

The Role of Public Health in Promoting Health Services

Namukasa Mugerwa F.

Faculty of Medicine Kampala International University Uganda

ABSTRACT

Public health plays an essential part in ensuring equitable distribution of health resources and increasing population health through illness prevention and health promotion programs. This study examines the historical history of public health, the underlying concepts that guide public health activities, and the effects of public health interventions on health care. Primary, secondary, and tertiary prevention initiatives are important, as are joint efforts with government agencies, communities, and healthcare providers. The study also examines the problems and opportunities that public health has in developing health care, such as staffing shortages, the impact of climate change, and the need for long-term investment. The study concludes that by taking a proactive approach to health promotion, public health can improve health services while also contributing to community well-being.

Keywords: Public health, Health services promotion, Disease prevention, Health equity, Health interventions.

INTRODUCTION

Public health is largely concerned with the distribution of health resources in a community. The fundamental objectives of public health are to make people healthy and to reduce the chances of diseases occurring through health promotion and prevention. It is health that is real wealth, not pieces of gold and silver. Health education is propagated through various media channels to make people more responsible for their health. Public health is practiced through collaboration with professionals, government agencies, community leaders, and healthcare providers to raise awareness about health, disease prevention, and complete treatment [1, 2]. The term public health results from the application of medical science in the prevention of diseases and the promotion of health among populations. Nowadays, health promotion and disease prevention, rather than treatment strategies, include complete treatment of diseases. Morbidity management is also included in health administration. It is the need of the hour to use the Treasury of Knowledge for preventive, promotive, and complete treatment of diseases at the community and regional levels. By and large, public health is a broad term that includes health administration, health education, as well as research and training in clinical sciences and secondary diagnostic services. Government agencies, such as local bodies and governmental organizations, play a vital role in the prevention of diseases and health care services in society [3, 4].

Historical Development of Public Health

Influences on the historical development of public health have included existing medical concepts, those in power and policies, and influential documents. Historical attention to public health questions is full of examples of motivations, founded not only on overall welfare but also on leadership success and the competitive power of the state. One of the foundational scholars on public health describes early public health models. In antiquity, civilizations had extensive systems of predictions and treatments largely centered on the idea of controlling miasmas or stagnant air that causes disease. Visionaries wrote extensively on early practices of isolation, water, environmental, nutritional, and lifestyle interventions. Compulsory health regulations, sources of annoyance and anger to various peoples down the ages, have entered into human life along with preventive measures against epidemics, which have been amply recorded in many parts of the world in ancient times. Cumulative skill and experience in urban planning, control of polluted air, surface waters, and contact between food and flies thus came to mean that people in most preindustrial cities had a chance of dying late in life, not the early death now known to be characteristic of the populations of many pre-revolutionary cities in Western Europe. The causes of death

common before the discoveries and technology of both fevers and antiseptics of the mid-1800s were those linked to the conditions of poverty and reflected not so much the want of specific remedies as the need for social change. Men now refer to such diseases with grave nods but say little about their preventability and the extent to which they still indicate a failure in our central value of social justice. The transition from preindustrial to the mid-20th century is marked in public health literature by the so-called demographic transition, which is a tripling of population. Erosion of initial progress may occur due to a combination of infectious diseases, industrialization, and poverty threatening to block further progress in the next century. At the beginning of the new millennium, the epidemiological scene is a far cry from that described in the preceding paragraph. Discussions at public health's cutoff post-industrial era seem to center on the appropriate effectiveness and cost-effectiveness of management structure and strategy, with little mention of the one compelling estimated death from neurological suicide. Budget literature is far from satisfactory on the issues of culture and equity. The sanitary revolution in late imperial China over the last 2000 years did not yield a creditable health record. Most important is the need to reflect on our collective experiences, past and present, to exploit and avoid each other to provide structure and enlightenment to aid in the re-evaluation of future availability requirements [5, 6].

