

# *Ankara University Medical School*





# Basic Philosophy of Medicine & Health Services



**Ahmet SALTİK MD,**

*Emeritus Professor of Public Health, MSc, BSc*

*[www.ahmetsaltik.net](http://www.ahmetsaltik.net)    [profsaltik@gmail.com](mailto:profsaltik@gmail.com)*

**Ankara University Medical School, Department of Public Health**

**Ankara - TURKEY**

# Learning Objectives

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After 2 hours lecture, you will be able to

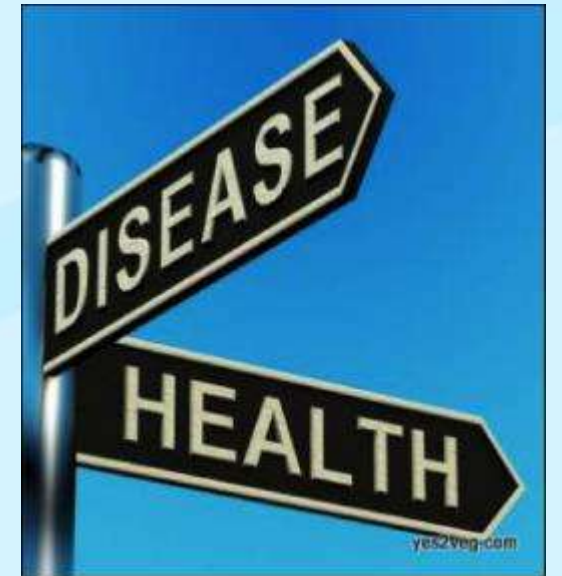
- explain the basic philosophy of medicine and its public health mission
- describe the role of the health services in public health practice
- also explain main mission and basic philosophy of health services
- understand mandatory mission of medicine and health services are protecting and promoting **community health** and creating a welfare society..





# General Remarks / Main domains

1. Foundations of scientific knowledge (*Epistemologic basis*)
  - biological & life sciences
  - concepts of health and disease
2. Social & behavioral sciences
3. Basic Biostatistics & Epidemiology
4. Medical Humanities / Fine Arts & Medicine
5. Conceptualization of Medicine & Health services as the main tools of a welfare society



# What is Health??

➤ *Health is a state of complete*

*- physical,*

*- mental and*

*- social well-being*

*and **not merely** the absence of disease or infirmity.*



**Constitution of WHO** (*World Health Organization*)

# Definition of Public Health



“The science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals.” — *by CEA Winslow / US Physician (1877-1957)*



Winslow CEA. The untilled field of public health. Mod Med 1920;2:183–91.

# The Mission of Public Health

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INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES

“Fulfilling society’s interest in assuring conditions in which people can be healthy.”  
—*Institute of Medicine*



World Health  
Organization

“Public health aims to provide maximum benefit for the largest number of people.”  
—*World Health Organization*

# Public Health Key Terms

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**Clinical care** : Prevention, treatment, and management of illness and the preservation of mental and physical well-being through the services offered by medical and allied health professionals; also known as *health care*.

**Determinant** : Factor that contributes to the generation of a trait.

**Epidemic or Outbreak** : Occurrence in a community or region of cases of an illness, specific health-related behavior, or other health-related event clearly in excess of normal expectancy. Both terms are used interchangeably; however, *epidemic* usually refers to a larger geographic distribution of illness or health-related events.

**Health Outcome** : Result of a medical condition that directly affects the length or quality of a person's life.

Stedman TL, ed. Stedman's medical dictionary. 28<sup>th</sup> ed. Baltimore, MD: Lippincott, Williams, and Wilkins; 2006.  
Farlex, Inc. The free dictionary. Huntingdon Valley, PA: Farlex, Inc.; 2014. Available at: <http://www.thefreedictionary.com/>.



# Constitution of WHO (*World Health Organization*): Principles-1

WHO remains firmly committed to the principles set out in the preamble to the Constitution



- **Definition :** *Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*
- The enjoyment of the *highest attainable standard of health* is one of the *fundamental rights of every human being* without distinction of race, religion, political belief, economic or social condition.
- The **health of all peoples** is fundamental to the attainment of **peace** and security and is dependent on the fullest co-operation of individuals and States.
- The achievement of any State in the promotion and protection of health is of value to all.

# Constitution of WHO (*World Health Organization*): Principles-2

WHO remains firmly committed to the principles set out in the preamble to the Constitution  
9 core pieces of public health content

- ❖ Unequal development in different countries in the promotion of health and control of diseases, especially communicable disease, is a **common danger**.
- ❖ Healthy development of the **child** is of basic importance; the ability to live harmoniously in a changing total environment is essential to such development.
- ❖ The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the **fullest attainment of health**.
- ❖ **Informed opinion** and active co-operation on the part of the public are of the utmost importance in the improvement of the health of the people.
- ❖ **Governments have a responsibility for the health** of their peoples which can be fulfilled only by the **provision of adequate health and social measures**.

# Sanitation and Environmental Health

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500 BCE



Greeks and Romans practice community sanitation measures  
(*Aqua duct water canals*)

1840s



The Public Health Act of 1848 was established in the United Kingdom

1970

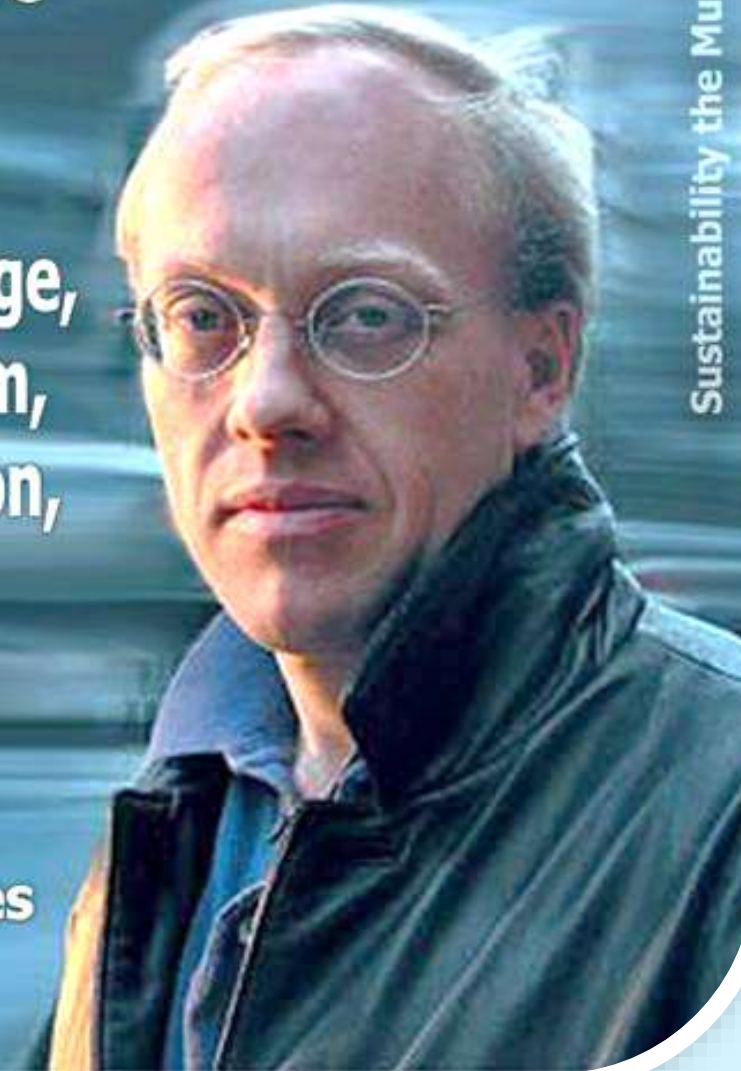


The Environmental Protection Agency (EPA) was founded



**"We now live in a nation where  
doctors destroy health,  
lawyers destroy justice,  
universities destroy knowledge,  
governments destroy freedom,  
the press destroys information,  
religion destroys morals,  
and our banks  
destroy the economy."**

