


Health



Definition of Health

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity”
(WHO, 1948)



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- Apply to community level

What is Community Health?

“The health status of a defined group of people and the actions and conditions to promote, protect, and preserve their health.”



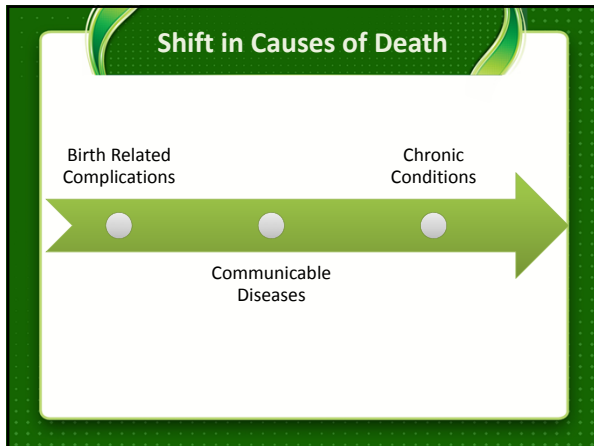
What makes a community healthy?

- Healthy Community
 - ability to assess own needs and resources,
 - infrastructure and policies that support health,
 - essential public health services are accessible (e.g., quality health care)



Major Public Health Events – Community Health

- 1796: Smallpox vaccine
- 1854: Broad street water pump handle removed
 - decrease spread of Cholera
- 1902: First national level health agency
- 1911: First local health department
- 1965: Medicare and Medicaid bills passed
- 1979: first “Healthy People” published



What impacts the health of a community?

The individuals within the community



The interactions between those individuals



What impacts the health of a community?

The physical and social environment



The organization of the community



What impacts the health of a community?

Rules and policies



Community Health Activities



Thinking about your community

Your Turn! How healthy is your community?
Name a few things that your community has that help community residents be healthy.

Thinking about your community

- Think about your community
 - How do the people around you influence your physical activity and eating habits?
 - How does your access to safe walking or biking areas impact your physical activity?
 - Access to resources (e.g., rec center on campus), safe travel to your workplace?
 - What food choices are available to you in your community?
 - Access to health insurance, doctors offices?

Applied Example: Obesity

- Obesity is a significant public health problem
- Where will we be in 2020?

Obesity Trends* Among U.S. Adults
BRFSS, 1990, 2000, 2010
(*BMI ≥30, or about 30 lbs. overweight for 5'4" person)

Legend: No Data, <10%, 10%-14%, 15%-19%, 20%-24%, 25%-29%, ≥30%

Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Prevention

- Many programs to help combat obesity
- Some of the most successful have been community-level programs
- How is one's community involved in prevention of obesity?

Categories of Weight

Normal	Overweight	Obese	Severely Obese	Morbidity Obese
BMI 18.5 - 24.9	BMI 25 - 29.9	BMI 30 - 34.9	BMI 35 - 39.9	BMI ≥ 40

Factors Influencing Community Level Obesity Programs

- Behaviors of individual community members
- Peer/community social influence
- Community physical environment
- Policies and regulations

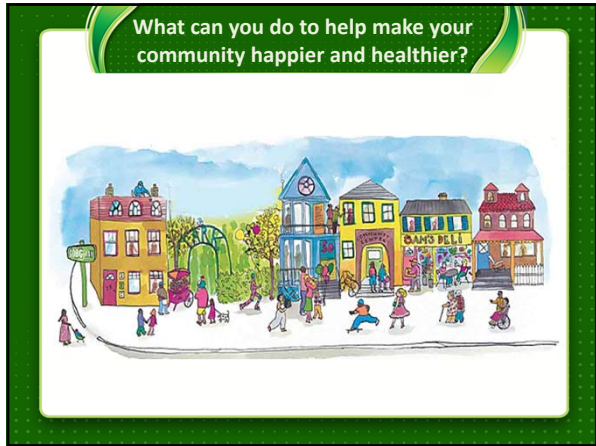
Example Community Strategies

CDC recommends that communities should:

- Improve Availability of Affordable Healthier Food and Beverage Choices in Public Service Venues
- Institute Smaller Portion Size Options in Public Service Venues
- Improve Geographic Availability of Supermarkets in Underserved Areas
- Incentivize Purchasing Foods from Farms
- Increase Support for Breastfeeding
- Increase Opportunities for Extracurricular Physical Activity
- Require physical education in schools

Example Program:
Shape Up Somerville: EatSmart PlayHard™

- Public school grades 1-3
- Changes:
 - Overhaul lunch menus in the school
 - Nutrition education curriculum in schools
 - Physical activity programs (in- and after-school)
 - Improve local restaurant menu offerings
- Results: over 2 years, schoolchildren in Somerville, Massachusetts gained less weight, less likely to be obese or overweight compared to control communities



References

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