

PHC 4101 Overview of Public Health Programs and Policies

# Introduction to Public Health

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## Objectives

After completing this lecture, you will be able to:

- Define public health.
- Compare and contrast public health and medicine.
- Differentiate between primary, secondary, and tertiary prevention.
- Describe the three core functions of public health.
- Identify the ten essential public health services.
- Summarize Healthy People 2030 and its five overarching goals.

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What is public health?

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Definition of Public Health

Health **promotion** and  
disease **prevention** across  
human **populations**

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Knowledge Check Question

What are the 3 P's of public health?

- a. Disease prevention, health policy, and human populations
- b. Health promotion, disease prevention, and human populations
- c. Health promotion, health policy, and animal populations
- d. Health protection, health policy, and human populations

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Public health vs. Medicine	
• Target audience: populations	• Target audience: individuals
	
• Goal: Prevent disease	• Goal: Treat disease
	

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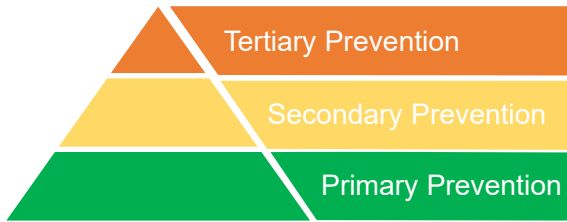
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# Public Health Prevention



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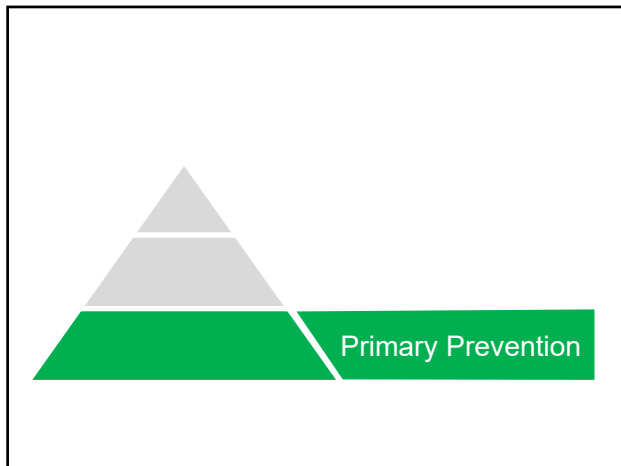
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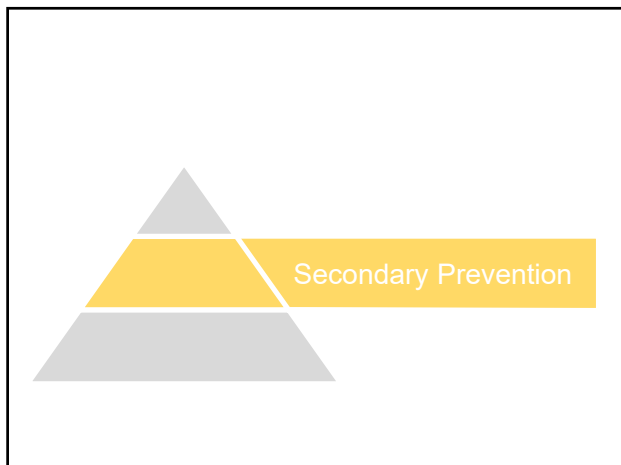
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Knowledge Check: Match the terms with the correct level of prevention

Vaccines	Mammograms	Colonoscopy
Kidney Dialysis	Radiation	Exercising weekly
Blood panel	Blood pressure medication	

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3 Core Functions of Public Health

10 Essential Public Health Services

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Knowledge Check Question:

- Which core function focuses on building a skilled workforce?
  - a. Assessment
  - b. Policy Development
  - c. Assurance

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Knowledge Check Question:

- Which core function focuses on understanding the health of the population?
  - a. Assessment
  - b. Policy Development
  - c. Assurance

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Knowledge Check Question:

- Which core function focuses on mobilizing community partnerships?
  - a. Assessment
  - b. Policy Development
  - c. Assurance

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Healthy People Framework

National objectives to promote health and well-being

Initiated in 1979 and updated every 10 years

Establishes measurable objectives to move toward health improvement as a nation

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Healthy People 2030  
Overarching Goals

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**1** Attain healthy lives and well-being free of preventable disease, disability, injury, and premature death

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Eliminate health disparities, achieve health equity, and attain health literacy

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Create social, physical, and economic environments to promote health and well-being for all

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Promote healthy development, healthy behaviors, and well-being across all life stages

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**5** Engage leadership, stakeholders, and the public to act, and design policies to improve health and well-being of all

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Knowledge Check Question

Which of the following is **not** a part of one of the five overarching Healthy People 2030 goals?

- a. Eliminate health disparities
- b. Promote healthy development across all life stages
- c. Assure all Americans have access to health care
- d. Create policies to promote health and wellness

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Reading Reminder

- Don't forget that 20% of quiz questions are pulled from readings/materials posted in Canvas



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# References

- Association of Schools and Programs in Public Health
- Centers for Disease Control and Prevention
- U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (n.d.) Healthy People 2030. <https://health.gov/healthypeople>



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