Orientation to Public Health in Oklahoma

Developed by the Oklahoma Public Health Training Center
Overview

• What is public health?
• History of public health
• Functions and services of public health
• Achievements and current issues
• Oklahoma culture
What is Public Health?

- The science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, communities and individuals.
Public Health Basics

• Prevent disease and injury
  – Through public safety, transportation, medical health, the environment, and other arenas

• Promote health
  – Increase quality of life for individuals
  – Changing behaviors is difficult
Public Health in Practice

- Looking at trends in drunk driving injuries
- Protecting the quality of drinking water
- Managing and directing hospital services
- Dispensing vaccinations to children
- Stopping the spread of sexually transmitted diseases
- Promoting healthy diet and exercise
- Analyzing impacts of new policy regulations
• Public health extends far beyond what most people think, and works to be proactive to protect the public’s well-being
Public Health Disciplines

- Health promotion
- Health education
- Environmental health
- Occupational health and safety
- Health administration
- Health policy
- Biostatistics
- Epidemiology
Public Health History

- 18th and early 19th centuries
  - Public health was responsibility of the social elite
  - Largely a police function
  - Epidemics pushed health initiatives
- 1872- formation of American Public Health Association
- 1879- creation of the National Board of Health
- 1912- the Marine Hospital Service became the US Public Health Service
  - Authorized to investigate cause and spread of disease
Public Health History

- 1935- the federal government provided funds for public health professional training
- WWII- CDC enacted as a result of previous malaria eradication efforts
- 1950s- declining government investment in public health
- 1960s- civil rights, environmental issues, and the war on poverty spurred medical care and public health efforts
- 1970s & 80s- public health departments financially effected by large amount of indigent care provided
Public Health History

• 1990s and Today- more nongovernment organizations became involved in public health and prevention efforts

• The Institute of Medicine routinely publishes reports on the need for and effectiveness of public health efforts
  – Living Well with Chronic Illness: A Call for Public Health Action (Jan, 2012)
  – For the Public’s Health: Revitalizing Law and Policy to Meet New Challenges (June, 2011)
Core Functions of Public Health

• These 3 core functions provide a framework for the 10 essential services of public health:
  – **Assessment**- of the health of the community
  – **Policy development**- in the public’s interest
  – **Assurance**- of the public’s health
Essential Services of Public Health

• The 10 essential services of public health should be undertaken in all communities
• The essential services provide a working definition of public health and a guiding framework for the responsibilities of local public health systems
Essential Services in Assessment

- Monitor health status to identify and solve community health problems
  - Birth/death certificates
  - Immunization registries
  - Surveillance
Essential Services in Assessment

• Diagnose and investigate health problems and health hazards in the community
  – Outbreak investigations
  – Child death review boards
Essential Services in Policy Development

• Inform, educate, and empower people about health issues
  – Lead paint displays in hardware stores
  – News releases
Essential Services in Policy Development

• Mobilize community partnerships and action to identify and solve health problems
  – Advisory boards
  – Collaborative activities
Essential Services in Policy Development

- Develop policies and plans that support individual and community health efforts
  - Smoking bans
  - Helmet laws
  - Restaurant inspections
Essential Services in Assurance

• Enforce laws and regulations that protect health and ensure safety
  – Food inspection certificates
  – Enforcement of smoking regulation
Essential Services in Assurance

• Link people to needed personal health services and ensure the provision of health care when otherwise unavailable
  – Children’s health insurance programs
  – Federally qualified centers
Essential Services in Assurance

• Assure competent public and personal health care workforce
  – Conferences
  – Training programs
  – Schools of public health
  – Certifications
Essential Services in Assurance

• Evaluate effectiveness, accessibility, and quality of personal and population-based health services
  – Outcome evaluation
  – Economic analysis
Essential Services in Assurance

- Research for new insights and innovative solutions to health problems
  - Needle exchange programs
Core Functions and Services
Key Players in Public Health

• Many kinds of organizations are involved in public health
• These include federal, state, local, not-for-profit, corporate, and volunteer organizations
Key Players- Federal

- Department of Health and Human Services
- Food and Drug Administration
- Centers for Disease Control
- National Institutes of Health
- Environmental Protection Agency
Key Players - Local

