Contents

Section 1: Introduction

1. Concepts in Health Care 3

Evolution of Medicine and Public Health 3
Health for All and Primary Health Care 5
Causation of Diseases 7
Concepts in Prevention of Diseases 8
Determinants of Health 9
Dimensions of Health 10
Measurement of Health 12
Global Disease Elimination and Eradication as Public Health Strategies 13
Candidate Diseases for Elimination or Eradication 15
Emerging Infectious Diseases 22
Vaccination for International Travel 29
International Certificate of Vaccination 33

Section 2: Epidemiology of Communicable Diseases

Part A: Principles of Control and Prevention

2. Common Terms and Concepts 39

Common Terms 39
Modes of Spread of Communicable Diseases 45
Routes of Transmission of Infectious Diseases 46
Immunity 51
Immunizing Agents 53
Prevention and Control of Communicable Diseases 62
Surveillance 69

Part B: Specific Infections

3. Respiratory Infections 79

Smallpox 80
Chickenpox 81
Measles (Rubeola) 84
German Measles (Rubella) 89
Mumps 92
Influenza 94
Common Cold 97
Avian Influenza (Bird Flu) in Humans 99
Swine Influenza 104
Severe Acute Respiratory Syndrome 107
Diphtheria 109
Whooping Cough (Pertussis) 112
Tuberculosis 115
Meningococcal Meningitis 123
Acute Respiratory Infections 124

4. Intestinal Infections 129

Poliomyelitis 129
Hepatitis A 133
Hepatitis E 135
Cholera 137
Acute Diarrheal Diseases 140
Typhoid Fever 143
Food Poisoning 147
Escherichia coli (Diarrhea) 151
Amebiasis 152
Ascariasis 154
Hookworm Infestation 156
Guinea Worm Disease (Dracunculiasis) on the Verge of Eradication 158

5. Arthropod-borne Infections 160

Arbovirus Diseases 160
Arbo Parasitic Diseases 163
Lymphatic Filariasis 163
Malaria 167

6. Zoonoses 185

Viral Zoonoses 186
Rabies 186
Japanese Encephalitis 191
Kyasanur Forest Disease 193
Chikungunya Fever 195
Yellow Fever 197
Ebola Hemorrhagic Fever 199
Rickettsial Zoonoses 200
Scrub Typhus (Mite-borne Typhus) 201
Murine Typhus (Endemic Typhus or Flea-borne Typhus) 202
Indian Tick Typhus 202
Q fever 203
Other Rickettsial Infections 204
Bacterial Zoonoses 205
Brucellosis 205
Leptospirosis 207
Plague 209
Anthrax 213
Salmonellosis 213
Parasitic Zoonoses 214
Teniasis (Tapeworm Infestation) 214
Hydatid Disease 215
Leishmaniasis 216
Toxoplasma gondii 219

7. Surface Infections 222

Trachoma 222
Tetanus 224
Leprosy 226
Parenterally Transmitted Hepatitis B, C, D and G 231
Hepatitis B 231
Hepatitis C 234
Hepatitis G 236
Sexually Transmitted Infections 236
Acquired Immunodeficiency Syndrome (AIDS) 240
Scabies 245
Pediculosis 245

Section 3: Non-communicable Diseases

8. Coronary Heart Disease 249

Risk Factors 250

9. Hypertension and Stroke 252

Hypertension 252
Stroke 253

10. Diabetes Mellitus 255

Screening, Complication, Prevention 257

11. Obesity 259

Body Mass Index 260

12. Cancer 262

Risk Factors, Prevention Strategies 264

13. Rheumatic Heart Disease and Accidents 266

Rheumatic Heart Disease 266
Accidents 267

14. Mental Health 269

Determinants 269

Section 4: Demography and Family Welfare

15. Demography 277
World Population Trend 277

16. Family Planning 282
Eligible Couples 283
Contraceptive Methods 283
Barrier Methods 284
Terminal Methods 291

17. Maternal and Child Health 294
Maternal and Child Health Problems 294
Maternal Health Situation in India 295
Reproductive and Child Health Program 296
Birth Weight 299
Infant Feeding 301
Growth and Development 302
Indicators of Maternal and Child Health Care 304
Integrated Management of Neonatal and Childhood Illness (IMNCI) 308
Family and Community Health 310

Section 5: Nutrition

18. Nutrients 315
Classification of Foods 315
Nutrients 316
Macronutrients 316
Micronutrients 321
Energy 334

19. Balanced Diet and Nutritional Contents of Foods 336
Balanced Diet 336
Nutrient Content of Common Foods 337

20. Nutritional Problems in India 342
Nutritional Profile of India 342

21. Community Nutrition Programs in India..... 346
Community Nutrition Programs 346
Assessment of Nutritional Status 351

22. Food Adulteration 353
Food Toxicants 353
Prevention of Food Adulteration 354

23. Role of Nutrition 356
Nutrition, Health and Eugenics 356

Section 6: Health Education and School Health Service

24. Principles of Health Education..... 365
Some Terms and Concepts 365
Health Promotion 369
Health Education 370
Health Communication 374
School Health Service 378
Health Culture 384

Section 7: Environment and Health

25. Physical Environment and Health 393
Physical Environment 393
Humidity 397
Temperature 400
Ionizing Radiation 405
Non-ionizing Radiation 408
Noise 410
Soil 413
Water 415

26. Control of Biological Environment 417

Mosquito Control Measures 417
Fly Control Measures 419
Control of Lice 420
Control of Rat Fleas 421
Control of Ticks and Mites 421
Control of Rodents 422
Disinfection Procedures 422
Recommended Disinfection Procedures 425
Disinfection of Water 425
Water Quality Standards 429

27. Environmental Sanitation..... 433

Sanitation 433
Disposal of Wastes 434
Wastes from Healthcare Activities (Central Pollution Control Board) 440
E-waste 444
Sanitation in Slaughterhouse 450
Action in Medical Epidemics 454
Global Environmental Problems 455

28. Occupational Health..... 457

Occupational Environment 457
Occupational Hazards 458
Other Occupational Hazards 464
Prevention of Occupational Diseases 466
Ergonomics 468
Employees' State Insurance Scheme 469

Section 8: Healthcare System in India

29. Healthcare Delivery System..... 473

Health Care in India 473
Primary Health Center 475

Central Bureau of Health Intelligence 476
Voluntary Health Agencies 478
Ford Foundation 486
Rockefeller Foundation 487
Care 488

30. National Health Programs in India 490
National Health Programs 490
Guinea Worm Disease Eradication 514

Section 9: Health Care in India: Vision and Mission

31. National Health Policy and Rural Health Mission..... 533
National Health Policy 2002 533
National Rural Health Mission (2005–2012) 546

Section 10: Epidemiology and Biostatistics

32. Epidemiological Methods in Health Care..... 555
Epidemiological Studies 555
Rate, Ratio and Proportion 559
Descriptive Studies 563
Case-control Studies 566
Cohort Studies 569
Experimental Studies 572
Association and Causation 577

33. Basic Statistics in Health Care 580
Collection of Statistics 580
Presentation of Statistics 582
Sources of Health Information 589
International Population Statistics 597
Measures of Central Tendency 598
Measures of Variability (Dispersion) 600

Index 615