

Principles and Goals of Public Health

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Received: November 15, 2019; **Published:** December 05, 2019

DOI: 10.31080/ASNH.2020.04.0566

Public health is one of the dynamic medical field which is primarily concerned with improving health of populations rather than individuals. Public Health in the early twentieth century is defined as the science and art of preventing disease, prolonging life and promoting human health through organized efforts and informed choices of organization, public, private, communities, society and individuals. Today it is recognized as being integral to promoting and sustaining the health of the population, the efforts organized by society to protect, promote and restore the peoples health and its definition varies from country to country. It is an interdisciplinary field and the focus of public health intervention is to prevent and mitigate diseases, injuries and other health conditions through surveillance of cases and the promotion of healthy behaviours, communities and environments. It aims to improve the quality of life through prevention and treatment of disease including mental health.

Access to health care and public health initiatives are difficult challenges in developing countries where public health infrastructures are still forming. Public health plays an important role in disease prevention efforts through local health systems and non governmental organizations in both developing and developed countries. There are lack of trained health workers, monetary resources, insufficient knowledge to provide basic level of medical care and disease prevention for which majority of disease and mortality results from and contributes to extreme poverty.

WHO is the international agency that coordinates and acts on global public health issues and is important in providing assistance for the implementation of organizational and administrative methods of handling problems associated with health and disease

in less developed countries worldwide whereas most countries have their own governmental public health agency for domestic health issues.

The principles of public health

There are two different approach:

Three core functions of public health

- Assessment
- Policy development
- Assurance

Ten essential public health services

1. Monitor health
2. Diagnose and investigate
3. Inform, educate and empower
4. Mobilize community partnership
5. Develop policy
6. Enforce laws
7. Link to/provide care
8. Assure a competent workforce
9. Evaluate
10. Research

Public health action occurs at the international, national, state and local level. There are three general levels of public health local, state and federal. Public health infrastructure is the foundation for planning, evaluating and improving public health which provides communities, states and nation to prevent disease, promote health and prepare for and respond to both acute threats and ongoing challenges to health. Public health infrastructure includes three

components - capable and qualified workforce, up to date data and information system, agencies capable of assessing and responding to public health needs.

Public health has developed systematic way of thinking about health issues in a considered and deliberate fashion in terms of levels of prevention (primary, secondary and tertiary) and a chain of causation involving an agent, host and environment.

Sustainable Development Goals (17 goals to transform our world)

In September 2015, the General Assembly adopted the 2030 Agenda for sustainable Development that includes 17 goals and 169 targets building on the principle of "leaving no one behind" and it covers multiple aspects of growth and development.

MDGs focused most specifically on health issues whereas SDGs focused on underlying structural problems, confront the drivers of the public health more expansively and none of the SDGs mentioned a specific disease or medical condition and only one is focused on health. But altogether they have a broader framework to address public health concerns in a more holistic way. SDGs are the expanded version of MDGs [1-3].

The 17 sustainable development goals(SDGs) to transform our world

GOAL 1: No Poverty

GOAL 2: Zero Hunger

GOAL 3: Good Health and Well being

GOAL 4: Quality Education

GOAL 5: Gender Equality

GOAL 6: Clean Water and Sanitation

GOAL 7: Affordable and Clean Energy

GOAL 8: Decent Work and Economic Growth

GOAL 9: Industry, Innovation and Infrastructure

GOAL 10: Reduces Inequality

GOAL 11: Sustainable Cities and Communities

GOAL 12: Responsible Consumption and Production

GOAL 13: Climate Action

GOAL 14: Life Below Water

GOAL 15: Life on Land

GOAL 16: Peace and Justice Strong Institution

GOAL 17: Partnership to achieve the Goal.

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Volume 4 Issue 1 January 2020

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