

ATLANTIC INTERNATIONAL UNIVERSITY



MASTERS IN PUBLIC HEALTH

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INTRODUCTION

As the world is facing so many pandemics and disasters around the world, new technology implied to enhance the potential to overcome those problems along with the economy crises. In the past years back, the science and technology changes facilitated, as the personal computer was in its invention time. Genomic was barely existed as the biotechnology industry was, so biotechnology advance enabled by the parallel revolution in digital information and internet has opened more opportunity to promote human health. Public health as multidisciplinary has opened so many doors to the promotion of global health and most sensitive community.

Public health is a multidisciplinary which is drawn from health and non-health related disciplines such as politics, economics, medicine, law, ethics and epidemiology. Understanding each of the field are related to the methodology, assumptions and results to well understand the nature and scope of problems. The scientists are mostly concerned with the with distribution and determinants of diseases in order to target high risk population for interventions. The legal parameter in which that such interventions are implemented in a given community. Health economist examine a range of instruments to determine how best to increase health benefits. The government has set a frame for bills that is related to their own priorities which exists. The ethic philosophers provide not valuable guidance on the fundamental value and moral judgements that are made, intentionally or unintentionally with every measure that is proposed.

There are many reasons a working knowledge of substance and process of law is vital for policy analysis and advocacy. As we now the law sets limit of power and endure transparency, consistency and accountability. Public health is all about population which distinguish it with other fields of medicine and other allied health professions who treat individual patients.

Public health policy is one of the element in public health that helps to give equal good health terms in all inhabitant's division which is the objectives and targets of national public health authority, it is also linked to the purpose of public health too achieve a good environment and development so that the future generation may have the same good quality of life as we have. County council department and enterprise have been instructed to work on attaining the overall objectives of Public health policies and some plan have followed up to proved that annual report to each department and the whole county council and enterprise as they need to be updated to each ongoing basis. The policy is divided into three sections such as objective, back ground and strategy. Some example of health policy is prohibiting using tobacco and alcohol in public place or that health food is required to be served at company meeting an another example is to use integrate health program in exercising.

Public health policy is important in assessment system of health consequences outcome of policy, program, planning and project. Here the decision is of major importance for promoting and protecting public health as it allows people in decision-making process to consider health impacts along with other factors.

Some key factor for policy developing involves recognizing the important innovation system, how the innovation process is interconnected and the need to link together different player from public and private sectors. Here network and collaboration which is either nationally or internationally are important for making progress because it make balance between investment in technology and science. For example, in many developing countries remarkable investment in higher education, science and technology capacity didn't bear expected fruit as it was isolated from global domestic economy.

JUSTIFICATION

Public health policies and problem solving are important in solving public health challenges and to the students in order to understand the policy issues that policy-maker face such as HIV/AIDS, Diabetes, obesity, hypertension, access to health, chronic conditions.

The policy is used to serve the purpose to advise a public actor to take a specific path to see whether to assist or propose a specific intervention, being brief is sometimes judged by its persuasiveness. The public health practitioners will not need to succumb to oratory or simplistic characterizations, as they can become a better and effective advocate for policy change. Public health policies can guide the health practitioners to practice acceptable health services and the patients who are supposed to claim for non-satisfactory service can have their right.

GENERAL ANALYSIS

Public health in its evolution, many policies was implemented that deals with community and health professionals' right and ethic that enforce the effectiveness of policy changes. In the past decade the scientist scholar and the health practitioners have suggested definition of Public health policy after public health law, and James A. Tobey stated the first definition in 1947 which described public health policies as an intersection of Law and public health as applied to sanitary science, public health administration and personal hygiene. After six years Laurence Gostin explained public health policy by expanding its limits which describe the study of legal power and duties of the government in collaboration with health care sector, business, the media, the community and academic area in order to ensure the population condition is healthy by ameliorating, identify and prevent the risk to health in the population defined and the limitations

on the power of the government to drive for common good of privacy, freedom, proprietary, autonomy and other legally protected interest of individual.

