



Quote of the Day

IF YOU DON'T FIGHT FOR
WHAT YOU WANT
THEN
DON'T CRY FOR WHAT YOU
LOST...!



Definition of Health

- **Health:** As officially defined by the World Health Organization, a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity



- The **concept of health** as a balance between a person and the environment, the unity of soul and body, and the natural origin of disease, was the backbone of the perception of health in ancient Greece.
- **Physical dimension of health**, defined health as “harmonious functioning of the organs” body and the overall functionality, accompanied by the feeling of comfort and absence of pain.



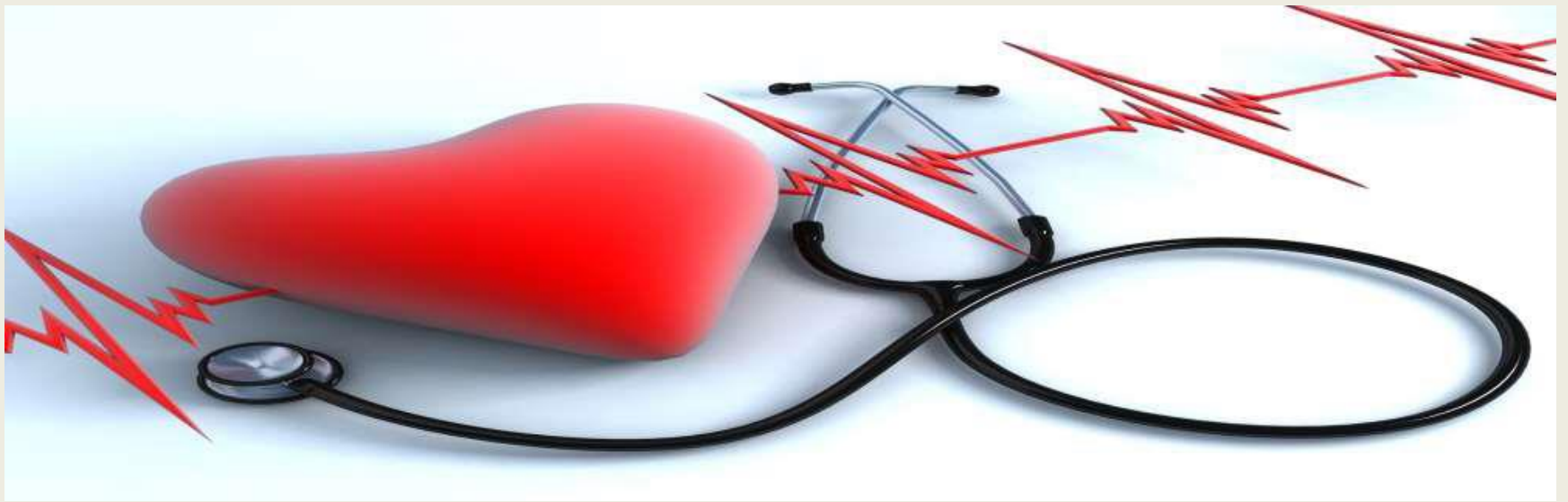
- **Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.



- **Social health** is commonly defined as your ability to form meaningful relationships with other people and interact in healthy, positive ways. The way you connect to the people around you, adapt to different social situations, and experience a sense of belonging all contribute to your social health.



SPECTRUM OF HEALTH



- Health & disease lie along a continuum, & there is no single cut off point.
- The spectrum concept of health emphasizes that the health of an individual is not static; is a dynamic phenomenon & a process of continuous change, subject to frequent subtle variations.
- The lowest point on the health spectrum is **death** & the highest point corresponds to the WHO definition of **ideal health**.



