1.2 What is public health? Public health is the practice of preventing disease and promoting good health within groups of people, from small communities to entire countries.

Public health consists of organized efforts to improve the health of communities. The operative components of this definition are that public health efforts are organized and directed to communities rather than to individuals. Public health practice relies on a multi-disciplinary combination of medical, biological, behavioral, and social approaches to solve complex population-health problems. The definition of public health reflects its central goal - the reduction of disease and the improvement of health in the community.