

Introduction to Community Health

Introduction to Community Health

1. Introduction

- Community health focuses on protecting and improving the health of groups and populations.
- It emphasizes prevention, equity, and collective wellbeing rather than individual treatment alone.

2. Key Concepts

- **Population health:** health outcomes of a group and their distribution.
- **Health equity:** fair opportunity for everyone to attain good health.
- Community participation is central to sustainable improvement.

3. Scope of Practice

- Disease prevention and health promotion programs.
- Environmental health, sanitation, and safe water.
- Maternal, child, and reproductive health services.

4. Approaches

- The primary health care approach makes care accessible and affordable.
- Intersectoral collaboration involves education, housing, and other sectors.

5. Importance

- Addresses root causes of illness within communities.
- Reduces health disparities and strengthens overall public health.