

## Primary, Secondary, and Tertiary Prevention Strategies in Public Health: The Differences

**Anas Malik Radif Alubaidi, MBChB, MSc, PgDip, Prof Dip Paeds(RCPI), CCHW, FRSPH, NCET, NCPT**

\*Bachelor of Medicine and General Surgery/ University of Baghdad

\*Master of Science in Public Health/ University of South Wales

\*Postgraduate Diploma Degree in Acute Medicine/ University of South Wales

\*Postgraduate Diploma Degree in Care of the Elderly/ University of Wales Trinity Saint David

\*Professional diploma in Pediatrics/ Royal College of Physicians of Ireland

\*Nevada Board Certified Community Health Worker

\*Fellow of the Royal Society for Public Health

\*National Certified ECG Technician

\*National Certified Phlebotomy Technician

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**\*Corresponding author:** Anas Malik Radif Alubaidi, \*Bachelor of Medicine and General Surgery/ University of Baghdad \*Master of Science in Public Health/ University of South Wales \*Postgraduate Diploma Degree in Acute Medicine/ University of South Wales \*Postgraduate Diploma Degree in Care of the Elderly/ University of Wales Trinity Saint David \*Professional diploma in Pediatrics/ Royal College of Physicians of Ireland \*Nevada Board Certified Community Health Worker \*Fellow of the Royal Society for Public Health \*National Certified ECG Technician \*National Certified Phlebotomy Technician

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### ABSTRACT

In public health, prevention strategies are categorized into three levels: primary, secondary, and tertiary. Prevention in public health is a critical focus area. Rather than solely diagnosing and treating diseases, public health emphasizes health promotion and disease prevention.

Prevention is key to maintaining a healthy population and reducing the burden of diseases.

**Keywords:** Primary Prevention; Secondary Prevention; Tertiary Prevention

### DISCUSSION

#### **Primary Prevention:**

Primary prevention is to prevent the onset of illness or disease before it even develops.

The Target Population in Primary Prevention: Essentially well individuals.

Examples in Primary Prevention are:

- