How can society most effectively prevent disease and promote health?

Public health is the art and science of preventing disease, prolonging life and promoting health through the organised efforts of society. The ‘science’ is concerned with making a diagnosis of a population’s health problems, establishing their cause and determining effective interventions. The ‘art’ lies in creatively addressing these problems. Essential Public Health captures both the art and science of the field. This second edition has been fully updated with contemporary examples and includes new chapters on sustainability and change, management and leadership. Examples are taken from health systems throughout the world, giving readers a wider perspective of the challenges faced. This is essential reading for all trainees in health care, social care and related disciplines. An internet companion includes supplementary information and interactive, self-assessment questions to test understanding and aid learning.