Public Health in 2030

[Name of the Writer]

[Name of the Institution]

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**Q1. Emerging Role of Public Health**

The field of public health is expansive in nature as it encompasses many different disciplines. The importance of public health is increasing across many sectors today. There are myriad of health challenges but there is hope as well (Chan, 2017). One of the emerging trends is a new focus on the role of community in health outcomes. There is an unprecedented rise in the health technology field. Today, there are video games that help patients manage their illness.

The future of healthcare is being shaped by trends such as sustainable health systems, emerging technologies, new models of care, global demographics dynamics and the genomics revolution. Health services are being integrated, access to insurance is increasing and patient-based care is being introduced. Patients are being empowered. The world is moving towards universal healthcare with a primary focus on preventive care. Role of international organizations such as the World Health Organization, the United Nations and World Bank in policy-making and implementation for delivery of health services will increase (Braithwaite, 2018).

The Institute for Alternative Futures joined with public health officials and organizations across the United States to deliberate over public health challenges and opportunities that may arise in the next fifteen years (The Kresge Foundation, 2014). This effort was called the Public Health 2030 project. It included suggestions to fulfill their mission in the face of an unprecedented increase in chronic diseases and obesity, climate change and many other challenges. Public health agencies aim at controlling diseases, ensuring food safety, fostering health and promoting preparedness for emergency situations.

Public health practitioners are more varied now. Other than doctors, there are nurses, engineers, and nutritionists involved in public health. The field also includes behavioral and social sciences professionals as well. A vast treasure of knowledge is being gained in the areas of genomics, chemistry, pharmacology, biostatistics, proteomics, and epidemiology (Field, 2005).

There is a possibility that public health evolves both positively and negatively in future. The public health system is gradually evolving into a more accountable care system. One manifestation of this transition is patient-centered medical homes. The merging of health care and engineering has enabled experts to think on the question of developing automated and smart homes, pill dispensers and other equipment to help elders manage their illness.

Public health practitioners will increasingly use behavioral theories to improve population health (Bruening, 2018). They are increasingly incorporating broad-based skills to deal with changing health needs. Use of data to identify and solve problems is increasing at an unprecedented pace.

**Q2. Proposed Goals for Healthy People 2030**

Healthy People 2020 was the 4th version of the Healthy People initiative. It included 1,200 objectives under 42 areas. Healthy People 2020 has served as a model for the states in devising their health improvement plans (SHIP). The problems cited by states included fund shortages and lack of adequate data to track Healthy People 2020 indicators. Some states also shared challenges in making Healthy People 2020 goals as their priority because some of the goals were unrealistic. States found the format of topics and goals quote cumbersome and suggested that topics should be brought under broad categories such as social factors, behavioral health, equity, etc. These structural flaws should be removed in 2030.

One overarching goal of the Healthy People 2030 should be engaging leaderhip and communities. One of the key lessons from Healthy People 2020 was that without engaging leadership, key constituents and the general public, it becomes difficult to execute the plans of achieving improved plans as per the goals and objectives (Braithwaite, 2018). Therefore one overarching goal of the Healthy People 2030 should aim at engaging leadership, the public and major constituents from multiple domains and sectors to not only take action but also design policies that improve the health of all citizens.

Moreover, with the unprecedented global challenges of the environment, it is important to incorporate a global perspective in Healthy People 2030 goals. The United States is being frequently struck by hurricanes which have repercussions for public health. Moreover, since the role of global organizations is increasing day by day, global cooperation on health issues may be promoted.

I propose focusing on the digital landscape and exploiting it for the public health systems as the third goal. The importance of this goal cannot be understated because no organization can work without enterprise resource planning (Graham, 2016). Biotechnology is advancing by leaps and bounds. The genomics revolution makes headlines every other day70% of changes in overall health can be attributed to environmental and socioeconomic determinants and clinical care account for only 15-20% of health (The Kresge Foundation, 2014). Chronic diseases and climate change are two impending health-related tsunamis and they call for a different kind of public health. Innovation and leadership are needed to combat these threats. Health disparities exist when low-income people are compared with high-income people. These disparities should be addressed. Current treatment-oriented health care should be re-engineered into a system that focuses more on building healthier communities. Therefore use of modern tools and technology to foster better health, increase preparedness, improve preventive healthcare, and manage patients should be incorporated as a goal in Healthy People 2030.

