

SEVENTH EDITION

Turnock's

# PUBLIC HEALTH

What It Is and How It Works

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# Authors' Preface

Blending basic public health practice concepts with case studies in public health is both a unique approach and a formidable challenge for a public health text. The book addresses that challenge by focusing on basic concepts and case studies that illustrate some of the most important of those concepts. This approach should be useful to students in courses that provide an introduction to public health, either as a stand-alone survey course or as an introductory course for students embarking on the intensive study of public health. Students are exposed to key concepts underlying public health as a system and social enterprise, as well as to careers in the field. As a result, students will take away an understanding of what public health is and how it works with ample exploration of the actual practice of public health.

While this edition of the book has new authors, the basic structure of the book is unchanged. The first five chapters cover important concepts and information on what public health is and how it works in 21st-century America. Basic concepts underlying public health are presented in Chapter 1, including definitions, historical highlights, and characteristic features of a public health approach. The concept of “Public Health 3.0,” a set of aspirational goals to move the public health system into the future, is introduced. It forms a thread throughout the book. This and subsequent chapters focus largely on governmental public health in the United States and its role in coordinating and supporting the broader public health system. Chapter 2 introduces basic concepts of the core function of assessment, including how to define and measure health, disease, disability, and health equity as well as factors that influence health and quality of life, such as social determinants of health. The chapter concludes with a description of the state of health in the United States.

Chapter 3 examines the inter-relationships between the public health system and the overall healthcare system with special emphasis on trends and developments that are important to public health. It highlights how public health principles can be implemented in the rapidly changing healthcare system and examines key aspects of the Affordable Care Act. Chapter 4 looks at the organization of public health responsibilities in the United States by reviewing its basis in law and the current structure of public health agencies at the federal, state, and local levels. Chapter 5 describes public health practice in the 21st century, including its basis in the three core public health functions and 10 Essential Public Health Services. It then addresses how strategic planning, community health assessment, and community health improvement planning are used to guide governmental health departments in their practice of public health. It concludes with a detailed discussion of the current system of health department accreditation.

Chapter 6 examines overall trends affecting the public health workforce. A new taxonomy for public health occupations developed by the Public Health Enumeration Working Group is introduced. Key characteristics for occupations and careers in public health practice are defined and explained in this chapter. This framework of career characteristics becomes the lens through which the major occupational categories and career pathways available to public health workers are examined.

Chapters 7 and 8 get into the specifics of managing the public health infrastructure and public health programs, focusing on the very practical considerations for management at the state and local health department levels. Chapter 7 addresses the management of organizational, personnel, informational, and financial

resources of a public health organization. In Chapter 8, evidence-based public health practice is examined in terms of its population-based community prevention services and clinical preventive services, and an approach to program planning and evaluation for public health interventions is presented.

Chapter 9 picks up where Chapter 5 leaves off and examines the lessons learned from the past and describes future challenges to public health practice. A Strengths-Weaknesses-Opportunities-Threats (SWOT) analysis of the current public health system is presented, followed by an analysis of some of the leading public health challenges of the day.

Together, these nine chapters serve as a primer on what public health is and how it relates to the public's health in modern America.

But learning about public health is more than learning concepts. The 10 cases studies that make up Part II of the book seek to have students practice their knowledge with real-life public health problems, programs, and initiatives. All of the case studies include concepts from multiple chapters in Part I with the first six case studies loosely corresponding to the first six chapters in Part I while the remaining four cases address cross-cutting topics, including program implementation, leadership, environmental health, and public health

emergency preparedness. The case studies provide a very valuable, public health practice counterweight to the first part of the book.

At the time this Seventh Edition was going to press, one of the greatest Public Health challenges of our time was unfolding. The COVID-19 pandemic is relevant to every aspect of public health practice. We have therefore included an additional appendix which traces public health's historical role in emergency preparedness and response and describes the emergence of COVID-19. It examines how health departments collect public health surveillance data and identify response strategies, and it looks at the legal approaches used at the federal, state, and local government levels to contain and mitigate the pandemic.

The story of public health is not a simple one to tell, in part because public health is broadly involved with the biologic, environmental, social, economic, cultural, and behavioral factors associated with health.

Our hope is that this book will present a broad view of the basis of the public health system as well as of those who work within it. We hope that this approach will encourage learners to pursue public health as a career and join the many public health practitioners who are life-long learners of this complex, constantly changing, and critically important enterprise.



# New to This Edition

The seventh edition of *Public Health: What It Is and How It Works* offers a number of new features and incorporates information on a variety of recent developments in public health practice and the healthcare sector's role in public health, while maintaining the basic structure of previous editions.

In particular, the concept of “Public Health 3.0,” with its new set of recommendations for updated public health practice in the 21st century, forms a unifying thread through the first six chapters of the book. New conceptual frameworks for the public health system, the healthcare system's role in public health, and the public health workforce have been added. Information about the implementation of the Affordable Care Act has been updated to the extent possible given the recent changing political environment. Additionally, throughout the text, there is a greater emphasis on health equity.

With respect to format, in response to feedback from a survey of users of the previous edition, a number of steps have been taken to make the book more user-friendly. First, to appeal to visual learners, the number of tables and figures has been increased in each chapter. Second, to respond to requests for more resources, the number of references and web links has been greatly increased. Third, expanded “Outside-the-Book Thinking” exercises are included. These exercises allow the book to serve as a foundation for acquiring and integrating information from other sources and personal experience into issues introduced in the

book. Additionally, discussion questions have been introduced in the *Seventh Edition* at the end of each chapter that are linked to the learning objectives for the chapter. Six new case studies based on contemporary public health challenges such as passage of a “soda tax,” state health improvement planning, and leadership in the era of Public Health 3.0, are introduced in this text. Four additional case studies have been carried forward, some with small modifications, from the previous edition. These case studies supplement and complement the basic concepts presented in the main chapters.

A new, comprehensive appendix addresses the key issues related to the COVID-19 pandemic, including public health's historical role in emergency preparedness and response, the collection of public health surveillance data, response strategies, and legal approaches used at the federal, state, and local government levels to contain and mitigate the pandemic.

Many of the core competencies established by the Association of Schools of Public Health for graduates of master's in public health degree programs are addressed in this book, especially those in the professionalism, leadership, systems thinking, health policy and management, and program planning categories.

Finally, an extensive glossary of public health terminology is provided for the benefit of those unfamiliar with some of the commonly used terms, as well as to convey the intended meaning for terms that may have several different connotations in practice.







# Acknowledgments

We are honored and humbled to be taking over as authors of this textbook from Dr. Bernard J. Turnock, a true pioneer in the study and improvement of public health practice and of its teaching.

Dr. Turnock influenced much of what we know as public health practitioners ourselves and in many ways has been our teacher too. At every step of the way, as we updated this new edition, we were guided by the structure of the previous edition and by Dr. Turnock's wisdom and good humor. We hope that we have captured his enthusiasm and love of the field of public health and that this book will continue to inspire students to undertake careers as public health practitioners.

We would also like to thank the many public health practitioners in New York, around the country, and even internationally, who have influenced our careers in many ways large and small. Public health is truly a “team sport” and we have learned so much from our daily work and interactions with a great team of people. Thank you!

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