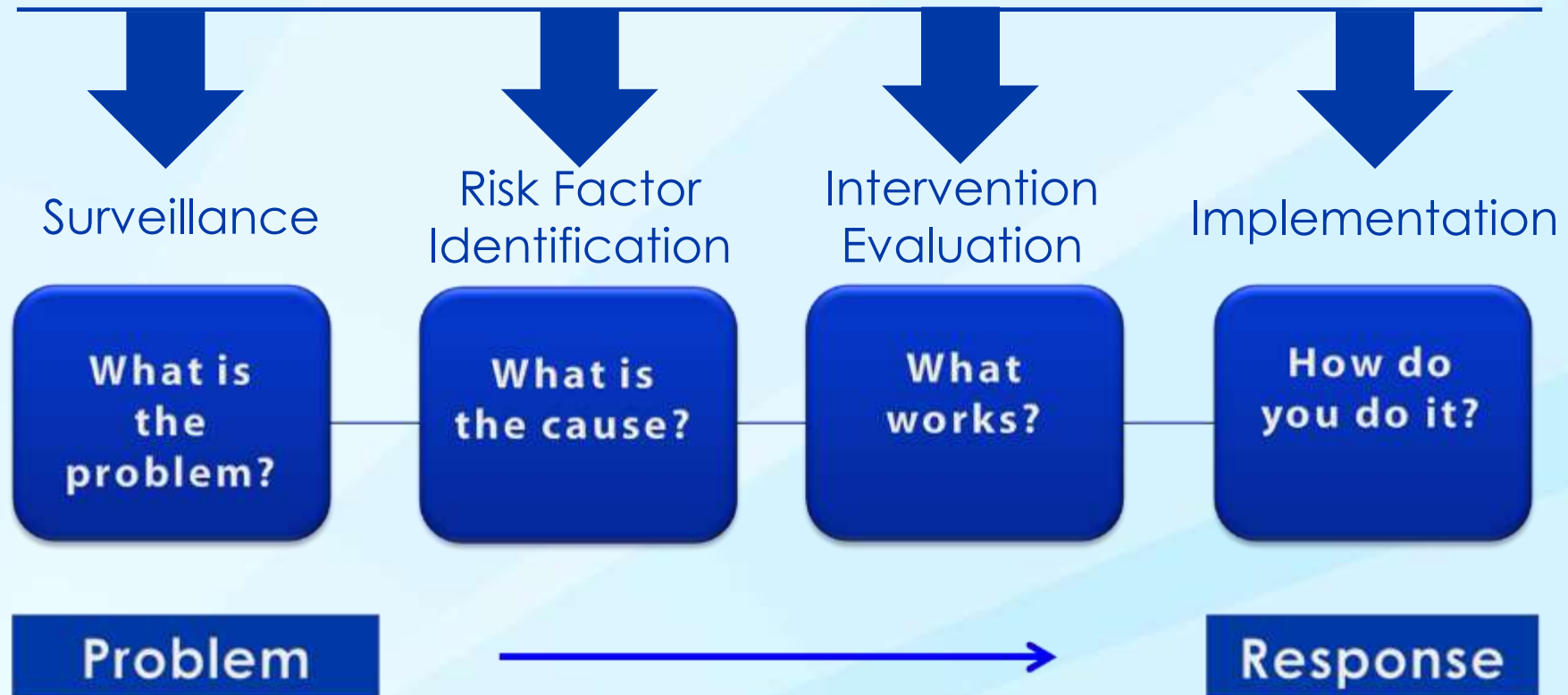
**- Chris Hedges**



Sustainability the Musical



# A Public Health Approach



Let's talk about public health in a broader context. **Public health problems** are diverse and can include infectious diseases, chronic diseases, emergencies, injuries, environmental health problems, and a host of other health threats. Regardless of the topic, we take the same approach to a public health problem by following four general steps. First, we ask "***What is the problem?***"

# Public Health Core Sciences

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# A Public Health Approach



# PUBLIC HEALTH CONTENT-1

1. PH history, **philosophy**, core values, concepts, functions
2. PH data collection, use, analysis & importance of **evidence-based** approaches
3. Population health & basic approaches & interventions to identify & address populations' health concerns / problems
4. **Science of human health** and disease, including promotion & protection across life course
5. Socio-economic, behavioral, biological, environmental & other factors, **health disparities / inequalities**



## PUBLIC HEALTH CONTENT-2

6. Project implementation, planning, assessment & evaluation circuits
7. Characteristics & organization of **Turkish health system** & differences between systems in other countries
8. Legal, ethical, economic & regulatory dimensions & roles of the different government agencies & branches
9. Public health-specific communication, technical and professional writing, use of mass media & electronic technology

# Serving People

## Managing Behavioral Health Issues

- **Crisis services**
- *Inpatient*
- *Outpatient*
- *School-based*
- *Partial Hospital*
- *Supported Housing*
- *Supported Employment*
- *Case Management*
- *Pharmacy / Drugs*
- *Transportation*
- *Research, Prevention and Training*
- *Education, Referral, Patient Advocacy and Supports*
- ✓ *Vulnerable to violence*
- ✓ **Poverty**
- ✓ *Stigma*
- ✓ *Lack of good diagnostic tools*
- ✓ *Lack of effective treatments*
- ✓ *Lack of safe housing*
- ✓ *Lack of community supports*
- ✓ *Lack of employment opportunities*
- ✓ *Cut-offs from friends, spouses and intimate partners, confidantes*
- ✓ *Interruption of educational and professional opportunities*

# Serving People

## Managing Behavioral Health Issues

How Can You Be Successful?

- ❑ Empathize
- ❑ Listen
- ❑ Learn
- ❑ Ask
- ❑ Act
- ❑ Good luck!





200 “*Homo eliticus*” =  
2 billion “*homo insectus*” (!?)

Is this  
so called  
Globalisation  
as the mask  
of new  
imperialism?



Do we have any  
chance for a healthy  
World without  
eliminiting  
exploitation??!!





# Knowledge Check

Match each component of the public health approach with the questions they answer.

A. Risk Factor Identification

B. Surveillance

C. Implementation

D. Intervention Evaluation

B. Surveillance

1. What is the problem?

A. Risk Factor Identification

2. What is the cause?

D. Intervention Evaluation

3. What works?

C. Implementation

4. How do you do it?

# Three Core Functions of Public Health

## Assessment



Systematically collect, analyze, and make available information on healthy communities

## Policy

Development



Promote the use of a **scientific knowledge** base in policy and *decision making*

## Assurance



Ensure provision of services to those in need

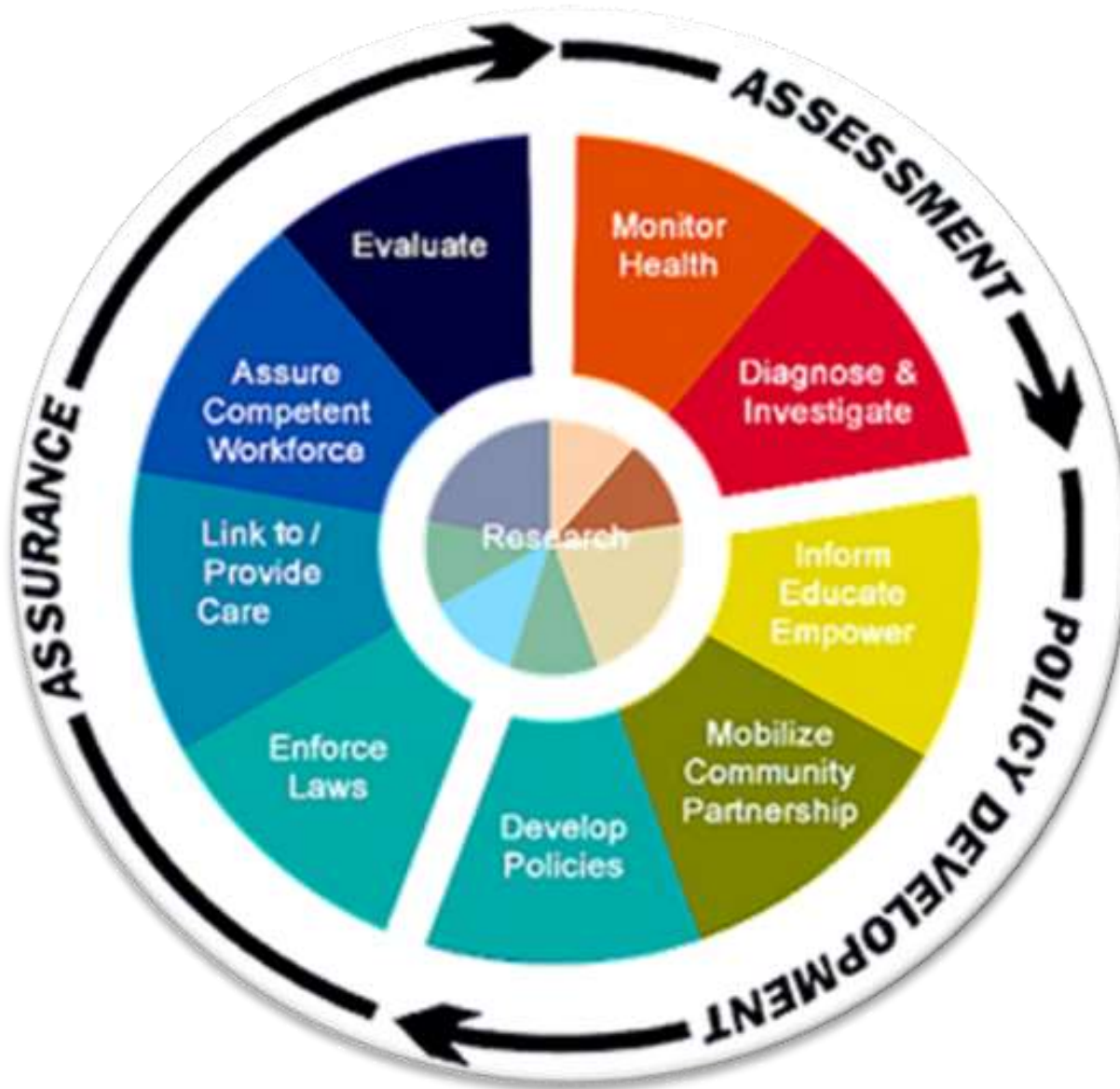
# COVAX

**With a fast-moving pandemic, no one is safe, unless everyone is safe**

COVAX is co-led by CEPI, Gavi and WHO, alongside key delivery partner UNICEF.

In the Americas, the PAHO Revolving Fund is the recognized procurement agent for COVAX.

