



# Public Health is a Part of a Country's Overall Health Care System Along with Primary Care, Secondary Care, and Tertiary Care

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## INTRODUCTION

The foundation of public health is the study of a population's health determinants and threats. The population can be as small as a few people or as big as a whole village or city; In the event of a pandemic, multiple continents may be affected. Physical, mental, and social well-being are all taken into account when discussing health. The field of public health is multidisciplinary.

## DESCRIPTION

The social sciences, epidemiology, biostatistics, and management of health services, for instance, are all relevant. Health is other important subfields. Public health is a part of a country's overall health care system along with primary care, secondary care, and tertiary care. Through the promotion of healthy behaviors and the monitoring of cases and health indicators, public health is implemented. Hand-washing and breastfeeding education, vaccinations, improved indoor and outdoor air quality, suicide prevention, smoking cessation, obesity education, expanding access to healthcare. Between developed and developing nations, as well as within developing nations, there is a significant gap in access to health care and public health initiatives. Infrastructures for public health are still developing in developing nations. In some instances, there may not be sufficient knowledge, financial resources, or trained healthcare workers to provide even the most fundamental level of medical care and disease prevention. Poor maternal and child health is a major public health issue in developing nations, which is made worse by poverty, malnutrition, and governments' reluctance to implement public health policies. In complex, pre-industrial societies, interventions designed to reduce health risks could be the initiative of various stakeholders, such as army generals, the clergy, or rulers. Communities have always promoted health and fought disease at the population level. Because it was the first modern urban nation in the world, Great Britain

began to lead the development of public health initiatives in the 19<sup>th</sup> century. The first public health initiatives focused on sanitation (such as the sewerage systems in Liverpool and London), infectious disease control (such as vaccination and quarantine), and an evolving infrastructure of various sciences like statistics, microbiology, epidemiology, and engineering sciences. Global health, or the well-being of populations worldwide, is connected to public health. "The area of study, research, and practice that places a priority on improving health and achieving equity in "Health for all" people worldwide," according to a definition, is what it is. Public health is related to preventive medicine.

## CONCLUSION

Specialists in preventive medicine are trained as clinicians and address a population's complex health needs, such as determining the need for disease prevention programs, determining the most effective ways to implement them, and evaluating their success. Population health has been used by many public health researchers since the 1990s. There are no specialties in medicine that have a direct impact on population health. According to Valles, taking into account health equity is an essential component of population health. Coggon and Pielke are two academics who express concern about incorporating general issues of wealth distribution into population health research.

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## CONFLICT OF INTEREST

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