

# Achievement of a healthier and stronger community

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## Achievement of a Healthier and Stronger Community Introduction to Community Health Yousaf Alqhtani October 30th, Achievement of a Healthier and Stronger Community

There are numerous factors that are associated with community health which hinder the achievement of stronger and healthier community. These are factors such as poverty, discrepancies in morbidity, domestic violence, environmental issues, unemployment, poor nutrition and political instability (Flournoy & Yen, 2004; World Health organization, 2013). There is a complexity scenario that relates to community health which leads to either individual or collective health in a society. It will be therefore not prudent to leave matters of community health to health and other related professions to handle the matter. Everybody in the community should be involved towards building a stronger and healthy community as well as investing human and social resource at the grassroots.

Recent studies have also suggested that health disparities are increasing and some of the disparities are based on race and class (US Department of Health and Human services, 2011). If then such matters were left to health practitioners, a healthy community can never be attained. I strongly believe if the community partners with health practitioners a healthy and stronger community can be achieved. Involving the community in health matters can help control spread of diseases such as the current Ebola menace.

In pursuit of trying to achieve a healthy community, it is of great importance to educate the community to organize and build itself to fit itself exceptionally well with any contemporary issue that may arise (Gamble, 2012). There are some core causes that impede a healthy and strong

community such as food insecurity and nutrition which leads to poverty and the only way that community health professionals can handle the matter is partnering with the community

#### References

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