

Waht a healthy community can offer its members

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A healthy community provides members with a healthy environment. For example, healthy communities have clean water, clean air, and accessible medical services. To avert any unhealthy situations, the community invests heavily in health and prevention measures. Moreover, people are protected from health hazards caused by the lifestyles of others such as smoking. The community also invests in measures aimed at rehabilitating unhealthy lifestyles. Healthy communities believe that health is not only defined as the absence of illness, but also as a clean environment that gives people the opportunity to live a full life. Thus, healthy communities have low levels of illnesses, a clean environment, clean air and water, and effective drainage systems.

If I cared for a community whose definition of a healthy community is different from mine, I would use health education to put the various issues into perspective. I would involve the community in finding the rationale for their definition of health and also provide my rationale. In this way, a consensus on the definition of a healthy community can be reached, thereby enabling me to provide effective care.