

## Public Health Action Case A

*The objective of this project is to stress the importance of all stake-holders working together to enhance public health.*

*The group will have 30 minutes to complete the project, after which they will present their conclusions to other participants in the workshop. It is important for the group to choose a secretary and a spokesperson at the outset.*

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### **Obesity**

In recent decades obesity has been a growing problem, especially in western nations, but also in the so-called developing nations. Many factors contribute to the problem, but they are essentially very simple. Due to technological development, life has become more sedentary, entailing a reduction in physical exertion – for children and adults – both at work and during leisure hours. A huge range of foodstuffs is available, and the marketing of unhealthy and sweet foods and fizzy drinks tends to lead to excessive consumption.

How does society respond to children becoming increasingly overweight or obese?

1. Set up a team which would be well-qualified to deal with this problem in society.
2. Discuss the role of each member of the team.
3. Create an action plan for the project.
4. Create methods (yardsticks) to ensure that the success of the project can be measured.

## **Public Health Action Case B**

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### **Inequality**

A factor which leads to inequality in society is e.g. that there is often a lack of available labour for low-paid work among the native population. This entails that people from elsewhere, seeking a better life in a new country, are employed in this work. If immigrants are not admitted in a way that assures them good education, health care and other social benefits, as well as facilitating their adaptation to their new society, there is a risk that ethnic minorities will develop in the country, whose health is poorer than average.

A new study of children's dental health in region X indicates that immigrants' children have far more tooth decay than other children. Possible explanations are that part of the cost of dental care must be paid by the family, that information on dental services and preventive measures is not available in the immigrants' language, that illiteracy is common among the immigrants, or that their lifestyle increases the likelihood of dental decay. How can this inequality regarding the dental health of immigrants' children be reduced?

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## Public Health Action Case C

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### **Unsafe sex**

In various western countries, unwanted pregnancies and sexually-transmitted diseases such as chlamydia are consequences of young people practising unsafe sex. The reasons can be of many kinds, such as less parental supervision, the rise in porno-culture, and changing values in society.

In region X the frequency of teenage pregnancy has increased in the past year, while sexually-transmitted diseases have also become more common among young people. What should be the response?

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## **Public Health Action Case D**

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### **Accidents**

Accidents lead to premature death and disability, often for young people. A local authority could decide to adopt measures relating to road accidents, focussing on young drivers or on specified accident black spots.

In the town of X, young people often road-race down a certain road. One has died, and in another case a child was run over and seriously injured. What should be the response to this reckless behaviour?

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## Public Health Action Case E

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### **Abuse of alcohol and other substances**

The use of alcohol and other substances appears to be increasing in western countries. This has damaging consequences for physical, mental and social welfare. It is important to reverse this trend, if public health is to be enhanced.

In region X alcohol consumption by young people has increased considerably in recent years, and at the same time a certain proportion of them have started to use illegal substances. What should be the response to this problem?

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## **Public Health Action Case F**

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### **Skeleto-muscular problems and stress**

The commonest health problems for which patients consult their general practitioners/family doctors are skeleto-muscular ailments, such as myositis (muscular inflammation), back pain and chronic fatigue. The cause may lie in increased stress in people's lives. How can society resolve this problem?

In country X there has been a considerable increase in the number of young women being classified as disabled. The reasons for disability are chronic fatigue, anxiety or depression. Many of them are single parents. Can this trend be reversed?

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