Journal Reflection

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Reflection

**Knowledge assessment**

The course has helped understand population health as an interdisciplinary and customizable approach that allows for departments and entities to collaborate in connecting practice to policy to evoke desired change. I have learned about the non-traditional partnerships including industrial, academia, health care, public health, government and community which are vital for the attainments of positive health outcomes in population health. Notably, I can differentiate between population health and public health, concepts which I previously used interchangeably. Public health is directed to promote, improve and protect community health through policy actions, education and research for prevention and disease detection. On the other hand, population health is an opportunity for interdisciplinary- agencies, care systems, and organizations, to collaborate to improve community health outcomes.

**Insights**

Two useful insight from the course on the relationship between personal and population health are: 1) Personal health is boosted in the case of favorable population health hence a causative relationship. 2) Personal health is compromised if population health is unfavorable hence a preventive relationship. Population health shapes personal health, for example, if a community experiences Ebola outbreak personal health is at risk. However, if vaccinations are administered personal health is boosted.

A personal experience of the primary, secondary and tertiary prevention actions was a healthy lifestyle campaign project in my community. The project commenced with public education on healthy life habits including regular exercise and healthy diets (primary prevention). It also provided screening tests and regular exams to the resident to help detect conditions like diabetes, high blood pressure, and obesity at their early stages for treatment (secondary prevention). Lastly, the project instituted rehabilitations programs for cardiac and stroke conditions, management programs for chronic disease like diabetes and support groups for patients to offer ongoing treatment for the ailing (tertiary prevention).

**Questions**

A question I would like to explore is: What is the current healthcare utilization in my community? I want to know how often people seek care services, is the ambulatory care timely? Or are there unnecessary urgent care calls. Exploring the issues will help predict utilization and the potential value of healthcare services.

**Social change**

Understanding the topic has helped me link personal health to population health. Personal safe habits are not enough as unfavorable health conditions in the community could still affect an individual. The enlightenment has pushed me to contribute to community health education activities. I will talk to immediate family, friends, and neighbors about healthy habits like washing hand after using the toilet to prevent food contamination both at home and in eateries. Adoption of such practices will reduce the outbreaks of communicable diseases like cholera.