

COMMUNITY HEALTH UNIT I

Complied by

Dr.J.O.JERYDA GNANAJNE ELJO

Professor

Department of Social Work

Bharathidasan University

Khajamalai Campus

Tiruchirappalli-620 023

UNIT I

- The concept of health has evolved over time and is understood as a multidimensional state that encompasses physical, mental, and social well-being.
- It is not merely the absence of disease or infirmity but a dynamic state of overall well-being that enables individuals to lead productive and fulfilling lives.

Key Perspectives on Health

1. Biomedical Model:

- Health is defined as the absence of disease, disability, or physiological abnormalities.
- Focuses on diagnosing and treating illnesses.

2. WHO Definition (1948):

- The World Health Organization defines health as *“a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”*
- Emphasizes a holistic view of health.

3. Holistic Model:

- Health includes physical, emotional, intellectual, social, spiritual, and environmental dimensions.
- Considers lifestyle, relationships, and environmental factors as integral to well-being.

4.Dynamic and Functional Approach:

- Health is seen as the ability to adapt and function effectively in one's environment.
- Recognizes that health can fluctuate due to various internal and external factors.

5.Determinants of Health:

- Health is influenced by biological, behavioral, social, economic, cultural, and environmental factors.
- Recognizes the role of healthcare systems and policies in achieving health.

6.Positive Health:

- Views health as a resource for living, focusing on strengths, resilience, and well-being.
- Encourages proactive health promotion and disease prevention.

Modern Health Concepts

- **Health as a Human Right:** Everyone has the right to access healthcare and live in conditions conducive to health.
- **Health Promotion:** Empowering individuals and communities to take control of their health through education, preventive measures, and supportive policies.
- **Global Health:** Recognizing interconnected health issues that require international collaboration, such as pandemics and climate change.
- In essence, health is a dynamic and multifaceted concept that extends beyond the absence of illness, emphasizing overall well-being and the ability to lead a balanced and meaningful life.

- **Community health** is a broad concept that focuses on the health and well-being of people within a specific geographic area, population, or community.
- It involves addressing health needs, improving health outcomes, and enhancing the quality of life by promoting healthy behaviors, preventing disease, and creating supportive environments.
- The concept of community health is based on various interconnected ideas and practices.

Importance of Community Health:

- **Improves overall well-being** by addressing not only individual health but also the social, environmental, and cultural factors that influence health.
- **Strengthens the resilience of communities** by fostering collaboration, empowering individuals, and increasing access to resources.
- **Reduces healthcare costs** by emphasizing prevention and the early detection of health problems.
- **Promotes equity** by ensuring that all community members, especially vulnerable populations, have equal opportunities to achieve good health.
- Ultimately, community health is about creating environments where individuals can thrive, ensuring access to the necessary resources and opportunities for a healthy life, and empowering communities to take charge of their collective well-being.

Primary Health Care

- The concept of primary health care emerged in the year 1978 following an International Conference in Alma-Ata USSR.
- Primary health care is a new approach to the health care.
- Integrate at the community level
- Improving the health status of the population (individuals, family and community)
- This approach is based on the principle of equity, wider coverage, self-reliance, individual and community involvement and inter-sectoral co ordination. –This approach has been described as “Health by the People” and “placing people’s health in people’s hand”. –Primary Health Care– WHO- Health for All by the Year 2000AD

Definition of Primary Health Care

- According to International Conference in Alma Atta 1978: “Essential Health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community through their full participation and at a cost that the community and the country can afford to maintain at every stage if their development in the spirit of self-determination”

Public Health

- Sanitary awakening event led to the birth of public health concept in England around 1840.
- Johanna Peter Frank, a health philosopher, conceived public health as good health laws enforced by the police and enunciated the principle that the state is responsible for the health of its people.
- The public health act of 1848 was a fulfillment to his dream about the State's responsibility for the health of its people.
- Cholera is often called the “father of public health” ∞ John Snow studied the epidemiology of cholera in London from 1848 to 1854 and established the role of polluted drinking water in the spread of cholera. In 1856 William Budd observed the out break of typhoid fever in rural north of England and concluded that the spread was by polluted drinking water.

Preventive Medicine

- Preventive medicine developed as a branch of medicine distinct from public health
- Preventive medicine is applied to healthy people
- Its primary objective - prevention of diseases and promotion of health
 - θDecrease the wide spectrum of specific diseases
 - θFocused on morbidity and mortality.
- Preventive medicine did not confine itself to vaccination and quarantine
- Discoveries in the field of nutrition θIt concerned with the environmental, social, economic and more general aspects of prevention.

