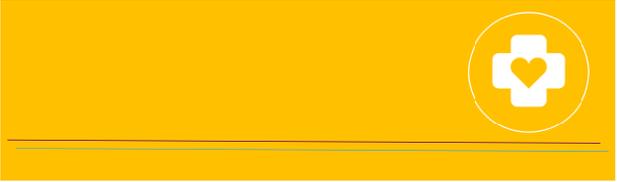


MODULE 10: PUBLIC AND COMMUNITY HEALTH CONCEPTS AND APPROACHES



OUTLINE FOR THIS MODULE

- Intro to Public Health
- Health for All
- Review and Assessment
- Service Learning



REVIEW



- What did we learn during our last session?
- What stands out from the last few modules?
- What has been reinforced through your Service Learning experiences?

INTRO TO PUBLIC HEALTH

LEARNING OBJECTIVES

By the end of this section, you will be able to:

- Define health and public health and explain how the field of public health is different from the field of medicine.
- Explain how the field of public health analyzes the causes of illness and health of populations and emphasizes the social determinants of health.
- Explain why public health is concerned with health inequalities.
- Discuss the relationship between promoting social justice and promoting public health.
- Describe the ecological model of public health and apply it to specific public health issues.
- Discuss public health's emphasis on prevention.
- Explain the spectrum of prevention and provide examples for each of the six levels.

WORDS TO KNOW

- Chronic disease
- Ecological model
- Environmental justice
- Epidemiology
- Health co-benefit
- Infant mortality
- Infectious disease
- Interdisciplinary
- Life expectancy
- Prevalence
- Populations
- Primary prevention
- Secondary prevention
- Social determinants of health
- Spectrum of prevention
- Tertiary prevention



DEFINITION OF HEALTH

"The complete state of physical, mental and social well-being, not just the absence of disease."

~ The World Health Organization (WHO)



DEFINITION OF PUBLIC HEALTH

Public health is:

- Population based — concerned with large groups of people or populations.
- An interdisciplinary field — builds on and applies a range of sciences, such as biology, anatomy, psychology, sociology and anthropology.
- Uses the science of epidemiology — the study of the health and illness of populations.



PUBLIC HEALTH

Public health is:

- Concerned with health inequalities or disparities — when one group of people experience significantly higher rates of illness and death than others.
- Emphasizes the social determinants of health — economic, social and political policies and dynamics that influence whether people have access to resources and opportunities essential to good health.



HEALTHY PEOPLE 2020

A set of national health goals and objectives to:

- Create higher quality, longer lives.
- Eliminate health disparities.
- Create social and physical environments that promote health.
- Promote quality of life and healthy behaviors across all life stages.



PUBLIC HEALTH IS PRACTICED BY:

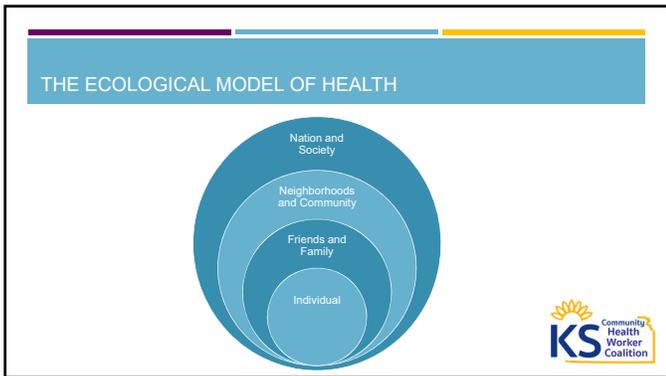
- International and intergovernmental organizations.
- Local, state, tribal and national government agencies.
- Public and private clinics and hospitals.
- Colleges and universities.
- Many small and large private or nongovernmental organizations.
- Individuals, groups and associations.



THREE CORE FUNCTIONS OF PUBLIC HEALTH

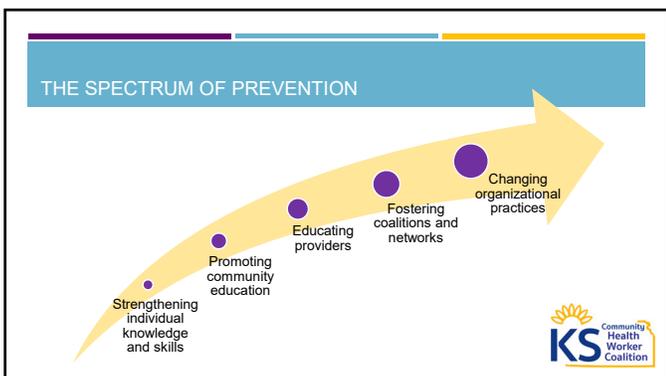
- Assessment.
- Policy Development.
- Assurance.





