

# Masters of Public Health



<http://www.public-domain-image.com/free-images/science/medical-science/disease-prevention-is-the-key-to-public-health-it-is-always-better-to-prevent-a-disease-than-to-treat-it/attachment/disease-prevention-is-the-key-to-public-health-it-is-always-better-to-prevent-a-disease-than-to-treat-it>

# Goal

Develop and deliver a Master of Public Health in Tasmania in collaboration with the broader public health community

## **Vision**

Provide high quality public health training and act as a vehicle to improve health by capitalising on the strengths and expertise in Tasmania

## **Why Study Public Health at the University of Tasmania**

- Developed in collaboration to ensure that teaching is translational and closely linked to current policy and practice
- Strong connections with local and national organisations, easy access to decision-makers
- Personalised
- Opportunities for research, SOM, The Menzies Research Institute, DHHS

# What is public health?

- 'the science and art of preventing disease, prolonging life and promoting health through organised efforts of society'
- 'collective action for sustained population wide health improvement'



[https://commons.wikimedia.org/wiki/File:US\\_Navy\\_070706-N-8704K-090\\_Lt.\\_Cmdr.\\_Harry\\_Ko\\_U.S.\\_Public\\_Health\\_Service\\_attached\\_to\\_Military\\_Sealift\\_Command\\_hospital\\_ship\\_USNS\\_Comfort\\_\(T-AH\\_20\).jpg](https://commons.wikimedia.org/wiki/File:US_Navy_070706-N-8704K-090_Lt._Cmdr._Harry_Ko_U.S._Public_Health_Service_attached_to_Military_Sealift_Command_hospital_ship_USNS_Comfort_(T-AH_20).jpg)

# Introduction to Public Health

- **Unit description**

- This unit introduces the scope of public health practice in the 21st century and the social, political and economic context within which public health practitioners operate.
- The unit provides an introduction to the whole postgraduate public health programme. It outlines what we mean by the principles of public health and explores the factors that influence health.

- Combines **theoretical and practical** material to assist students to understand the social and economic determinants of health,
- Discusses the importance of **improved equity** to raising health standards worldwide, nationally and locally,
- Discusses ways to **engage and empower** communities to identify and address issues that affect their health.
- Critically examine different health outcomes for people in relation to public health practice.

## Learning outcomes

- Describe and discuss **different definitions** of health and consider these definitions in relevant contexts.
- Describe and discuss **models of the determinants** of health and the implications of their application.
- Define public health and its **principle** components and activities.
- Discuss the development of public health within an Australian and international context.
- Discuss the **relationship** between poverty, deprivation and social exclusion and health.
- Define and discuss the **concept of inequalities** in health and current strategies to combat these inequalities.
- Describe and discuss public health **priority issues** within a local, national and international context
- Identify and discuss **key challenges** to public health, including globalisation, technology and social change.
- Describe and discuss the **links** between the ecological challenge and health of populations.
- Critically explore the **impact of public health** policy and health funding at the local, national and international level.



## **What is health?**

- When you think of the term 'health care' what is the first thing that flashes into your mind?
- Think of a celebrity who is really healthy. Who are thinking of and why?

- Clear concept of positive health?
- A multidimensional view of health?
- Health is complex and has several dimensions (physical, social, mental and spiritual)
- Each dimension has positive and negative poles

## Models of health

- A simplified construction of reality.
  - Disease models
  - Positive health models
  - Multidimensional models
  - Ecological models
  - Self actualisation
  - Health as a resource
  - Health and ideas of autonomy and empowerment
  
- Determinants of health

## New Challenges

Tasmania faces new challenges to health including inequities, obesity and loss of personal well-being as well as anticipated growth in demand for clinical services which will exceed the capacity to provide and fund them.



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