



Public Health Components and Characteristics

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On a large scale Candidate gene studies, which normally tested a small number of SNPs at a handful of pre-specified genes, were considerably expanded by GWAS. Genetic epidemiology has made great progress in understanding the genomic aetiology of complex diseases because to genome-wide association studies (GWAS). GWAS have effectively reported about 11,000 SNPs related with a wide array of illnesses and their risk factors as of August 2013 [1].

The field of public health is multidisciplinary. Epidemiology, biostatistics, social sciences, and health-care administration, for example, are all applicable. Environmental health, community health, behavioural health, health economics, public policy, mental health, health education, health politics, occupational safety, disability, oral health, gender issues in health, and sexual and reproductive health are some of the other major subfields [2]. A country's total health care system includes public health, primary care, secondary care, and tertiary care. The surveillance of cases and health indicators, as well as the promotion of healthy habits, are used to execute public health. Hand washing and breastfeeding promotion, vaccination delivery, promoting ventilation and improved air quality both indoors and outdoors, suicide prevention, smoking cessation, obesity education, increasing healthcare accessibility, and the distribution of condoms to control the spread of sexually transmitted diseases are all common public health initiatives.

Between industrialised and developing countries, as well as within developing countries, there is a huge discrepancy in access to health care and public health programmes. Public health infrastructure is still emerging in undeveloped countries. There may be insufficient skilled healthcare staff, financial resources, or, in certain situations, expertise to provide even basic medical care and disease prevention [3-4]. Poor mother and child health is a major public health concern in developing nations, which is compounded by malnutrition and poverty, as well as governments' unwillingness to execute public health initiatives.

Communities have promoted health and fought sickness at the population level since the dawn of civilisation [3-4]. Interventions aimed at reducing health risks in complex, pre-industrialized cultures could come from a variety of sources, including army generals, clerics, and monarchs. Because it was the first modern urban nation in the world, Great Britain became a leader in the creation of public health initiatives in the 19th century [5]. Sanitation (for example, the Liverpool and London sewerage systems), infectious disease control (including vaccination and quarantine), and an evolving infrastructure of various sciences, such as statistics, microbiology, epidemiology, and engineering sciences, were among the first public health initiatives to emerge [5].

Components and characteristics

Public health is a broad word that encompasses a variety of concepts and actions. It is an interdisciplinary field with several facets [5]. Epidemiology, biostatistics, social sciences, and health-care administration, for example, are all applicable. Environmental health, community health, behavioural health, health economics, public policy, mental health, health education, health politics, occupational safety, disability, gender issues in health, and sexual and reproductive health are some of the other major subfields [5].

Multidisciplinary teams of public health workers and professionals are required in modern public health practise. Epidemiologists, biostatisticians, physician assistants, public health nurses, midwives, medical microbiologists, pharmacists, economists, sociologists, geneticists, data managers, environmental health officers (public health inspectors), bioethicists, gender experts, sexual and reproductive health specialists, physicians, and veterinarians are some of the professionals who might be part of a team [6].

The components and priorities of public health have changed over time and will continue to change in the future [7] at any one time, different regions of the world may have different public health challenges.

Hand washing and breastfeeding promotion, immunisation delivery, suicide prevention, smoking cessation, obesity education, boosting healthcare accessible, and condom distribution are all common public health activities aimed at preventing the spread of sexually transmitted infections.

Methods

Case surveillance and the promotion of healthy behaviours, communities, and surroundings are used to attain public health goals. The foundation of public health is the analysis of a population's determinants of health and the challenges it faces [8].

Many diseases can be avoided by basic, non-medical ways. Hand washing with soap, for example, has been demonstrated to inhibit the transmission of several contagious diseases in studies [9] In other circumstances, treating or managing a disease or pathogen is critical to preventing its transmission to others, whether during an infectious disease outbreak or through contamination of food or water supplies. Common preventive public health interventions include public health communications campaigns, vaccination campaigns, and condom distribution.

A country's total health care system includes public health, primary care, secondary care, and tertiary care. Many public health interventions, such as food safety surveillance, condom distribution, and needle-exchange programmes for the prevention of transmissible illnesses, are delivered outside of health facilities.

Through local health systems and non-governmental groups, public health plays an essential role in disease prevention efforts in both developing and developed countries.

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Received: 05-Mar-2022, Manuscript No. ECR-22-57401; **Editor assigned:** 07-Mar-2022, Pre QC No. 57401(PQ); **Reviewed:** 21-Mar-2022, QC No. Q-57401; **Revised:** 26-Mar-2022, Manuscript No. 57401 (R); **Published:** 04-Apr -2022, DOI 10.4172/2161-1165.1000430

Citation: Armenian HK (2022) Public Health Components and Characteristics. *Epidemiol Sci*, 12: 430.

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Spatial Information Systems (GIS) are required in public health since risk, susceptibility, and exposure all have geographic components [10].

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