

Understanding Community Health

Understanding Community Health

1. Introduction

- Community health focuses on the health and wellbeing of groups and populations.
- It aims to improve health through prevention and shared responsibility.

2. Key Concepts

- **Community:** a group of people sharing a location or common characteristics.
- **Determinants of health:** social, economic, and environmental factors that shape wellbeing.
- Health is influenced by more than individual behaviour.

3. Principles

- Emphasis on prevention rather than only treatment.
- **Equity:** fair access to health resources for all groups.
- Community participation in health decisions.

4. The Health Team

- Community health workers link communities to services.
- Collaboration with nurses, doctors, and local leaders strengthens programmes.

5. Settings of Practice

- Homes, schools, workplaces, and community centres.
- Care is delivered close to where people live and work.

6. Summary

- Community health promotes the wellbeing of populations through prevention, equity, participation, and teamwork across many settings.