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## Annotations Chapter 2

Chapter 2 of *Public Health: A Very Short Introduction* discusses some of the operating aspects of Public Health. Virginia Berridge states the public health operates at three different levels being global level, national level and finally at a local level. The United Kingdom's public health system was used in a survey. This survey was comprised of the following topics, price of alcohol, living wages, decrease in the amount of sugar in foods. The results from this survey again highlighted the high amount of diversity in regards to public health. Finally, Chapter 2 discusses four of the primary activities conducted by public health institutions being Ideology, tactics, profession and finally personnel.

Public Health emphasizes the importance of modifiable lifestyle health issues. indisputably one of the biggest public health campaign against these modifiable lifestyle choices has been the war waged against smoking. Education of the public of the dangers associated with smoking and the long-term implications. Consequently, similar public health initiatives have been launched to combat binge drinking and attempts to make alcohol less available to under age individuals. Furthermore, an increase in obesity continues to put an unprecedented strain on our health care system, public health institution on the other hand as described in the text promote healthy lifestyle choices and promote the availability of recreation areas. Sexual Health was another topic discusses in Chapter 2 especially when it comes to the prevention of sexually transmitted diseases and most importantly education for the public as to what sexual transmitted diseases are such as HIV and AIDS. Public health institutions use a variety of tactics to promote healthy lifestyles, this can be either through public campaigns or educational institutions.

Again, the opposition to vaccinations as well as new treatments is discussed in this chapter since science even in today's advanced world continues to be a relatively controversial subject at times. With technology, however, often inaccurate information may be published from both sides of an argument mitigating the dangerous effects of a public health issue. One of these cases being the introduction of e-cigarettes and the publication by some medical professionals stating that they are in fact safe to use. Although this statement may be true the medical professionals advocating for the use of these devices may not discuss the whole truth. It is therefore as discussed in the text essential to continue to rely on science as the backbone for public health. Science helps medical professionals to better understand a wide variety of public health issues, this in turn leads to the creation of programs and policy reforms to continue to promote a healthier lifestyle for all and eventually accomplish the goals established by public health.