

# The Impact of Public Health on Community Health

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## ABSTRACT

Public health has a significant impact on community well-being by addressing population-level health issues through prevention, health promotion, and policy development. This study investigates how public health activities affect community health by lowering illness risks, managing epidemics, improving living conditions, and promoting mental and physical health. It discusses the importance of preventative measures, public health education, epidemiology, and surveillance in addressing health concerns. The role of healthcare professionals and public health policies in reducing health disparities is examined, as well as case studies of successful interventions. The study also emphasizes the need for collaboration between public health systems and community stakeholders in improving health outcomes, with an emphasis on long-term preventative tactics and proactive approaches that promote public well-being.

**Keywords:** Public Health, Community Health, Disease Prevention, Health Promotion, Health Disparities.

## INTRODUCTION

Public health is community health because it deals with the health of society as a whole. Public health is the sum of all official or governmental efforts to maintain or improve the health of the individual through the prevention of disease, aid in the maintenance of personal and community health, the control of communicable diseases, the control of conditions of the environment, and a concern for the individual and community's mental health as well as for physical health. It must concern society in general rather than individuals. Public health enables people to remain healthy for longer periods. There are many threats to community health, such as epidemics, malnutrition, unhealthy living conditions, poor sanitation, and violence. Many of these health threats can be minimized or prevented by understanding and controlling community health risks [1, 2]. The main purpose of this essay is to discuss public health and policy development. In addition, public health education and the role of healthcare professionals will be examined. All these topics will be addressed so that they can inform the policy-making process for health in general and cancer control policy in particular. Public health is a multifaceted field that focuses on disease prevention, health promotion, and health protection for populations. In the United States, the shift in public health philosophy from a medical model to a prevention model has resulted in dramatic changes that emphasize prevention, the importance of health education, and the role of nurses and physicians in prevention activities. Many health problems in the United States, such as heart disease, stroke, and cancer, are linked to behaviors learned in adolescence. This long view of prevention typifies public health's primary and most effective mission. Public health is a multifaceted field that focuses on disease and injury prevention, health promotion, and health protection for populations. Public health takes a proactive approach to preventing a disease from occurring, as opposed to a general approach of treating the symptoms of the disease. Public health also involves an approach consisting of three main components: health assurance, fundamental public health, and today's main focus on personal health care. Today, public health serves everyone in the United States, employed and unemployed, privately insured and uninsured, working within voluntary, not-for-profit, and for-profit organizations. Public health prevents health crises from occurring alone by interrupting the virus, but also from other disease outcomes. The disease outcomes that are averted depend on the magnitude of the health consequences. Public health also prevents people from dying in their daily lives. It can help those who have critical illnesses. Public health protectors are not only doctors and clinics. Health departments at the state, local, tribal, and territorial levels, as well as public health systems and partnerships across independent facilities, play a critical role in this [3, 4].

### **Definition And Importance of Public Health**

There is an abundance of reasons and ways to prevent illness and promote the health and well-being of a community. These methods and topics are extensively explored in the field of public health. Public health is defined as the science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals. In other words, public health is concerned with the betterment of the overarching health of a populace. The goals of public health are to prevent epidemics and the spread of disease, protect against environmental hazards, prevent injuries, promote and encourage healthy behaviors, respond to disasters, assist communities in recovery from these disasters, and ensure that there are resources available for these efforts in all communities [1, 5]. Preventing epidemics and the spread of diseases involves action to prevent acute or chronic illness. Public health does not simply build medical treatment centers; rather, efforts are made to prevent disease through education and policy. Health policy is the process by which society must contend with the three major arenas of control that affect health: politics, economics, and ethics. Public health also includes practice in the areas of health promotion and disease prevention. Integrated within these practices is the health-to-healthier literature, where public health efforts strive to ensure that the health and well-being of the majority of communities are accounted for by avoiding solutions that will trim the health margins of susceptible and vulnerable populations. Public health currently accounts for some of society's health practices, including those of public agencies, bi-phasic governmental efforts, and non-profit agencies. Public health and healthcare systems and practices need to work together to ensure comprehensive care and adequately protect the health of a populace. Public health and health care also need to collaborate to provide education, work within the politics and funding of health, and address the social and societal issues that impact public health, including policies for smoking, obesity, healthy food access, pollution, violence, injury, and access to health care [6, 7].

### **The Role of Public Health in Community Health**

Public health has been said to be the art and science of preventing disease, prolonging life, and promoting the health of the community. Both public health policies and a strengthened and accessible health system are also among the supposed underlying prerequisites for better health and greater longevity of the population of any nation. Public health, as defined, services of public health departments are concerned with three broad visions of population health: funded health system-based personal health care services, behavior change, and reduction in health risk. Public health's main interest is in the third of these visions. It is difficult to develop policy, funding, and specific intervention programs when health issue priority setting is conducted. In sum, public health is about the health of populations who need protection [1, 8]. Preventive actions are especially important and are a crucial component of public health. In combination with preventive modifications to the broader society, it underpins three initiatives: individual measures, health promotion activities that empower individuals to improve their health, and population-based public health education, including health literacy for people and the community. Public health initiatives targeted at vulnerable populations are shown by the 10 Essential Public Health Services; most relate to reducing health disparities and indicate the plan for the elimination of health disparities. Victory in establishing public health policy is seen in several of these initiatives, programs, and services. Moreover, the participation of public health practitioners in setting these objectives and policies is increased by these initiatives, programs, and services [9, 10].

