

Public Health Education

Why is it important for you and your health to have a good education?

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Recap on epidemiology study.

1. What did you think?
2. Limitations to the study
3. Did you look at NICE guidelines to tackle obesity?
4. How is this related to public health education?



AIM

- To gain knowledge in how Public Health Education can play its part in improving the health of the nation.

OBJECTIVES

- Identify what we mean by Public Health Education.
 - Explore the relationship between health and education, and how poor education can influence health.
 - Examine Determinants of Health.
 - Evaluate how we can make a difference in our current and future roles in health.
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Public Health

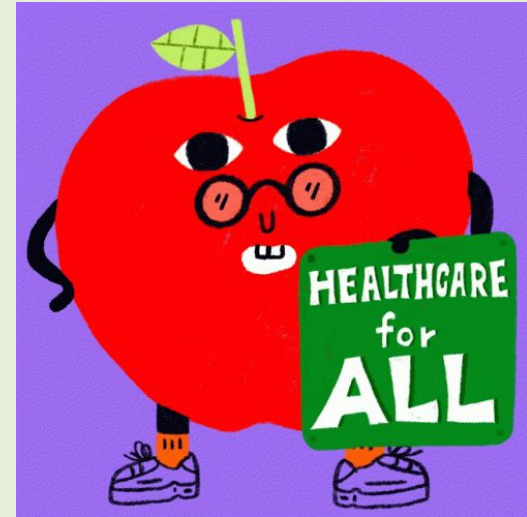
RCN define it as

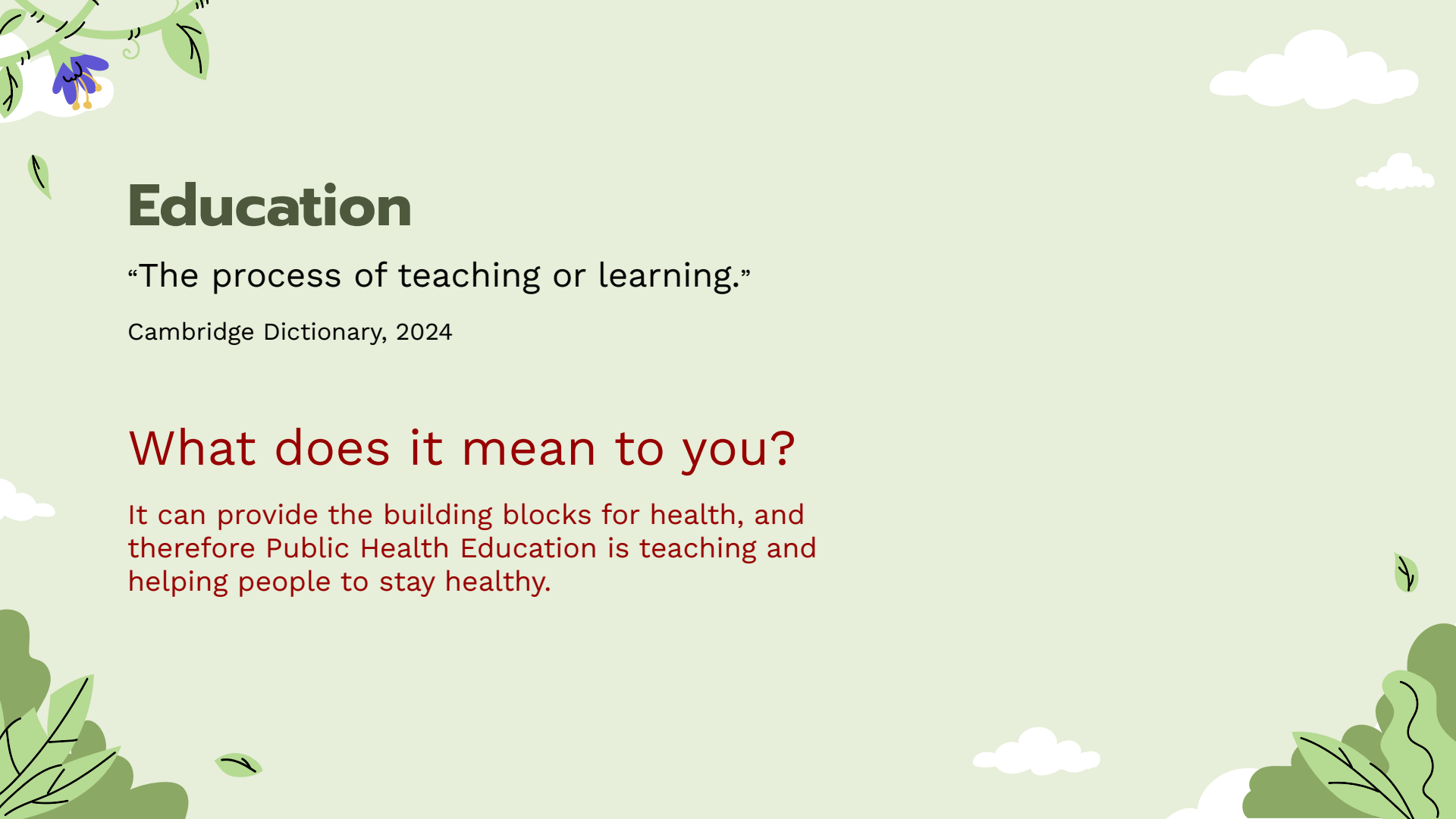
“Supporting individuals, organisations and society to tackle preventable disease, mortality and disability.”

