

Western Maine AHEC Presents:



What is Public Health?



http://www.youtube.com/v/yKJ8ncu2k2g?version=3&f=videos&app=youtube_gdata

Public Health

- Public health is about preventing disease, prolonging life and promoting health. Public health is associated with any sort of threat or negative impact to a population on a health basis. Public health is an intervention to help improve all qualities of life.

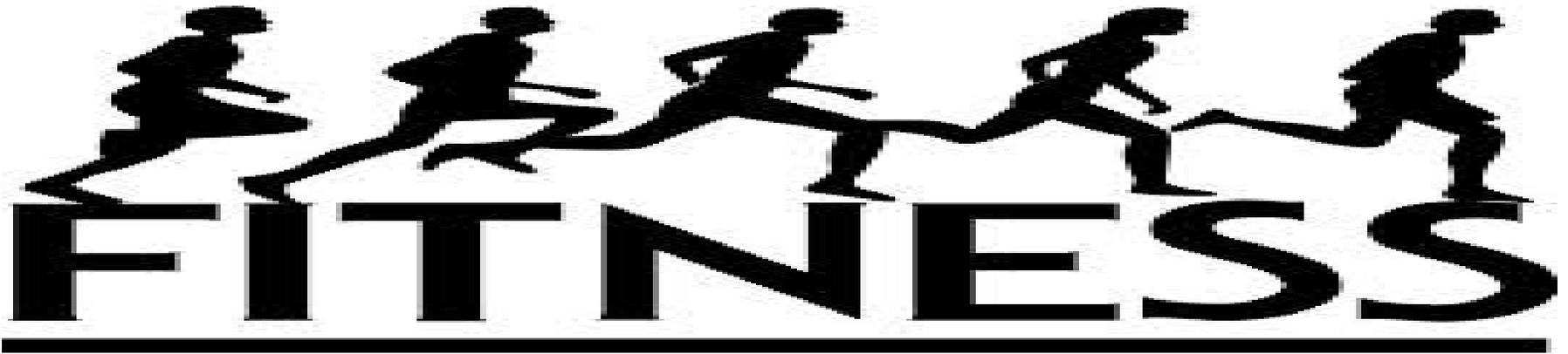
Public health is not just an individual's personal health but a community's health as a whole.

- 1.** Environmental factors are a huge part of public health. One example of environmental change would be a smoke free campus or worksite. This helps decrease the risk tobacco induced disease among a population.



2. Fast food restaurants are another negative impact on public health. The more chain restaurants in a community will increase the likelihood of people eating out. This decreases the consumption amount of locally grown foods, which in return increases obesity rates.





3. Implementing locally organized events to improve physical health is a great step for a community. Healthy life styles will decrease disease rates. A healthy community is a more profitable community. Communities with high rates of disease typically have a harder time surviving. People work to pay their medical bills, but in reality they are not healthy enough to work at all. Planning community based fitness programs helps pinch this cycle. The trick is to make these events accessible to all ages and skill levels.



Career Choices



Public Health
Prevent. Promote. Protect.

Behavioral Science / Health Education

Stopping the spread of sexually transmitted diseases, such as herpes and HIV/AIDS; helping youth recognize the dangers of binge drinking; and promoting seatbelt use. Behavioral Science/Health Education focuses on ways that encourage people to make healthy choices. This includes the development of community-wide education programs that range from promoting healthy lifestyles in order to prevent disease and injury, to researching complex health issues.

Career Choices

Environmental Health

The air we breathe; the water we drink; the complex interactions between human genetics and our surroundings. How do the built and natural environments influence our health and how can we reduce risk factors? These environmental risk factors can cause diseases such as asthma, cancer, and food poisoning. Specialists from chemistry, toxicology, engineering, and other disciplines combine their expertise to answer these important questions. Environmental health studies the impact of our surroundings on our health.

Because environmental health is so broad in scope, it is often broken down in academic and professional settings in areas of contact and medians.

These areas are:

- air quality
- food protection
- radiation protection
- solid waste management
- hazardous waste management
- water quality
- noise control
- environmental control of recreational areas
- housing quality
- vector control



Career Choices

Nutrition

Promoting healthy eating and regular exercise; researching the effect of diet on the elderly; teaching the dangers of overeating and over dieting are the responsibility of public health nutritionists. In short supply in both public and private sectors, this field examines how food and nutrients affect the wellness and lifestyle of population. Nutrition encompasses the combination of education and science to promote health and disease prevention.





Career Choices

Public Health Policy

Analyzing the impact of seat belt laws on traffic deaths; monitoring legislative activity on a bill that limits malpractice settlements; advocating for funding for a teen anti-smoking campaign.

Professionals in public health policy work to improve the public's health through legislative action at the local, state, and federal levels.



