

Perspective

# Community Health is Really Different from Public Health

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## I N F O

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## A B S T R A C T

Because some public and many health-related people wonder about the difference between community health and public health, and whether the specific goals for both areas are the same. Accordingly, the author decided to write this explanatory article to show the difference between them and to set the specific objectives of each in a simple narrative manner.

**Keywords:** Community Health, Public Health, Differences, Local Population, Short Essay

In this short essay, the author highlighted the differences between community health and public health in terms of the inclusiveness of the target community and the aim/ s of each area of health care delivery.

Community health is a comprehensive field of preventive, health, medical and clinical studies that focus primarily on sustainability, health protection and improvement of the health status of local populations in a defined community; including mothers, children, pregnant women, adults and the elderly in their health and illness, also is a distinctive discipline whose vocabulary can be taught in a separate school of public health or environmental health.

Many people even who is related to health area believe that community health is the same as public health, although there is a big difference between the two areas, the first is concerned with the health of defined communities while the latter cares about the health of communities as a whole, especially preventive ones.

There is also a difference between the goal of each field, as public health is primarily aimed at improving the quality of life by applying and implementing preventive measures against a certain disease or health event through promoting people's health behaviors such as hand washing,

breastfeeding, suicide prevention, smoking prevention, vaccine-giving, avoiding obesity, improving physical activity, using condoms to avoid sexually transmitted diseases and others, while the field of community health aims to provide a variety of preventive, health, medical and clinical services to each individual within a defined community on the basis of four categories of healthcare, the first of which is primary healthcare and primary prevention services, which focus on early avoidance and identification of risk factors that can cause diseases and disabilities through vaccination, health promotion, public and private awareness campaigns, the second is secondary healthcare and secondary prevention by improving the individual's environment in a particular community through identifying environmental and behavioral characteristics as well as social cohesion and work to modify these characteristics, thus improving the patient's lifestyle and surrounding environmental conditions after the onset of disease or disability, as well as contributing in the diagnosis of diseases and starting treatment earlier to avoid complications that can lead the patient to reach the services of tertiary care. The third is tertiary healthcare, where community health providers refer patients with complicated diseases to advanced hospitals for treatment by specialist medical professionals. In the end, the author hopes that the image and the truth will be clear to all.