Introduction to Community Health

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Presentation Agenda

- • Defining 'Community' and 'Health'
- • Essential Terminology in the Field
- • Scope: What Community Health Includes
- • The Primary Goals of Community Health

Defining the Community

- A community is more than a geographic location.

- Common Ties:

- • Geographical (neighborhoods, cities, rural areas)

- • Shared interests (religion, profession, hobbies)

- • Shared identity (language, ethnicity, experiences)

Defining Health (WHO Perspective)

- A state of complete physical, mental, and social well-being.

- Health is a resource for everyday life, not merely the absence of disease.

What is Community Health?

- A multidisciplinary field focusing on physical and mental well-being of populations.

- Focuses on protecting and improving population health rather than individual treatment.

Public Health vs Community Health

- Public Health:
- • Broad, government-led initiatives

- Community Health:
- • Localized, grassroots, community-driven efforts
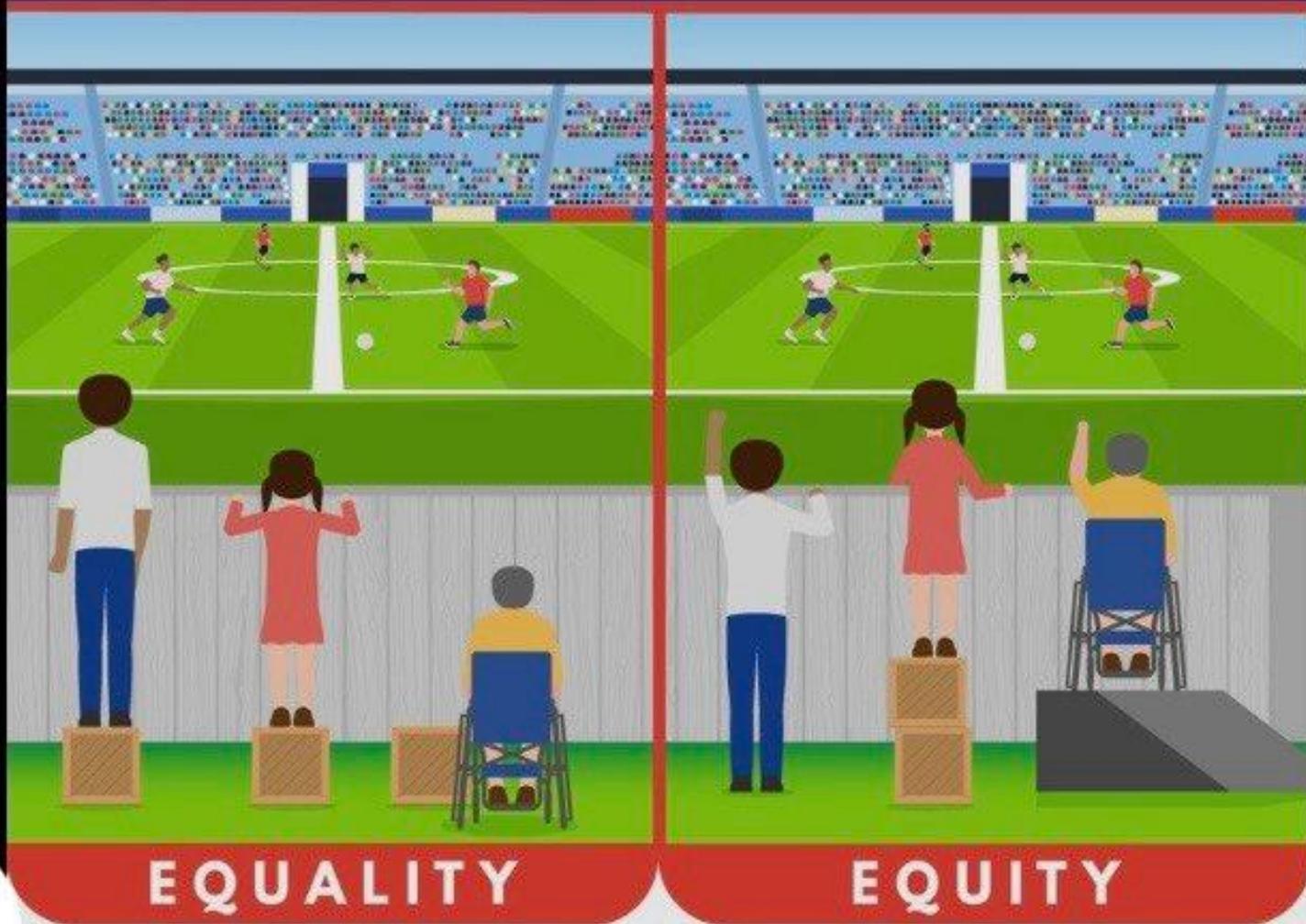
Social Determinants of Health

- Non-medical factors influencing health outcomes:
- • Economic stability
- • Education access
- • Neighborhood and environment

Health Equity vs Equality

- Equality: Same resources for everyone
- Equity: Resources tailored to individual needs

- Goal: Remove systemic barriers to health.

Epidemiology

- Study of distribution and determinants of health in populations.

- Explains why diseases affect certain groups at specific times and places.

Community Health: Health Education

- Empowers individuals to manage their health.

- Programs include:
- • Nutrition education
- • Tobacco cessation
- • Sexual health education

Community Health: Disease Prevention

- Primary: Prevent disease (vaccination)
- Secondary: Early detection (screening)
- Tertiary: Manage chronic disease (rehabilitation)

Community Health: Environmental Health

- Ensures safe surroundings:
- • Clean water and sanitation
- • Air quality monitoring
- • Waste management and safe housing

Goal: Improving Quality of Life

- Focus on living better, not just longer.

- Supports independence, mental health, and social engagement.

Goal: Sustainability & Resilience

- Preparedness for health crises.

- Advocacy for policies promoting long-term community health.

Conclusion & Summary

- Community health is a shared responsibility.

- Combines education, environment, and policy.

- Healthy community = Strong community.

- Q & A