

## **INTRODUCTION**

In the following assignment, we will learn about the role of public health in health and social care services. It is very essential for every human being to stay healthy and live in hygienic conditions so that diseases can be avoided. In order to protect communities from these infectious diseases steps should be taken considering good health of every individual. In any country health is the main issue. Social care and public health are the two major issues of government concern. (Human Kinetics, 2016) There are various health hazards all over the world which should be taken care of. The aim of this assignment is to create awareness, of the factors influencing public health and different approaches taken to reduce incidence of disease and illness in communities. Further, with the help of investigation about infectious and noninfectious diseases that are widespread, measures can be taken to reduce this problem. International, National and Regional perspective will be considered. This will be followed by investigating the health and social care provision that is available and then analyzing factors that influence the wellbeing of individuals within a care setting.

## **TASK 1**

**Understand different approaches and strategies used to measure, monitor and control the incidence of disease in communities.**

**1.1 Explain the roles of different agencies in identifying levels of health and disease in communities.**

There are several agencies which work for identifying the levels of the health and diseases in communities. These are as follows:

1. **Local Health Agencies (LHA):** The local health agencies are those agencies which are aimed at spreading the awareness among the regional areas about the health. These agencies are responsible for identifying the health level of the people at the local level. A limited area is covered by such agencies.
2. **State Public Health Agencies (SPHA):** These types of agencies work for the state level and their functions are broad. However, there are few common functions which are shared by these both agencies. These functions will be discussed further in the same question.
3. **National Level Agencies:** For measuring the health and disease of more serious levels these agencies are established.
4. **Federal Public Health Agencies (FPHA):** These agencies are mainly aimed at educating the nation in order to improve their awareness about health.

The common roles of all these three agencies are as follows:

**Diagnose the Health Related Problems:** The very first function of these agencies is to diagnose the problems related to the health of the public.

**Informing and Educating the Public:** Sometimes the health problems could be resolved by taking some precautions and in such case the role of the health agencies are very critical as they inform as well as educate the public about the health issues.

**Establishment of Law for the Protection of Public:** Various laws are also made in order to ensure that various measures are taken for the public health. (National Academy Press, 2016)

**Assurance of the Healthcare Workforce's Capabilities:** The role of the health agencies is also very important is assuring that the workforce in the health care unit is sufficient and also their efficiency and qualification is according to the standards.

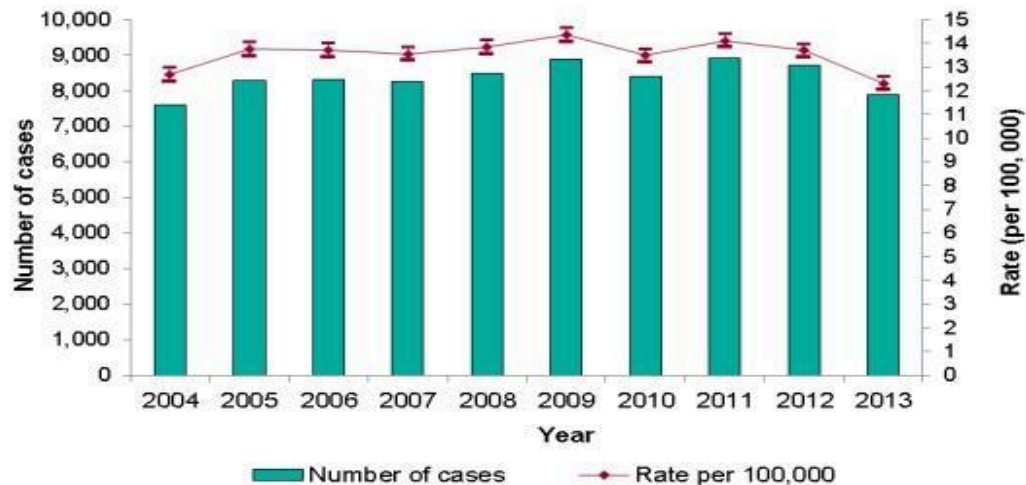
## **1.2 Explain using statistical data, the epidemiology of one infectious and one non-infectious disease that is widespread in their own community.**

### ***Infectious disease***

There are various diseases which is the matter of concern for the health agencies of UK. There are many infectious diseases but Tuberculosis is the most common infectious disease spread in UK. This disease spreads really fast due to which a lot of people are suffering from Tuberculosis. Hospitals are facing unending number of patients suffering from TB, special measures are being taken to prevent people from this disease. The treatment of Tuberculosis goes on for six months due to which some patients forget to take their medicines sometimes. This turns the normal tuberculosis into multidrug resistant TB which is quite difficult to cure with existing medicines. Being infectious disease the number of patients is increasing day by day. (Results, 2016).

