What is public health?

Speaker 1

Public health is not just about health in the sense of curing people that have got diseases or illnesses, but it's looking at health from a much broader perspective than that. So what wider health inequalities are there in society, whether it's debt or income inequality or poor housing or mental health issues? These sort of things are really important to tackle and to deal with if we want to secure the long-term future of the NHS, and if we want to secure the long-term future and the long-term health prospects of the general population.

Speaker 2

It is about every single person out there. But it's about ensuring that people understand the choices they're making and the impact they have on their health in the long term, but also making sure that when they do come into contact with healthcare services, that the services are appropriate, that the quality is of good standard and that evidence-based healthcare is used wherever possible.

Speaker 3

So what I find really interesting about public health is it's quite big-picture stuff; it's about the art and science of improving health and protecting people from ill-health through the organised efforts of society. So that's about engaging everyone to play their part, and using data and epidemiology and the evidence of what we know works to try and change things for the better.