Concepts and Principles of Public Health

Public health is concerned with the maintenance and improvement of residents' health, aiming to achieve health equity and ensuring that all community members have the opportunity to attain their full health potential. A significant aspect of public health is the social determinants of health, including social, economic, and physical determinants. Public health seeks to create environments and conditions in which all community members can be healthy. Partnerships with a broad array of relevant entities, including and beyond the health sector, are fundamental to public health and its initiatives. The public is engaged in various ways in public health to get input or feedback, to create partnerships, and to involve them in all stages of public health initiatives. Research and evidence-based practice are key components of public health and are used to guide public health policy and initiatives [7, 8]. Three main principles act as a foundation for public health: 1) Prevention; 2) Collaboration; and 3) Advocacy. The Conceptual Framework for Public Health Practice guides public health staff in the approach to and development of public health initiatives. The framework focuses on the ecological model of public health, taking into account the interactions between multiple eco-social factors to impact change at the individual, community, and population levels. The conceptual framework on which public health practice is based includes four key domains in public health: Biophysical/disease process; Personal behavior; Environment; and Societal, cultural, and economic influences. Those societal, cultural, and economic influences include aspects such as social support, community empowerment, food security, available transportation, education, the health literacy capacity of the community, the presence of concrete supports, poverty, income, and social status, and discrimination and racism. Education and communication are important in this paper because they give the best chance of increasing the corresponding capacity of individuals and communities to prevent, detect, report, and control communicable diseases in public health [9, 10].

Public Health Interventions in Health Services Promotion

Public health offers a wide range of interventions empowering health services to play their roles effectively. These interventions are therefore categorized into primary, secondary, and tertiary prevention strategies, demonstrating the main role and elements of each. Examples of successful campaigns and programs are also provided to illustrate such interventions in practice. Public health approaches to interventions that empower health services make it easier for people to access health services. These approaches are often community-based and work well with people's existing support structures, improving the effectiveness of non-medical interventions. They also function within the mainstream health service structures, providing people with choices and professional advice in an area where the work is not stigmatized. A good example of empowerment is the use of community-based services that support people to overcome drug and alcohol addiction as they look to regain control over their lives. Public health plays a key role in promoting health services and offering accessible health care to local communities. The services are not limited to treatment only but also include promotion, rehabilitation, and preventive measures to address health problems. There is increasing evidence of the effectiveness and benefits of warm houses as a proper service to reduce health risk factors. Public health departments, particularly environmental health, can play a key role in promoting and delivering preventive strategies. Often, these ideas are innovative and require the use of new technology or working in a different way, such as community-based preventive strategies. The policy basis for these approaches and the funding available for the new roles of health departments are very important. Public health advocacy: the goals of public health and the goals of health promotion are intrinsic to one another. Public health agencies and health service providers must work to cooperate and complement one another [11, 12].

Challenges And Opportunities in Public Health and Health Services Promotion

While the progress has been substantial, both public health and innovative health services have an important role in improving the health of our communities and populations. There is considerable unmet potential to improve the health of populations and communities in Canada by adopting the values of public health, particularly about health equity. While public health may not have all of the levers in some broader determinants of health, it can have many levers to affect policy and physical environments in a community, and to improve community, societal, and economic factors. Further work is needed to identify and evaluate whether we have systems in place that permit public health to enable healthy environments for all, or mostly just for the well-off [13, 14]. Unfortunately, we are observing globally a decline in the absolute number of public health workers, the health effects of epidemics, and the effects of climate change, and thus an unmet burden that might be reduced with such a dialogue, or will be much greater later in the 21st century if victories talked about earlier are not possible. Both issues are dependent on the public understanding (or system understanding) of the principle of the connection between population health, relying on the more influential policies to ensure health equity, and access to and use of the health system to treat individuals. Consistent with previous report recommendations from the Canadian health sector, now with the commission's recommendation, it is time to use this report to ensure an ongoing and sustainable request for fundamental investment in public health [15, 16].

CONCLUSION

Public health's role in promoting health services is critical for improving population health outcomes. Public health contributes to the availability of effective and equitable healthcare services by emphasizing prevention, collaboration, and advocacy. The historical evolution of public health demonstrates the significance of environmental, social, and economic elements in health outcomes, emphasizing the necessity for interdisciplinary efforts. Despite tremendous progress, concerns such as labour shortages, climate change, and unequal access to health care remain. Addressing these concerns would necessitate a renewed commitment to public health investment and an integrated approach to promoting health services that are accessible to all populations.

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