

Group 2

Q. Provide two examples of how public health achievements have influenced your daily life. Include a consideration of what your life might be without it.

Ans; In a simple definition, protecting, preventing, and promoting the health of the public as well as their communities demonstrates public health. This field is more concerned with advancing society's interest in maintaining conditions in which people can be healthy; and the science and art of preventing disease, prolonging life, and promoting physical health and efficiency through organized community efforts. (Caron, R. M. (2021). The accomplishment of public health has changed the shape of the population based on health and their manners level. There are many examples of public health which influence our daily life. However, two of the trending examples are preventing communicable diseases through vaccination such as flu, COVID-19, and advanced control of tobacco. Public health plays an important role in controlling diseases, reducing healthcare costs, and healthier the lives of people. Resulting in these points as success shows their universality and while scrutinizing their unavailability reminds us of real importance.

- Preventing Communicable Disease through Vaccination: Immunization program is widely accepted throughout the world for the changes in the health of the public. The general importance of vaccination is to reduce and prevent diseases such as TB, Polio, and measles. Also, it helps to prevent the spreading of the disease quickly, reducing the loss of our life and safe environment livelihood. Introducing an effective vaccine with an immunization schedule gives positive results in eradicating some diseases in various regions. For instance, in 1988, the World Health Assembly passed a resolution to eradicate polio, leading to the establishment of the Global Polio Eradication Initiative (GPEI). As a result, partners including CDC are working together to ensure that every child receives several doses of polio vaccines. Since the launch of GPEI, polio cases have decreased by more than 99%. In addition, polio vaccines have prevented an estimated 20 million cases of paralysis in children since 1988. However, other countries have experienced outbreaks of poliovirus variants, which can emerge in areas where immunization rates are low. (Centers for Disease Control and Prevention. (n.d.). From the above example, there is clear evidence that Vaccination is essential for positive health outcomes.

Without this action, the topography of public health will change dramatically in a scary position. The rate of vaccineable cured diseases will result in the highest mortality rate. The ratio of healthcare expenses will rise as compared to the Vaccineable program. Furthermore, when there is vaccination, most people believe that there is a cure for communicable diseases. On the contrary, without this measure, results in anxiety and agony in people's heads, specifically, children's health is the most concerned subject to all the parents.

- **Advanced control of Tobacco:** The control of tobacco such as smoking plays an important role in minimizing the healthcare costs of public health. We should establish strict guidelines and norms to reshape our community from smoking to non-smoking. Awareness campaigns, establishing public areas in non-smoking areas, and hiking the tax rate on smoking products help to decrease the smoking rate. For instance, the smoking rate among adults in the United States decreased from over 40% in the mid-20th century to about 15% in recent years—saving millions from tobacco-related diseases like lung cancer and heart disease. (Jones, J. M. (2024, October 16).

If there is no control over tobacco, the rate of smoking-related health issues such as lung diseases rises significantly in every smoker. Most families will be burdened with health care costs as well as smoking-related issues. For example, the financial ramifications would also be staggering, with an estimated economic burden of approximately \$193 billion per year in medical costs and lost productivity due to tobacco use. (Centers for Disease Control and Prevention. (n.d.-b). Moreover, even though non-smokers are not involved in the culprit, they will get side effects on health, particularly for every smoker who gives birth to a low-weight child, premature birth. So, increasing healthcare costs and impacting on quality of life are serious results of uncontrolled tobacco.

In conclusion, establishing the updated immunization program and controlling the rate of tobacco use creates the safest topography in public health as well as healthier communities. The advantages of these policies are positive health outcomes, standard quality of life, and minimized health care budget. Without this action, the increment of diseases goes into the last stage and causes economic hardship. So, it is very important to invest our time and wealth in our public health to get the ambition of life ahead and create a solid foundation for upcoming generations.

Work Cited.

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