DISCUSSION

INTRODUCTION TO POLICY

The policy is set of assertions of principles, values and objectives that list the expectations and provide basis for decision-making and resources issuing in respect to a specific issue. It also defined as the statement about the values that are taken to be important of identified goals and appropriate of processes for achieving terms. The policies come from different points during political cycle. Policy acts as the act for proper practice of health and regulations.

The countries in the world have different degree of capability and policies which address health threats such as contaminated food, environment harm, smoking and communicable diseases but the most current health threats are world pandemic (Covid19) and obesity epidemic. The policies are formulated to address those threats. There are many health threats that occurred and the policy was required to protect the population's health.

For example, before 2003 the European Union adopted range of programs in high profile public health area such as Europe against cancer and Europe against AIDS. This had been a topical concern about of the health system of the member states at the time and at least was related to the public health elements on health promotion and disease prevention.

It is important to understand that the policy can be descriptive in that it sets out the approach to some issues of public health or either prescriptive in that it requires some follow-up actions **(1)**.

Another example is Tobacco industry in which the pressure for the ban to be lifted continued. Even though the successive review on health effects of smokeless tobacco products by scientific committee on making appearance and newly identified health risks which are known both health risks of smokeless and addictive nature make it improbably the ban to be lifted in the future. This is nevertheless an area that is likely to be readdressed for a variety of reasons. The industry's interest in smokeless tobacco seems to be heightened by the spread of smoke-free legislation in Europe, which encourages people to quit smoking and then accelerate the decline in cigarette sales. They expect that if smokers were able to use smokeless tobacco in environment where they can't smoke, it would help maintain their nicotine addiction and so reduce the likelihood of their quitting as result of their smoke-free legislation.

Public health experts have suggested that smokeless tobacco which has a lower health risk profile significantly than smoked tobacco can play a role in tobacco control strategies by stand in as lower risk source of nicotine for addicted smokers who are unable to quit by conventional means. This above means is one the means of shaping policy in Public health, those means include taxation, home rules and juridical review. In juridical review, the court review of the research of the lower agency and the juridical hierarchy is well known. After some verdict has been given that the case may be seen the higher court, which can review lower court's decision. Even though some effort has been scattered and hardly ever rise to the level of national attention as they are acceptable and very effective exercises of governmental authority to promote at local level the public health policies.

So the law in public health is important even though there is no agreement on the appropriate role of law in public health and we have look over the different perspectives in order to articulate our proper thoughts and positions. Many practitioners and legal scholars have devoted their

careers to this field, example of those practitioners include Wendy Parmet, Lawrence Gostin and Wendy Marine, Edward Richards and George Annas. They provided different perspective on to explain the vision of appropriate role of law in Public health.

In health care area, the health policy is the understood as set of all-embracing principles and goals that read out how care is delivered and accessed. Here the health care policy can be set out at a national level and then more sharpen in hospitals and clinical environment. Health policy is aspirational which is to say that it's designed to show health providers the kind of outcomes they are working for. WHO defines health policy as vision for the future which in turns helps to establish targets and points of reference for the short and medium term?

Health policy also helps in clarifying priorities such as in establishing the role and expectations for different groups whether as doctor, administrators or a nurses, health policy helps as well in building agreements among different concerned body in a health system. So public health describes the policies approved on a national, community and state level to promote healthy lifestyles and prevent the spreading of infectious diseases. That is important for the government to protect their population from health's threats and public health policy and law assist in this task even though they play different roles but their roles interrelate for public's health protection.

Presentation of an analytical of policy process called the eightfold path, which divides the policy process into steps that a policy analyst can use to either better understand the policy process and or to become a better and effective advocate for policy change

The policy is made after a long period of evaluation or hurriedly in response to a new threat, and may be flexible in its response to new knowledge. Policies can be planned to be short term or

longer term in their application but the government policy shelf life can be limited to the government's term of office.