- State health departments
- City-county health departments
- Tribal health agencies
Key Players - Organizations

- World Health Organization
- American Public Health Association
- Association of Schools of Public Health
- Local hospitals
- Research labs
- Public safety and protection departments
Public Health Network

• An extensive network exists between the different players in public health

• These organizations work interdependently to help build the nation’s public health infrastructure
Public Health Workforce

• The workforce is incredibly varied with workers in different fields and sectors
• Many individuals don’t see themselves as a public health worker, but they actually have a strong role in protecting the public and promoting health
  – Administrative assistants
  – Data analysts
  – Nurses
Public Health Workforce Examples

• Biostatisticians
• Dietitians
• Environmental health specialists
• Behavioral health specialists
• Hospital administrators
• Community health representatives
• Federal, state and local politicians
• Health educators
Determinants of Health

• Many factors combine together to affect the health of individuals and communities.
• To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors such as access and use of health care services often have less of an impact.
Determinants of Health

• The WHO has a comprehensive definition of health:
  – Health is a state of complete well-being, physical, social, and mental, and not merely the absence of disease or infirmity.
Determinants of Health

• These are the 5 major determinants:
  – Biology and genetics
  – Behavior
  – Socioeconomics
  – Environment
  – Policy and the health care system
Determinants- Biology & Genetics

• Inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses
Determinants - Behavior

- Personal behavior and coping skills – balanced eating, keeping active, smoking, drinking, and how we deal with life’s stresses and challenges all affect health
- Attempting to improve the public’s health by changing their behavior can be very difficult
Determinants- Socioeconomics

• Higher income and social status are linked to better health
• The greater the gap between the richest and poorest people, the greater the differences in health
• Low education levels are linked with poor health, more stress and lower self-confidence
Determinants- Environment

• Safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health
• Employment and working conditions – people in employment are healthier, particularly those who have more control over their working conditions
Determinants- Policy and Health Care System

• Access and use of services that prevent and treat disease influences health
• The health care system itself actually plays less of a role than many other determinants
Determinants of Health and Public Health Connections

• Public health has addressed these determinants through many efforts:
  – Vaccinations
  – Anti-smoking and exercise campaigns
  – Education, income and occupational influence
  – Clean water and air, safer roadways
  – Minimum drinking age, minimum wage laws
Public Health vs. Medicine

- Public health and medicine can represent two sides of the same coin
- Public health works to proactively ensure the public’s well-being and quality of life
- Personalized medicine works to return an individual to optimal health after an adverse event
Public Health vs. Medicine

• Public Health
  – Focus on population
  – Emphasis on prevention, health promotion
  – Wide variety of professional identities
  – Public service ethic

• Medicine
  – Focus on individual
  – Emphasis on diagnosis, treatment
  – Established professional identities (MD, DO, PA, NP, etc.)
  – Personal service ethic
Public Health Achievements

• Throughout its history, public health has helped improve and save the lives of countless individuals
• What starts as a small effort has the potential to grow and develop into national policy
20th Century Achievements

• Vaccinations
• Motor-vehicle safety
• Safer workplaces
• Control of infectious diseases
• Decline in deaths from CHD and stroke
20th Century Achievements

• Safer foods
• Healthier mothers and babies
• Fluoridation of drinking water
• Recognition of tobacco as health hazard
20th Century Achievements

- Accomplishments have shifted the leading causes of death in the last 100 years.
Leading vs. Actual Cause of Death

**Leading Causes of Death**

- Heart Disease
- Cancer
- Stroke
- Chronic lower respiratory disease
- Unintentional injuries
- Diabetes
- Pneumonia/influenza
- Alzheimer’s disease
- Kidney disease

**Actual Causes of Death**

- Tobacco
- Poor diet/Physical inactivity
- Alcohol consumption
- Microbial agents (e.g., influenza, pneumonia)
- Toxic agents (e.g., pollutants, asbestos)
- Motor vehicles
- Firearms
- Sexual behavior
- Illicit drug use

Public Health in Oklahoma

- Oklahoma has made small strides in the last few years at improving state public health, but still has one of the worst overall health rankings.