**Q3. Future Health Systems, Programs, and Policies and Their Impact**

Public health challenges are much broader today. In future public health policy and research will be concerned with preventive care (Graham, 2016). The future health systems will be focusing on sustainability to adapt to ever-changing situations and evolving challenges. Common pressure points include inadequate financial resources, lack of skilled staff, high expectation of the masses, etc.

Maintaining a balance between quality of care and cost will be difficult. Health systems will be in need of such a workforce that is well-versed in technological changes and can perform the cost-benefit analysis. The existing global initiatives such as the World Health Organization's initiative of Universal Healthcare (UHC) are of paramount importance (World Health Organization, 2018). Genetic research has increased and new systems of care have been developed. Affordability remains an issue, though the costs of sequencing are decreasing with time. Appropriate education of health professionals in the genomic technology is of paramount importance. Emerging technologies are changing health services. E-health has improved patient care, data management, diagnostics, and treatment. New models of care are emerging but their implementation remains a challenge.

Populations are shifting globally. The world will have 11.2 billion people by 2100. The distribution of wealth might remain uneven. Global economic inequalities and changing demographics due to migrations (facilitated by globalization) remain a challenge for health systems in the future. An aging population will demand a focus on long term care.

Integration of healthcare services will be an important step to coordinate care services and reduce burden. Health insurance will make health services affordable. Educating the patient will empower them to take decision-related to health. Till 2030, the world will have made important strides in setting up universal healthcare managed by the UN and WHO, allowing increased access to health care. Clinical and information technology such as will improve efficiency care services. Increasing longevity will result in aging populations, putting immense pressure on health systems. National policies and strategies will result in improved regulation of health services, quality, and safety (Braithwaite, 2018).

**Q4. My Strengths**

My Strengths Finder results identified and covered five traits and qualities: strategic, empathy, intellection, developer, and learner. Being strategic, one can create alternative and new ways of doing things. One can also quickly explore the patterns and problems in a given situation. I believe this strength of mine is of paramount importance in the ever-evolving health care which is faced by multiple challenges. New ways of thinking are required to solve the unprecedented problems.

Without being empathetic, a person can never be a good public health practitioner. In order to connect with patients, empathy is crucial. Being empathetic, I can easily sense the feelings of others, and thereby provide care to them in a better way. My strength of intellection, combined with being strategic, allows me to be introspective and to engage in intellectual discussions. Both are very important in the changing landscape of health systems.

A developer is good at building relations. He or she has a keen eye to recognize the potential of others. This quality is very important to inspire people to further improve their performance. This strength of mine will help me lead in an effective way, especially when building relations is all the more important now as public health expands and enters new avenues.

Being a learner, as my strengths show, I have an urge to learn more and more. As public health is assimilating new technologies with time and demanding continuous learning of new skills, this of mine will help me perform better in the post-genomics and post-tech revolution environment.

The course has helped me understand the emerging trends in public health, its expansive nature, the challenges facing public health and measures are needed to be taken in the future. Looking as far as 2030 equips the health practitioners in the most suitable position to prepare for the changing themes in healthcare.

**Q5. Using My Strengths, Skills, and Knowledge**

I have acquired adequate knowledge of the expanding and emerging knowledge of public health, the role of policymakers, global trends challenges. Moreover, I have also acquired a thorough understanding of my own strengths.

With my strategic and intellection strength, I see myself in a position to focus on devising strategies and solutions for emerging challenges. I am in a better position to find cost-effective technological solutions for health care after doing a proper cost-benefit analysis.

With the increasing challenges of chronic diseases, obesity, aging people, I will utilize my strength of empathy in the best possible manner to connect with and cater to the needs of, patients. Since I am a quick learner, as my strengths show, I will focus on acquiring all the new skills that the technology-driven changing health care system demand.

One of my goals is to remain well-versed in the state-of-the-art technological devices used in healthcare. Furthermore, being good at building and managing relations, I intend to create health awareness in my community and engage them to play an active role in addressing the challenges. This goal is in line with Healthy People 2030 proposed goals. Since the healthcare system is gradually moving towards preventive healthcare, educating the public is of paramount importance. My knowledge of health care, healthy lifestyle and hygiene have enabled me to create awareness in people as well.

In this regard, social media can be used as a platform to connect with people. It is also important to look at health care from a global perspective. This course has provided me with adequate knowledge about the emerging global trends and steps being taken by international organizations such as the UN and WHO to improve health care and increase access. Spreading awareness about global warming to encourage individual steps also remains on my agenda. In this context, communicating with the community by arranging seminars and workshops can prove very effective.

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