Preventive Medicine Introduction

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Life Expectancy in 1900 vs 1999

Traditional Medicine
- e.g., medications
- e.g., procedures
- e.g., surgeries
- e.g., devices

Preventive Medicine and Public Health
- e.g., vaccinations
- e.g., clean drinking water
- e.g., safe workplaces
- e.g., motor vehicle safety

CDC. MMWR 1999;48(12);241-243.
What Is Public Health?

CDC
World Health Organization
LET'S MOVE!
Robert Wood Johnson Foundation
CABINET FOR HEALTH AND FAMILY SERVICES
LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT
COMMONWEALTH OF KENTUCKY
Public Health Mission

fulfilling society's interest in assuring conditions in which people can be healthy

INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES
Public Health Functions

CDC: National Public Health Performance Standards Program
What Is Preventive Medicine?

*prevention-focused* rather than treatment

*population-based* rather than individual
Public Health Achievements – I

- Vaccination
- Motor-vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and stroke

Public Health Achievements – II

- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridation of drinking water
- Recognition of tobacco use as a health hazard

CDC. *MMWR* 1999;48(12);241-243.
Leading Causes of Death in 1900

1. Pneumonia and Influenza
2. Tuberculosis
3. Diarrhea and Enteritis
4. Heart Disease
5. Cerebrovascular
6. Nephritis
7. Unintentional Injuries
8. Cancer
9. Senility
10. Diphtheria

CDC: National Center for Health Statistics
Leading Causes of Death in 2007

1. Heart Disease
2. Cancer
3. Cerebrovascular
4. Chronic Lower Respiratory Diseases
5. Unintentional Injuries
6. Alzheimer's
7. Diabetes
8. Pneumonia and Influenza
9. Nephritis and Nephrosis
10. Septicemia

CDC: National Center for Health Statistics
Causes of Death: 1900 → 2010

ACUTE

CHRONIC
Actual Causes of Death in 2000

1. Tobacco
   435,000 (18.1%)

2. Poor diet and physical inactivity
   400,000 (16.6%)

3. Alcohol consumption
   85,000 (3.5%)

4. Microbial agents
   75,000 (3.1%)

"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"
Actual Causes of Death in 2000

5. Toxic agents 55,000 (2.3%)
6. Motor vehicle 43,000 (1.8%)
7. Firearms 29,000 (1.2%)
8. Sexual behavior 20,000 (0.8%)
9. Illicit drug use 17,000 (0.7%)

Levels of Prevention

Primary Prevention
Secondary Prevention
Tertiary Prevention
Preventive Medicine Specialties
Questions?

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