- Actions are underway to address many different facets of public health, including early childhood health, chronic diseases, and proper vaccinations.
Oklahoma Public Health Goals

• OSDH has stated 3 flagship goals for the state:
  – Tobacco use prevention
  – Obesity reduction
  – Children’s health
Oklahoma Public Health Goals

• Tobacco use prevention
  – Key state and local policy changes will be essential to counter tobacco industry influences and social norms
  – Currently, 25.5% of Oklahomans use tobacco products, well above the national average of 17.9%
Oklahoma Public Health Goals

• Obesity reduction
  – Policy and environmental changes that make healthy choices in nutrition and physical activity available will be most effective in combating obesity
  – 30% of Oklahomans report not being physically active
  – Education and income play a strong role in levels of physical activity and obesity
Oklahoma Public Health Goals

• Children’s health
  – A large goal is to improve overall perinatal outcomes
  – A comprehensive plan that addresses issues of access to care, primary care, dental care, mental health and other aspects of children’s health will help reach anticipated goals
Oklahoma Public Health Issues

• Oklahoma faces many tough challenges in improving health outcomes for citizens through public health initiatives

• By identifying the core issues and developing appropriate responses to address them, we can step closer to our goals
Oklahoma Public Health Issues

• Public health financing
  – Identify benchmarks to measure health improvement through fiscal policies

• Workforce development
  – Determine short and long-term needs of the workforce as they relate to statewide needs

• Access to care
  – Adopt strategies identified in the Oklahoma State Coverage Initiative to expand access to affordable care
Oklahoma Public Health Issues

• Health system effectiveness
  – Search for best practices in public and private organizational partnerships to improve health outcomes

• Health disparities and equity
  – Find and address the foundational causes for poor health status
National Public Health Trends

• Broad trends influence the nation’s health
  – Population growth and demographic change
  – Technological and scientific advances
  – Globalization and health
Oklahoma Public Health Rankings

- Obesity - 46th
- Smoking - 46th
- Uninsurance - 34th
- Primary Care Coverage - 49th
- Premature Death - 43rd
- Poor Physical Health Days - 46th

- Cardiovascular Deaths - 48th
- Stroke - 48th
- High Cholesterol - 49th
- Heart Attack - 47th
- Diabetes - 44th

OVERALL - 49th
Oklahoma Public Health Rankings

• However, Oklahoma scores relatively well in other categories:
  – Underemployment - 4th
  – Infectious Disease - 10th
  – Binge Drinking-12th
  – High School Graduation -21st
  – Low Birthweight- 26th
Oklahoma’s Culture

• Oklahoma has a unique culture that stems from its vibrant history and variety of citizens
• This culture will pose specific challenges in how to develop and implement strategies that effectively improve the health of everyone within the state
Oklahoma’s Culture

• American Indian Heritage
  – Removal from south to Indian Territory
  – 38 federally recognized tribes
  – Tribal sovereignty
  – Indian Lands vs Reservations
  – Indian Health Services
  – Self-determination
  – Tribal Health Services
Oklahoma’s Culture

• Indian Territory/Oklahoma Territory
• Land run shaped the identity of the state
• State youth
• Sense of individualism from state history and culture
Oklahoma’s Culture

• Dust Bowl caused “Okies” to move out of state
• Oil is a major staple of statewide and many local economies
Oklahoma’s Culture

• Football is entrenched in society
• Tornados are ubiquitous
• The Murrah Building bombing continues to have an effect on the state’s culture
OK Public Health Case Study

• Oklahoma Ice Storm
  – The following items were all necessary to consider in response to the dangerous weather conditions
    • Preparation
    • Young and elderly health
    • Personal safety
    • Access to providers
    • Electricity and communication issues
    • Political involvement
    • Transportation
    • Employment
Questions and Contacts

• Oklahoma Public Health Training Center
  – ophtc@ouhsc.edu
  – ophtc.ouhsc.edu

• Dr. Daniel Boatright
  – OPHTC Director and Principal Investigator
  – Daniel-Boatright@ouhsc.edu

• Dr. Vicki Tall Chief
  – OPHTC Project Coordinator and Co-PI
  – Vicki-Tallchief@ouhsc.edu