

WHAT IS PUBLIC HEALTH?

Public health experts are trained to diagnose the health of a community. They listen to people who know their community best and draw on science and data to recognize patterns and problems.

In the U.S., we spend so much time and money on health care, but we're not getting healthier. That's because we wait to treat people until after they're sick or injured. Public health is designed to prevent each of us from getting sick or injured in the first place. Disease prevention and control, safe and sanitary food, health programs and education, and more—it's the mission of public health to make sure our cities, communities, and country have what we need to stay healthy.

Public health experts bring together everyone who has a role to play in their community's health—schools, businesses, government agencies, and others—to stop health threats before they start.