

Community Health and Its Importance

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Introduction

Regardless to your interactions with your colivings you have an impact on your community. It may be good or bad both. We all are in a community together, there is no other way and so the health. Community health is the convergence of health care services, economics and social responsibilities.

People residing in a particular reason more or less share similar kind of health risks and social and economic conditions. Community health is a medical practice which focuses on people's well-being in a particular geographical area. This essential public health sector covers programs to help neighborhood members in protecting and improving their health, deter the transmission of infectious diseases, and plan for natural disasters. For example a community may be exposed to pollutants from a nearby factory or waste dumping site or ground water contaminants. Public wellness programs expand access to preventive health services, include people in decision-making on treatment, and seek reduced hospital costs.

Community health is usually confused with population health. However, interrelated but have sufficient differences. Where community health refers the collective efforts of individual or organizations for the better health of a geographically or culturally defined group of people while, population health uses outcome driven approaches for the health benefits of specific group of people typically defined by attribution.

Community Health Components

Health care workers working in urban areas identify how the populations are impacted by factors related to social and economic status; like poverty, nutrition, water source, war, crime, and transport services. They also decide how the health and education services of the community relate to the lives of people and what changes are needed. Vital components of community health include:

Identification of significant public health issues, such as social and environmental influences impacting healthy living, within the same geographic region.

- Developing an intervention strategy to resolve urban infrastructure shortages, such as setting up community health centers, mobile clinics, and

services for outreach.

- In order to promote life changes, inform people about the importance of medical treatment and safe lifestyles.
- Ensuring the availability of essential medical services like screenings, therapy, and counseling.
- In case emergencies cost reduction of expensive treatments and hospitalizations.
- Advocating to state and federal officials for better treatment for at-risk communities.
- Works alongside other neighborhood groups to discuss the emotional, physical, cultural, and social features of the city, including housing, nutrition, and transportation.

Importance of Community Health

Large population residing in rural areas does not have access to proper care and treatments in the hour of their need. Elderly people, pregnant women, neonatals, persons with chronic illness residing in a distant location from a hospital are always at high risk. Community health system is a big hope here.

Addressing disparities in access to health care

Rural and small cities where per capita income is less, unavailability of hospitals and shortage of doctors occur, healthcare inequalities may be extremely pronounced. Such populations are at high risk of exposure to extreme poverty, drug abuse, and several other risks to human health and life. If a regional health system that takes into account the particular features of the community is set in order to meet unmet needs, the general level of service of the community can be dramatically increased.

Minimizing costs to health care

Social health is an important part in health policy reforms aimed at lowering public spending on healthcare. Public health services work within a model of patient-centered treatment, including patients in decisions regarding care. This model helps physicians to direct patients away from expensive visits to the emergency department to discourage relapses.

Establishing public health centers and programs

In public health efforts such as the war against the drug crisis and the halting of the HIV epidemic and the ongoing Covid-19 pandemic, community health services have become vital tools. The holistic model of health treatment helps physicians to manage and avoid a variety of disorders simultaneously.

Conclusion

Improved and mutual awareness of the significance of community health can lead to fostering greater

accomplishment for the residents of healthy communities that are marked by improved health and quality of life. The community health represents the community's needs and highlights the best of public health research and

developments, and implications to accomplish the common objective of improving health.

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