

A note on public health programs.

Olivia Johnson*

Department of Public Health, University of Michigan, USA

Accepted on April 12, 2021

What is public health

The goal of public health is to improve and protect community health and well-being, with a focus on large-scale prevention. Public health professionals keep families safe by promoting child wellness, disease prevention, education, disaster relief, clean water, and healthcare access, among other things.

They work to keep people healthy and safe, both locally and globally, on a daily basis by preventing disease and injury. Vaccinations, family planning, motor vehicle safety standards, and clean air and water policies have all contributed to a nearly 30-year rise in life expectancy.

The value of public health services in reducing illness, disability, the consequences of ageing, and other physical and mental health issues. However, relative to medicine, public health receives far less government support.

The World Health Organization (WHO) defines core functions of public health programmes as: Providing leadership on critical health issues and forming alliances where joint action is required; shaping a research agenda and stimulating the generation, translation, and dissemination of useful knowledge; and promoting and monitoring the implementation of norms and standards; articulating legal and evidence-based policy alternatives; tracking and evaluating health patterns

Many public health challenges confronting the world today have been identified and prioritized as a result of public health monitoring, including HIV/AIDS, asthma, waterborne diseases, zoonotic diseases, and antibiotic resistance contributing to the re-emergence of infectious diseases including tuberculosis. Antibiotic resistance, also known as drug resistance, is a form of resistance to antibiotics.

Some programmes and policies relating to public health promotion and prevention can be divisive. Programs aimed at preventing HIV transmission through safe sex campaigns and needle-exchange programmes are one example. Another issue is cigarette smoking prevention. In contrast to the battle against communicable diseases, which normally takes a shorter time to see results, changing smoking behavior necessitates long-term strategies. Many countries have taken drastic steps to reduce smoking, such as raising taxes and banning smoking in some or all public areas. Supporters claim that smoking is one of the leading causes of death, and that governments have a responsibility to reduce the death rate by restricting passive (second-hand) smoking and reducing opportunities for people to smoke. Maladaptive personal habits are to blame for a lot of health issues. Overconsumption of novel, unhealthy substances is due to the activation of an evolved reward system for substances like narcotics, tobacco, alcohol, refined salt, fat, and carbohydrates, according to evolutionary psychology. Physical activity is often diminished as a result of new developments such as modern transportation. Taking evolutionary reasons into account rather than only presenting facts about health consequences has been shown to be more successful in changing behaviour. The value of associating goods with high status and attractiveness to others has long been recognized by the marketing industry. Films are becoming more widely accepted as a method for public health. In reality, film festivals and competitions have been created to support health-related films. On the other hand, it has been suggested that stressing the negative and unfavorable effects of tobacco smoking on others, as well as enacting smoking bans in public areas, have been especially effective in reducing tobacco smoking.

*Correspondence to:

Olivia Johnson

Department of Public Health,
University of Michigan,
USA

E-mail: oliviajohnson@zoho.com