

NJALA UNIVERSITY  
COLLEGE OF MEDICAL SCIENCES  
PUBLIC HEALTH SERVICES MANAGEMENT- MPH Program

**Lecture note-1**

**Brief history of Public health**

A review of the historical development of public health, which began in ancient times, emphasizes how various public health concepts have evolved. Historical public health measures included [quarantine](#) of leprosy victims in the [Middle Ages](#) and efforts to improve sanitation following the 14th-century [plague epidemics](#). Population increases in [Europe](#) brought with them increased awareness of infant deaths and a proliferation of hospitals. These developments in turn led to the establishment of modern public health agencies and organizations, designed to control disease within [communities](#) and to oversee the availability and distribution of medicines.

Most of the world's [ancient peoples](#) practiced cleanliness and personal [hygiene](#), often for religious reasons, including, apparently, a wish to be pure in the eyes of their gods. The [Bible](#), for example, has many adjurations and prohibitions about clean and unclean living. Religion, [law](#), and custom were inextricably interwoven. For thousands of years societies looked upon epidemics as divine judgments on the wickedness of humankind. The idea that pestilence is due to natural causes, such as climate and physical environment, however, gradually developed. This great advance in thought took place in [Greece](#) during the 5th and 4th centuries BCE and represented the first attempt at a rational, [scientific theory](#) of disease causation. An association between [malaria](#) and swamps, for example, was established very early (503–403 BCE), even though the reasons for the association were obscure. In the book [Airs, Waters, and Places](#), thought to have been written by Greek physician [Hippocrates](#) in the 5th or 4th century BCE, the first systematic attempt was made to set forth a causal relationship between human diseases and the environment. Until the new sciences of [bacteriology](#) and [immunology](#) emerged well into the 19th century, this book provided a theoretical basis for the comprehension of [endemic](#) disease (that persisting in a particular locality) and [epidemic](#) disease (that affecting a number of people within a relatively short period).

**Definition:**

**HEALTH:**

The World Health Organization (WHO) defines health as the balance of [mental, physical and social health](#), also known as the health triangle. Having a good balance in all three areas is essential to living a healthy lifestyle.

# Lecture Notes On Health Services Management Bing

**Daniela Niemeyer**



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