RCN 2024.

Although life expectancy is better now than 100 years ago, living longer does not necessarily equate to living healthier!

There is significant reduction in infectious disease, HOWEVER non-communicable disease are an increasing concern.





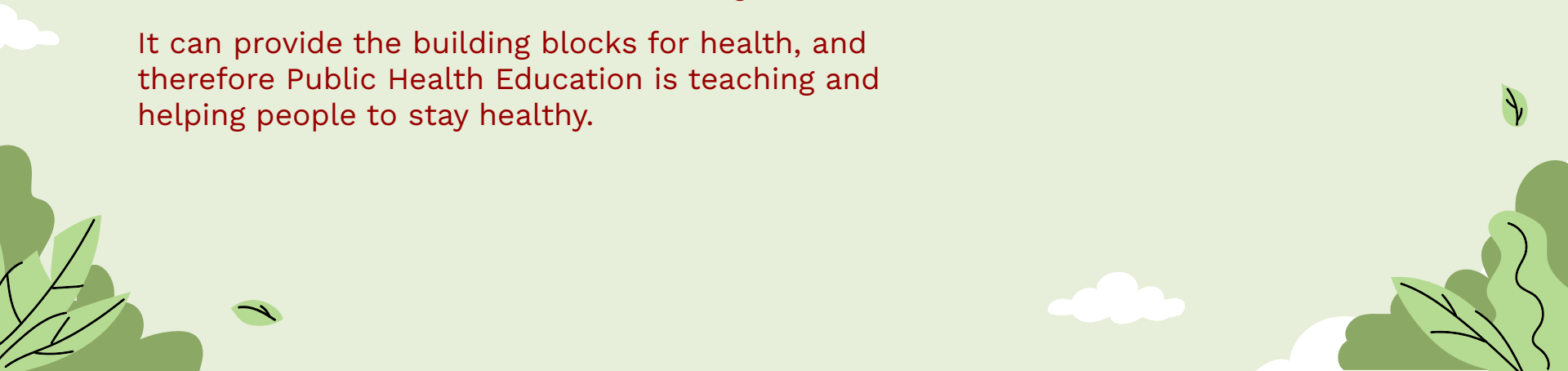
Education

“The process of teaching or learning.”

Cambridge Dictionary, 2024

What does it mean to you?

It can provide the building blocks for health, and therefore Public Health Education is teaching and helping people to stay healthy.





How can a good education improve health?

- A good general education can provide the building blocks for better health and well-being.
 - This can lead to a long and healthy life.
 - Public Health Wales have programmes to improve the health and well-being of children and young people.
 - PHW: Wider Determinants of health Unit focuses on this.
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How does a poor education affect health?

- If we have poor health, it can affect our ability to learn, missing time from lessons.
- This affects the achievements in education.
- This means employability is affected potentially working conditions are poorer, affecting health.
- This in turn increases the intergenerational cycles of inequality, poor education and poor health.