Ideal Health

Positive Health

Marginal Health

In-apparent Diseases

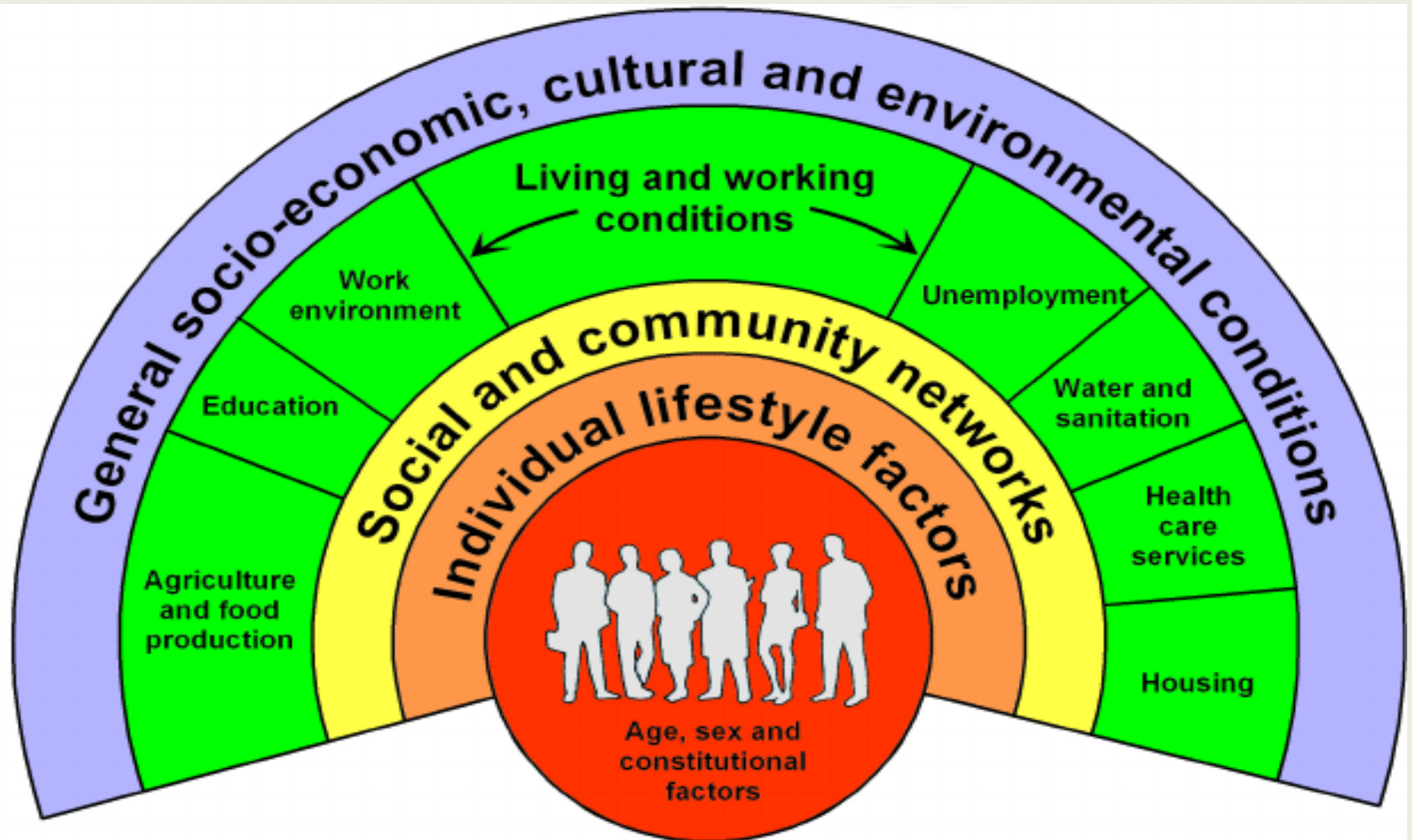
Apparent Diseases

Disability

Death

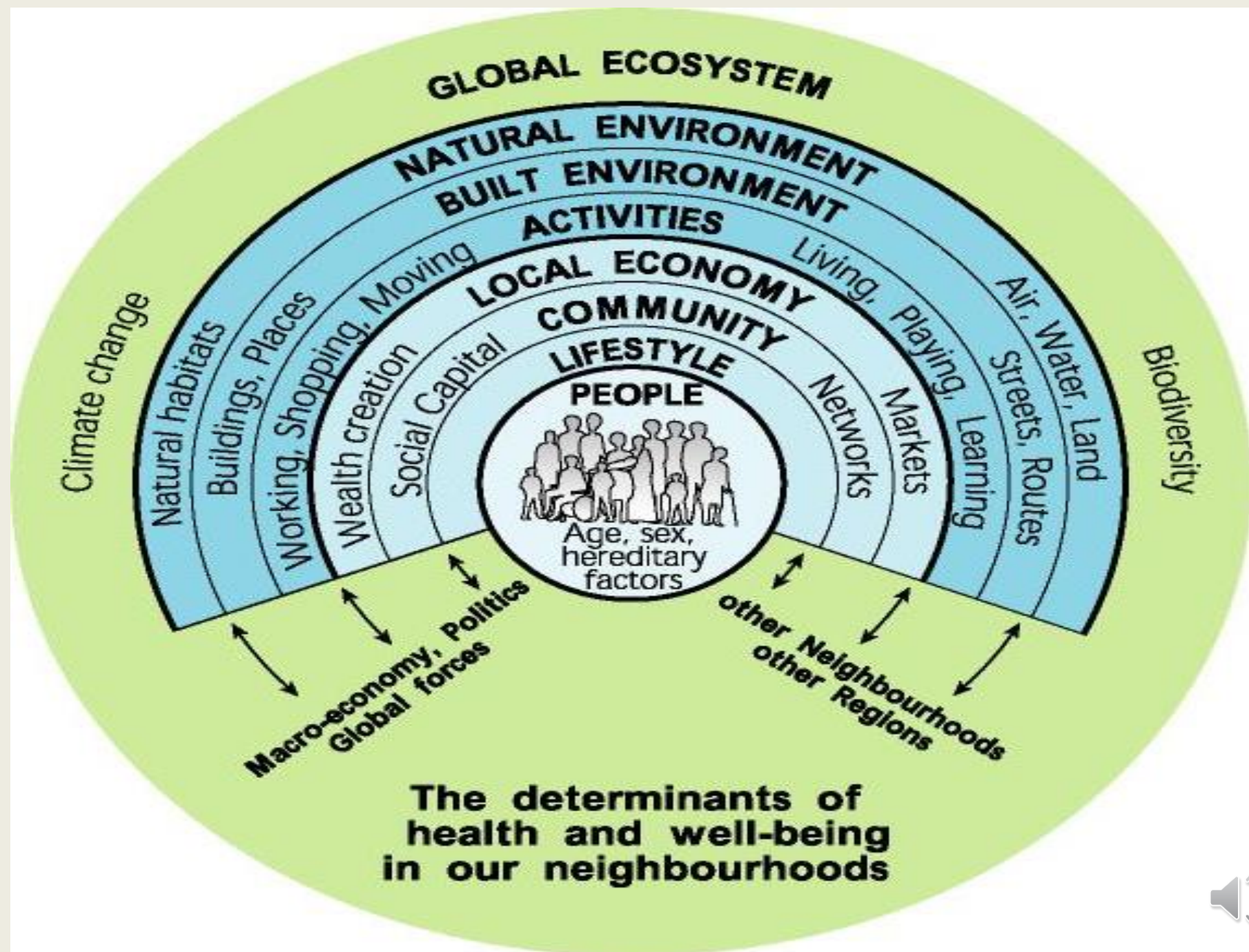


Determinants of Health

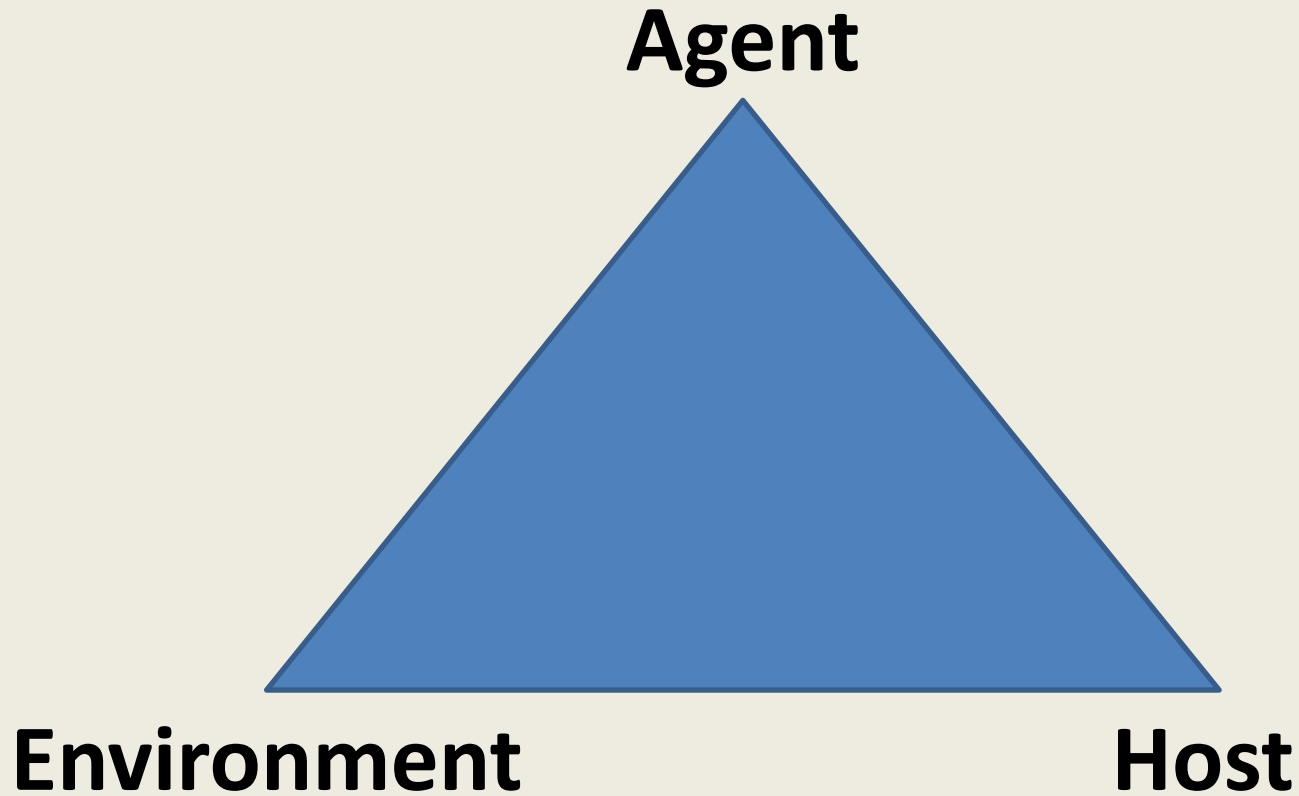


Source: Dahlgren and Whitehead, 1991





Factors Affect Occurrence Of Diseases



Immunity, Nutrition, Mental
Health, Genetics, Previous
Diseases

Age, Gender, Socioeconomic
condition, Habits, Occupation

Host

Human
Animal

Pollution, Climate,
Housing, Ecosystems,
Travel

Pathogens: Virus,
Bacteria, Fungi,
Protozoa

Disease Dilectics

Degree of
contact

Exist from host
and Multiply

Resistant to host
Immunity

Environment

**Causative
Agents**



Causative Agent

Types of Diseases

Infectious Diseases

"Diseases which are caused by microbes"



e.g. Tuberculosis

Non Infectious Disease

"Diseases which are not caused by microbes i.e. Infectious agents"

