Get The Facts

What is Public Health?

Our Commitment to Safe, Healthy Communities

Definition

Public Health is Prevention.
Public health is the practice of preventing disease and promoting good health within groups of people, from small communities to entire countries.

Public Health is Policy Development and Population Health Surveillance.
Public health professionals rely on policy and research strategies to understand issues such as infant mortality and chronic disease in particular populations.

Why It's Important

Public Health Saves Money and Improves Quality of Life.
A healthy public gets sick less frequently and spends less money on health care; this means better economic productivity and an improved quality of life for everyone.

Improving Public Health Helps Children Thrive.
Healthy children become healthy adults. Healthy kids attend school more often and perform better overall.[1] Public health professionals strive to ensure that all kids grow up in a healthy environment with adequate resources, including health care.

Public Health Prevention Reduces Human Suffering.
Public health prevention not only educates people about the effects of lifestyle choices on their health, it also reduces the impact of disasters by preparing people for the effects of catastrophes such as hurricanes, tornadoes and terrorist attacks.

Who Does It?

Public Health as a Profession.
Rather than being a single discipline, public health includes professionals from many fields with the common purpose of protecting the health of a population.[2]

Examples of It

Public Health in Policy and Practice.

for school-age children and adults to prevent the spread of disease for safety and effectiveness Safety standards and practices to protect Ensuring to reduce obesity among children of the effect of air quality on emergency recovery worker to ensure kids have access to nutritious food.

[1] Olds, . 2 2 , Prenatal and infancy home visiting by nurses from randomi ed trials to community replication. Prevention Science, 1 – 2.

[2] APHA staff 2 he public health workforce eft unchecked, will we be protected APHA ssue rief. Available online

American Public Health Association