Level of Diseases Prevention

- Primordial Prevention
- Primary Prevention
- Secondary Prevention
- Tertiary Prevention

- Primordial Prevention-Received special attention in the prevention of chronic diseases.-Efforts are directed towards discouraging children from adopting harmful lifestyles.-The main intervention in primordial prevention is through individual and mass education.
- Primary Prevention - “Action taken prior to the onset of disease” which removes the possibility that a disease will ever occur.- it signifies intervention in the pre pathogenic phase of a disease or health problem (eg. low birth weight)- now it is also applied to prevention of chronic disease - WHO-recommended the primary prevention of chronic disease as “population Strategy & High-risk strategy”

- Secondary Prevention - Action which halts the progress of a disease at its incipient stage and prevents complications- Specific interventions are early diagnosis and adequate treatment - attempts to arrest the disease process – restores health by seeking out unrecognized disease- treating it before irreversible pathological changes.- protects others in the community
- Tertiary Prevention - disease process has advanced beyond its early stages – it is still possible to accomplish prevention.- It signifies intervention in the late pathogenesis- All measures available to reduce or limit impairments and disabilities- minimize sufferings caused by existing departures from good health and to promote the patient's adjustment to irremediable conditions
- Tertiary prevention includes- rehabilitation- psychosocial, vocational and medical components based on team work

Comprehensive Health Care

- The term – Comprehensive health care- used by Bhore Committee in 1946.- meant provision of integrated preventive, curative and promotional health services from “Womb to tomb” to every individual.
- Comprehensive health Care criteria • (a) provide adequate preventive, curative and promotive health services • (b) be as close to the beneficiaries as possible • (c) widest cooperation between the people, the service and the profession • (d) available to all irrespective of their ability to pay(e) look after specifically the vulnerable and weaker sections of the community • (f) create and maintain a healthy environment both in homes as well as working places

Positive Health

- **Positive health** as a state ‘far beyond a mere absence of disease’ originates in the field of positive psychology/positive mental health, which studies how positive attitudes influence different facets of wellbeing. Seligman speculated that positive health might be viewed as a combination of wellbeing (physical wellbeing, absence of symptoms of diseases, sense of durability, etc.), biological attributes (positive end of scales measuring biological functions), and functional perfection (positive end of laboratory test and efficient ‘person–environment’ relationships).
- **Positive health** is a concept that defines health as not merely the absence of disease or infirmity but as a dynamic state of complete physical, mental, and social well-being. It focuses on building strengths, resilience, and capabilities that enable individuals to thrive and adapt to life’s challenges. This approach emphasizes proactive health promotion, preventive measures, and fostering a sense of purpose, joy, and connection to enhance overall well-being.

- A **wellness centre** is a facility or space designed to promote holistic health and well-being by offering services and activities that enhance physical, mental, and emotional wellness.
- These centres often provide a range of programs, including fitness training, yoga, meditation, nutritional counseling, spa treatments, and stress management therapies.
- Some wellness centres also incorporate alternative therapies like acupuncture, aromatherapy, or chiropractic care.
- The goal of a wellness centre is to support individuals in achieving a balanced and healthy lifestyle in a nurturing and supportive environment.

Determinants of health

1. Biological and Genetic Factors

- **Age, sex, genetics, and family history of diseases.**
- **Inherited conditions and predispositions, such as genetic disorders.**

2. Individual Behaviour

- **Lifestyle choices such as diet, physical activity, smoking, alcohol consumption, and drug use.**
- **Adherence to preventive measures like vaccinations and regular health check-ups.**

3. Social Determinants of Health

- **Education:** Higher levels of education are linked to better health outcomes.
- **Income and Employment:** Economic stability affects access to nutritious food, healthcare, and safe housing.
- **Social Support:** Strong relationships and community networks promote mental and emotional well-being.
- **Environment:** Access to clean water, air, and safe living conditions

- **4. Healthcare Access and Quality**

- Availability, affordability, and quality of healthcare services.
- Barriers to access, such as geographic location, cost, and cultural or language differences.

- **5. Physical Environment**

- Housing quality, urban design, and availability of recreational spaces.
- Environmental hazards like pollution, climate change, and exposure to toxins.

6. Cultural and Environmental Factors

- Cultural beliefs and practices can shape health behaviors and access to care.
- Environmental factors, including climate and geographical conditions.

7. Policy and Governance

- Public health policies, healthcare regulations, and programs that impact health equity.
- Government initiatives addressing poverty, education, and social welfare.

8. Psychosocial Factors

- Stress, mental health conditions, and coping mechanisms.
- Experiences of discrimination, violence, or trauma.
- Understanding these determinants is critical for addressing health disparities and designing effective interventions to improve overall population health.

- **Health promotion at the community level** involves empowering individuals and groups to take control of their health and well-being by creating supportive environments, enhancing health literacy, and facilitating behaviour change. Effective community health promotion addresses social, economic, and environmental determinants of health and encourages collective responsibility for health improvement.

Key Strategies for Community-Level Health Promotion

1. Education and Awareness Campaigns

- Provide information on healthy behaviours, such as nutrition, physical activity, and disease prevention, through workshops, posters, and digital platforms.
- Organize health fairs, seminars, or community classes on topics like mental health, substance abuse prevention, and reproductive health.

2. Community Engagement

- Involve local leaders, organizations, and residents in planning and implementing health initiatives.
- Foster participation in decision-making to address health challenges specific to the community.

3. Improving Access to Healthcare

- Establish community clinics, mobile health units, and telehealth services to serve underserved populations.
- Provide free or subsidized screenings, vaccinations, and preventive services.