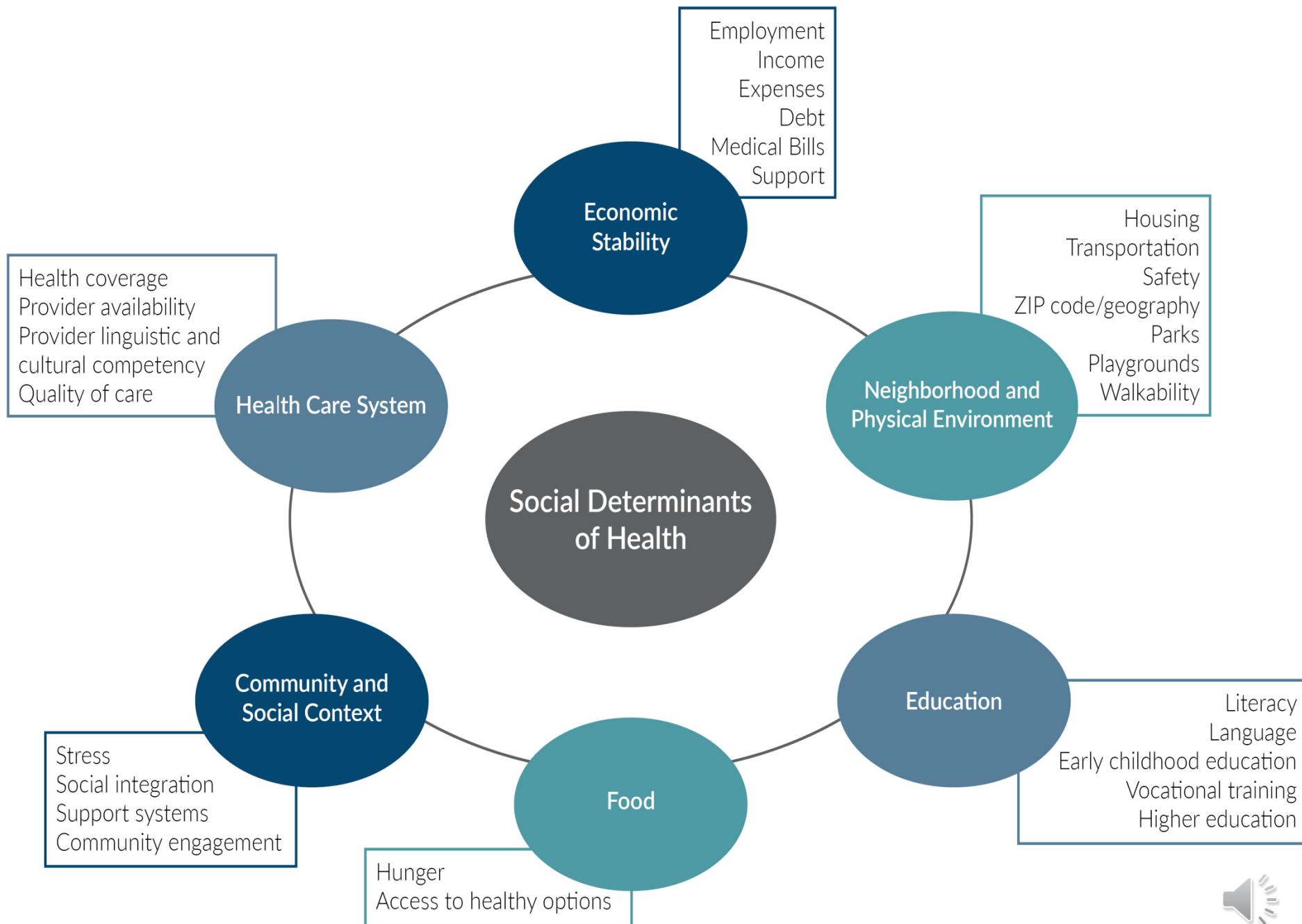


Internal Causes



e.g. High or low blood pressure









- **Risk factors** are things in your life that increase your chances of getting a certain disease. Some risk factors are beyond your control. You may be born with them or exposed to them through no fault of your own.

Some **risk factors** that you have little or no control over include your:

- Family history of a disease
- Age
- Sex/gender — male or female
- Place of birth and living



Some **risk factors** you can control include:

- What you eat
- How much physical activity you get
- Whether you use tobacco
- How much alcohol you drink
- Whether you misuse drugs



Types of Health Risk Factors:

- **Behavioral:**

These are actions or choices individuals make that impact their health. Examples include smoking, excessive alcohol consumption, poor diet, lack of physical activity, and unsafe sexual practices.

- **Physiological:**

These are bodily states or conditions that increase risk. Examples include high blood pressure, high cholesterol, obesity, and raised blood glucose levels.

- **Demographic:**

These factors include age, sex, ethnicity, and socioeconomic status, which can influence health outcomes.

- **Environmental:**

These are external factors like air and water quality, access to safe housing and food, and exposure to pollution or toxins.

- **Genetic:**

Family history and genetic predispositions can increase the risk of certain diseases.

- **Social:**

Social determinants of health, such as social exclusion, housing quality, education, and employment, can also impact health risks.

Examples of Specific Risk Factors and Associated Diseases:

- **Tobacco Use:** Increases risk of heart disease, stroke, respiratory illnesses, and various cancers.
- **Alcohol Consumption:** Increases risk of liver disease, certain cancers, heart disease, and stroke.
- **Poor Diet:** Contributes to obesity, heart disease, diabetes, and some cancers.
- **Physical Inactivity:** Increases risk of obesity, heart disease, stroke, and type 2 diabetes

- **High Blood Pressure** (Hypertension): Increases risk of heart disease and stroke.
- **High Cholesterol**: Increases risk of heart disease.
- **Obesity**: Increases risk of heart disease, stroke, type 2 diabetes, and some cancers.
- **Age**: Certain diseases, like heart disease and stroke, become more common with age.
- **Family History**: A family history of certain diseases can increase an individual's risk.

Importance of Addressing Risk Factors:

- **Disease Prevention:**

Identifying and addressing risk factors can help prevent or delay the onset of chronic diseases.

- **Health Promotion:**

Understanding risk factors allows for targeted interventions to promote healthier behaviors and environments.

- **Improved Quality of Life:**

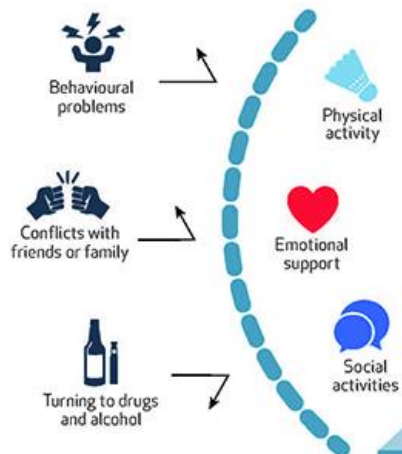
Reducing risk factors can improve overall health and well-being.

- **Reduced Healthcare Costs:**

Preventing diseases through risk factor reduction can lower healthcare costs in the long run.

ADOPT PROTECTIVE FACTORS TO FACE CHALLENGES

BEHAVIOURAL CHALLENGES



LIFE CHALLENGES



For protective factors at the family and community levels, visit nbhc.ca/resilience



New Brunswick
Health Council

Conseil de la santé
du Nouveau-Brunswick

- NCDs kill 41 million people each year, comprising 71% of all deaths globally. The number of deaths from NCDs is increasing across the world, including in LLMICs.

- LLMICs currently bear the brunt of premature deaths from NCDs: almost half (7.2 million) of the 15 million people who die globally every year between the age of 30 and 70 are from the world's poorest countries.
- Effective measures to prevent and control NCDs costs just an additional US\$ 1.27 per person per year in LLMICs.

- The health gains from this investment will, in turn, generate US\$350 billion through averted health costs and increased productivity by 2030, and save 8.2 million lives during the same period.

For every US\$1 invested in each policy area, the following returns have been documented:

- US\$12.82 from promoting healthy diets
- US\$9.13 from reducing the harmful use of alcohol
- US\$7.43 from lower tobacco use
- US\$3.29 from providing drug therapy for cardiovascular disease
- US\$2.80 from increasing physical activity
- US\$2.74 from managing cancer



Making The Connections_ Our City, Our Society, Our Health.mp4



Public Health Introduction



- **Public health is** “What we as a society do collectively to assure the conditions in which people can be healthy”
- **Vision:** Healthy People in Healthy Communities
- **Mission:**
 - ❑ Promote Physical and Mental Health
 - ❑ Prevent Disease, Injury, and Disability





- **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.