PUBLIC HEALTH AND PREVENTION

- **Primary prevention** — preventing the development of a disease or condition from occurring.
- **Secondary prevention** — early diagnosis and treatment of a disease or condition before it becomes symptomatic (show signs).
- **Tertiary prevention** — provide services that aid in delaying further progress, alleviate symptoms, prevent complications and delay death to those already living with a symptomatic disease or condition.



GROUP ACTIVITY 3.2
THE ECOLOGICAL MODEL OF HEALTH

HEALTH FOR ALL

LEARNING OBJECTIVES

By the end of this section, you will be able to:

- Define health inequities.
- Discuss and analyze the data that document health inequalities among populations.
- Explain how social inequalities result in health inequalities.
- Discuss how health inequalities are harmful to our society.
- Describe and analyze how health inequalities are preventable.
- Examine the role of CHWs in overcoming health inequalities and promoting social justice.
- Apply these ideas to issues of health equality in your own community.

WORDS TO KNOW

- Child mortality
- Epigenetics
- Infant mortality
- Morbidity
- Redlining
- Life expectancy
- Maternal mortality
- Social gradient



WHAT IS HEALTH INEQUITY?

- Also known as "health disparities."
- Significant differences in health status between different populations.



EVIDENCE OF HEALTH INEQUALITIES

- There are significant differences in health status among nations based on:
- **Child mortality:** estimated number of children who die before age 5 out of every 100,000 births.
 - **Maternal mortality:** estimated number of women who die as a result of pregnancy or childbirth per 100,000 live births.
 - **Life expectancy:** average number of years a population is expected to live.



HEALTH INEQUALITIES IN THE UNITED STATES

- Ethnicity.
- Income.
- Education.
- Disability.
- Immigration status.
- Sexual orientation / gender identity.
- Geographic location.



CAUSES OF HEALTH INEQUALITIES

- Income and wealth.
- Racism and other forms of discrimination.
- Segregation.
- Environmental racism.
- Sexism, homophobia and transphobia.
- Working conditions, status and control.
- Living conditions.
- Exposure to chronic stress.



CAUSES OF HEALTH INEQUALITIES

- Social determinants such as:
- Policies that cause inequalities in the distribution of resources and opportunities (wealth).
 - Racism and other forms of discrimination.
 - Unequal working and living conditions.
 - Chronic stress that accompanies poverty.



CHWS CAN BE CHANGE AGENTS

Examples:

- CATs — Community Action Teams led by and composed of community members who advocate for health and can connect the community to health resources.
- CHWs — Developed programs aimed at specific health issues. For example, Black Infant Health Project (Berkeley), New Mexico CHW Native Health.



DETERMINANTS OF HEALTH

Social

- Income and wealth.
- Social status.
- Employment and work.
- Education.
- Neighborhood quality.
- Public policies.
- Redlining.

Other contributors

- Genes.
- Health behaviors.
- Access to health care.
- Differences in quality of care.



OVERCOMING HEALTH INEQUALITIES

- Promote understanding of social determinants of health.
- Improve income and reduce wealth inequalities.
- Improve physical and built environments.
- Promote racial justice.
- Promote better working conditions.
- Improve conditions for children.
- Improve social inclusion.
- Improve education (Pre-K and K-12).
- Improve food security and quality.
- Improve sustainable transportation.
- Use Health Impact Assessments (HIAs).
- Improve health care access.

HOW CHWS PREVENT HEALTH INEQUALITIES

- CHWs promote social justice and health equality by assisting individuals and their families to access essential services, facilitate support groups or engage in community organizing campaigns.
- CHWs work with others to advocate for social policies that promote greater social and health equality.



GROUP ACTIVITY 4.4
CASE STUDY



GROUP ACTIVITY 4.2
PROMOTING HEALTH JUSTICE



ACTIVITY 1.3
GROUP PANEL OF CHW PRESENTERS



REVIEW – WHAT HAVE WE LEARNED TODAY?



SERVICE LEARNING