

Summary and checklist

This week we explored the varied ways that health is conceptualised, and you were invited to share a photo that represents what health means to you and we considered the factors that influence our health and wellbeing through being introduced to the determinants of health model. We then considered why public health is a discipline and field of practice by examining the historical foundations of public health, the key successes of public health and the various charters and declarations that guide our work. The Global Charter for the Public's Health and the roles that public health practitioners play in the core functions (protection, prevention and promotion) and the enabling functions (governance, advocacy, capacity and information) was introduced. Next week we take a more in-depth look at these core services and enabling functions to critique and compare the various approaches to public health.

By the end of this week, ensure you have completed the following:

- **All prescribed readings**
- **Activity:** Take a photo of what health means to you and share it. Identify one upstream, downstream and midstream factor that influences your health.
- **Activity:** Derive a shared definition of health
- **Reflection:** What impact have these successes in public health have had on your experience of health and the health of your families, communities and your country?
- **Activity:** Create a timeline of the history and development of public health
- **Research:** Identify the core service/s and/or enabling functions a public health position contributes too
- **Research and discuss:** Review the websites of the Public Health Association of Australia and American Public Health Association and compare how public health and the employment opportunities are depicted by these two professional bodies.

Now that you have finished this week of learning, use the navigation bar on the left of this site to navigate to the landing page for the next week of learning or to the subject home page.

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