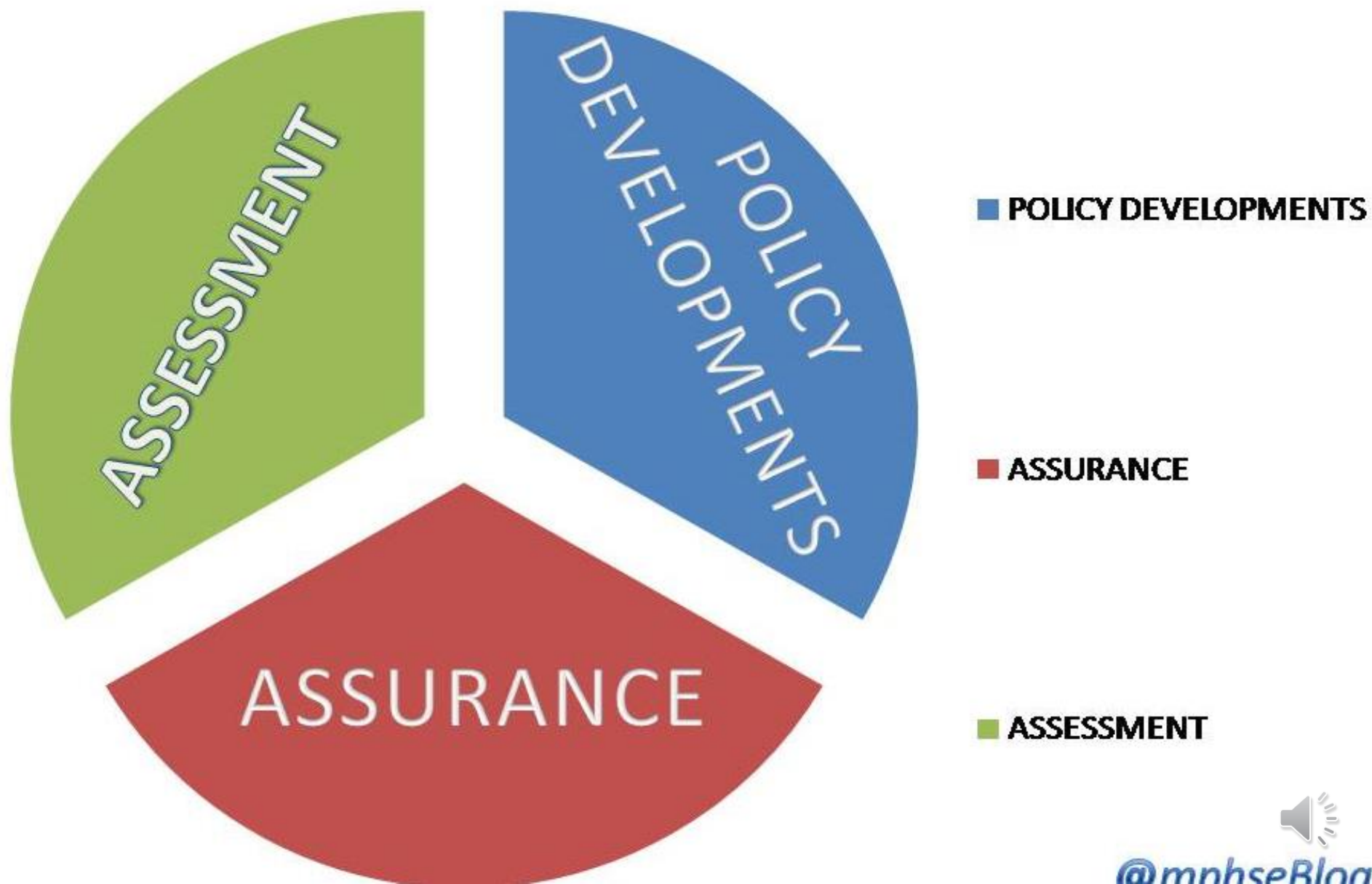
Essential Public Health Functions



- Protection of Environment
- Health Education
- Health Legislations and health Regulations
- Prevention and Control of communicable Diseases
- Care for special groups
- Assessment of health needs , plans and support the provision of health care services