The study has revealed that in the whole of the UK England has the highest numbers of patients when it comes to Tuberculosis. There are various measures which are being taken in order to

**Figure 1.1: Tuberculosis case reports and rates, UK, 2004-2013**



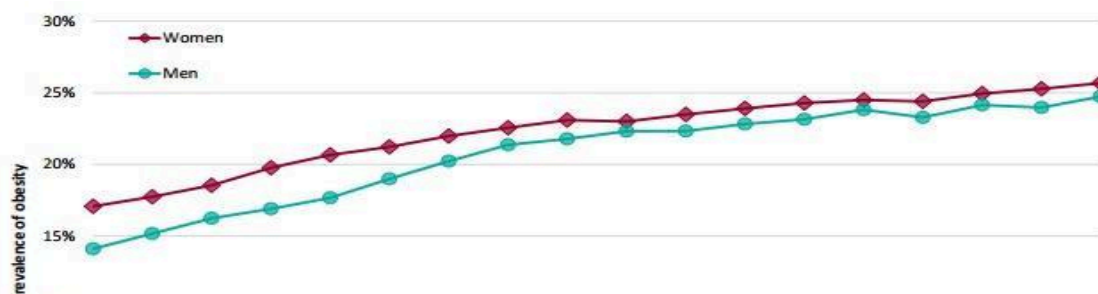
tackle with the problem of TB in UK. (Lancet, 2013)

(Source:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/360335/TB\\_Annual\\_report\\_4\\_0\\_300914.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/360335/TB_Annual_report_4_0_300914.pdf))

### *Non infectious disease*

The noninfectious disease which is a matter of concern for UK is diabetes. Diabetes is the most dangerous noninfectious disease in UK. Mainly every third person is suffering from diabetes. It is caused when the body is not able use or makes insulin effectively or sometimes it is hereditary. Many major problems such as heart attacks, high blood pressure and several complications arise when a person gets diabetic. When calculated, the percentage of people who are suffering from diabetes in UK is around 5% of the total population. This should be taken seriously as it is an



alarming situation and measures should be taken to cure this and other non-infectious diseases.  
(Diabetes UK, 2016)

(Source:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/338934/Adult\\_obesity\\_and\\_type\\_2\\_diabetes\\_.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/338934/Adult_obesity_and_type_2_diabetes_.pdf))

### **1.3 Evaluate the effectiveness of different approaches and strategies to control the incidence of diseases in communities.**

There are many approaches for the prevention of the diseases in a community. There are different levels for the prevention of the diseases and the effectiveness of each is different.

- **Primordial level**

This approach is very effective as it aims to prevent the disease at a very basic stage. It can be done by improving the life style and preventing the disease causing factors.

- **Primary level**

This method is highly effective as it prevents the exposure to the factors that have the potential to cause the disease.

- **Secondary level**

This is highly effective as it involves the screening of the patients after the disease has occurred.  
This is highly effective as it lets us know about the occurrence of the disease.

- **Tertiary level**

It is highly effective as it prevents the occurrence of the disease in the long run. It reduces the occurrence of disabilities in the patients.

The effectiveness of different approaches has to be estimated such as surveillance, proper screening and effective immunization. It is the duty of the government to prevent the spread of diseases in the area. The protection of the public health lies in the hands of the government.

There are systematic strategies for conducting the surveillance with an area.

Different approaches, initiatives and strategies have been made to control these diseases. Especially new developments and plans are already made by health research organization to prevent UK from infectious and noninfectious diseases.

## **TASK 2**

**Be able to investigate the implication of illness and disease in communities for the provision of health and social care services.**

**2.1 Use relevant research to determine current priorities and approaches to the provision of services for people with disease or illness.**

Different priorities and approaches for providing the service to the people are as follows:

- **Prevention of disease**

Disease prevention is a strategy that prevents the spread of the disease which can be caused due to infection. This strategy can be employed in cooperation of different groups to increase the effectiveness.

