

Public Health

Public health

Public health is the science and art of preventing disease, prolonging life, and promoting health through organized efforts and informed choices of society, organizations, public and private communities, and individuals. It is concerned with threats to health based on population health analysis. The population in question can be as small as a handful of people, or as large as all the inhabitants of several continents. The dimensions of health can encompass "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

Public health incorporates the interdisciplinary approaches of epidemiology, biostatistics and health services. Environmental health, community health, behavioral health, health economics, public policy, insurance medicine and occupational safety are other important subfields. The focus of public health intervention is to improve health and quality of life through prevention and treatment, and to promote healthy behaviors and environments. Its goal is to prevent health problems from happening or re-occurring by implementing educational programs, developing policies, administering services, and conducting research in concert with the community at large.

Some key areas of public health include:

- **Epidemiology:** The study of the distribution and determinants of health-related states or events in specified populations, and the application of this study to control health problems.
- **Biostatistics:** The development and application of statistical reasoning and methods to address health-related issues.
- **Environmental health:** All aspects of human health and disease that are determined by factors in the environment. It also studies how the environment influences communicable and noncommunicable diseases.
- **Occupational health and safety:** The promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations by preventing departures from health, controlling risks and the adaptation of work to people, and people to their jobs.

Public health has been described as "the art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society". Analyzing the health of a population and the threats it faces is the basis for public health.