THREE CORE PUBLIC HEALTH FUNCTIONS



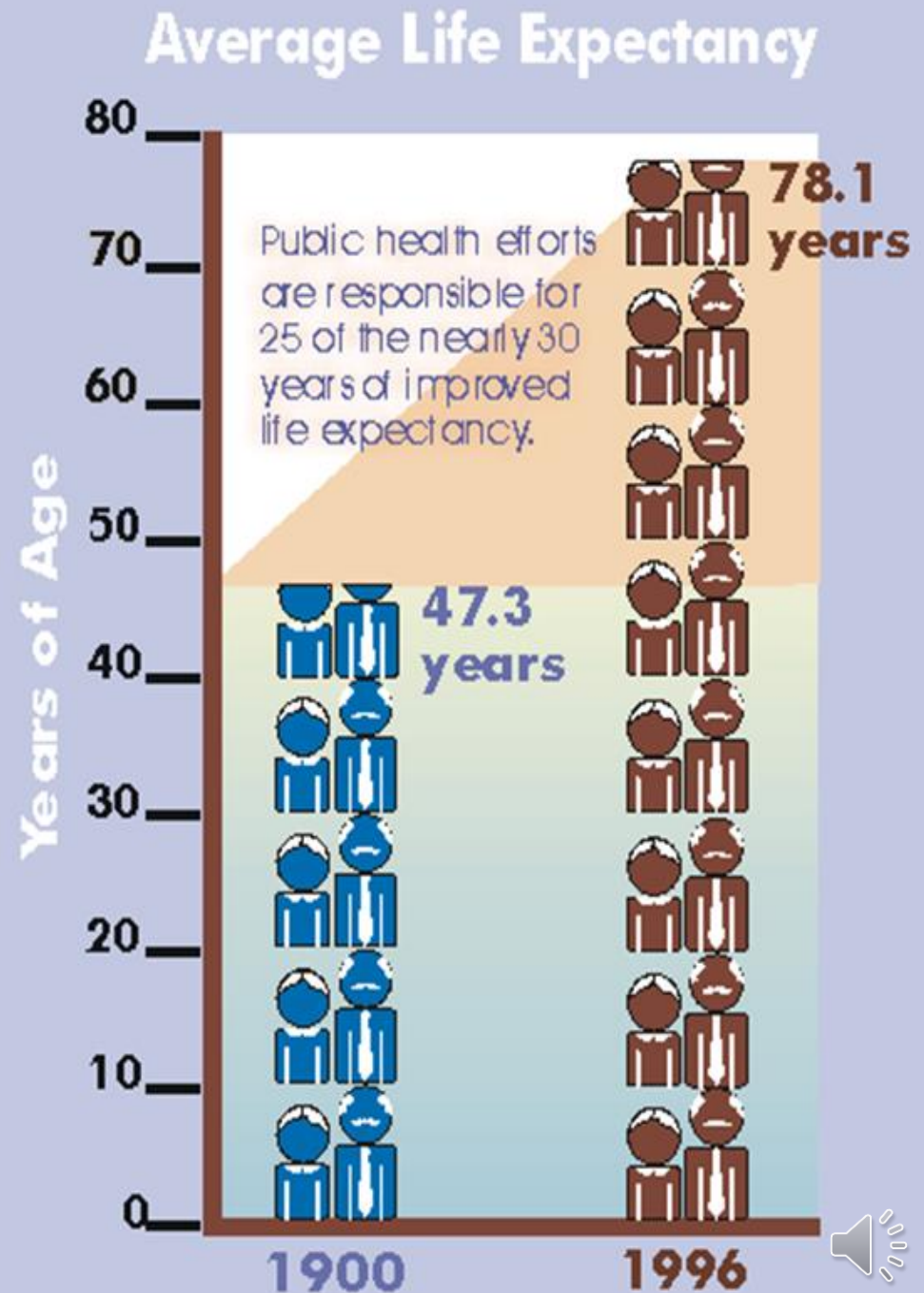
- Assess and monitor population health status, factors that influence health, and community needs and assets
- Investigate, diagnose, and address health problems and hazards affecting the population
- Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it
- Strengthen, support, and mobilize communities and partnerships to improve health
- Create, champion, and implement policies, plans, and laws that impact health



- Utilize legal and regulatory actions designed to improve and protect the public's health
- Assure an effective system that enables equitable access to the individual services and care needed to be healthy
- Build and support a diverse and skilled public health workforce
- Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement
- Build and maintain a strong organizational infrastructure for public health



- Thanks to public health for the extra 25 years of life!

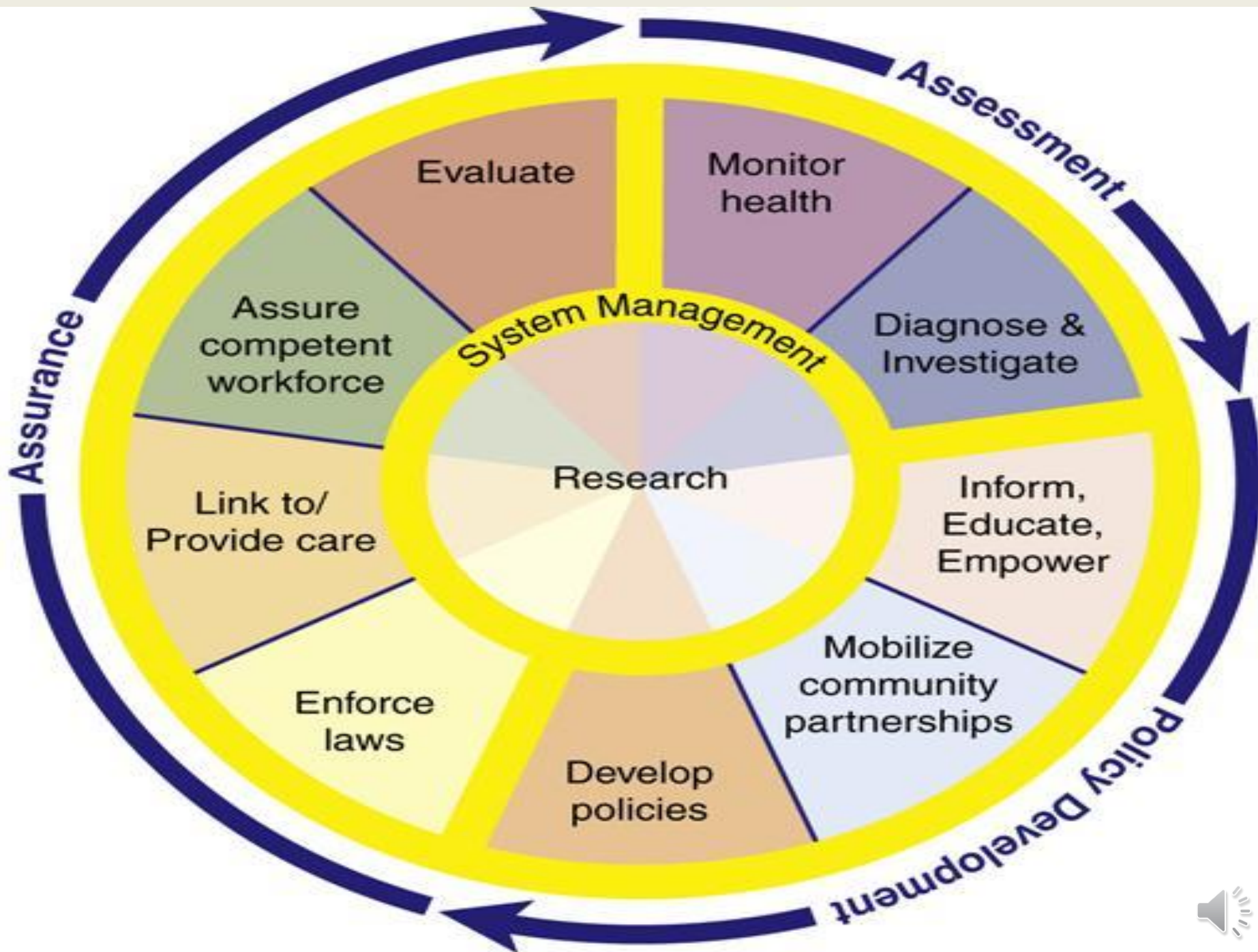


Essential public health functions in countries of the Region EMRO

1. Surveillance and monitoring of health determinants, risks, morbidity and mortality.
2. Preparedness and public health response to disease outbreaks, natural disasters and other emergencies.
3. Health protection, including management of environmental, food, toxicological and occupational safety.
4. Health promotion and disease prevention through population and personalized interventions, including action to address social determinants and health inequity.



