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THE ROLE OF PUBLIC HEALTH IN SOCIETY

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Summary: Public health plays an important role in shaping the well-being and prosperity of society. This is not just a reflection of the health status of individuals, but also a comprehensive indicator of the quality of life in general. In this article, we will consider the importance of public health for the sustainable development of the community.

Core part.

Prevention and education: Public health focuses on preventive measures to prevent disease and improve quality of life. Prevention, awareness and education play a key role in this process. Supporting healthy lifestyles through access to healthy food, physical activity and health services is the foundation of a successful public health strategy [4].

Social justice and equity: One important aspect of public health is the struggle for social justice and equity. Inequalities in access to health care, education, and resources create barriers to achieving optimal health. Public health programs must be sensitive to these disparities and strive to address social inequities[2,5].

Environmental protection: The state of the environment directly affects human health. Air, water and soil pollution, as well as climate change, can lead to poor health and increased morbidity. Supporting environmentally sustainable practices and policies contributes to a safe and healthy living environment.

In summary, public health is fundamental to a thriving community and through prevention, social justice and environmental stewardship, a healthy and sustainable society can be created where everyone has the opportunity to achieve optimal health and well-being[1,8].

Public Mental Health: An important aspect of public health is supporting mental wellbeing. Stress, depression and other mental health disorders can have serious consequences for individuals and society as a whole. Increasing mental health awareness, access to psychological care, and creating a supportive environment contribute to improving public mental health[9,11].

Crisis and emergencies: Public health becomes particularly important in times of crisis and emergency, such as epidemics, natural disasters or conflict. Competent crisis management, coordination between different services and support for vulnerable populations are the main public health challenges in such situations[5,6].

Research and innovation: Continuous research and innovation play a key role in the development of public health. Understanding new health threats, developing effective prevention and treatment methods, and adopting advanced technologies help to improve health outcomes and quality of life.

Public health is a complex and multifaceted aspect that has a significant impact on people's lives and the prosperity of society as a whole. Understanding its importance and managing it effectively contributes to a healthy, sustainable and prosperous society[10].

Global cooperation and knowledge sharing: In today's world, public health has become a global issue requiring cooperation between countries and knowledge sharing. Pandemics, spread of infectious diseases and other health threats are not confined to the borders of a country. Therefore, it is important to develop international collaborative programs to share experiences, resources and expertise[7,11].

Education and awareness: Education plays a key role in building a healthy society. Informed people tend to make more informed decisions about their health and actively participate in preventive measures. Therefore, it is important to promote educational programs that increase health awareness and motivate healthy lifestyles[3,6].

Funding and Infrastructure: For successful implementation of public health programs, adequate funding and developed infrastructure must be provided. This includes financial support to health facilities, accessibility of health services to all segments of the population, and creation of the necessary infrastructure for effective operation of the health system [2].

Public health remains an ongoing process that requires constant attention, effort and resources. However, with the right approach and the solidarity of all levels of society, we can move towards a healthier and more sustainable world for future generations. We need to continuously work together to improve public health, and invest in innovation and education to ensure the well-being of each individual and the prosperity of our society as a whole[1,4].

After recognizing the importance of public health to community prosperity, it is necessary to focus on concrete actions. This includes strengthening health systems, developing preventive medicine measures, supporting research, and implementing educational programs about healthy lifestyles[7].

It is equally important to support global cooperation in the field of public health. Only through joint efforts and sharing of experience can we effectively combat global health threats such as pandemics and epidemics.

Civil society, the private sector and international organizations must also be actively involved to achieve these goals. Collective efforts and shared responsibility of all for public health can lead to significant improvements in this area[8,10].

Conclusion: It is also important not to forget the importance of mental health. Mental wellbeing also plays a key role in people's quality of life and should be considered on par with physical health when developing public health strategies.

Finally, health innovations and technological solutions that can improve the accessibility and efficiency of health services, especially in remote and underserved areas, should be encouraged.

All of these efforts together can lead to a healthier, more equitable and sustainable society. Public health must remain a priority area for all levels of society, and only through united efforts can we achieve our ambitious goals in this area.

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