# Ten Essential Public Health Services



1. *Monitor Health*
2. *Diagnose and Investigate*
3. *Inform, Educate, Empower*
4. *Mobilize Community Partnership*
5. *Develop Policies*
6. *Enforce Laws*
7. *Link to/Provide Care*
8. *Assure a Competent Workforce*
9. *Evaluate*
10. *Research*

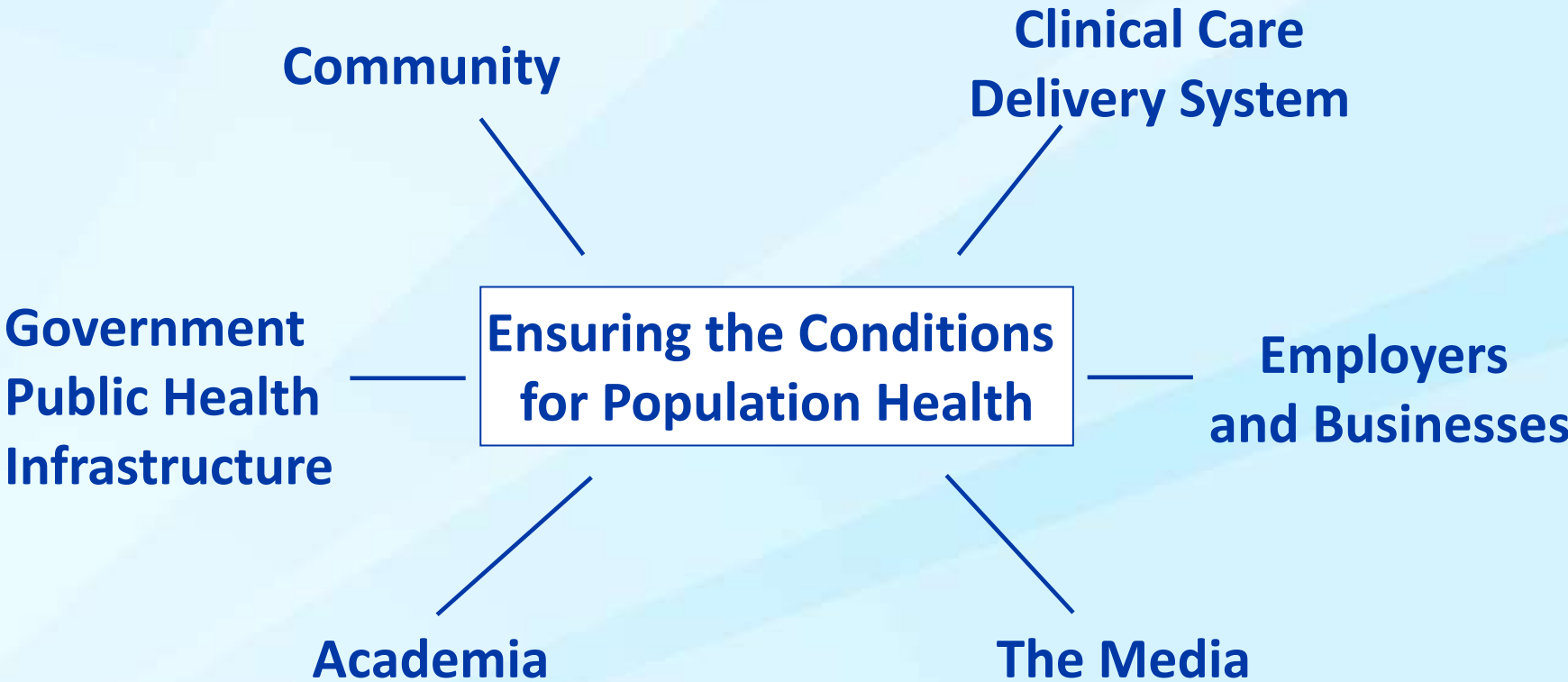
# Core Functions at Government Levels-US

	Assessment	Policy Development	Assurance
Federal	National tobacco public health surveillance	Smoking ban on commercial flights	Federal grants for antismoking research
State	Monitor state tobacco use	Increase tobacco tax	Funding for campaign through Proposition 99
Local	Report on local tobacco use	County laws prohibiting smoking in bars	Resources to help smokers quit in multiple languages





## Partners in the Public Health System



**Institute of Medicine. The future of the public's health in the 21<sup>st</sup> century. Washington, DC: The National Academies Press; 2002.**

# Non-governmental Organization Examples

Organization Type	Examples
Professional membership organizations	Turkish Public Health Association (HASUDER), TMA, TDA, TPA
Associations related to a specific health concern	Turkish Physicians for the Prevention of Nuclear War (NUSED - IPPNW)
Organizations of citizens focused on health concerns	Consumers' Rights Association
Foundations that support health projects and influence public policy development	Ankara University Foundation Vehbi Koc Foundation <i>Atatürk Foundation</i>

# Health Care as a Partner in Public Health

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Public Health	Health Care
Population focus	Individual patient focus
Public health ethic	Personal service ethic
Prevention or public health emphasis	Diagnosis and treatment emphasis
Joint laboratory and field involvement	Joint laboratory and patient involvement
Clinical sciences peripheral to professional training	Clinical sciences essential to professional training
Public sector basis	Private sector basis

# Health Determinants

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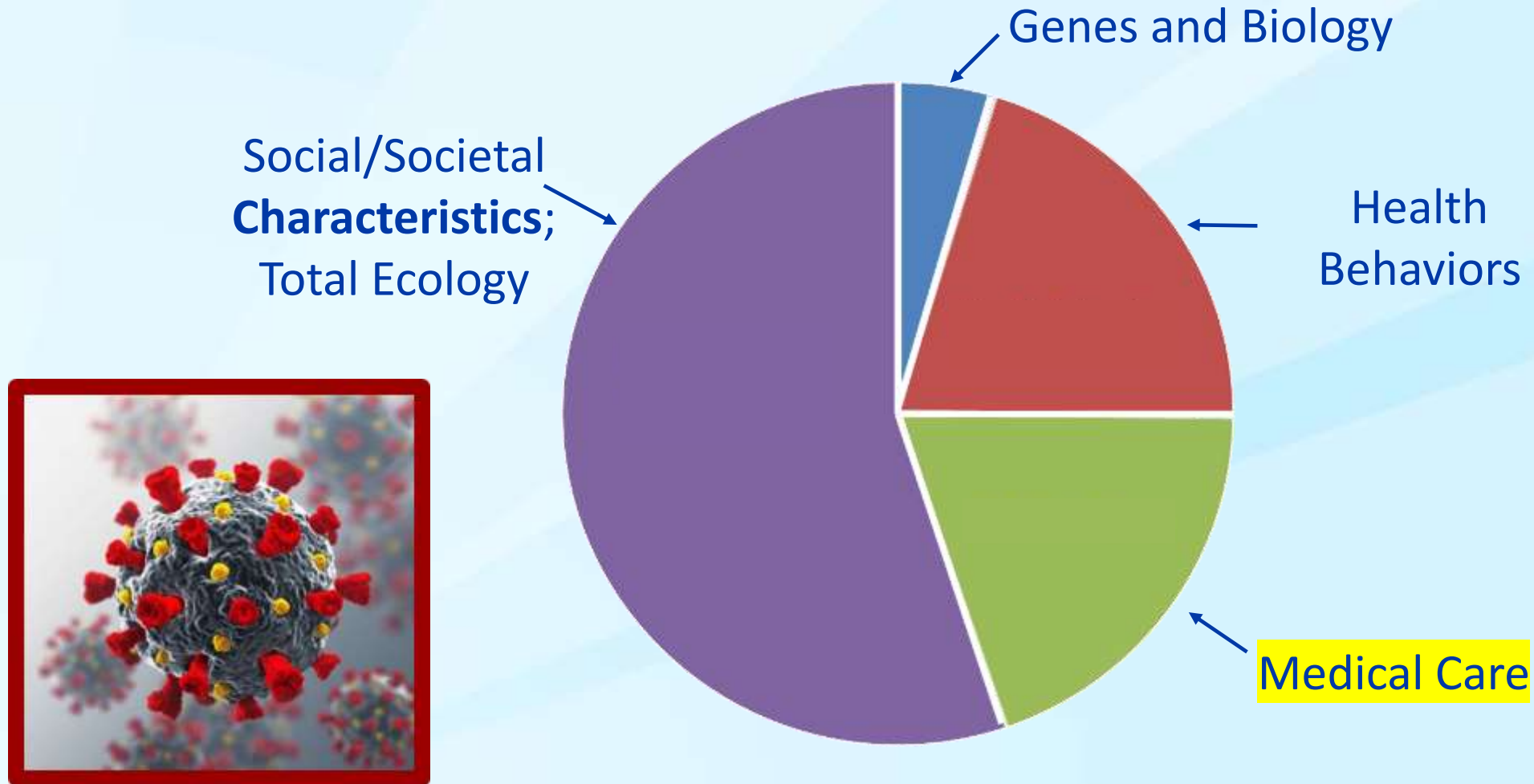


- Genes and biology
- Health behaviors
- Social or societal characteristics (*poverty!*)
- Health services or medical care





# What Determines the Health of a Population?



Centers for Disease Control and Prevention. Social determinants of health. <http://www.cdc.gov/socialdeterminants/FAQ.html>.

