safe car that was well-maintained? If not, why not? Could he not afford it? If not, why could he not afford it? Does he have a job that doesn't pay well? Why is that? Is it because he did not have access to good education? Was there good access to health services which would determine his treatment and recovery?

As you can see from this example health is determined by a complex interaction between many different factors or determinants of health. These include individual characteristics, lifestyle and behaviors and the physical, social and economic environments, the social determinants of health.

- In order to make a difference in health there's action needed across all the different determinants.

- Public health focuses on these upstream factors to make changes that can benefit the health of the population as a whole. This seems like a very broad and complex task.

Activity 2:

Note: the summary what is required:

You can read the article as well:

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6915e1.htm>

Community Transmission of SARS-CoV-2 at Two Family Gatherings — Chicago, Illinois, February–March 2020:

Summary

What is already known about this topic?

Early reports of person-to-person transmission of SARS-CoV-2 have been among household contacts, health care workers, and within congregate living facilities.

What is added by this report?

Investigation of COVID-19 cases in Chicago identified a cluster of 16 confirmed or probable cases, including three deaths, likely resulting from one introduction. Extended family gatherings including a funeral and a birthday party likely facilitated transmission of SARS-CoV-2 in this cluster.

What are the implications for public health practice?

U.S. residents should adhere to CDC recommendations for social distancing, avoid gatherings, and follow stay-at-home orders when required by state or local authorities.

