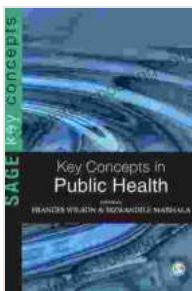


# Key Concepts in Public Health: A Guide to Improving Population Health

Public health is a field that focuses on improving the health and well-being of populations. It is a discipline that is based on the principles of social justice, equity, and sustainability. Public health professionals work to prevent disease, promote health, and protect the environment.



## Key Concepts in Public Health (SAGE Key Concepts series) by Missy Buchanan

★★★★☆ 4.9 out of 5

Language : English  
File size : 2333 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 328 pages



This book provides a comprehensive overview of the key concepts in public health. It is essential reading for students and professionals working to improve population health.

## Key Concepts

The key concepts in public health include:

- **Social justice:** Social justice is the fair and equitable distribution of resources and opportunities. It is a fundamental principle of public

health, as it recognizes that the health of a population is determined by the social and economic conditions in which people live.

- **Equity:** Equity is the fair and impartial treatment of all people, regardless of their race, ethnicity, gender, sexual orientation, or other characteristics. It is another fundamental principle of public health, as it recognizes that everyone deserves to have the opportunity to live a healthy life.
- **Sustainability:** Sustainability is the ability to meet the needs of the present without compromising the ability of future generations to meet their own needs. It is a third fundamental principle of public health, as it recognizes that the health of a population depends on the health of the environment.
- **Health promotion:** Health promotion is the process of enabling people to improve their health and well-being. It involves a wide range of activities, such as providing education and information, promoting healthy behaviors, and creating supportive environments.
- **Disease prevention:** Disease prevention is the process of reducing the incidence and severity of disease. It involves a wide range of activities, such as immunizations, screening programs, and lifestyle changes.
- **Environmental health:** Environmental health is the process of protecting the environment from harmful substances and conditions. It involves a wide range of activities, such as air and water pollution control, waste management, and hazardous waste disposal.

## **Applications**

The key concepts in public health can be applied in a wide range of settings, including:

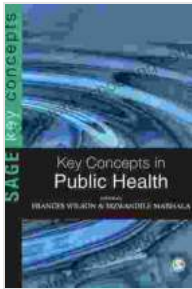
- **Community health:** Community health programs focus on improving the health of a specific community. They often involve partnerships between public health professionals, community organizations, and residents.
- **Global health:** Global health programs focus on improving the health of populations in developing countries. They often involve partnerships between international organizations, non-governmental organizations, and governments.
- **Environmental health:** Environmental health programs focus on protecting the environment from harmful substances and conditions. They often involve partnerships between public health professionals, environmental regulators, and industry.
- **Health policy:** Health policy programs focus on developing and implementing policies that improve the health of populations. They often involve partnerships between public health professionals, policymakers, and stakeholders.

Public health is a vital field that plays a critical role in improving the health and well-being of populations. The key concepts in public health provide a framework for understanding the complex factors that affect health. They can be applied in a wide range of settings to improve health outcomes and create a more just and equitable world.

**\*\*Alt attributes for images:\*\***

**\* \*\*Image 1:\*\*** A group of people working together to improve the health of their community. **\* \*\*Image 2:\*\*** A child receiving a vaccination to protect

them from disease. \* \*\*Image 3:\*\* A team of scientists testing water quality to ensure it is safe for drinking.



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