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# Community Dentistry for third class Introduction

1<sup>st</sup> lecture  
2020 -2021

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# Community Dentistry for third class Introduction lecture 1

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# Objective

1. Definition of community medicine and community dentistry
2. Define public health
3. Define health and diseases
4. Learn what are the factors determine health

# **Community Medicine**

Also called population medicine , preventive medicine, and public health.

Is the field concerned with study of health and disease in the population of a defined community or group.

The ultimate aim of community medicine is achieving **Health for All**

# Public health

Is the science and art of preventing disease, prolonging life, and promoting physical and mental efficiency through organized community efforts; for the sanitation of the environment, the control of communicable infections, health education, early diagnosis and preventive treatment of disease, .....

# Dental public health

٢٩ كانون الأول، ٢٠

**It is defined as the science and art of preventing and controlling dental diseases and promoting dental health through organized community efforts.**

- It deals with the health of the whole population.
- Looks at the community (population) it self as a patient.

# Population ( Community )

- Is the smallest social grouping in a country with an effective social structures & potential administration capacity.
- or a group of people who have things in common & who recognize and are aware of that commonality
- Geographic communities,
- Health center catchment's area, a district, a province, or a country.
- A specific disease group (with people at risk).



# Concept of Health

٢٩ كانون الأول، ٢٠

Definition of health :

The World Health Organization (WHO) provided the widely accepted definition of health as follows:

***“Health is a state of **complete** physical, mental and social wellbeing and not merely an absence of disease or infirmity.**”*

A more practical definition of health may be as follows: ٢٩ كانون الأول، ٢٠

***Health is a state of successful adaptation of the body to stresses and stimuli to which it is subjected.***

**The successful adaptation may be optimal and the attributes of optimal health are:**

- 1.** Anatomical integrity to ensure the physical aspect of health.
- 2.** Ability to do normal duties at personal, family and community level.
- 3.** Ability to deal with stress whether this stress is physical, mental or social.

4. Feeling of well being. This is the mental or psychological dimension of health.
5. Freedom from disease and premature death.
6. Spiritual and moral stability.

## Dimensions of Health

There are three major dimensions of health: **physical, mental, and social**. In addition there are various other dimensions as:

- Spiritual
- Emotional
- Others like socioeconomic, environment, nutritional

# CHANGING CONCEPT OF HEALTH

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There are **four** changing concepts of health. These are :

**1. Biomedical Concept** According to this concept, health is an “absence of disease” and if one is free from disease, that person is considered healthy.

## **2. Ecological concept**

According to this concept, health depends on a dynamic equilibrium between man and his environment, and disease occurs due to maladjustment of the human organism to environment.

### 3. Psychological concept

According to this concept, health is one which influenced by social, psychological, cultural, economic and political factors of the people concerned.

# Determinants of Health

Health is influenced by a number of factors. Health is multifactorial

➤ **Biological determinants-** health to a certain extent is influenced by genetic makeup of the individual ,e.g. chromosomal anomalies, errors of metabolism

➤ **Behavioral and socio cultural conditions**

health is closely linked to the lifestyle of an individual. Many disease like coronary artery disease, obesity, dental caries, oral cancer, drug addiction, are related to lifestyle.

Life style is the way people live, this is influenced by cultural and behavioral patterns, personal habits, which related to knowledge and attitude of the individual.



## ➤ Environment:

Is an important determinant of health. There are two type of environment,

- Internal : involves interaction among various organs, tissues and systems of man.
- External : those thing man is exposed, include life style like smoking, alcoholism, eating habits

## ➤ Socio-economic conditions

includes: Occupation Economic status  
literacy

The existing Political system of country may influence health.

➤ Provision of primary health care: this should be equally distributed, accessible and acceptable to all at a cost, country and community an afford.

