



The concept of human health

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OPERATIONAL DEFINITION



- The WHO definition of health is not an “operational” definition, i.e. it does not lend itself to direct measurement, studies of epidemiology of health have been hampered because of our inability to measure health and wellbeing directly.

Concepts, Construct

- A scientific concept really consists of three parts: a label, a theoretical definition, and an operational definition.
- The theoretical definition specifies the verbal *meaning which is attached to the concept label*.
- We call self-defining concepts like “age” *primitive terms*.
- *Primitive terms are adequately defined* by their attached concept labels.
- These are the labels which appear at the bottom of the level of abstraction hierarchy.
- RECOMMENDATION: explicitly specify the meaning associated with each concept, regardless of the extent to which we think the meaning is shared.

SELF-CARE



Take Care of You!

5 Quick Ways to Practice Self-Care Right Now!



Exercise. Get outside.

Pay attention to nature around you and get out of your own head.



Be social.

It's not just fun. It's also good for us. Sometimes the day when you feel least social is when you need it most.



Breathe deeply.

Focus on the sensation of your breath. Notice how your body feels, from your head down to your toes.



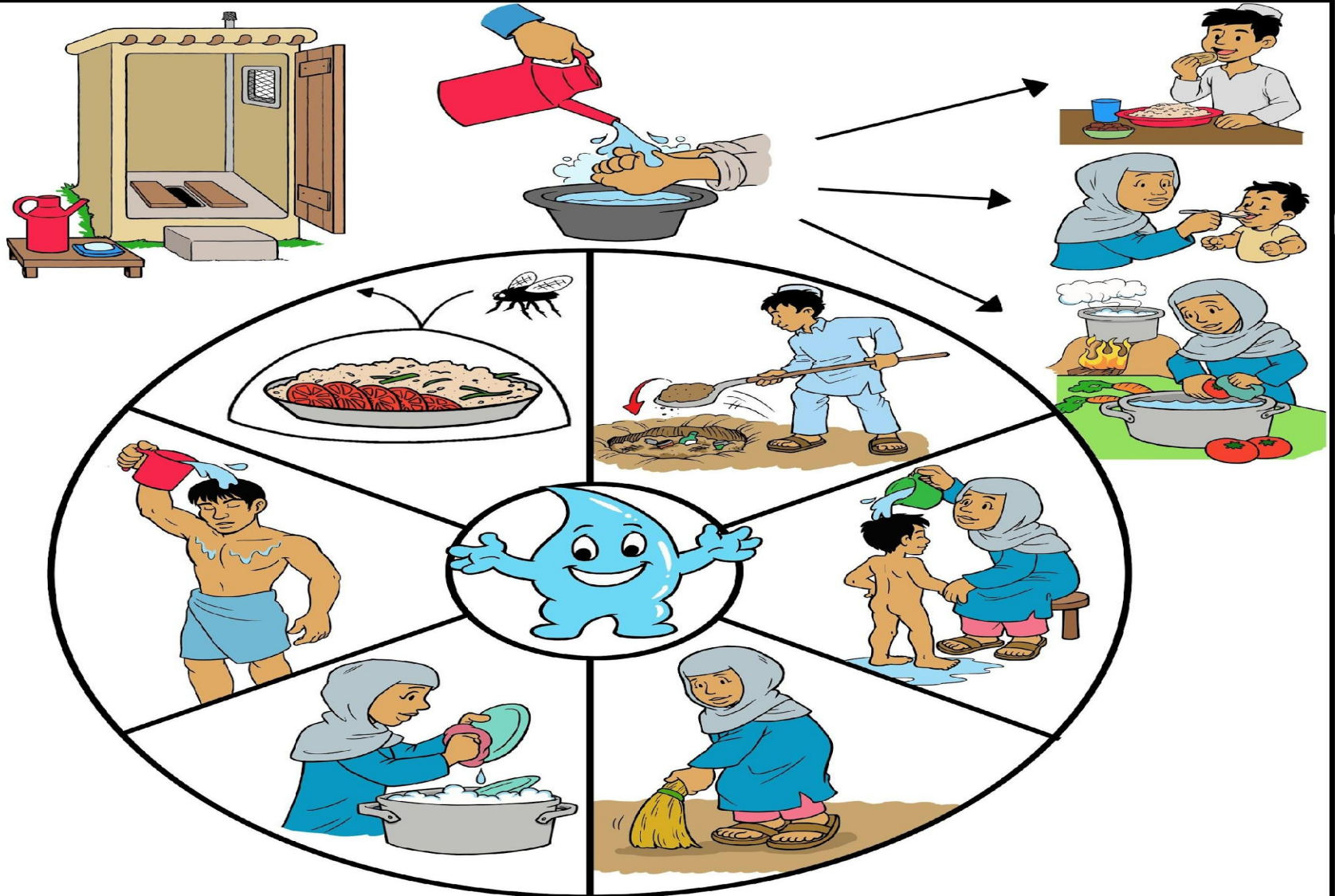
Do something just for you.

