

Environmental Issues and Public Health of Pakistan

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Abstract

A study was conducted in Pakistan in order to determine the public health and their impacts on human and environment. Different issues were studied in public health that included water and air pollution problems. Many diseases are reported in Pakistan which includes HIV/AIDS, Dengue fever and tuberculosis. Instead of these diseases many healthcare delivery systems are provided for public health. In Pakistan there are several policies in different years for public health and environmental issues. One of the policy is “National Health Vision” (2016_2025). Different organizations are working for public health. The result shows that due to policies for public health many diseases are controlled and environment conditions become much better.

Introduction

According to World Health Organization (WHO) health is defined as a state of complete emotional and physical, mental, and social wellbeing, and as a resource for living a full life. Environmental health is the branch of public health concerned with all aspects of the natural and built environment affecting human health. The major sub disciplines of environmental health are environmental science; environmental and occupational medicine, toxicology and epidemiology. Pakistan made health services for public and its progress of public health in country evaluated to health conditions in era of 1947. In Pakistan there was low level malnutrition insufficient for health services. Pakistan provides proper management and leadership in health sector for public health and as well as contact trainings for further improvement. Pakistan faces many health problems i.e HIV/AIDS, Dengue fever and tuberculosis (NAEEM et al., 2012).

Healthcare Delivery System of Pakistan

In Pakistan there is health delivery system in which primary, secondary and tertiary healthcare are working for public health. In primary healthcare basic health units and rural health centers are provided. It also provided clinical, logistical and managerial support to lady health workers (LHWs). In secondary healthcare includes, provision of technical, therapeutic and diagnostic services (Hassan et al., 2017).

Health Policies of Pakistan

In 1990 first formal national health policy was announced in Pakistan. In 1997 the second health policy was developed and the third national health policy was conduct in 2001. The aim of the health policy in 2009 was to cover MGDS goals. National Health Policy 2009 was Adopted appropriate health technology to deliver quality services Human Resource Development and Management

Generate reliable health information to manage and evaluate health services Governance and Accountability Development and Provision of an essential health services package Enhancement of health budgets and provision of social safety nets. The 2009 health policy provided basis for 'National Health Vision 2015'. National health vision (2016_2025) both federal and provincial governments were agreed (Hassan et al ..,2017).

Environment Impact on Human Health

Pakistan is a victim of environmental impacts. Morbidity and mortality is a major impact of environmental contamination on human health due to this impact two leading causes are observed as death of children due to diarrhea and acute respiratory infection.

The health effects of water quality, sanitation and hygiene

Water pollution causes many problems. The water pollution resulted in illnesses such as diarrhea, typhoid, intestinal worms and hepatitis (Ashraf et al., 2010)

Airborne lead pollution

Airborne poisoning has deep roots in many problems such as learning disabilities, hearing loss and behavioral abnormalities. In adult's hypertension, blood pressure and heart disease (Ilyas et al., 2009).

Awareness about environmental issues and public health

Create awareness among the people regarding environmental issues and their health issues for better environmental quality. Provide trainings for environmental conditions and their health problems. World Health Organization and Pakistan Health Research Council are working for public health.

Conclusion

The paper concludes that in Pakistan public faces many diseases due to different problems in the country that includes pollution, climate change and global warming. Certain measures are taken to reduce the overall problems in the country. In Pakistan health care system are existing for urban and rural populations but still not properly implemented in country. Different awareness related sessions are conducted in county to aware the public about certain issues and their impacts on public health, So that people are aware about issues and they will work together to reduce the impacts and enhance the life safety.

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