➤ Increasing chronic diseases

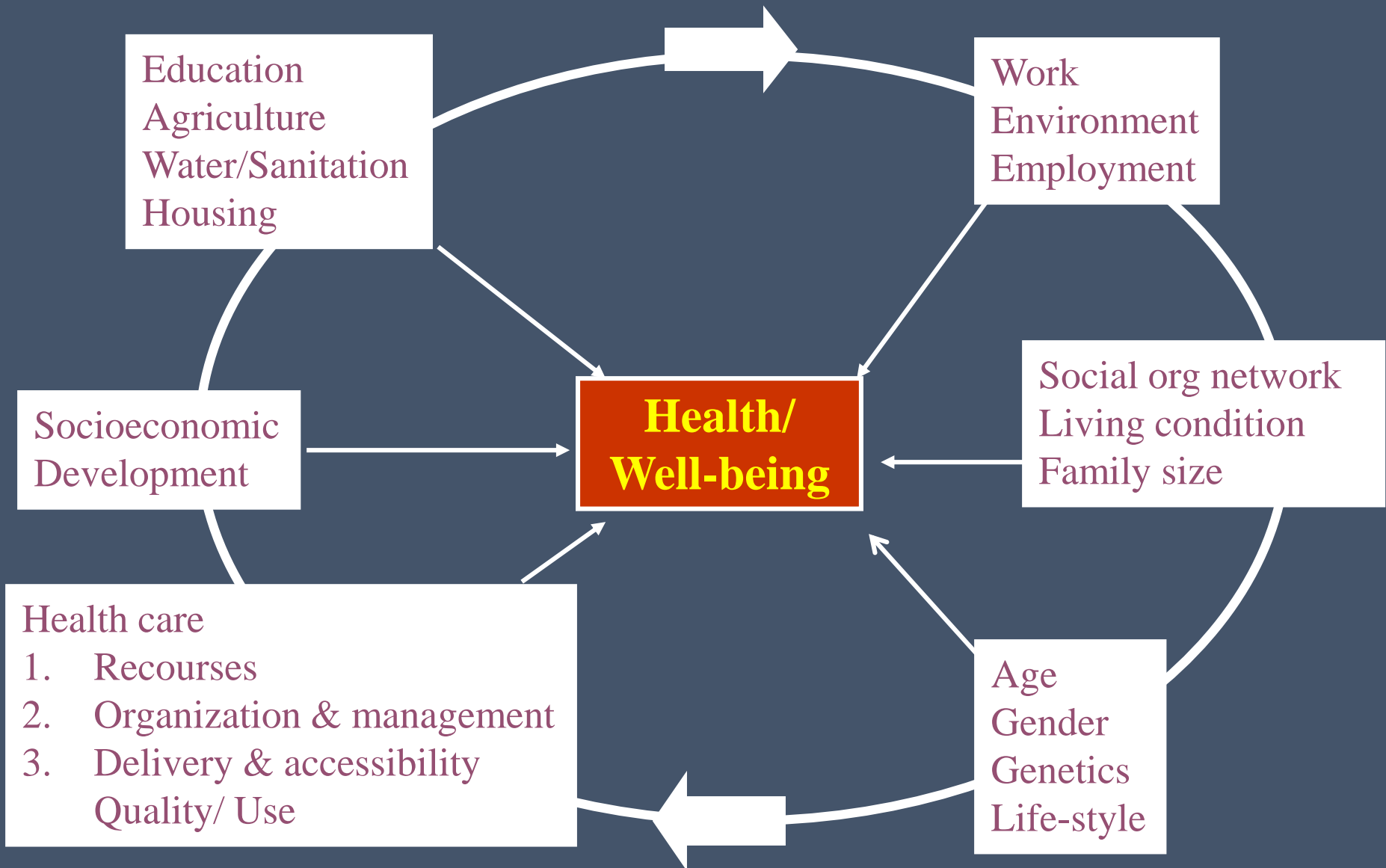
➤ Gender

➤ Aging of the population

➤ Contribution of other systems, like rural development, sanitation, education

# Determinants of Health

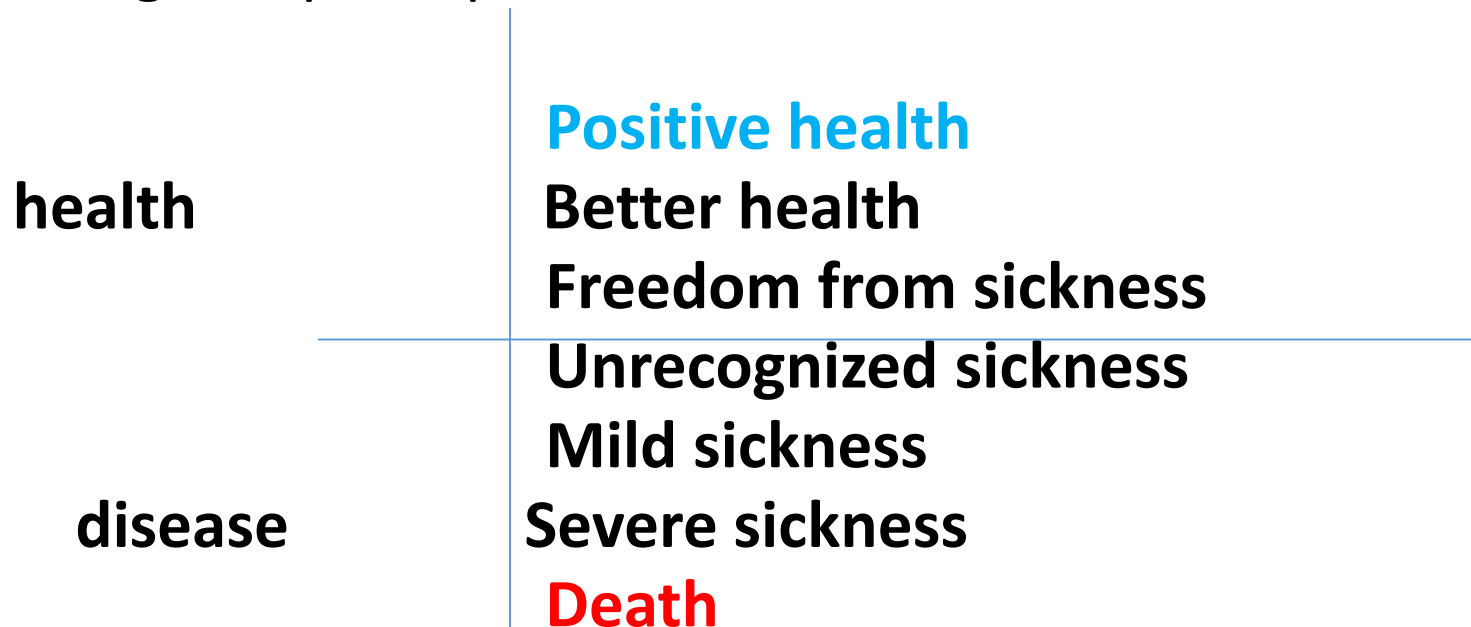
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# Spectrum of health

This important concept of health which state that health is not static in an individual. It is a dynamic phenomenon subject to process of continuous change.

- Health and disease lie along a continuum, and there is no single cut off point.
- The lowest point on the health-disease spectrum is death and the highest point positive health



# Positive health

- “Perfect Functioning” of the body and mind.
- Biologically as a state in which every cell and every organ is functioning at optimum capacity and in perfect harmony with each other and the rest of the body.
- Psychologically as a state in which the individual feels a sense of perfect well being and of mastery over his environment
- Socially as a state in which the individuals capacities for participation in the social system are optimal

# Disease (dis-ease)

Disease is the failure of the adaptive mechanism of the body to overcome external stress and stimuli to which it is exposed, resulting in abnormal structure and / or function of one or more of its tissues, organs or systems.

# Oral Health

is defined as “being free of chronic mouth and facial pain, oral and throat cancer, oral sores, birth defects such as cleft lip and palate, periodontal (gum) disease, tooth decay and tooth loss, and other diseases and disorders that affect the mouth and oral cavity” (World Health Organization [WHO], 2008).



**Thank You**