

PARENTING EDUCATION

as

PUBLIC HEALTH

by Julia Chapman & Kimberly Kopko

WHAT IS PUBLIC HEALTH?

“Public health is the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society organizations, public and private communities and individuals.”

For public health initiatives to be really effective, they need to be engaging and integrating multiple sectors and impacting multiple **social determinants of health**



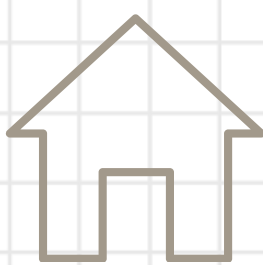
SOCIAL DETERMINANTS OF HEALTH (SDOH)

...are the conditions in which people are born, work, grown, learn, and live that shape their health.

ECONOMIC STABILITY



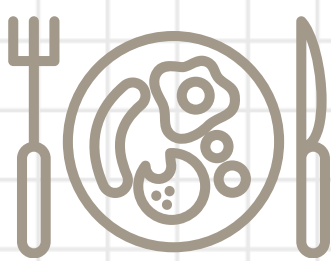
PHYSICAL ENVIRONMENT



EDUCATION



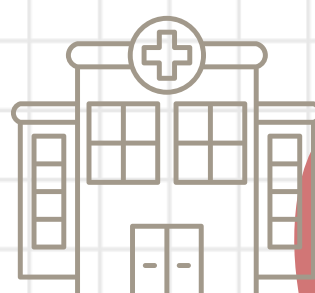
FOOD



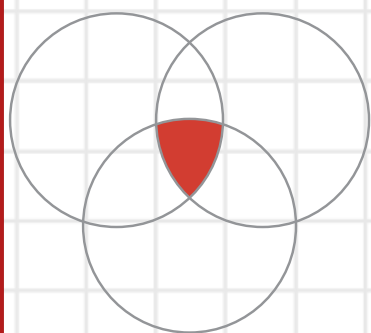
COMMUNITY



HEALTHCARE SYSTEMS



PARENTING EDUCATION & SDOH



Parenting Education intersects with multiple SDOH -- making these programs an important public health initiative!

Parenting education is, of course, *housed* in the **education** sector, but also intersects with the **community** sector and **physical environment** sector. Some programs even overlap with nutrition and intersect with the **food** sector.

THE TAKE AWAY

Parent educators **are** public health professionals. By examining and concentrating on the various SDOH we contribute to, we can provide more holistic prevention and intervention services that improve the overall health of parents and families!

References:

Hughes, A. (2023, June). *Looking at parenting education through a public health lens* [Video]. The Parenting Project: Healthy Children, Families, and Communities. <https://youtu.be/neXQjgpZCY>

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