Take a bath, do a facemask, read a book, make art, or take yourself on a coffee or tea date.



Write or journal.

Write about things you are grateful for. Write down reasons you are proud of yourself, or things to appreciate about yourself. Or just free write whatever comes into your head.



**STOP MICROBES
USE GOOD HYGIENE**



PERSONAL HYGIENE

Keep Clean, Be Healthy!

Ten Great Public Health Achievements

- Vaccination
- Motor-vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and stroke
- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridation of drinking water
- Recognition of tobacco use as a health hazard

CDC, 1999

What Is Epidemiology?

Peering Into This Public Health Topic



Definition of epidemiology

« The **study**
of the **distribution** and **determinants**
of **health related states** or **events**
in specified **populations**
and the **application** of this study
to the **control** of health problems. »

Last, 1988



Example quarantine for corona virus

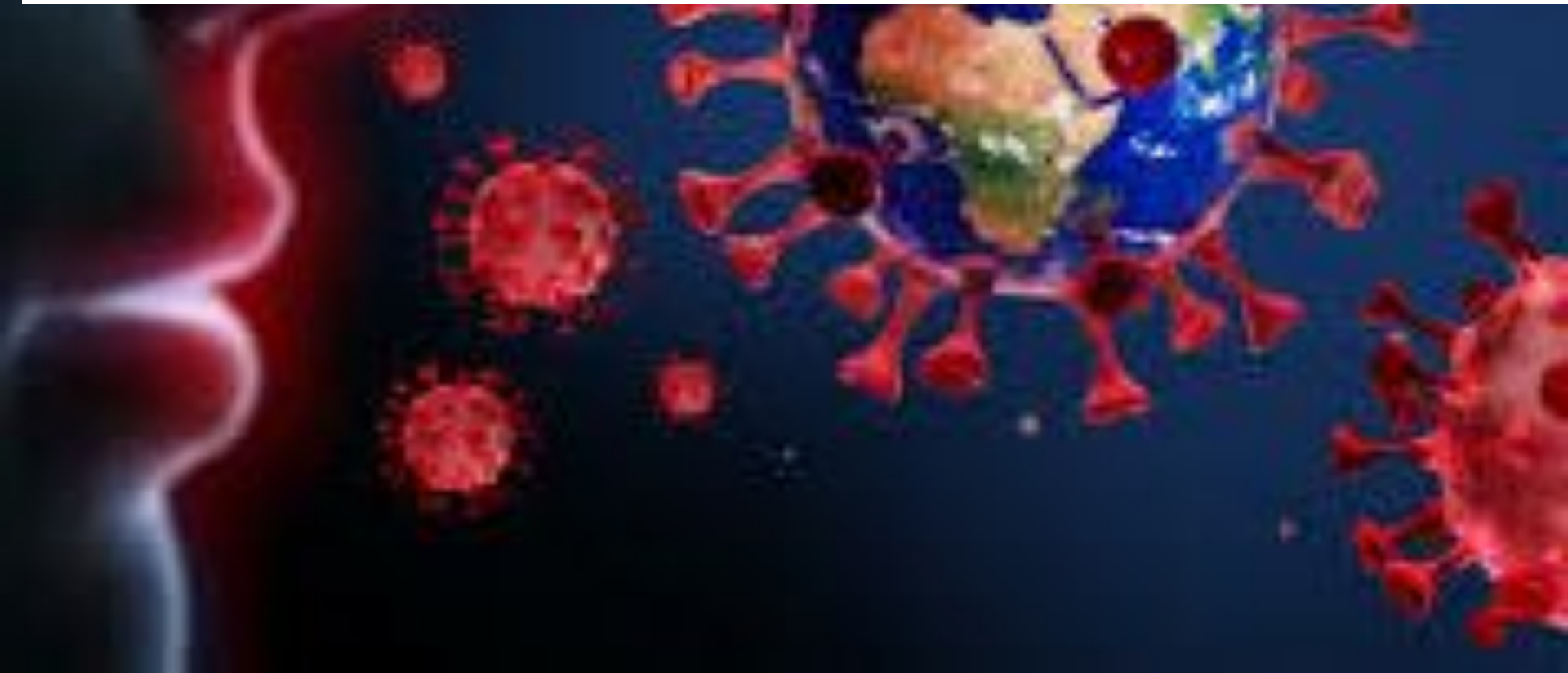
Before

After corona



Monitoring and Evaluation of Health Services

Dr. Rasha Saleem
PhD Public Health
Faculty of Medicine
Suez Canal University-Egypt



WHO stepwise framework

1

PLANNING STEP 1

Where are we now?

