

What is Public Health?

Our commitment to safe, healthy communities in Oklahoma.

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 population-level issues, such as infant mortality and heart disease.

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.

Public Health Prevention Reduces Human Suffering.

Public health prevention not only educates people about the effects of lifestyle choices on their health, it also informs policy and practice to make the healthiest choice the easiest choice and reduces the impact of disasters by preparing people for the effects of catastrophes such as hurricanes, tornadoes and new diseases.

Who does it?

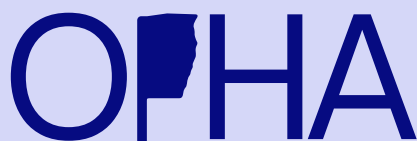
Public Health as a Profession.

Rather than being a single discipline, public health includes professionals from many fields with the common purpose of protecting the health of a population.

- **Emergency Responders • Restaurant Inspectors • Health Educators • Policymakers**
- **Scientists and Researchers • Community Health Workers • Public Health Nurses**
- **Occupational Health & Safety Professionals • Social Workers • Sanitarians**
- **Epidemiologists • Nutritionists • Community Planners • Dental Health Practitioners**

Examples of it.

- **Vaccination programs** for children and adults to prevent the spread of disease
- **Regulation of prescription drugs** for safety and effectiveness • Safety standards and practices to protect **worker health and safety** • Ensuring **access to clean water and air**
- **Educational campaigns** to reduce obesity and tobacco use among children • **School nutrition programs** to ensure kids have access to nutritious food • **Advocacy and policymaking** for empowerment of under-resourced communities



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