4. Assuring effective health governance, public health legislation, financing and institutional structures (stewardship function).
5. Assuring a sufficient and competent workforce for effective public health delivery.
6. Communication and social mobilization for health.
7. Advancing public health research to inform and influence policy and practice 

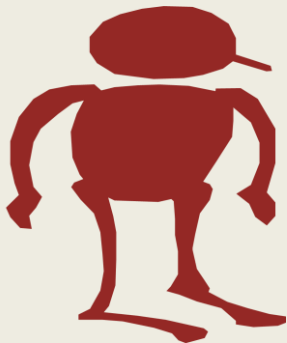


The Essential Public Health Services



What does medicine do?

- Saves lives one at a time



What does public health do?

- Saves lives millions at a time



Community Health

**What Is
Community Health**
and Why Is It Important?



- **Community health** is a medical specialty that focuses on the physical and mental well-being of the people in a specific geographic region. This important subsection of public health includes initiatives to help community members maintain and improve their health, prevent the spread of infectious diseases and prepare for natural disasters.



Preventive Medicine

- **The goal** of preventive medicine is to promote health and well-being and prevent disease, disability and death.
- They apply their knowledge and skills in medicine, social, economic, and behavioral sciences **to improve the health and quality of life of individuals, families, communities and populations through disease prevention and health promotion.**



Level of Prevention	Stage of the Disease	Target Population
Primordial	Underlying conditions Leading to causation	1. Total population 2. Selected group
Primary	Specific causal factors	1. Total population 2. Selected group 3. Healthy individuals
Secondary	Early stage of the disease	1. patients
Tertiary	Late stage of the disease	1. patients



Level of Prevention

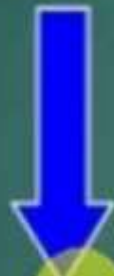
7

Prevent the development of risk factors

Primordial Prevention



Onset of disease



Clinical diagnosis



No disease

Asymptomatic disease

Clinical course



Primary Prevention

Manage the risk factors. Prevent the onset of disease

Secondary Prevention

Early diagnosis & prompt treatment.

Tertiary Prevention

Reduce complication & disability



Levels of Prevention

- Primary
 - Actions that keep the disease process or health condition from becoming established in the first place
- Secondary
 - Aims at early detection of asymptomatic disease through preventive screenings and tests
- Tertiary
 - Treatment for a person who is symptomatic and ill and is typically offered by medical specialists





1) Primordial Prevention

- **“This is a prevention of Development of risk Factors in a Population group , which they have not yet appeared.”**
- **Special Attention is Given in preventing Chronic Disease.**
- **Main Intervention is Health Education.**
- **In this efforts are dedicated towards Discouraging people from adopting Harmful Life styles/Habits through Individual & Mass Education.**



2) Primary Prevention

- “Primary prevention can be defined as the action taken prior to the onset of disease, which removes the possibility that the disease will ever occur.”
- In this Action are taken before the onset of disease.
- It signifies intervention in the pre-pathogenesis phase of a disease or health problem.
- It includes the concept of "positive health", a concept that encourages achievement and maintenance of "an acceptable level of health that will enable every individual to lead a socially and economically productive life".



```
graph TD; A[Primary Prevention] --- B[Non Specific]; A --- C[Specific];
```

Primary Prevention

Non Specific

Specific



Non Specific Prevention

- Health education to improve healthy habits.
- Healthful physical environment (Housing, water supply, excreta disposal etc.,)
- Improvement in nutritional standards of the community.
- Healthy Life Style
- Health Legislation
- Community development and Social care



Healthy Life Style

Ways to Maintaining a Healthy Lifestyle



Don't skip
breakfast



Avoid processed
foods



Eat more
vegetables



Relax



Drink enough
fluids



Avoid foods high
in sugar



Include fruits in
your daily diet



Specific Prevention

- Immunization
- Use of specific nutrients
- Chemoprophylaxis
- Protection against occupational hazards
- Protection against accidents
- Control of General Environment
- Avoidance of allergens



Secondary Prevention

- **Early detection** : An intervention that identifies and stops a disease early on in the disease process before the patient even realizes anything is wrong (before any clinical signs arise)
- **Prompt appropriate treatment** to achieve cure and prevent complications



