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Essential Public Health: Theory and Practice (Essential Medical Texts for Students and Trainees)

Stephen Gillam, Jan Yates, Padmanabhan Badrinath

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How can society most effectively prevent disease and promote health? This is the challenge addressed by this textbook. Public health has been defined as the art and science of preventing disease, prolonging life and promoting health through the organised efforts of society. The 'science' is concerned with making a diagnosis of a population's health problems, establishing their cause, and determining effective interventions. The 'art' is to address these problems creatively. The aim of this book is to capture both the art and the science of the field. Essential Public Health is divided into two major sections. The first part provides a toolkit of skills the practitioner must acquire, and the second half describes the global challenges faced, and how to go about the task. This will be essential reading for all public health trainees and health professionals, and includes a CD containing interactive, self-assessment questions and exercises to test understanding.

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