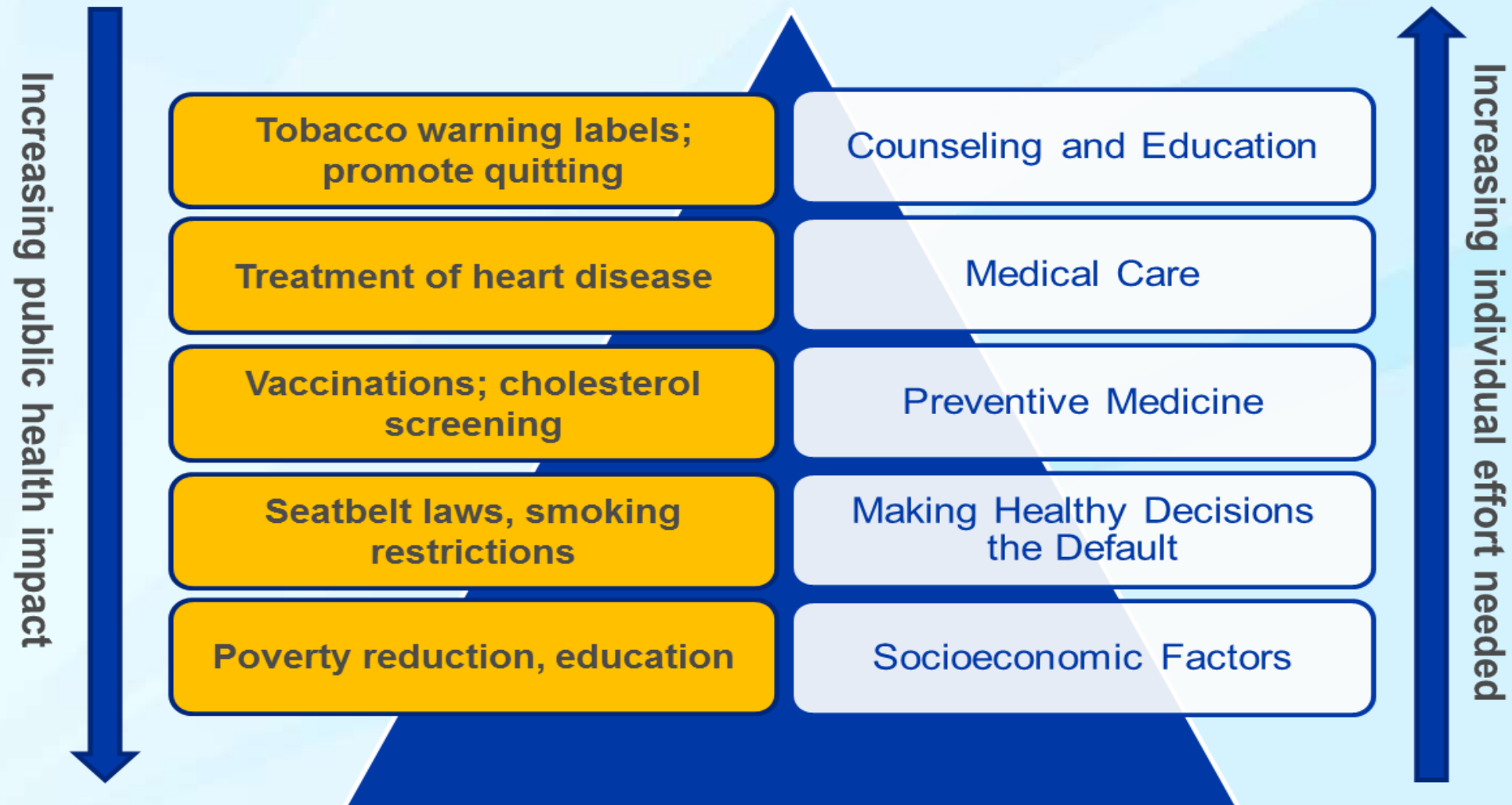


## **Cyclone Idai : Thousands displaced in Central Mozambique**

Tropical Cyclone Idai made landfall near Beira City near Mozambique in the early hours of 15 March 2019, leaving extensive destruction in its wake. The system also brought heavy rains and flooding to **Mozambique, Zimbabwe and Malawi**. The UN Office for the Coordination of Humanitarian Affairs estimates that a total of **1.6 million people have been affected** in the three countries. WHO is supporting the health response by deploying staff, dispatching medicines and strengthening disease detection and response in affected areas.

<https://mail.google.com/mail/u/0/#trash/FMfcgxwBWKbBPwkBcFWFsDWbbJscrkTq> 26.3.2019

# Health Impact Pyramid



Frieden TR. Framework for public health action: the health impact pyramid. Am J Public Health 2010;100:590–5.



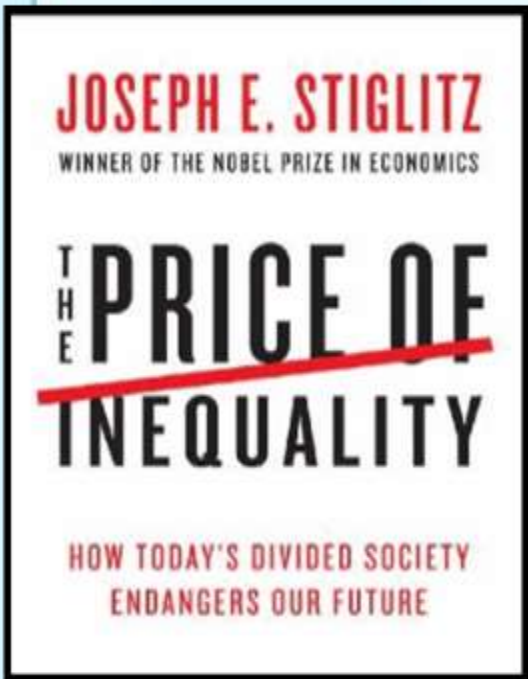
## Knowledge Check

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Fill in the blanks using the following choices.

A. down

B. up



1. As we move down the health impact pyramid, the public health impact grows greater.
2. As we move up the health impact pyramid, the amount of individual effort increases.



## 'Least developed countries' pose the next big globalisation challenge..





## Knowledge Check

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**List the four determinants of health.**

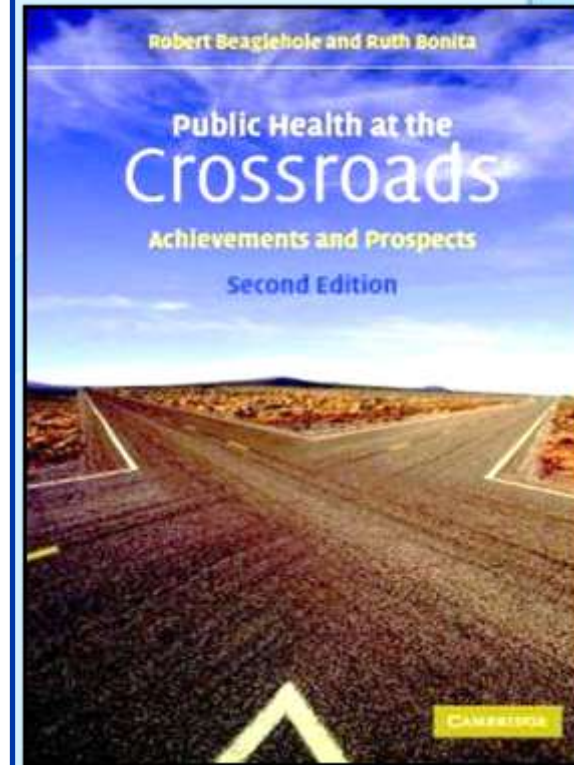
1. Genes and biology
2. Health behaviors
3. Social/societal characteristics (*poverty!*)
4. Health services or medical care

# Public Health at the Crossroads : Achievements and Prospects

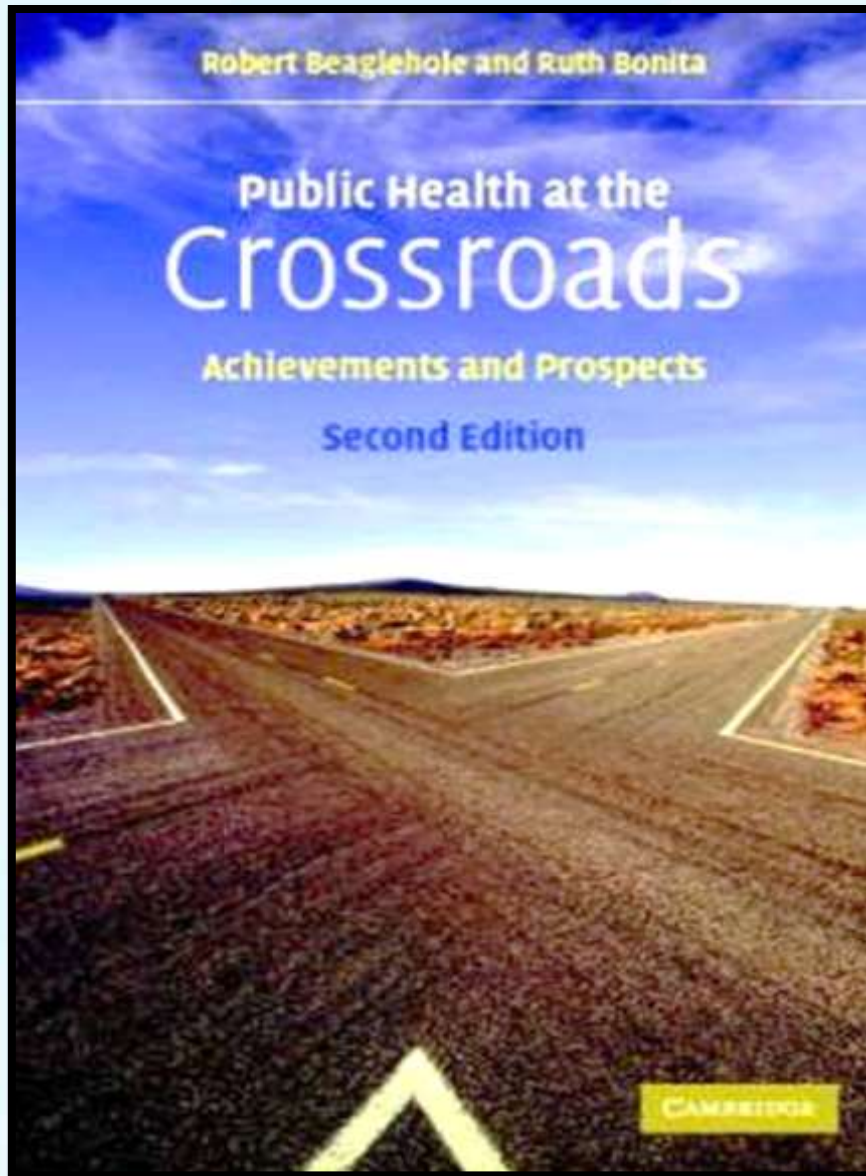
□ *This book is an introduction to public health as a discipline and a critique of its recent development.*

*Identifying **poverty** as the greatest continuing threat to health worldwide, it reviews epidemiological, demographic and public health trends internationally and argues that the prospects for public health will improve only if health in a broad sense becomes a central concern of the policy-making process.*

*By Prof. Beaglehole R, Prof. Bonita R. Both  
from the World Health Organization, Geneva, 2004*







«...health  
should be  
at the heart  
of the  
global  
development  
agenda..»

Profs. Beaglehole  
& Bonita

***Out of sight ..  
Girls in mining!***





# Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO


## *Human Rights Day*, 10th December 2017



We have a long way to go until everyone – no matter who they are, where they live, or how much money they have – has access to these basic human rights.

The central principle of the *2030 Agenda for Sustainable Development* is to ensure that no one is left behind.

I call on all countries to respect and protect *human rights in health* – in their laws, their health policies and programmes. We must all work together to combat **inequalities** and discriminatory practices (for inst. Vaccine Passport for Covid-19!) so that everyone can enjoy the benefits of good health, no matter their age, sex, race, religion, health status, disability, sexual orientation, gender identity or migration status. **Your health your right!**



WHAT DO YOU NEED TO GET, BE AND STAY  
**HEALTHY?**

CAN YOU GET HELP FROM A WELL-TRAINED HEALTH WORKER?

CAN YOU GET TREATMENT THAT HELPS YOU GET BETTER, AND IS SAFE?

CAN YOU GET THE MEDICINES AND OTHER HEALTH PRODUCTS YOU NEED?

WHO WILL PAY FOR IT?

ARE THERE POLICIES IN PLACE TO MAKE QUALITY SERVICES AVAILABLE TO EVERYONE, EVERY TIME?

DOES YOUR GOVERNMENT HAVE THE INFORMATION IT NEEDS TO MAKE THE RIGHT DECISIONS ABOUT THE WHOLE SYSTEM?

THE WORLD HEALTH ORGANIZATION IS WORKING AROUND THE WORLD SO THAT ALL PEOPLE AND COMMUNITIES RECEIVE THE QUALITY SERVICES THEY NEED, AND ARE PROTECTED FROM HEALTH THREATS, WITHOUT SUFFERING FINANCIAL HARDSHIP.

THAT'S WHAT WE CALL  
**UNIVERSAL HEALTH COVERAGE**

WWW.WHO.INT/UHC



HEALTH FOR ALL

**UNIVERSAL HEALTH COVERAGE:  
EVERYONE,  
EVERYWHERE**

World Health Organization



HEALTH FOR ALL

**TIME TO SPEAK UP  
ABOUT YOUR  
HEALTH NEEDS:  
ARE THEY COVERED?**

World Health Organization

<http://ahmetsaltik.net/2018/04/08/world-health-day-7-april-2018/>

**Your health your right! : Dr. Tedros Adhanom Ghebreyesus,**  
**Director-General of WHO / *Human Rights Day*, 10th December 2017**



**Half the world lacks access to essential health services**

- At least half of the world's population cannot obtain essential health services, according to a new report from the World Bank and WHO.
- ***And each year, large numbers of households are being pushed into poverty*** because they must pay for health care out of their own pockets.
- Currently, 800 million people spend at least 10% of their household budgets on health expenses for themselves, a sick child or other family member.

- <https://youtu.be/C1bljISMIto?t=20>

• [News release](#)

• [Fact sheet](#)





**Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO**  
***Human Rights Day***, 10th December 2017



“The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”

Almost 70 years after these words were adopted in the *Constitution of the World Health Organization*, they are more powerful and relevant than ever. Since day one, the right to health has been central to WHO’s identity and mandate.

It is at the heart of my top priority: **universal health coverage**.

***The right to health for all people means that everyone should have access to the health services they need, when and where they need them, without suffering financial hardship.***

**Your health your right!**



**Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO**  
***Human Rights Day***, 10th December 2017



«..**No one should get sick and die just because they are poor**,  
or because they cannot access the health services they need.  
Good health is also clearly determined by other basic human rights  
including access to safe drinking water and sanitation, nutritious  
foods, adequate housing, education and safe working conditions.  
The right to health also means that everyone should be entitled  
to control their own health and body, including having access to  
sexual and reproductive information and services,  
free from violence and discrimination.»

**Your health your right!**

# Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO

## *Human Rights Day*, 10th December 2017



Everyone has the right to **privacy** and to be treated with respect and **dignity**.

Nobody should be subjected to medical experimentation, forced medical examination or given treatment without informed consent.

That's why WHO promotes the idea of **people-centered care**; it is the embodiment of **human rights** in the practice of care.

When people are marginalized or face **stigma** or **discrimination**, their physical and mental health suffers. Discrimination in health care is unacceptable and is a major barrier to development.

But when people are given the opportunity to be active participants in their own care, instead of passive recipients, their human rights respected, the outcomes are better and health systems become more efficient.

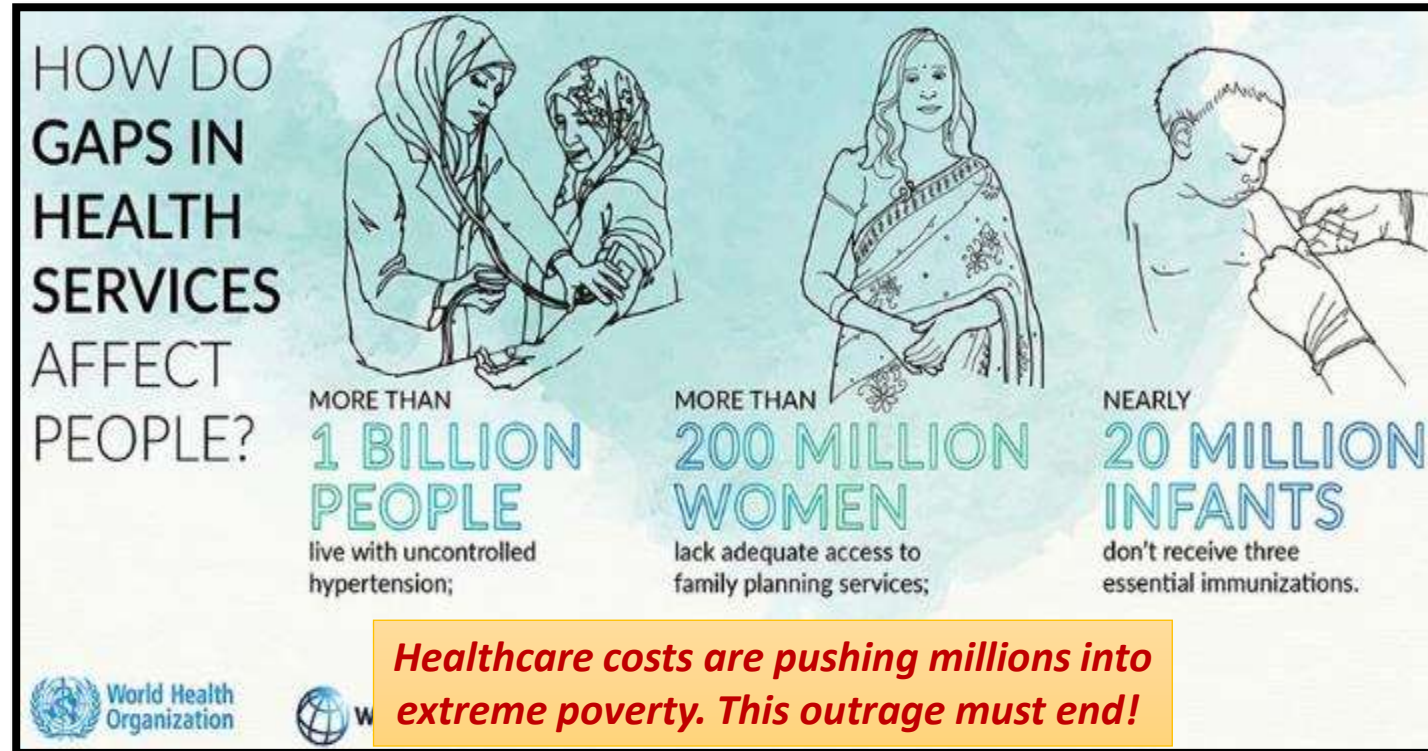
**Your health your right!**

# Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO

## *Human Rights Day*, 10th December 2017

*"It is completely unacceptable that at least half the world still lacks coverage for the most essential health services."*

Dr. Tedros Adhanom Ghebreyesus,  
Director-General  
of WHO  
*Human Rights Day*  
10th Decemb. 2017



*No one should have to choose between death and financial hardship.*

But the shocking truth is that this is a reality for millions of people every year.

New data reveal that at least half of the world's 7.3 billion people still do not have access to **essential health services**, such as having a skilled birth attendant, vaccinations for children or treatment for HIV.

Your immune system  
is very weak..  
body temperature is high,  
under stress..  
must end fossil fuels usage,  
decrease production &  
consumption,  
abolish discrimination  
between the poor & the rich  
and, stop wars..



(cartoon by Behiç Ak, Cumhuriyet, 23.10.18)



# A SEVERE THREAT TO HEALTH?

*'All the indications are that the current forms of **globalisation** are making the world a safe place for unfettered market liberalism and the consequent, **growth of inequities**. This **economic globalisation** is posing **severe threats** to both people's health and the health of the planet.'*

Prof. Fran Baum,  
Flinders University, Australia (2001)

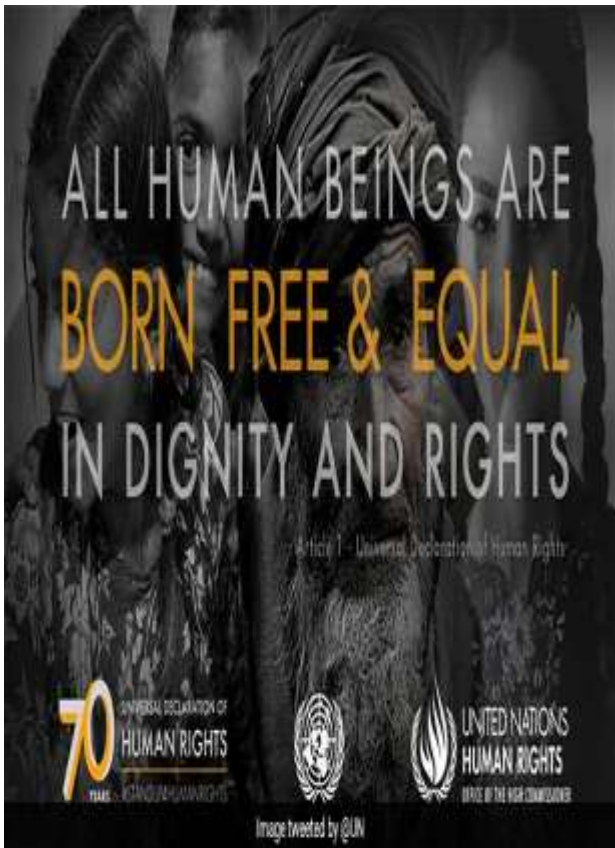
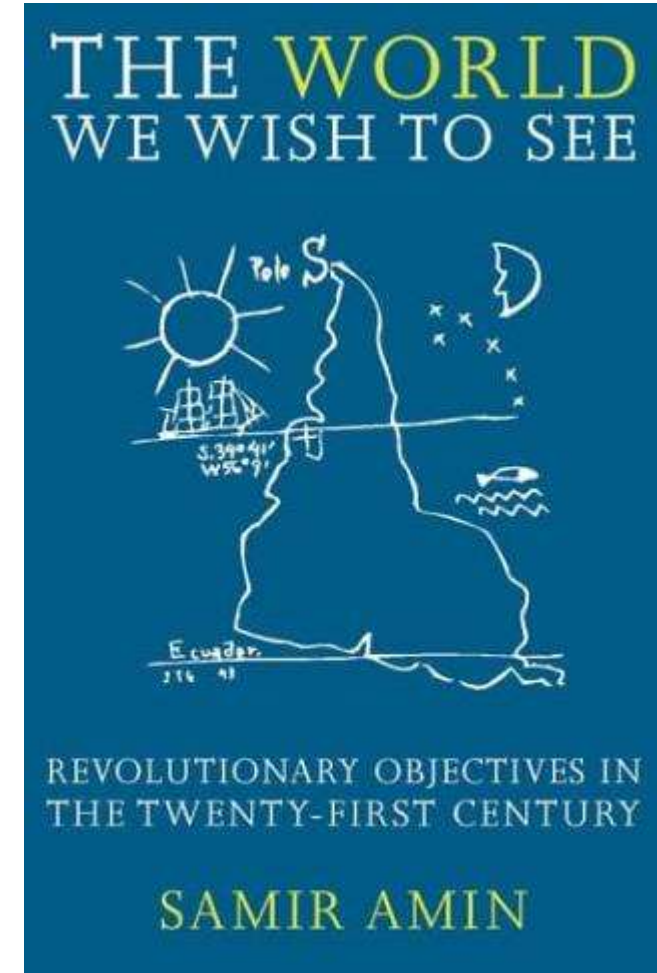


# The World We Wish to See: *Revolutionary Objectives in the 21st Century*

Throughout the last century, great revolutions, the socialist and communist internationals, and national liberation movements presented a serious challenge to **global capital**. Neoliberalism and the U.S. drive for **military hegemony** have given birth to **new political and social movements** and new attempts at international organization, such as the **World Social Forum**.

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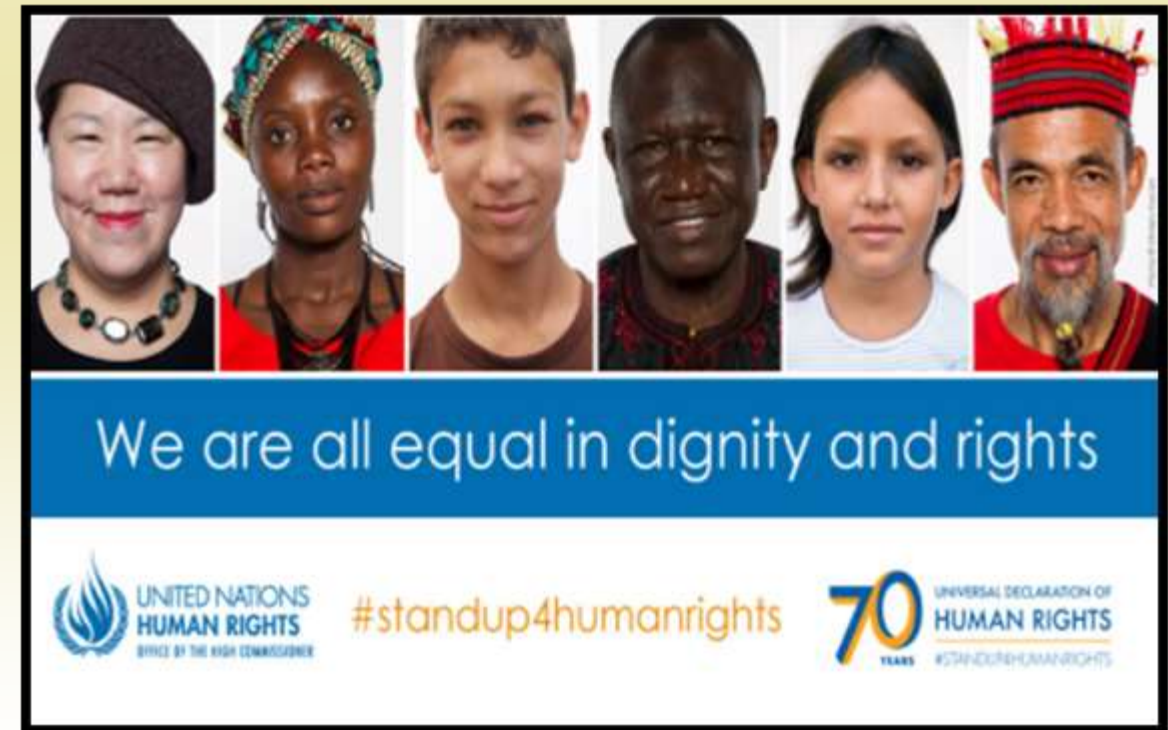
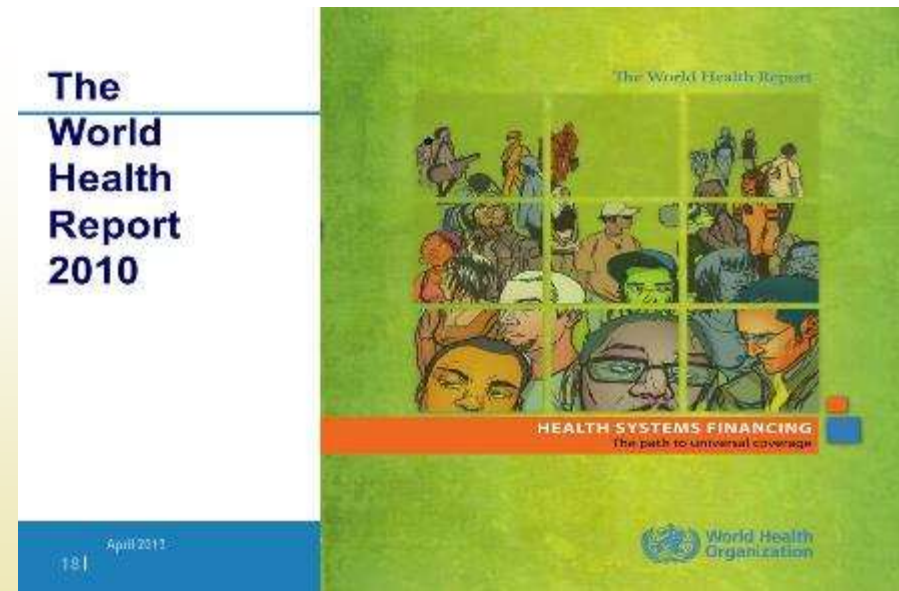
Prof. S. Amin calls for a new global movement, **“an internationalism of peoples”**



# The World Health Report 2010

## Health systems financing : the path to universal coverage

Good health is essential to human welfare and to sustained economic and social development. WHO's Member States have set themselves the target of developing their *health financing systems to ensure that **all people can use health services***, while being protected against financial hardship associated with paying for them.





