Foundations of Global Health

Introduction to Global Health

Part 1: Principles & Goals of Global Health

“When it comes to global health, there is no ‘them’... only ‘us.’”

~Global Health Council

Learning Objectives

- Define the terms health, public health, & global health
- Describe some principles & examples of global health efforts
- Identify countries based on World Bank classification
- Describe the Millennium Development Goals and their relation to global health

Why Study Global Health?

- Life expectancy has improved due to public health measures (US #s)
- Yet worldwide:
  - 10,000 babies die every day before 4 wks old
  - 529,000 women die every year in childbirth
  - >750,000 children die every year of measles
  - 1.6 million people die every year of TB
- Most of these deaths are preventable!
- Geographic boundaries are obsolete = no more “us” vs. “them”
- Every life is important – health disparities affect us all

Definitions

- Public Health: Science & art of preventing disease; prolonging life; & promoting physical & mental health through organized community efforts toward a sanitary environment, control of community infections, education in hygiene & development of social machinery in community to maintain health

- Global Health: Health problems, issues, & concerns that transcend national boundaries and may best be addressed by cooperative actions

Different Approaches

| TABLE 1-2 Approaches of Public Health and Medicine |
|---------------------------------|-----------------|-----------------|
| Differentiating Factors         | Public Health   | Medicine        |
| Focus                           | Population      | Individual      |
| Ethical basis                   | Public service  | Personal service|
| Emphasis                       | Disease prevention and health promotion for communities | Disease diagnosis, treatment, and care for individuals |
| Interventions                   | Broader spectrum that may target the environment, human behavior, lifestyle, and medical care | Emphasis on medical care |


Public Health Examples

- The promotion of hand washing
- The promotion of bicycle and motorcycle helmets
- The promotion of knowledge about HIV/AIDS
- Large scale screening for diabetes and hypertension
- Large scale screening for the early detection of children with Down Syndrome
- Large scale screening for the early detection of children with poor vision
- The operation of a supplementary feeding program for poorly nourished young children

Source: The Author.

Almost one billion people lack access to safe water and one billion are malnourished. The health and economic impacts are staggering.
Global Health Principles & Issues

- Programs focus on:
  - Prevention
  - Control
  - Education
  - Assistance
- Maternal & child health
- Social & behavioral health
- Health policy, infrastructure, delivery of services
- Disaster management

Globalization: From the Dawn of Civilization

- Since prehistoric times, people have migrated to new territories to improve livelihood (additional food sources, trade, economics)
- Columbus started the modern “trend” in 1492—when the Old World suddenly came into contact with the New
  - European colonial expansion major influence on international health
  - Spread of venereal disease, smallpox, even with limitations due to malaria

Globalization on Health

- Impact of the industrial revolution
- Public health measures implemented
- Modern medicine (1840 to 1900)
  - Humours of the body (miasma) to biomedical science
  - Microscope, staining techniques
  - Physiology & nutrition
- Technology advances both global health & world community
  - One year to travel around the world (1850)
  - Now, rapid travel (24-48 hours) possible
  - Spread of infectious diseases, but quick delivery of aid
- Rapid communication of information advances health practice
  - Human genome project

World Divisions

- After World War II: “Western bloc” & “Eastern Bloc”
  - NATO & Warsaw Pact countries
- But, many countries did not fit this classification
  - In 1952, Alfred Sauvy (French demographer) distinguished these nations as the “Third World”
    - Africa, South America, Asia
- NATO countries then referred to as “First World”
  - Western Europe, US, Canada, Japan, Australia, New Zealand
- Soviet Bloc referred to as “Second World”
  - Soviet Union, Eastern Europe
  - Also used for other communist countries, such as China, Albania

World Bank

- By end of World War II, Europe suffered substantial losses
- On Dec 27, 1945, the international community established the World Bank
- Organization committed to reducing poverty & improving living standards
  - 186 member countries
  - Largest provider of international development assistance
  - $20 billion in new loans each year

Equal Area Projection Map
World Bank Classification by Income

- High Income = Developed
- Middle Income = Developing
- Low Income = Developing

Only 20% of global population lives in high income countries!

Health Disparities

- Resources are not distributed uniformly
  - Adequate food, potable water, housing, income, employment, education, and safety for all
  - Access to health care & medicines
  - Different health care systems
  - Burden of poverty
- Chronic diseases vs. infectious diseases
  - High income countries have increased #s of chronic disease
    - Cardiovascular disease, diabetes, obesity
  - Low income countries extremely burdened with infectious disease
    - Malaria, HIV, TB, Dengue

Millennium Development Goals

In September 2000, 147 heads of State and Government, and 189 nations in total, came together and adopted the Millennium Declaration. This declaration is a call for “freedom from want,” “freedom from fear” and “sustaining our future.”

“The stakes are high. If the Millennium Development Goals are met, an estimated 100 million people will escape poverty by 2015, 200 million will be spared from hunger, and 350 million children, who would not have lived past their fifth birthday, will survive.” - UNICEF

8 goals

- MDGs + Health

Health in the Millennium Development Goals

- Health Targets
- Health Indicators

Progress to Goals
Goals 7 & 8

Goal 7: Revised Target Dates

• Sustainable access to water source (blue bar)
  – Already achieved in South Asia & Latin America
  – Meet target in 2040 in Sub-Saharan Africa & Arab States
• Access to improved sanitation (red bar)
  – Only 2 regions expected to meet 2015 deadline
  – Sub-Saharan Africa lags far behind other nations

Progress to Goals

Encouraging Field Results

Study Questions

• Define health, public health & global health.
• Name 4 public health activities.
• Name 5 global health issues.
• Detail the 8 Millennium Development Goals.
• What factors limit progress to meeting the MDG targets?
In Summary...

- Health, human development, labor productivity and economic development are linked
- Great progress in health in the last 50 years, but progress has been uneven and large gaps remain
- There are enormous disparities in health
- Countries can achieve high levels of health, even without high levels of income
- Cooperation is needed to solve some global health problems
- Millennium Development Goals are reversing development disparities & improving health
- An important part of health status depends on individuals, families, and communities
- The health of each of us is linked to the health of all of us