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Public health and its benefits

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Public health promotes and protects the health of all people and their communities. This science-based, evidence-backed field strives to give everyone a safe place to live, learn, work and play. Every day, the public health field is working – often behind the scenes – to prevent hazards and keep people healthy. For example, public health is responsible for: Tracking disease outbreaks and vaccinating communities to avoid the spread of disease. Setting safety standards to protect workers. Developing school nutrition programs to ensure kids have access to healthy food. Advocating for laws to keep people safe, including smoke-free indoor air and seatbelts. Working to prevent gun violence. Addressing the impact of climate change on our health. Declaring racism as a public health crisis. Public health professionals try to prevent problems from happening or recurring through implementing educational programs, recommending policies, administering services, and conducting research—in contrast to clinical professionals like doctors and nurses, who focus primarily on treating individuals after they become sick or injured. Public health also works to limit health disparities. A large part of public health is promoting health care equity, quality, and accessibility.

Benefits of Public Health : Heart attack includes many causes but the most common causes includes; Make a difference in the world. Public health practitioners create real change in the world by improving the health of both individuals and communities: contributing to a reduction in infant mortality, improving life expectancy, and even eradicating infectious diseases from society. Good quality of health is one of the most important aspects of a fully functioning society, and as a public health professional you will contribute to this in a very tangible way..

Biography

Amjad Ali is a PHARM-D, Graduate who has completed his PHARM-D degree from the faculty of pharmacy, university of Sindh Jamshoro back in December 2021, currently he is working as a Lecturer at People's Medical university for women, Nawabshah, Pakistan. He uses to give oral presentations in the shape of webinars, seminars and workshops from past 05 years, on different medical related topics to help the people, to provide them the awareness about the major health outbreaks and the inform and provides guidelines that what to do in particular condition. He is a co-founder of SPHA (Society of Public Health Awareness) which is working in Pakistan on a regular basis to aware people by conducting webinars, seminars and workshops. He is also working on his research articles which will be completed soon and will get published by some great websites in the future.