Policy analysis is defined as a social and political activity. It works in many positions. It helps in budgeting, planning, program design, program evaluation, program management and public relations as well as other functions. It is more art than science as it draws on instinct like on methods. So the eightfold path is a method of policy analysis put together by Eugene Bardach, he was a professor at the Goldman School of public policy at the University of California, Berkeley.

Those eightfold path are in order like define the problem, assemble some evidence, construct the alternative, select the criteria, project the outcome, confront the Trade-offs, decide and tell your story. It is not necessary that they are on order and they are not significant in every problem to be used even though the first and the last step are usually very important to be used. The analytic works in solving problem is usually a step by step from defining the problem and proceed until the end when you explain the decision made at the end.

Let's start with define the problem in analytic problem solving, this is a very important stage where you understand the reason you are doing work to finish the project and help to gathering the information for the activity. This will help to make decision on the outcome of the project by explaining the clear fact.

For example, the study of the number of girls that get pregnant at the younger age is growing fast in Rwanda in 2021. Defining this study problem, we have some words that will come show how high or low the problem is and help to understand the prevalence of the girls that are likely to be pregnant the cause, when defining such problem, it is good on failure side. It is important that defining problem helps to determine earlier the problems that is present and which need to be

pursued in latent opportunity so that it can be address before they are in political radar. Policy analysis was shown helpful in understanding the magnitude of the problem and then be able to determine if they are urgent or not.

The second step is assembling some evidence as we know policy analysis is all about thinking and hustling data and this is done to make tangible evidence. Assembling evidence requires these two activity, thinking is very important but the hustling is the basic and it takes time of hunting in library, reading documents, interviewing people, waiting for appointments and son on. Even though in many case the time always can be longer but in real-world setting to collect enough information that can become an evidence it is better to take time so to prevent bias.

The information to be gathered are represented in form of statistics or may be in interview. The data or the information obtained can go beyond the current problem as it shows the extent of the problem and also lead to the discovery of new area of concern for further research. Assembling evidence helps saving time and money by providing evidence of how bad is the problem for the government take action where it is necessary.

The third step is of policy analysis called eightfold path is construct the alternatives is like policy options or alternative course of action. So according to Bardach, he recommended that the analysis policy of the problem need to start comprehensive and end up focused so for that reason he suggested the step of alternative strategic intervention to mitigate problem. Many times the policy analyses use alternative ambiguity. This implies on foregoing another or simply one more policy action that might help to solve or mitigate a situation even in connection with other alternative. The process including proposing the ideas off-shelf, and all the alternatives that are considered in the course of analysis. Constructive alternative is important as it allows making

evidence based decisions, it provides the structure to make sense of many more information and some alternative that can appear from the start of the process.

The fourth step is to select the criteria in policy analysis is part of evaluating the criteria in problem analysis by thinking of any policy story as having interconnected but with separable plotlines, the evaluative and the analytical. This is all about predicting the consequences of certain actions and values judgement. So the alternative measures can be assessed in place based on the outcome intended to produce.

In this step, it is when the values and philosophy are introduced as in judging criteria the standards are used to allow selecting the right outcomes which is associated with any alternative. The evaluated criteria are used to see whether predicted outcomes will be able to solve policy problem to the acceptable level, some of those criteria to be evaluated are efficiency and equality, equity and justice and so many other criteria.

Fifth step is to project the outcome and is the harder step as it requires being care on predicting the impact of all activities of the list. So the analysts can make mistake in projecting the outcome of the research, the most important thing to do is to be realistic when predicting the outcome and optimistic as a small error can affect many lives and hence optimism is beneficial when the projection is well done it not only provide a good outcome and its magnitude.

Projecting the outcome is very important as it gives the picture of the outcome and the alternative outcome, helps to give more information and as a reminder the predictions about policy made are about the future but not the past or the present so it is important to consider it when projection the outcome of a particular project in order to make such error that affect lives, fortunes and community in general.