4. Creating Supportive Environments

- Develop recreational spaces like parks, walking trails, and gyms to encourage physical activity.
- Promote healthy workplaces by implementing wellness programs and ergonomic practices.
- Ensure access to clean water, healthy food, and safe housing.

5. Policy Advocacy

- Advocate for policies that improve public health, such as smoke-free zones, affordable healthcare, and sanitation systems.
- Collaborate with local governments to regulate food safety, pollution control, and traffic safety.

6. Strengthening Social Networks

- Encourage peer support groups, such as those for mental health, addiction recovery, or chronic disease management.
- Build community resilience through programs fostering mutual aid during emergencies or crises.

7. Capacity Building

- Train community health workers and volunteers to deliver health services and raise awareness.
- Provide skill-building workshops for healthier cooking, stress management, and parenting.

8. Monitoring and Evaluation

- Regularly assess the effectiveness of health promotion activities through community feedback, surveys, and health data.
- Use insights to refine strategies and focus on areas requiring greater attention.

Participatory Approach In Healthcare

- A **participatory approach in healthcare** emphasizes active involvement and collaboration between healthcare providers, patients, and communities in the planning, decision-making, and implementation of health-related initiatives.
- This approach recognizes the importance of shared responsibility and leverages the knowledge, experiences, and insights of all stakeholders to achieve better health outcomes.

Key Principles of Participatory Healthcare

1. **Inclusivity:** Engaging diverse stakeholders, including patients, families, community members, and healthcare professionals.
2. **Empowerment:** Encouraging individuals to take an active role in their own health and well-being.
3. **Collaboration:** Fostering partnerships across sectors and disciplines to address health holistically.
4. **Transparency:** Ensuring open communication and shared decision-making processes.
5. **Equity:** Prioritizing marginalized or underserved groups to reduce health disparities.

Examples of Participatory Approaches

1. Community Health Programs:

- Engaging local populations in identifying their health needs and designing interventions (e.g., maternal health programs, vaccination campaigns).

Patient-Centered Care:

- Actively involving patients in treatment planning and decision-making to align care with their preferences and values.

2. Health Promotion Campaigns:

- Co-creating educational materials with community members to ensure relevance and cultural appropriateness.

3. Participatory Research:

- Conducting community-based participatory research (CBPR) to involve communities in data collection and analysis to address specific health issues.

4. Shared Governance:

- Including patient representatives or community leaders on hospital boards or public health committees.

Benefits of the Participatory Approach

- **Improved Trust:** Builds stronger relationships between communities and healthcare providers.
- **Better Health Outcomes:** Ensures interventions are tailored to the real needs of the population.
- **Increased Compliance:** Encourages adherence to treatments and recommendations as individuals feel more invested in the process.
- **Enhanced Health Equity:** Addresses social determinants of health by involving underserved populations.
- **Sustainable Solutions:** Promotes community ownership of health initiatives, ensuring long-term impact.

Challenges

- Balancing power dynamics between professionals and participants.
- Ensuring adequate representation of all groups.
- Managing time and resource demands of participatory processes

Tamil Nadu Mini Clinic Scheme

- The **Tamil Nadu Mini Clinic Scheme** is a healthcare initiative launched by the Government of Tamil Nadu in December 2020.
- The scheme aims to enhance healthcare accessibility by establishing **mini-clinics** across the state, particularly in rural and underserved areas.
- These clinics serve as a bridge between primary healthcare centers (PHCs) and higher-level hospitals, addressing minor health issues and reducing the burden on major healthcare facilities.

Key Features of the Scheme

1. Primary Objective:

- To provide basic healthcare services closer to people's homes, especially in areas with limited access to PHCs or hospitals.

2. Coverage:

- The clinics primarily target rural and semi-urban areas but are also established in urban neighborhoods with high population density or where healthcare services are inadequate.

3. Services Offered:

- Treatment for minor ailments like fever, cold, headaches, and minor injuries.
- Screening for non-communicable diseases such as diabetes and hypertension.
- Referral services for more severe health conditions.

4. Infrastructure:

- Mini-clinics are small, well-equipped facilities with basic medical supplies and diagnostic tools.

5. Staffing:

- Each mini-clinic is staffed by a **doctor**, a **nurse**, and a **health assistant**.

6. Operational Hours:

- Clinics function during designated hours to provide accessible services to the community.

7. Cost of Services:

- Services are provided **free of cost**, ensuring affordability for economically disadvantaged populations.

8. Technology and Support:

- Some clinics are integrated with telemedicine facilities for specialist consultations.

Benefits of the Scheme

- **Increased Accessibility:** Brings healthcare closer to remote and underserved areas.
- **Decongests Hospitals:** Reduces the patient load on PHCs and district hospitals.
- **Prevention and Early Detection:** Promotes health screenings for chronic conditions, allowing early intervention.
- **Affordability:** Free services ensure that low-income groups receive essential healthcare

Challenges

- Ensuring consistent availability of trained medical staff and adequate supplies.
- Maintaining infrastructure and service quality across all locations.
- Sustaining the program financially and operationally over the long term.

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