- **Treatment for the disease**

Treatment of the disease is the method of providing the operational treatment to the diseases. This lets the people lead a healthier lifestyle.

- **Palliative care**

Healthcare services also involves providing the assurance to the grievances of the patients. These are the extra care apart from the ailment treatment.

- **Remedial care**

This is the cure provided to the domestic and home-made remedies to the patients.

## **2.2 Explain the relationship between the prevalence of disease and requirements of services to support individuals within the health and social care service provision.**

When medical tests are done, one cannot make out exact number of people who have already suffered from the same disease. Similarly, there are number people who themselves are not aware of the fact that they are already infected. There are some diseases about which public are not aware that what will be the actual effect on them. It is very important to educate people and make them aware of the effects of diseases and go for check up and treatment as soon as possible. This is one of the best way to widespread such diseases. Hence, proper calculation should be made to find out exact number of people suffering from these diseases to understand what measures should be taken to prevent such diseases and proper medication should be arranged.

## **2.3 Analyze the impact of current lifestyle choices on social needs for health and social care services.**

Nowadays health of a person depends on their current lifestyle and behavioral patterns. This concept has been proven for many illnesses. This can be explained with the help of an example as second type of diabetes can easily be controlled when they will follow healthy eating habits and exercise. People are not able to maintain and concentrate on their health because of their daily busy schedule. This is the biggest challenge faced by health sector. Along with this, the second reason can be the dining patterns. People who do not eat properly will have to suffer in long term as this will affect their health afterwards. People should go for a balanced diet. Sometimes people forget or do not continue their medication which is very harmful. For example a person who is suffering from TB has to take medicines on daily basis otherwise complications



will be created. Medication process should not be broken in between. (Medical Research Council, 2016)

### **TASK 3**

**Understand the factors influencing health and wellbeing individuals in health and social care setting.**

**3.1 Assess the health and wellbeing priorities for individuals in a particular health and social care setting.**

There are several factors that affect the health of an individual. Such factors are physical, sociological, psychological, economic and environmental factors. Physical factors include hormonal balance of an individual, genetic disorder and immune system. Every individual has different physical characteristics that impact his health and wellbeing. Having high cholesterol or blood pressure is usually genetic. Psychological factors are a person's habits and way of thinking. Some are usually more stressed or have behavior like smoking, alcohol or unsafe sex activities that impact individual's health and wellbeing. Depression is a big cause of health problems today. Many people are suffering from depression because of the excessive stress at work and home and it's purely psychological. Environmental factors are those when people work in a hazardous atmosphere which impacts their health. Work like coal mining severely affects a person's health. The increase of pollution in our environment is affecting health. The emission of greenhouse gases is something that is a big factor in health and wellbeing issues. Sociological and Economic factors include a person's education, income, living standards. Poor people are more prone to health problems than a rich because of their economic condition. (Health and well-being UK, 2016)

### **3.2 Evaluate the effectiveness of strategies, systems and policies in a health and social care setting.**

The effectiveness of the strategies, systems and policies can be ensured if these are able to adopt the following characteristics:

**Better Health Status:** The very first measurement through which the effectiveness can be measured is the measurement of the health status of public in general. If there is an improvement in the level of the health of people then the systems, strategies and policies are considered to be effective.

**More Awareness among People:** The level of the awareness is also an important factor when it comes to check the effectiveness of the health care policies and systems. The policies are always aimed at measuring the level of the awareness of the health issues among people. This is the reason that these are considered effective if people become more aware.

**Improved Health Condition:** This is the most important criteria to know that whether the health strategy has been effective or not. The strategies, systems and policies must make sure that they must result in the improved health condition. If they are not then this means that they are not effective and efficient.

It has been noticed that sometimes those people who don't have the experience make the strategy. Thus if such thing happen the implementation of the strategies cannot be successful. The proper planning must be done in order to ensure that the strategies are implemented with the utmost care. If this would not be taken care of then the implementation of the strategy would not be successful. (Health Knowledge, 2016)

The strategy sometimes is made by those people of who have no experience of ground reality. This is why many a times implementation of system, policies and strategies is not possible as it was planned. The proper implementation is required to overcome the existing issues. If there is problem in the implementation due to the any factors, the policy loses its uses and its result will not come or be partial. This is why it is important policy should be set for different targets separately so that the maximum gain can be attained. Many a times, good policies are made on paper but never get implemented in reality and thus no change comes in the condition of the people. (Health Knowledge, 2016)

### **3.3 Discuss changes that could be made to improve the health and wellbeing of individuals in a health and social care setting.**

**Physical Factors:** The one of the most important and most common physical factors are the physical environment factors. The exposure to unhygienic things or the exposure to the toxic inhalation can all lead to the dangerous situation. In order to improve the health and wellbeing of the individuals it is of utmost importance that the physical factors must be taken care of.