### **Preventative Measures and Education**

Preventive measures and education are two important focal points in public health to reduce the prevalence of diseases or the incidence of disease in a community. The long-term focus is to change the attitudes and behaviors of people to embrace habits that could lead to better health in the long run. The role of vaccinations, screenings, doctor's visits, and workshops is to prevent and limit the effects of disease on your life. Taking some additional steps can help us manage our conditions and could benefit treatment outcomes in the future. In addition to prevention services, education in the community is also very important. For example, a nutrition class or prenatal classes can provide the community with information about the best foods during pregnancy. This is direct communication about health and interaction with community members. If a large health gap exists, creating a program could have an impact on the community quicker than waiting for educational programs to address health disparities. Developing health education campaigns that are broadcast on television or engaging a radio show that is popular within the community could support rapid growth and capture the community's attention. When multiple organizations combine efforts, the collaborative work can have a ripple effect on the community by increasing the number of people who are reached. Sometimes an education program or access to services is not available in the community; introducing a model program could meet the needs of the underserved population. Identifying new opportunities in the community can have a huge impact. Current health

initiatives aimed at identifying and implementing these programs benefit both the organization and the community [11, 12].

### **Epidemiology and Disease Surveillance**

Epidemiology is often referred to as the cornerstone of public health. It is the study of disease distribution and determinants across a population. The discipline ranges from tracking the spread of disease or health behaviors throughout a school, a neighborhood, a city, a state, or globally to understanding the social, behavioral, or biological factors influencing health and disease. The Department of Health Services is home to an exemplary team of epidemiologists noted for their commitment to prevention. One of the first medical authors of ancient times wrote about the occurrence and spreading of disease. His observations paved the way for the work of epidemiologists today [13, 14]. Disease surveillance systems, whether infectious or non-infectious, track diseases and health problems. They alert public health or healthcare providers about changes in disease rates and can lead to the rapid allocation of resources to limit the spread of disease. Data from these systems drive the recommendations that inform public health policy and treatment. Any good surveillance system requires real-time data—the quicker, the better—so that information can be utilized immediately. Good surveillance systems use the right data to ensure that the most appropriate interventions are put into place. The surveillance system is really in place: public health practitioners, healthcare providers, and communities all get something from it. Timely, accurate data enable decision-makers to better respond to public health threats. Public health practitioners use the data to develop new interventions or policies, or to revise existing strategies, and healthcare providers use the data to inform the public [15, 16].

### **Public Health Policies and Interventions**

Policies are usually formed based on epidemiological data about the incidence and prevalence of a disease within a competitive assessment of community health needs in the community health assessment, health priorities that are set in concert with the availability and capability of programs to address these needs, and a commitment by the community to invest resources in improving the public's health. Health in All Policies initiatives are well entrenched in the public health literature as a strategy from rural societies to reduce individual health-risk behaviors, as is the case with age and low socioeconomic status, housing conditions, violence, family ties, community social cohesion, employee health and work loss, child health, social inequalities, and the governance role of local officials. In order to change risky individual behaviors, policies provide structure and consistency over time; power and authority beyond that possible through persuasive efforts alone; and they facilitate policy evaluation [17, 18]. Legislation can be used to regulate and criminalize risky behavior, for example, seatbelt and helmet laws, smoking bans, the legal drinking age, and legislation requiring state-level financing for public health. Laws within this realm are an example of upstream prevention, where interventions and policies strategically shift conditions to create health, such as to facilitate physical activity and nutrition, to ensure the availability of community programs that are cost-effective and accessible to people not at high risk, and to integrate the objectives into various facets of community life. These show how public health interventions include those that set standards for a healthy lifestyle that are universally applied, promote healthy behavior that is supported through policy activation, and focus on the customer. Agencies may design policy agendas that are user-oriented as well, or take into account what the public wants and when it is wanted. They can evaluate policies and programs to assess to what extent the process, outcome, or impact objectives are met as part of achieving prevention goals. There are also tools available to implement continual and collaborative policy learning and create mechanisms for ongoing stakeholder engagement that inform public health policy decisions. Development of health policy may start with creating an understanding of the problem and encourage stakeholders to invest in an evidence-based problem identification process to show which health issues are legitimately important to focus on [19, 2].

### **Case Studies and Success Stories**

Dozens of case studies and success stories exist about the impact of public and community health on the well-being of individuals, communities, and entire populations. They are notable not just for their success, but for the ways in which they have made efforts to guide a research base, motivate public health policies and practices, and engage multi-disciplinary partnerships in reducing health disparities. These projects show how health begins in communities of all sizes and reaches its greatest potential to improve human well-being when the people who live and work in those communities are involved in the process of assessing needs and raising solutions. As the case studies from various locations spark a vision and model of genuine solutions for different needs in diverse communities, many effective strategies for improving health are revealed. Labs, coalitions, community boards, faith sector involvement, and political buy-in all begin to reveal the power of addressing chronic disease, urgent care, and other health issues with prevention and system solutions. The three-component infrastructure model of public health, principles of

healthy people in healthy communities, and interventions for closing gaps and evaluating results follow through as those health improvements are made. And, time after time, those successes led to even more values more effectively communicated about the influence of public health works [20, 21].

### CONCLUSION

Public health remains indispensable in fostering community health by preventing diseases, promoting healthier lifestyles, and reducing health disparities. Through education, preventive measures, and coordinated efforts between public health systems and healthcare professionals, communities experience improved overall well-being. The collaboration between government bodies, non-profit organizations, and local health departments is key to achieving sustainable health improvements. Case studies and success stories exemplify how targeted public health initiatives can create significant, long-term positive impacts. A continued focus on prevention, policy development, and health literacy will further strengthen public health efforts, ensuring healthier communities and a better quality of life for all.

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