PARENTING EDUCATION as PUBLIC HEALTH
by Julia Chapman & Kimberly Kopko

WHAT IS PUBLIC HEALTH?

“Public health is the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society organizations, public and private communities and individuals.”

For public health initiatives to be really effective, they need to be engaging and integrating multiple sectors and impacting multiple social determinants of health.

SOCIAL DETERMINANTS OF HEALTH (SDOH)
...are the conditions in which people are born, work, grown, learn, and live that shape their health.

- Economic Stability
- Physical Environment
- Education

References:
Parenting Education intersects with multiple SDOH -- making these programs an important public health initiative!

Parenting education is, of course, housed in the education sector, but also intersects with the community sector and physical environment sector. Some programs even overlap with nutrition and intersect with the food sector.

The Take Away

Parent educators are public health professionals. By examining and concentrating on the various SDOH we contribute to, we can provide more holistic prevention and intervention services the improve the overall health of parents and families!

References: