**Elizabeth Planas**

**1.**    **Definition of Health and Levels of Prevention**

There are different definitions of health from a public health nursing practice, all of which have their similarities and differences. One of the similarities in all descriptions is that health involves physical mental and social wellbeing of individuals. One must show wellbeing in these three areas for them to be considered healthy. One of the differences is that some definitions consider the absence of disease as part of health and wellbeing while definitions consider the ability to recover from illness as vital to the description of health.

There are three levels of prevention in health. First is primary prevention which involves deterrence of the contraction of a disease. Examples include vaccination of diseases like measles and maintenance of positive lifestyles like good eating habits and exercise. The second level is secondary prevention which involves the early detection of illness and its treatment to avoid the severity of the disease. An example is the screening of diseases like cancer. The final level of prevention is tertiary prevention. According to Dahl and Clancy (2015) tertiary prevention level involves the reduction of the negative impact of existing disease and efforts to make patients live a more comfortable life by managing the symptoms. An example is chronic disease management of conditions like arthritis and diabetes.

**2.**    **Community/ Public Health Interventions As Explained in the Intervention Wheel**

The intervention wheel identifies several useful community interventions. Among them is community organizing which seeks to increase participation of community members in health promotion. The community is in involved in decision making by identifying key issues that affect their health and ways of addressing them. Another intervention is coalition building. Here community members come together as a group to address specific health issues that affect them and achieve a common goal of improving their health status.

Surveillance is also among the interventions included in the intervention wheel relevant to public health. Surveillance involves continuous gathering, analysis, and interpretation of health information. The data s used to monitor health events and to develop, implement, and evaluate health intervention (Clark, Raffray, Hendricks & Gagnon, 2016). Another related intervention is outreach. Outreach involves identification of populations affected by a specific health issue, transferring knowledge to them about the health concern, letting them know what they can do about it and what services are accessible to them to improve their health status. Case finding is also a community health intervention in the intervention wheel. Case finding involves identifying populations of individuals and families who are predisposed to specific risk factors and linking them with the services they need.

**3.**    **Steps in Conducting a Community Health Assessment and the Use of Epidemiological Data in Each Step**

The first step in conducting a community health assessment is the identification and engagement of the community. The evaluation begins with knowing the community and forging relationships that will help in creating a rapport and gaining support from the society. Epidemiological data contains demographics which are useful in understanding the organization and demographics of the community. Second is to conduct the needs assessment. This step involves gathering data from the community members to identify different community health needs. Epidemiological data is useful in identifying risk factors affecting the health of the community members.

The third step is to analyze, review, and rate the data. Here, the most pressing community health needs are identified. Epidemiological data is helpful as it offers insights on the history of the diseases which completes the clinical picture. The other step is to develop a community action plan which entails strategies of improving the health of the community members. Epidemiological data provide an overview of past approaches that have worked in other setups and could be assessed to determine their suitability for the current community as well.

**4.**    **Application of Public Health Principles in the 20th and 21st Century and the Major Health Issues Facing Public Health Nursing**

Most of the challenges encountered in the 20th Century included the sudden onset of diseases like pneumonia, diarrhea, and tuberculosis. The public health principle of preventing diseases helped to pioneer solutions, including sanitation, hygiene, vaccination, and antibiotics. At the beginning of the 21st Century, some of the significant health issues included cardiovascular diseases. The principle of prolonging life helped in developing solutions like early screening and management programs for chronic diseases.

One of the contemporary issues facing public health nursing is chronic diseases. The onset of the 21st Century marks a period when cardiovascular diseases were recognized as a significant issue across different societies worldwide and not just in developed nations. Another issue affecting public health nursing is gun violence that threatens the safety of individuals in public spaces. The issue dates back to the 1980s when a spike in gun violence against human life was witnessed.

References

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