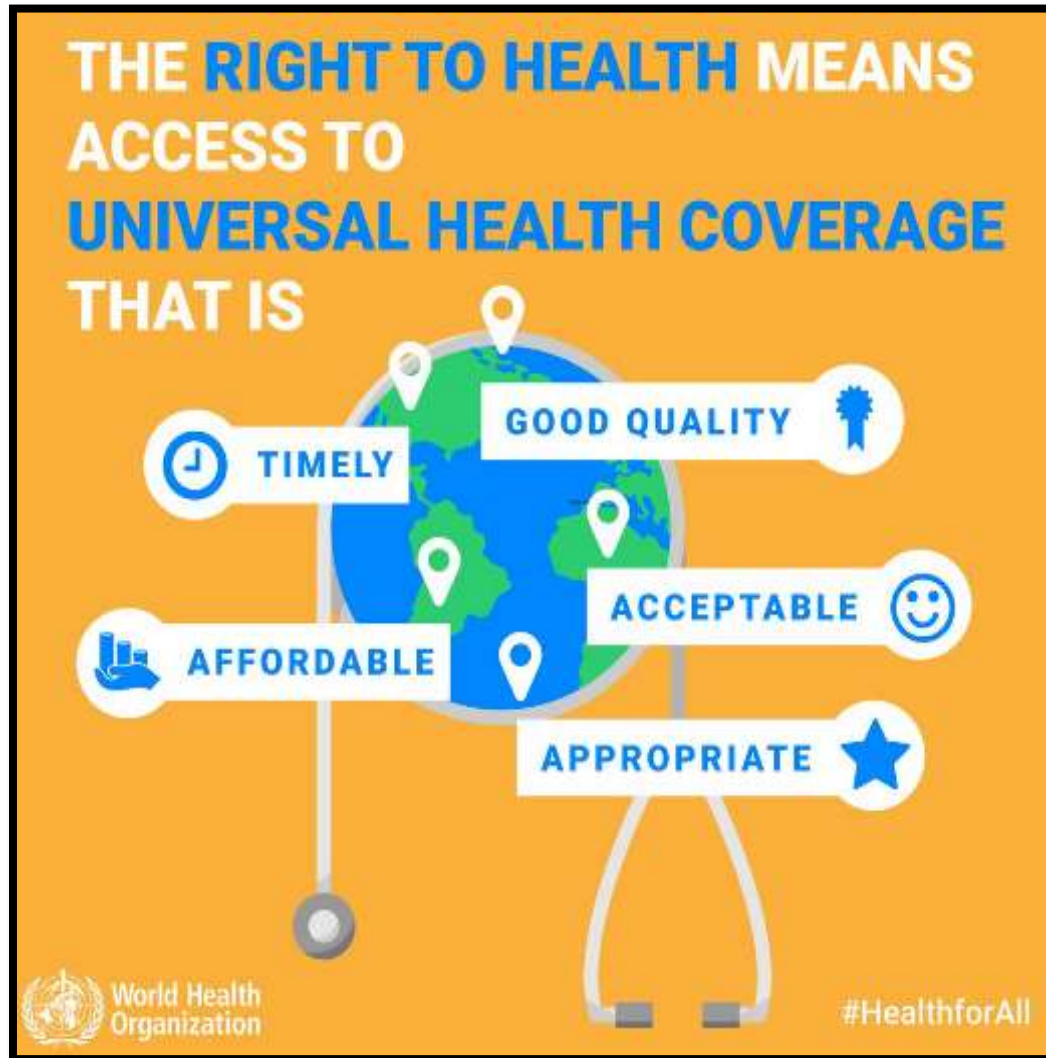
# Public Health Strategies in the 3 rd Millennium

## Box 2. Public Health Strategies for the 21st Century

1. Relentlessly prioritize actions to do what matters most to the health of populations.
2. Engage the mechanisms that explain how core foundational structures produce population health.
3. Move from government-dominated public health to multisectorial public health.
4. Formally adopt the Universal Declaration of Human Rights as the Code of Public Health Ethics.



**Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO**  
***Human Rights Day***, 10th December 2017



**Health is a fundamental  
human right!**

*“The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”*

**Human Rights Day 2017**

Statement by Dr. Tedros Adhanom Ghebreyesus,  
WHO Director-General, 10th December 2017

<http://www.who.int/mediacentre/news/statements/fundamental-human-right>

# Dr. Tedros Adhanom Ghebreyesus, Director-General of WHO

## *Human Rights Day*, 10th December 2017

Mind the tipping point

### 100 million people

fall into extreme poverty  
each year due to health  
expenses

**WHO :**

*Half the world lacks  
access to essential  
health services, 100  
million still pushed  
into extreme  
poverty because of  
health expenses..*



www.who.int



**Health is a fundamental  
human right!**

**“Are you protected?”**

Inequalities in health services are seen  
not just between, but also within countries:  
national averages can mask low levels  
of health service coverage in  
disadvantaged population groups.”

**Human Rights Day 2017**

Statement by Dr. Tedros Adhanom  
Ghebreyesus, WHO Director-General  
10th December 2017

<http://www.who.int/mediacentre/news/releases/2017/half-lacks...>

# ***Ten Achievements of Public Health of the 20<sup>th</sup> Century***

- **Control of infectious disease**
- **Vaccination**
- **Motor vehicle safety**
- **Safer workplaces**
- **Decline in deaths from coronary heart disease, strokes**
- **Safer and healthier foods**
- **Healthier mothers and babies**
- **Family planning**
- **Fluoridation of drinking water**
- **Recognition of tobacco as a health hazard**



**Source: MMWR, 1999**



## **Dr. Julian Tudor Hart : «inverse care law»**

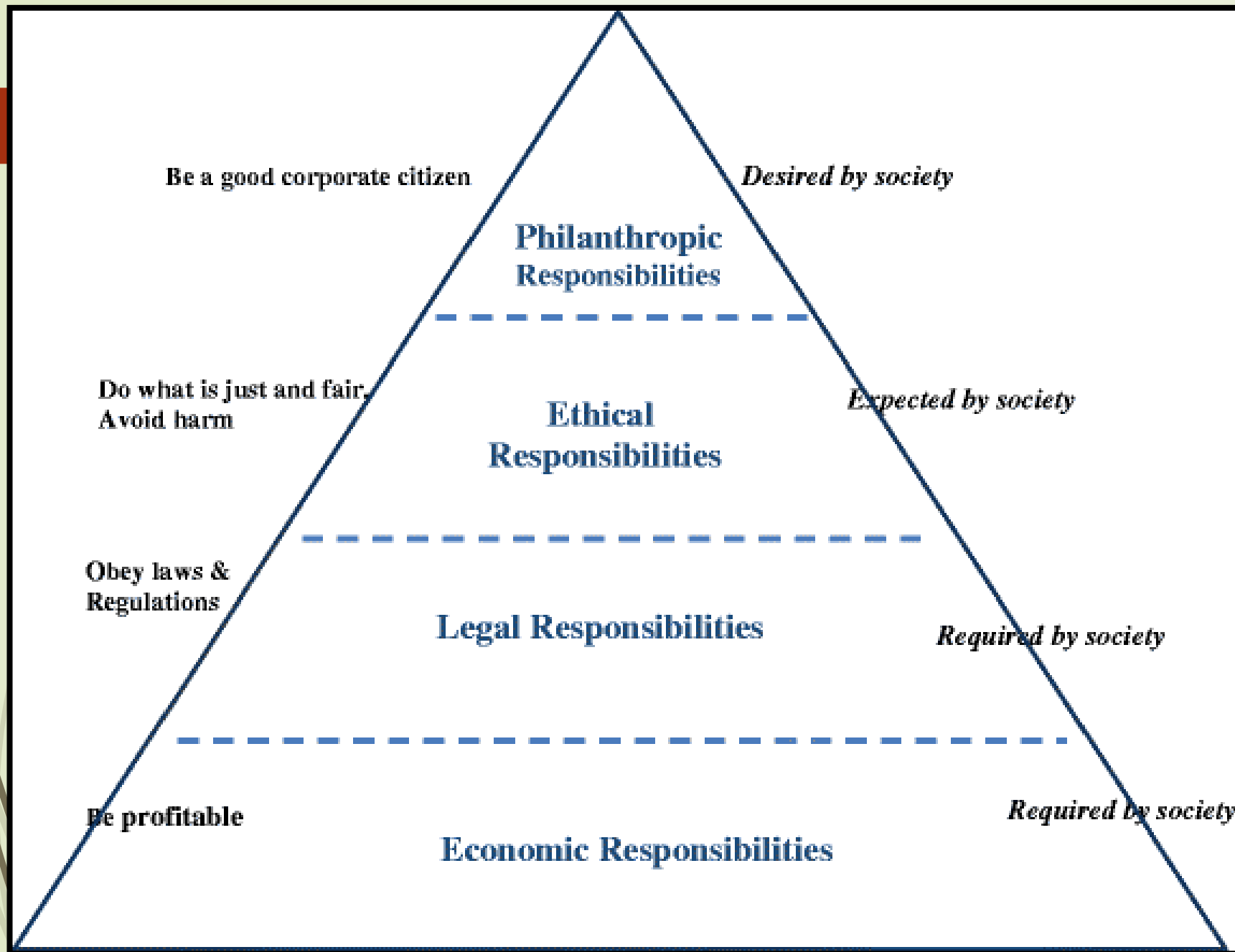
The law, he wrote;

- “Operates more completely where medical care is most exposed to market forces, and less so where such exposure is reduced. **The market distribution of medical care is a primitive and historically outdated social form.**”
- **Dr. Julian Tudor Hart** is best known as the author of the **inverse care law**:
- “The availability of good medical care tends to vary inversely with the need for it in the population served.”



