

## Introduction to Public Health

While public health is a familiar term to all of us, it's tough to give it a simple definition. The overall focus of public health is to promote health, prevent disease, and protect the health of the population. Public health is a combination of programs, services, and policies that protect and promote the health of the population. The discussion around population health gives rise to the question about individual responsibility for health versus that of the public health system. Although public health supports that we must foster individual responsibility for health, we still must address the social determinants of health such as lack of education, lack of access to care, health literacy, and poverty that are present in our society. In this first lesson, you will learn about the history, definition, and current trends and goals of public health.