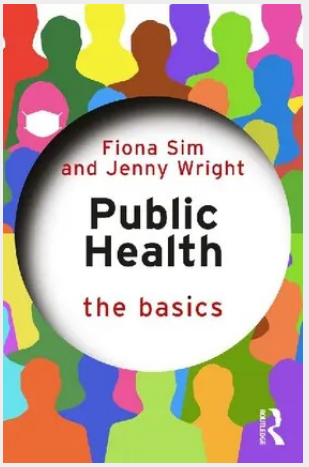
Sim / Wright

Public Health

The Basics

Public Health: The Basics is the essential introduction to this evolving and vital subject. Accessible and engaging, the book takes readers through the key principles and themes that inform contemporary public health, encompassing both physical health and mental wellbeing. It spotlights the most pressing issues we're facing today, from demographic changes and widening inequalities, to addictive behaviour, the importance of public policy and industry to our health and, of course, climate change. But by outlining how the idea of public health has changed historically, highlighting how governments have approached the health of their populations differently over time, the book also provides a holistic understanding of the social context in which public health should be understood. Including a glossary of terms and end of chapter further reading, this is the definitive primer for anyone approaching this area for the first time, including students considering embarking on a degree, apprenticeship or other course in Public Health, careers teachers at schools, colleges and universities, or interested general readers.

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