

Population health

Name

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College Essay

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The link between an individual's health, surroundings, and aggregation's kind and size has received little attention in evolutionary history. Medical anthropologists use paleontological data and illness descriptions from earlier communities to hypothesize the interaction between early humans, possible diseases, and the environment. Before the first written records of human history, investigators have found evidence of public health activities (such as community-wide campaigns aimed at preventing sickness, extending life, and promoting health).

According to Polgar (1964), humankind has progressed from hunting and fishing through established settlements to the preindustrial metropolis; from there to the current day (McEwen, 2018). As populations grew and human ecology became more unbalanced in these eras, sociocultural adaptations evolved. In order to live in groups, humans have altered the world around them. This mismatch significantly impacts the population's overall health, even though the knowledge is filtered by ethnic prejudice. Examples include the stages of the growth of Modern civilization as seen through the perspectives of the Modern hemisphere. Anthropologists have many disagreements over how to categorize these periods. On the other hand, human disease stages serve as a reference point for tracing links between people, illness, and the surrounding environment throughout documented history and into the current day.

Community nurses need to understand that the communities they serve come from a wide range of backgrounds, with different cultural traditions and a broad set of possible care practices. An American nurse may have to arrange to treat refugees or immigrants from an established community or preindustrial city while working in their community. The environmental health hazards towards the group as a whole and the strengths and capabilities of the host culture influence the group's health. According to the Hispanic Health and Nutrition Assessment Survey,

which gathered information between 1982 and 1984, postnatal conditions among females born in Mexico deteriorate compared to the amount of time they spend in the United States.

Imperialism and industrialization were prominent features of the eighteenth century. Unhygienic circumstances persisted as a significant issue. There was a progressive shift in industrial productivity during the Industrial Revolution. Numerous lives were sacrificed for the sake of economic growth. Poor children were mainly made to work as enslaved people. The discovery of vaccination was one of the most significant in modern times. According to a study by Edward Jenner in 1796, People who worked with livestock were less prone to have chickenpox. He discovered that the cowpox virus was responsible for a person's protection against smallpox. About 95 percent of the population was infected with smallpox at some point during the 18th century, and as a result, about 10 percent of the population disappeared. Many people died in the 19th century due to incurable infections infecting the populations residing in unsanitary environments. A typhus and typhoid disease outbreak killed twice as many people as died during the mid-1800s at the Battle of Waterloo.

Edwin Chadwick drew attention to the health inequities that lowered the life expectancy of the working class as a result of unhygienic conditions. More than 50 percent of children born to middle-class families in large industrial towns, including Liverpool, were deceased by the time before the age of five years (Schubert et al., 2022). Most of the people who worked as laborers lived about 16 years old. Merchants had a life expectancy of only 22 years, whereas the wealthy elite had a lifespan of 36 years. An in-depth report on the hygiene practices of the employed population in Great Britain was illustrated by Chadwick in 1842. The General Board of Health for Britain was established in 1848 due to the research findings. Following that, regulations for social progress were implemented, addressing issues such as child welfare,

factory management, education, and the care of the elderly, mentally ill, and severely sick. This initiative built water and sewer systems along with fireplugs and other amenities.

Waves of outbreaks kept spreading in the U. S. in the 1800s, and they kept getting worse. The impoverished were severely affected by diseases including typhus, typhoid fever, cholera, smallpox, and yellow fever. As cities flourished and the impoverished were forced to live in cramped, filthy circumstances, diseases like cholera and measles proliferated. In the middle of the 19th century, public health efforts improved. Efforts were made to create legislation and discussion on health indicators' economic, social, and medicinal aspects and care coordination. Around this period, "modern" health care emerged, with nurses playing a significant role in its development. In the mid-nineteenth century, Florence Nightingale, the lady credited with founding "modern nursing," began her career as a nurse. Historians remember Florence Nightingale for her contributions to the health of British troops during the Crimean War and for her role in founding nursing education. Nevertheless, her outstanding application of public health ideas and noteworthy scientific contributions to healthcare reform was largely overlooked by scholars. Her interest in environmental health factors is shown in the following study of Nightingale's work. She also concentrates on the overall health of British troops by emphasizing hygienic practices, community evaluation, statistical visualization, and political campaigning on their behalf. She also had a strong interest in sanitation and wellbeing. As a 31-year-old student at Kaiserswerth Hospital in Germany, she practiced nursing under Pastor Fliedner in 1851. Subsequently, she studied the sisters of Charity's structure and discipline in Paris. Nightingale wrote books and presented her evaluations of the various healthcare practices in Germany, Italy, Austria, and France. Nightingale compared Manchester's average yearly mortality rate and the deaths of troops at military hospitals near London simultaneously as the Crimean War

(McDonald, 2019). Her initiatives also reduced the death rate of sick soldiers in the Crimean War to the same level as healthy soldiers in Britain. Indeed, Nightingale's meticulous records indicated that the fatality rate among treated troops dropped from 42 percent to 2 percent due to her efforts. She also created community programs and events to help returning troops.

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