Tertiary Prevention

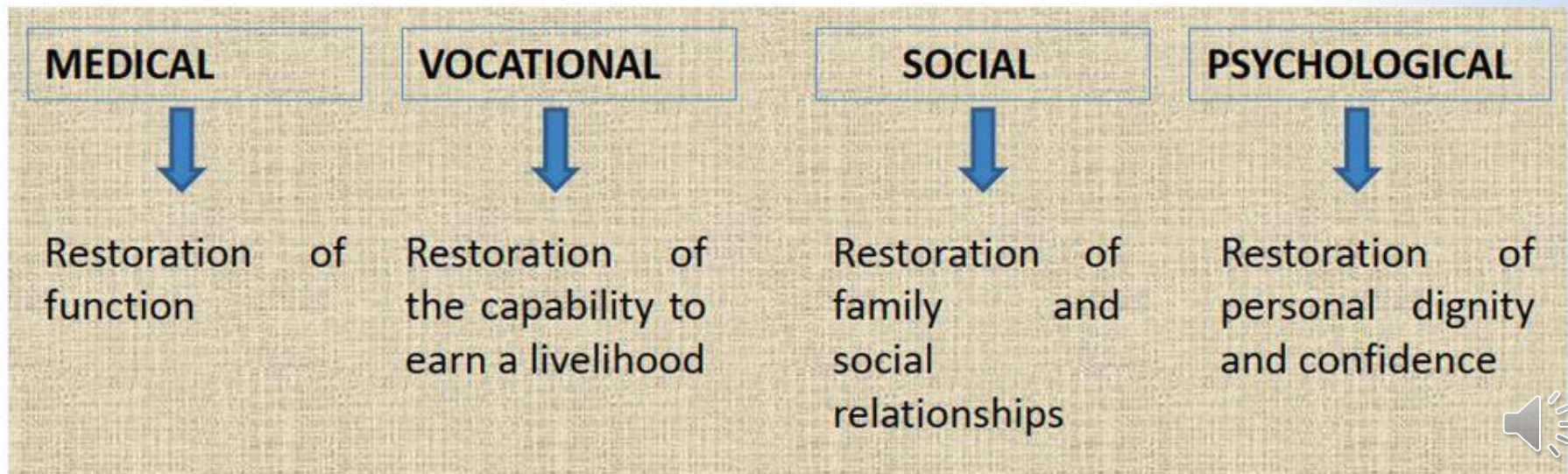
- **Tertiary Prevention** occurs when a defect or disability is permanent and irreversible. It involves minimizing the effects of long-term disease or disability by interventions direct at preventing complications and deteriorations.
- **Tertiary Prevention** strategies are both therapeutic and **rehabilitative measures** once disease is firmly established.

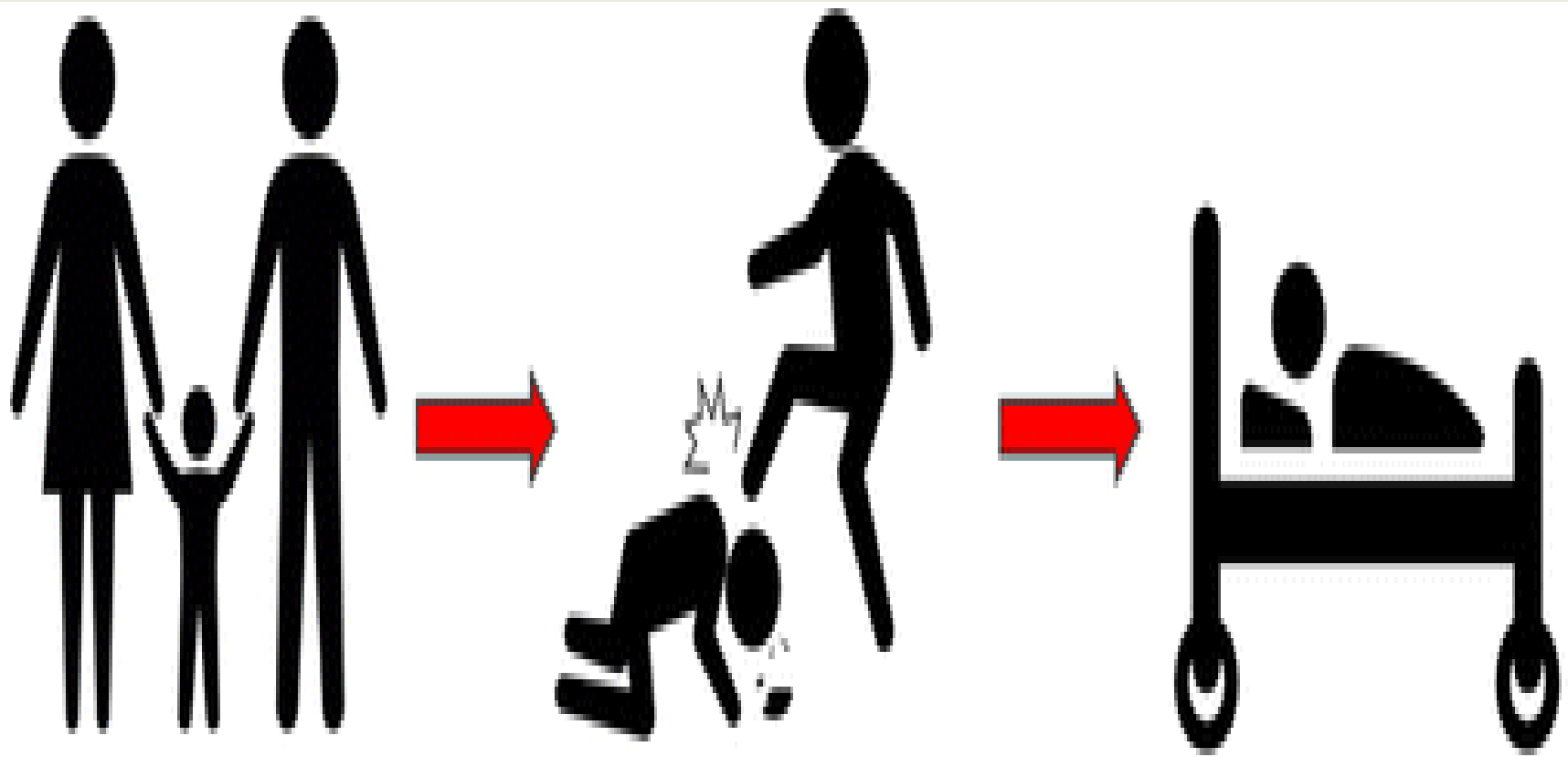


Tertiary prevention

Rehabilitation

- It is defined as the **combined and coordinated** use of medical, social, educational and occupational measures for training and retraining the individual to the **highest possible level of functional ability**.





Comprehensive Health Care

- Providing for the full range of personal health services for diagnosis, treatment, follow-up and rehabilitation of patients.
- The practice of continuing comprehensive care is the concurrent prevention and management of multiple physical and emotional health problems of a patient over a period of time in relationship to family, life events and environment.



Thank You