GEOFF WATTS  
THE LANCET, VOLUME 392,  
ISSUE 10144, P276,  
JULY 28, 2018  
DOI:HTTPS://DOI.ORG/10.  
1016/S0140-6736(18)  
31660-X.





**A competent physician must absolutely reach to the top level of her / his Philanthropic Responsibilities..**

# Medical Ethics V Public Health Ethics

54

## Medical Ethics vs. Public Health Ethics

### Medical Ethics

- ◆ Individuals
- ◆ Autonomy
- ◆ Beneficence  
the  
number
- ◆ Non-maleficence
- ◆ Social justice

### Public Health Ethics

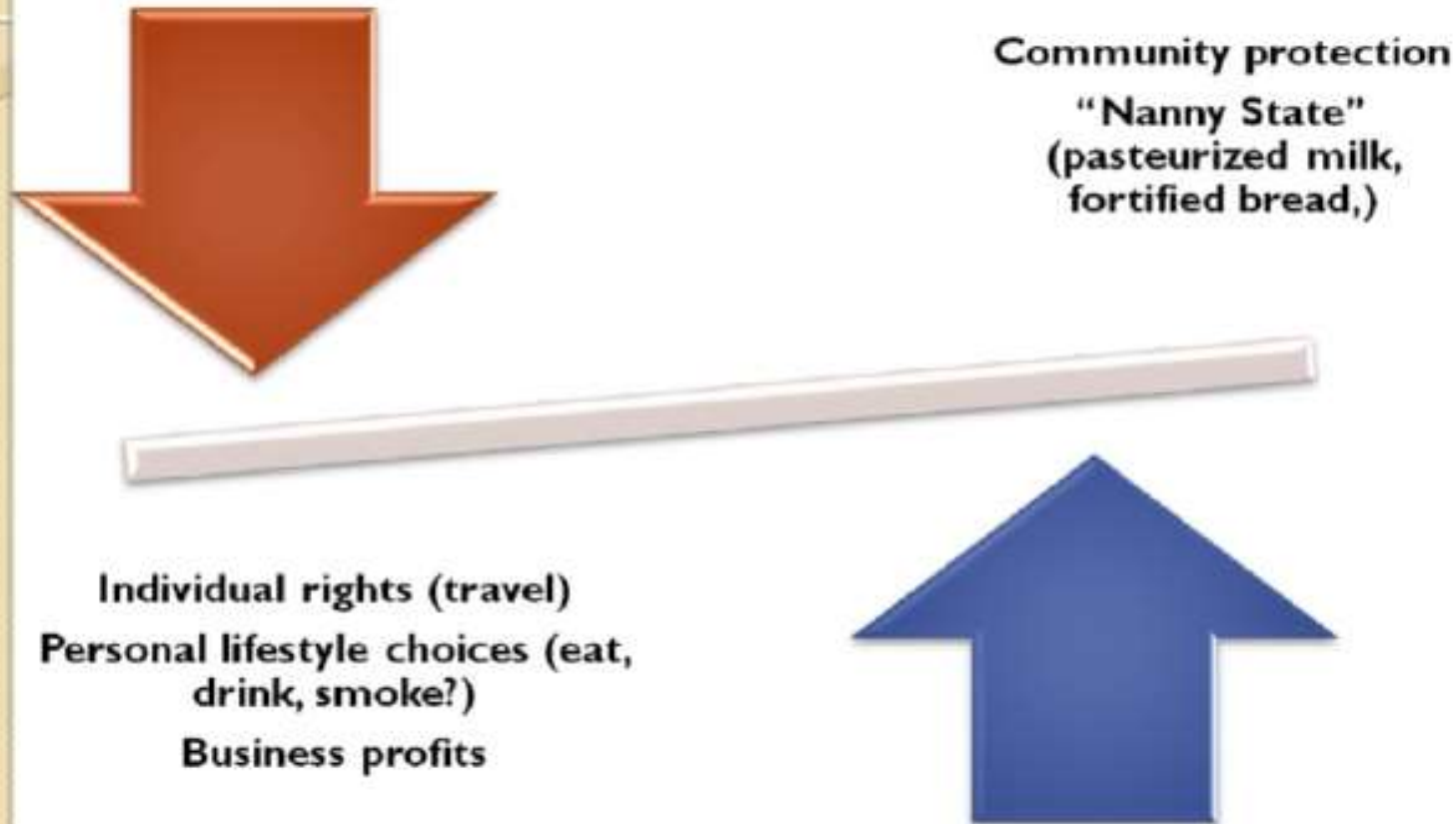
- Populations
- Democratic input
- Greatest good for  
the greatest
- Benefit-risk analyses
- Social justice



# Medical Ethics & Public Health Ethics

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## Factors affecting public health ethics







# Public Health Code of Ethics Twelve Principles

1. Addresses causes of disease to prevent.
2. Respects the rights of individuals in the community.
3. Utilizes community input in program development.
4. Advocates “empowerment” of the disenfranchised.
5. Seeks the information needed before acting.
6. Provides the community with information to decide.
7. Acts in a timely manner on the information.
8. A variety of approaches anticipate and respect diversity.
9. Enhance the physical & social environment.
10. Confidentiality - Exceptions must be justified.
11. Professional competence.
12. Work collaboratively to build the public's trust.





[www.ahmetsaltik.net](http://www.ahmetsaltik.net)

# *Victims of COVID-19 in New York streets; due to lack of social security and right of health*



*April 2020, New York*

Over some 10 millions of poor American people mostly the **Black, Hispanic and Indians** are in lack of health rights. Health system is almost entirely privatised and they have no access without pocket payment. Here is the stigmatic result.. Human beings are as helpless as **street dogs** and dying collectively. US is the #1 country in terms of patient incidence and fatality rate without any rival with a huge distance.. **HEALTH is a basic human right but not a commodity to be purchased.**



## Learning Objectives

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During this course, you have learned to

- explain the importance of medicine to the ***public health mission***  
describe the role of the health services in public health achievement
- emphasize the crucial target of medicine and health services for accomplishment of healthy individuals and a population all over the World via a ***public health approach..***



# Course Summary

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During this course, you have learned to

- describe the ***purpose of public health***
- define ***key terms*** used in public health
- identify ***prominent events*** in the history of public health
- recognize the ***core public health functions and services***
- describe the role of different stakeholders in the field of public health
- list some ***determinants of health***
- recognize how ***individual determinants*** of health affect population health

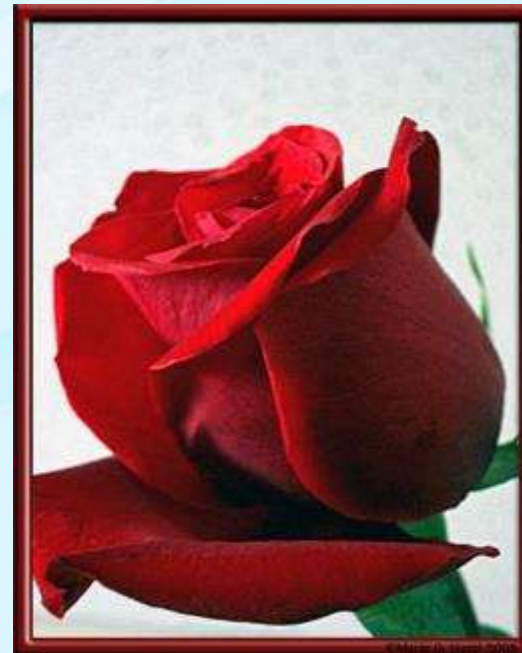


**Any QUESTIONS?  
or COMMENTS??**

***for***



***Thank you for joining..***



**Ahmet SALTİK**  
*Professor of Public Health*  
*MD, MSc, BSc*

Slides available at :  
***[www.ahmetsaltik.net](http://www.ahmetsaltik.net)***  
*[profsaltik@gmail.com](mailto:profsaltik@gmail.com)*

# Resources and Additional Reading

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**Ahmet SALTİK, MD**

*Emeritus Professor of  
Public Health*

*BSc (in Political Sciences  
& Public Administration)*

*MSc (in Health Law)*

## Principles of Health Management

- Governing and Management of public health services & programs
- Law and the Public's Health

## Health Economics

- Economic Appraisal in Public Health
- The Right to the Highest Attainable Standards of Health
- Behavioral Economics and Health

## Health Sociology & Anthropology

- Sociology and Anthropology in Public Healthcare  
assessing efficiency and equity
- Priority Settings, Social Values and Public Health
- Poverty, Justice and Health
- Demography and Public Health

## Health Level Indicators (*Health Metrics*)

- Value of Information in Support of Public Health
- Measuring the Health of Population
- Information Systems and Community Diagnosing

**Ahmet SALTİK, MD**

***Professor of  
Public Health***

***BSc (in Political Sciences  
& Public Administration)***

***MSc (in Health Law)***

**Labour Life and Health**

- Occupational Health and Safety;

**Diseases and Accidents**

- Health Need Assessment

- Risk Perception, Management  
and Communication

- The ILO (*International Labour Organisation*)

**Health and Rights of Health Workers**

- Strategies for Health Services

- Medical waste management

- Right to be Trained of Public Health

**Professionals**

- Legal Aspect in International Regulations