Why Public Health is the most Impactful Field of Medicine
Chloe, Year 8

I believe Public Health is the most impactful field of medicine especially in today's society because of its contributions in the enhancement of lives in communities. Public health is "*the science of improving the health of people and the communities in which they live." (Healthcare Management Degrees and Careers.)* Public health professionals accomplish this by researching diseases and illnesses and detecting and preventing diseases. They pride themselves in finding ways to decrease health disparities and promote healthier lifestyles.

Public health was not the first that came to mind but the focus on improving and protecting the well-being of communities and with great emphasis on prevention among large, disadvantaged communities, public health is the most impactful field. Citizens are kept safe with child wellness, disease prevention, education, disaster relief, clean water and access to healthcare. Medicine depends on public health as "*Public health stresses the prevention of disease, while medicine deals with the prevention, diagnosis and treatment of individuals*." *(Public Health and Medicine Where the Twain shall Meet Volume 41, Issue 4, Supplement 3. Harvey V. Fineberg, MD, PHD October 01, 2011.)* Public health does its best to improve the lives of the poorest communities with aid such as vaccinations. An example of this is Makoko, Nigeria's largest floating slum. The polio virus was a viral endemic in Nigeria that was estimated to have paralyzed 75,000 children each year in Nigeria at its peak. Now it has been eradicated through vaccines and aid. This stage would be still unattainable without the support and aid from public health. Public health supported my country in its darkest days and gave aid to Makoko while our Government had its hands full with polio in the mainland but public health pushed forward and gave kids healthier futures with the inactivated polio vaccine (IPV). Public health is the support system that developing countries need when all fails. The need for public health cannot be overemphasized.

However, other specialties like plastic surgery, oncology etc. do make quite an impact. Plastic surgery particularly plays a key role in society today. Cosmetic surgery and reconstructive surgery are mainstream medical practices and recently, reconstructive plastic surgery can repair damages from cancer treatment making plastic surgery even more valuable. "*Cancer treatment can sometimes damage the function or appearance of a part of the body. Reconstructive plastic surgery can help repair those changes." (Fox Chase Cancer Center February 13 2019.)*

In conclusion, I believe public health is still the most impactful field of medicine because of its role in the daily lives of communities, particularly in rural locations. Other fields of medicine are impactful and are also populous in urban areas but, scarce in rural, unlike public health which remains rooted and unchanging regardless of location. Public health supports the rest of the medical field with its role in controlling and preventing diseases, the encouragement of vaccines, the creation of laws to improve safety and lifestyle, giving communities access to healthcare and presenting families with aid with family planning. Public health is the most impactful field and has a great role in your, mine and our lives to make us content and they work to increase our life expectancy.

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