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enforcement of public health regulations regarding sanitation in the eating places seems to be inadequate, and this is complicated by inappropriate methods used in. As part of the hygiene situation in Public Eating places, protected water sources like bore-holes, taps, and, protected springs were mentioned as being utilized. Although the health consequences of sanitation are overwhelming, people often have reasons to pursue or refuse better sanitation. Evolutionist views: survival instinct. Most authors writing on hygiene and sanitation from a sociological point of view refer to Norbert Elias’s study on the civilization process. Elias studied etiquette books, letters, and other documents in France and England from the eleventh century onward and describes how the authors of those guides for proper conduct gradually became more particular about body functions, body parts, and body products. Modern hygiene facilities are regarded as expressions of the civilizing process. Cultural symbolics and relational concerns. Public Health Career Overview: Job Options, Education & Salaries. Learn more about public health careers and degrees in our comprehensive resource guide. So whether you want to track down the causes of disease as an epidemiologist or teach the public how to avoid getting sick as a health educator, there is a public health career that will fit your unique skill set. In the early 1900s health threats were driven by poor hygiene, sanitation and nutrition as well as limited healthcare for infants and a preponderance of workplace related injury where no regulations were in place. As federal, state and local public health expanded in the early part of the century, the government’s input increased and it assumed more and more responsibility for health research and programs.
Hygiene is a series of practices performed to preserve health. According to the World Health Organization (WHO), “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.” Personal hygiene refers to maintaining the body’s cleanliness. Many people equate hygiene with ‘cleanliness,’ but hygiene is a broad term. It includes such personal habit choices as how frequently to take a shower or bath, wash hands, trim fingernails, and wash clothes. It also Sanitation refers to public health conditions such as drinking clean water, sewage treatment, etc. All the effective tools and actions that help in keeping the environment clean come under sanitation. Also Read: Health and Hygiene. Read on to explore the importance of hygiene and sanitation. Importance of Hygiene and Sanitation. Public hygiene refers to discarding waste and excreta properly, that means, waste segregation and recycling, regular disinfection and maintenance of the city’s water reservoir. Quality of hygiene in the kitchens is extremely important to prevent diseases. Diseases spread through vectors. Say the vector is contaminated water as in the case of typhoid, cholera, and amoebiasis (food poisoning).