

## Book Review 'Public Health Knowledge'

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### Abstract

Written by Hasnidar, Tasnim, Samsider Sitorus, Widi Hidayati Mustar, Fhirawati, Meda Yuliani, Ismail Marzuki, Andi Eka Yunianto, Andi Susilawaty, Ratna Puspita Pattola, Efendi Sianturi & Sulfianti, this book is successfully composed by a very good cooperation carried out collaboratively as the embodiment of several lecturers from various Institution. Health problems are a very important problem in faced by our society today. The more advanced technology in the field medicine, more and more kinds of diseases is being suffered public.

**Kew Words:** narcotics; psychotropics; behavior

### Introduction

Written by Hasnidar, Tasnim, Samsider Sitorus, Widi Hidayati Mustar, Fhirawati, Meda Yuliani, Ismail Marzuki, Andi Eka Yunianto, Andi Susilawaty, Ratna Puspita Pattola, Efendi Sianturi & Sulfianti, this book is successfully composed by a very good cooperation carried out collaboratively as the embodiment of several lecturers from various Institution. Health problems are a very important problem in faced by our society today. The more advanced technology in the field medicine, more and more kinds of diseases is being suffered public. Public health has an important role to play in the effort improving the quality of human resources, alleviating poverty and economic development. Human Development Index put health is one of the main components of measurement besides education and income. Public health science is a multidisciplinary science, because it is basically a multicausal public health problem, so the solution must be multidisciplinary. Therefore, public health as an art or practice has wide expanse. All activities whether direct or indirect for preventing disease (preventive), improving health (promotive), therapy (physical, mental and social therapy) or curative, or recovery (rehabilitative) health (physical, mental, social) are a public health effort. The general condition of Indonesia's health is influenced by environmental factors, behavior and health services. Meanwhile, health services consist of several components including the availability and quality of health services facilities, medicines and health supplies, health workers, health financing and management. This book discusses the History of the Development of Public Health Science, Public Health, Epidemiology, Health Statistics, Healthy Behavior and Health Education, Health Education with the Community, Delivering Health Messages: Methods and Media, Factors Affecting Health, Personal Hygiene and Health, Environmental Pathology and Environmental Disease, Dangers and Consequences of Narcotics, Psychotropics and Other Addictive Substances, Handling Drug and Alcohol Addiction in Society, Occupational Health and Company Hygiene and Balanced Nutrition for Public Health. The author realizes that this book still has shortcomings. Therefore, the author expects constructive criticism and suggestions from readers to improve this book. It is hoping this book is useful and can contribute to the development of health society in Indonesia. As part of a world that is experiencing change, Indonesia joining in a process of globalization has consequences so that we

are always reviewing what the new public health agenda in the future, and how to face it. Health science does not just bear but has a long journey. Changes that occur not merely changing but always based on considerations related to health problems that occurred at that time.

The development history of public health in the world and in Indonesia is related closely and always tries to find solutions to solve health problems that occur all the time (Untari, 2019). In the 21st century, threats to public health will be even greater. Apart from the increasing flow of goods, capital and technology and humans, the world is also facing global environmental changes triggered by an increase in earth temperature. The world is also facing adverse impacts of globalization, new infectious diseases, tensions due to unfair resources power and inequality (disparities between regions between socio-economic groups). All of this is a new horizon and requires a new development agenda of the public health sector in Indonesia (Ahmadi, 2008). After the discovery of Public Health Science with Chadwick as pioneer, Winslow went on to put forward the very definition details from Public Health Science. Public Health Science is a "Science and Art" regarding how to achieve disease prevention extension of life span, improvement of physical and mental health effective through organizing the potential that exists in society to achieve environmental health, control infectious diseases in community, individual counseling/education about the principles personal health, organization of treatment and care services for early diagnosis of disease, prevention and treatment of disease, as well as development of social movements that will encourage each individual in society maintains health in every behavior of daily life (Dainur, 1995).

Public health is known as both science and art related to how to prevent a disease (Eliana & Sumiati, 2016). Besides that, science is the study of methods prolongs life and also improves health in various ways of community organizing efforts. In general, public health science focuses on protecting the health of an entire population or society (CDC Foundation, 2020). By looking at the principles of health science of the community mentioned above, then the ability and independence of the community needs to be improved. In this case, the public is encouraged to understand the health problem itself starts from the condition aspect surrounding sanitation. In

other words, society must be able identify related health problems that occur in the surrounding environment. Of course, this requires efforts to increase starting from knowledge to community awareness about their own health problems including the decider factors. One of the efforts made to achieve the above goals is health education both individually or as a group. Another aspect that needs to be conveyed to health education also includes personal hygiene.

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