

NMIH105 Public Health Care Notes

Week One: Introduction -

Public health begins with the World Health Organisation (WHO).

- Seminal Documents
- Declaration of Alma Ata 1978
- Ottawa Charter 1986
- Jakarta Declaration 1997
- Mexico Conference 2000
- Bangkok Conference 2005

The Health promotion/planning process –

1. Assessment
2. Planning
3. Implementation
4. Evaluation

The Social Determinates of Health:

The General socio-economic, cultural and environmental conditions:

- Agriculture and Food Production
- Education
- Work environment
- Unemployment
- Water and sanitation
- Health care services
- Housing

(Can also include: poverty, income, economic issues, culture and educational opportunities)

Social and community Networks:

Factors include:

- Neighbourhoods
- Crime
- Unemployment
- Discrimination and racism
- Social exclusion
- Cultural influences

Individual lifestyle factors:

Factors include:

- Diet

- Physical activity
- Smoking
- Alcohol
- Drugs
- Behaviours
- Genetics

The Ottawa Charter for Health Promotion:

- **Developing personal skills**
 - ^ Social & personal development by providing information, education for health and enhancing life skills.
 - ^ options available
 - Enables people to learn and prepare for all stages of life e.g. chronic illness, injuries.
 - Facilitated in school, home, work and community settings
 - Action required through: education, professional, commercial and voluntary bodies within institutions.
- **Re-orient health services**
 - Shared among people – individuals, community groups, health professionals, health service institutions and governments = working together
 - Health services need to embrace an expanded mandate which is sensitive and respects cultural needs.
- **Strengthen community action**
 - Health promotion works through concrete & effective community action in setting priorities, marking decisions, planning strategies and implementing them to achieve better health.
 - Empowerment of communities – ownership and control of their own endeavours and destines.
 - Community development draws on existing human and material resources in the community to ^ self help and social support + develop flexible systems for health.
- **Building health public policy**
 - Health promotion makes health makers aware of decisions and to accept responsibilities for health
 - Diverse but complementary approach:
 - ➔ Legislation
 - ➔ Fiscal measures
 - ➔ Taxation
 - ➔ Organizational change
 - Coordinated action that leads health, income and social policies that = equity
 - Joint action contributes to ensuring safer and healthier goods and services, healthier public services and cleaner, more enjoyable environments.
- **Create supportive environments**
 - Inextricable link b/w people and environment = socio-ecological approach to health.
 - Global agreement to take care of environment
 - Systematic assessment of health impacts of a rapidly changing environment = + benefit to the health of the public.
 - Protection of natural and built environments
 - Conservation of natural resources must be addressed in any health promotion strategy.