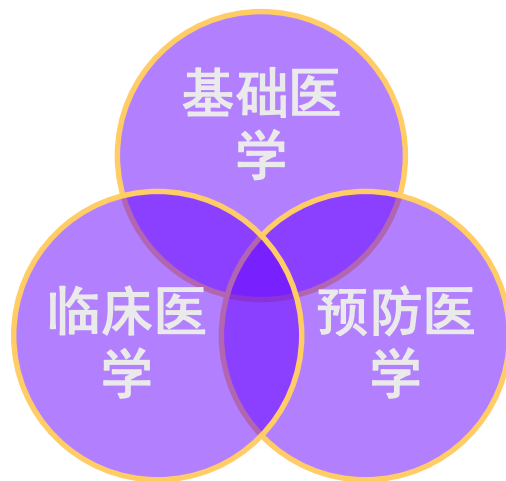




第二部分：预防医学的概念





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physicians dedicated to prevention

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What is Preventive Medicine?

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Preventive Medicine is practiced by all physicians to keep their patients healthy. It is also a unique medical specialty recognized by the American Board of Medical Specialties (ABMS). Preventive Medicine focuses on the health of individuals, communities, and defined populations. Its goal is to protect, promote, and maintain health and well-being and to prevent disease, disability, and death.

Preventive medicine specialists are licensed medical doctors (MD) or doctors of osteopathy (DO), who possess core competencies in biostatistics, epidemiology, environmental and occupational medicine, planning and evaluation of health services, management of health care organizations, research into causes of disease and injury in population groups, and the practice of prevention in clinical medicine. They apply knowledge and skills gained from the medical, social, economic, and behavioral sciences.

Preventive medicine has three specialty areas with common core knowledge, skills, and competencies that emphasize different populations, environments, or practice settings: aerospace medicine, occupational medicine, and public health and general preventive medicine.

Aerospace Medicine

Aerospace medicine focuses on the clinical care, research, and operational support of the health, safety, and performance of crewmembers and passengers of air and space vehicles, together with the support personnel who assist operation of such vehicles. This population often works and lives in remote, isolated, extreme, or

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预防医学的定义

范畴

工作对象

- ◆ 是医学的一门应用学科，它以个体和确定的群体为对象，目的是保护、促进和维护健康，预防疾病、失能和夭折。

目的



预防医学的内容

- ◆ 流行病学
 - ◆ 医学统计学
 - ◆ 临床预防医学（个体服务）
 - ◆ 社区卫生与环境医学
 - ◆ 卫生管理
- 原因分析评价的基础
- 维护个体和人群健康的方法
- 有效地决策、实施与控制费用



公共卫生



临床医学



预防医学



健康的组成

精神： 对整个宇

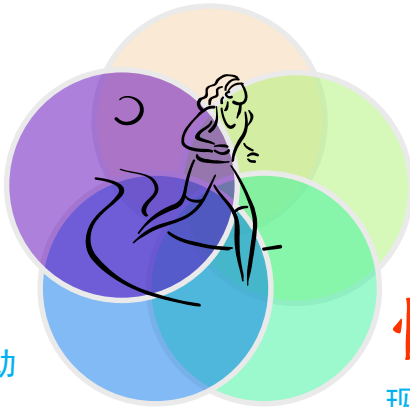
宙的认识、人类行为的本性、
还有你服务他人的愿望

社交： 欣赏

和接纳他人，很好地化解人际冲突，在交往中获得乐趣，以提高社会适应能力

躯体： 帮助

我们完成一系列的生理功能去处理每天的事情



智力：

接收和处理信息的能力

情绪： 看待

现实社会、处理压力、并能灵活和妥协地处理冲突的能力

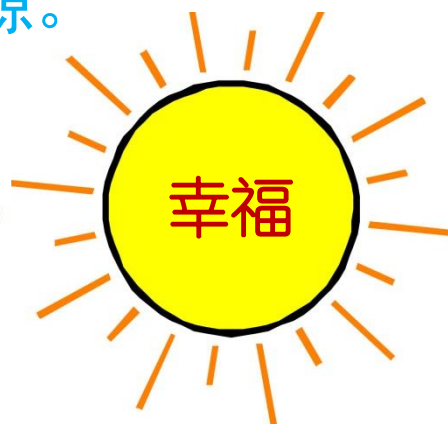
心理

不管你是年轻人还是老年人，只要有效地协调和发挥这健康的三个维度5个方面，决定你日常生活要求的能力，会保证你能幸福地成长和衰老。
幸福感是评价健康的重要指标。



健康的作用

WHO: 健康是日常生活的资源，而不是生活的目标。
健康是一个积极的概念，它不仅是个人身体素质的体现，也是社会 and 个人的资源。



健康是一种追求和实现愿望、满足需求和改变或处理环境的能力，从而成为追求幸福的资源。

在适当的生命阶段采取适当的健康措施可以投资健康，减少健康危害；实现健康老龄化，达到生命较高的功能状态。



投资健康

◆ 健康不是静止不变的

- 它们互相影响而且随着时间而变化。你昨日的健康已不复存在。
- 你所期望的是下周、下月或者明年的健康。科学表明，**你今天的所为帮助你决定未来的健康质量。**

◆ 要马跑必须要喂草-投资健康

- 每个人通过遗传都获得一笔初始健康存量，这种与生俱来的存量随着年龄渐长而折旧，但也能由于健康投资而增加。-Grossman