**Access to Physical Factors:** Another factor that should be taken care of is that the people must have the access to the health services. If the people can easily access to the health and social care setting then their health is more likely to be improved. The people not only must have the access to the health care setting or medical facility but also to the various health services. This is one of the most crucial factors without which the health and well-being of the individuals cannot be improved.

**Social Factors:** The second important factor responsible for the health and well-being of individuals is the social factor. These may include the quality and the connection of the people to

the health services. Without the consideration of the important points it is not likely to happen that the health services be improved.

**Increased Social Support:** For making the improvements in the social factors it is very important that there must be full-fledged social support. The social support helps in improving the condition of the health services. (NCBI, 2016)

**Behavioral Factors:** The behavioral factors are also very important factors responsible for the health of the people. The changes in behavior can make the huge difference in the way people live. These changes can also affect the health and wellbeing of the people. The people must be properly taught the ways through which they can make the positive affect on their health.

### **3.4 Evaluate an activity that has been implemented to encourage behavior change for maximizing health or individuals in health and social care setting.**

The activity that has been implemented is the awareness about the personal hygiene. The personal hygiene is one of the most important factors that are responsible for the maximization of the individuals in health and social care setting. The personal hygiene helps in making the person immune to the various diseases. The personal hygiene includes a lot more than only keeping one's body clean. It includes making sure that there are no other factors which can have a negative impact on the health of the people. (Study.com, 2016)

This can be understood with the help of the example. There are various diseases which are contagious. Even if the person is keeping himself clean he must make sure that he repeats his habit of the personal hygiene if he comes to the contagious disease. For the personal hygiene the person must keep a track of the activities that he must perform in order to ensure the personal hygiene. The personal hygiene also ensures that the bacteria and viruses which can lead to the

infection are being gotten rid of. (Johnson, 2016). Once the person starts to achieve the personal hygiene he naturally starts leading towards personal hygiene.

The personal hygiene not only makes sure that there are health benefits but also it makes sure that there are psychological benefits. The person with better personal hygiene seems to appear more confident among people. He naturally gets the confidence to get on than with the person with poor personal hygiene.

There can be certain processor to implement that can be precautionary actions to spread of the health diseases. The implementation of these actions is recommended at start level as health camps in primary and secondary schools. The distribution of vaccination or health camps can help children fight the diseases and spread awareness about health and wellbeing. The regular visits by doctors are suggested to keep the check of the health status of people.

One of the most important activities in today's age of globalization is to stop the disease coming with the migrants from the other countries. Diseases like Ebola were spread because many countries could not stop its transportation with the people coming from different countries.

## CONCLUSION

With respect to the above assignment, we can conclude how significant a person's health is. The entire economy is controlled by health sector in one angle. If the people of any country are not healthy, it will be impossible for them to improve their country's economy. Health factor affects the position of any country as a whole. This assignment helps you to understand about the role of different agencies, infectious and noninfectious diseases analyzed with data, strategies and approaches to control such diseases, how practical difficulties and health related issues can be controlled, suggestion and solution to overcome these health related problems.

Health and wellbeing of a citizen is a chain process. If a woman is not healthy then her child would not be healthy too and he will grow into not perfectly fit adult who is bad for himself and the country.

This becomes a chain and the standards of health do not improve. Underdeveloped countries and many developing countries have been severely affected by health issues as they haven't been able to counter the problems and raise the standard of health for the common people resulting in an obstacle in the respective country's development.

Diseases like Ebola, in recent times became one of the biggest crises. Not only its impact was in many countries but it spread very fast. This proved two things, one the need to be careful for the spread of diseases through the borders and two, the requirement of different countries working together to fight such diseases to keep the high level of health and wellbeing among its citizens.

We can conclude that health sector is tremendously significant for a modern state and health always has been significant as none to a human person

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