Investigate the present state of the cancer problem, and cancer control services or programmes.

2

PLANNING STEP 2

Where do we want to be?

Formulate and adopt policy. This includes defining the target population, setting goals and objectives, and deciding on priority interventions across the cancer continuum.

3

PLANNING STEP 3

How do we get there?

Identify the steps needed to implement the policy.

The planning phase is followed by the policy implementation phase.

Implementation step 1

CORE

Implement interventions in the policy that are feasible now, with existing resources.

Implementation step 2

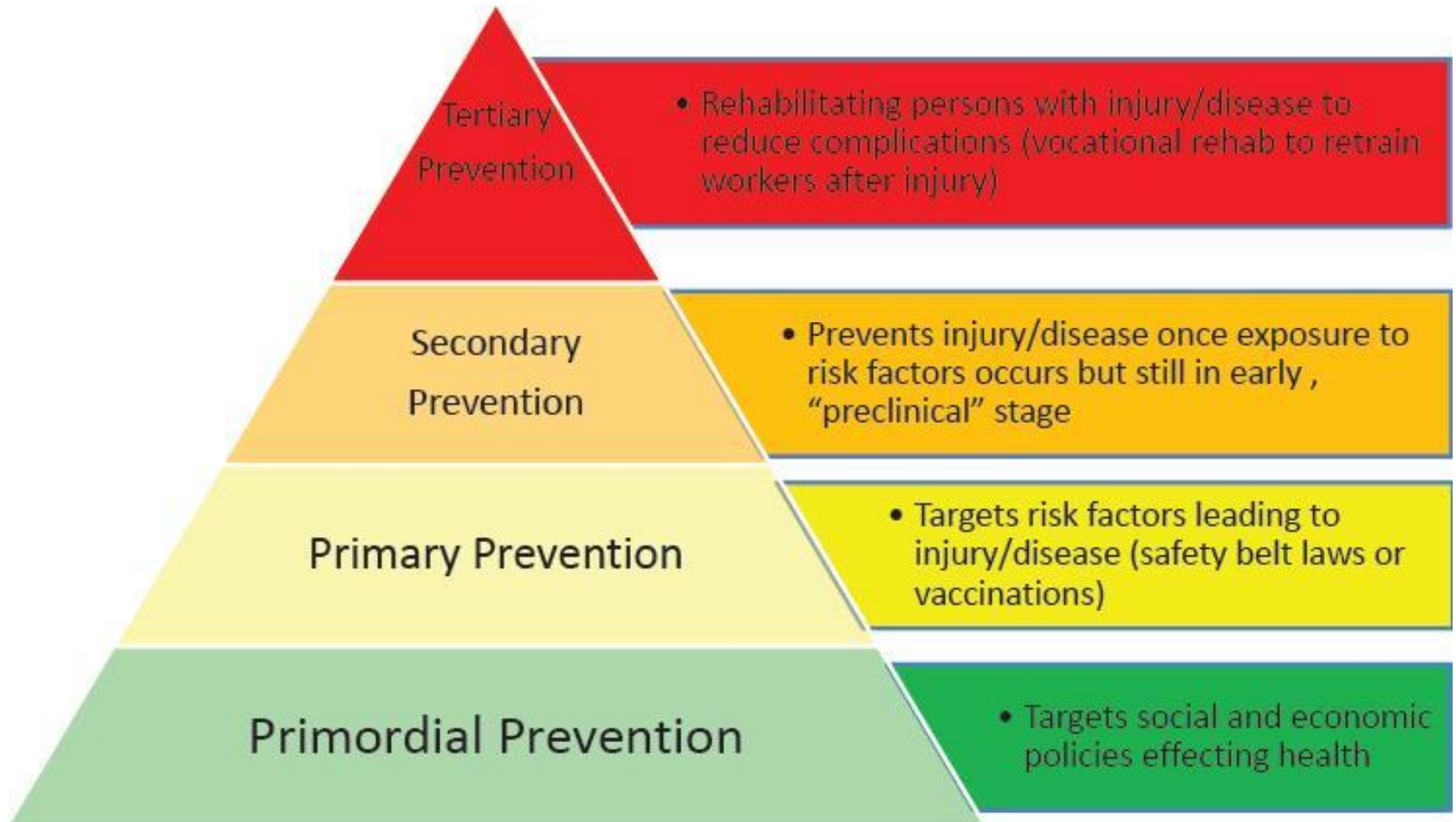
EXPANDED

Implement interventions in the policy that are feasible in the medium term, with a realistically projected increase in, or reallocation of, resources.

Implementation step 3

DESIRABLE

Implement interventions in the policy that are beyond the reach of current resources, if and when such resources become available.



The Public Health Model





Prevention of public health

**THANK YOU FOR
YOUR ATTENTION!**



ANY QUESTIONS?