Step six is confront the trade-offs, this stage involve determining how one or more factors alternatives can be decreased while increasing other more key factors in project or policy analysis. It is expected that the considered alternative produce a better outcome than the other, and this is termed dominance. The trade-offs analysis involves conflict assessment, stakeholder analysis and making decision in multi-criteria analysis. The trade-offs that are commonly known is between money and the services give to some population, if the projected outcome is monetized as money or good.

For example when we trade off policy area in new regulations of Covid19 and their variants we consider the worth of human life to the economy of the national to the global economy. So if there is a favor of standard then it is absolutely believed that the trade-off is worthwhile, if not it is not the case.

Step seven is Focus, Narrow, deepen and decide, this stage is when the analyst need to analyze by narrowing and deepen at the most important legitimate alternative and adopt it. This step mainly is a review of what is already done and see if any change is necessary before deciding for the project and if there is a doubt or any problem it may be the unclarified trade-off enough. It is important to consider the clients, audience concerned with the project, the superior of the institution or those who are funding what you are working.

In fact, it is important that the analyst retain this when he/she is at this stage should make a second guess in their decision as it is most of the time the decision which is final and it has to be well thought a consider negative impacts on the audiences, so the decision made must be defended even when fade by the intended audiences (2). It is normal and disadvantageous when the decision made by the analyst is not accepted by bureaucratic audience when they find it

unpopular even though it is not common in final decision making as it is always confidently made.

Step eight is Tell your story which is the final step in eightfold path of policy analysis. So after defining the problem and so many stages of the project or analysis and we make decision about the policy and make the final decision then we come to tell the story to the audience and it is important to be confident about the story you are telling and be clear and simply on point. When considering telling the story of the policy or any project, it is important to know the benefice of the results or the process you carried during your analysis the intended audience and the purpose for you. It is normally indispensable to use the data and statistics in formal audience but when telling the general people audience it is very important to include human face on the problem and show how your analysis will bring changes and make life much better. The story telling can be done orally or written but in either way it has to be simple and clear to understand.

PROBLEM SOLVING:

Problem solving involves defining it and analyze possible eradication of the problem, for example the infectious disease when it is a pandemic the people and government try to find the kind of disease, what does it cause and how serious in being lethal and what is the cause of the disease and how to diagnose the disease. When the stage of knowing the pandemic is over the people try to find the possible solution of stopping the spread of causing agent. And they make policies that limit the spread of disease.

There are many uses of Public health issues that had led to public health problem solving is that as public health is important for the community in promoting healthy living and helps in

preventing chronic disease and bring to the society better health benefits to most people in need as stated by the centers for disease control and prevention.

Henceforth, some solution to the public health issues or problems, are in improving health standard and research, higher taxes on alcohol and tobacco, reduction in consumption, reuse and recycling, reduce corruption, vaccine promotion and international support. Those solutions are the key to reduce Public health problem for whole world facing and it is still far to achieve them as the international collaborations and different culture make it hard to achieve.

ACTUALIZATION

Public health policy and problem solving is one way of overcoming the public health issues nationally when there is an establishment of new policy making and when trying to eradicate certain pandemic and chronic diseases. The taking home lesson is that they world facing the problem of poverty and disease and the only way to deal with it and the improving the life of the community is to analyze them and stepwise the solutions are made. It is said that when we don't understand the situation, it is even hard to solve it.

So by understanding the eightfold path for policy or problem solving I am able to help my community to find the solutions to the health sectors and other problem that hinder the country and the world development.

CONCLUSION

It has been seen that the public health issues are still far from solved because the policies made are not uniform in different countries and this is a challenge from one country to another. The people's mind set about public health functions are not clear and even the people who work in the field do not understand that they are the key to world change and they can make it happen. It has been said that the public health is used to improve lives and prevent chronic diseases, which means we need public health to live well and healthy and we need public health policies to understand the human right in decision making concerning their health.

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