



# Public Health 101: Healthy People-Healthy Populations (Essential Public Health)

*Richard Riegelman, Brenda Kirkwood*

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From clean drinking water, to seat belts, to immunizations, the impact of public health on every individual is undeniable. For undergraduates, an understanding of the foundations of public health is an essential step toward becoming an educated citizen. Public Health 101: Healthy People—Healthy Populations provides a big-picture, population perspective on the determinants of health and disease and the tools available to protect and promote health. It examines the full range of options for intervention including use of the healthcare system, the public health system, and society-wide systems such as laws and taxation. Through case studies, vignettes, and extensive examples, readers will come away with a clear understanding of how public health affects them in their everyday lives. They will learn and apply frameworks for thinking about the issues of public health and gain a deeper understanding about the health news they are exposed to each day. Key Features: Public Health 101 fully implements the curriculum framework, learning objectives, and “enduring understandings” of undergraduate public health education as recommended by the Association of American Colleges and Universities (AAC&U)\* and the Association for Prevention Teaching and Research (APTR). Frameworks for thinking, checklists, and step-by-step examples provide students with hands-on practice. Case studies, vignettes, and extensive illustrations reinforce the materials and provide interactive exercises for classroom discussions, homework, and examinations. A full package of instructor resources is available online at <http://publichealth.jbpub.com/essential/riegelman>. \* To learn more about the AAC&U initiative, The Educated Citizen and Public Health, or to download the curriculum guide, log on to: [www.aacu.org/public\\_health](http://www.aacu.org/public_health). Looking for more real-life evidence? Check out Essential Case Studies in Public Health, Putting Public Health into Practice.

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