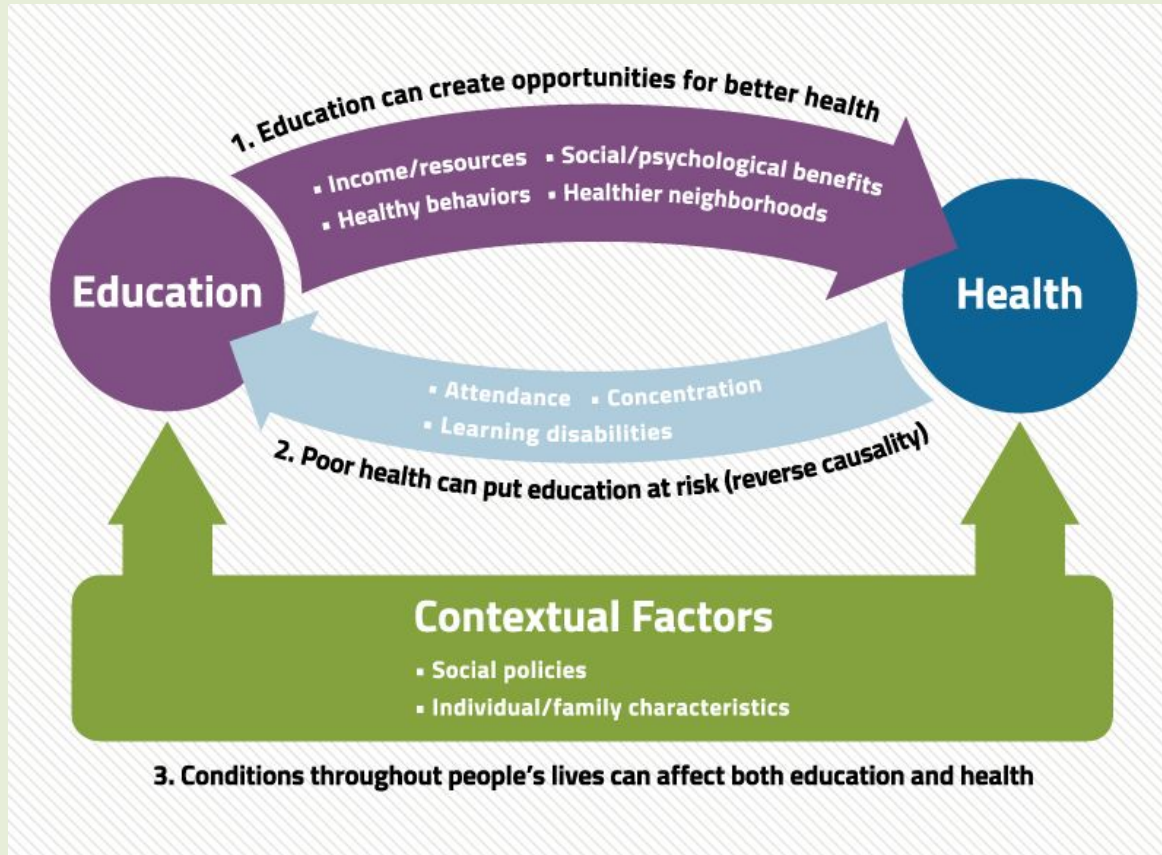


Figure from the Virginia Commonwealth university Center on Society and Health, 2022

The Wider Determinants of Health

Public Health Wales (Established 2019)

They have set out a long term vision of a healthier future for 2035. Social, economic and environmental factors influences health and well being inequalities.

Key determinants include:

- Education
- Fair work
- Money and resources
- Transport
- Housing
- Built and natural environments.

This influences the design and implementations of National/Local policies to improve wellbeing, and reduce inequalities in health.

So...What does Public Health Education do??

Empowerment

- To the public
- To patients
- To students
- To inmates

Educational Activities to encourage behaviour change

- In schools
- In out of school activities
- In further education/higher education
- In primary care: ante natal parenting classes
- GP health clinics: diabetes, respiratory, IHD clinic, BP clinic etc....

Prisons

- 16000 young people in prisons are under 21 years old.
- These people are far more likely to have grown up in care or poverty, have fewer qualifications, and have poorer mental and physical health.
- Contain an over representation of the most socially excluded members of society, including ethnic minorities, drug users, sex workers, homeless, and untreated chronic health conditions.
- However! Prisons can provide a unique public health opportunity for health education and promotion.

How can we help?

What do you do in your job?

What do you do at home?

What does your local area do?

How do we teach in hospitals?

What does your role involve?



The long term impact

Health promotion and education can lead to positive lifestyle changes, thus improving the health of the nation, and reducing the already overstretched financial burden NHS.

Non communicable diseases can be changed for the better with an improved lifestyle.

Many cancers can be preventable by making the right choices. Such as not smoking, losing weight, eating a healthy diet, reduction in alcohol intake.

References/Further Reading

- Royal College of Nursing, 2024, Public Health. Available at: <https://www.rcn.org.uk/clinical-topics/Public-health>
- Public Health Wales Wiser Determinants of Health <https://phw.nhs.wales/services-and-teams/wider-determinants-of-health-unit/>
- RCN Public Health. <https://www.rcn.org.uk/clinical-topics/Public-health>



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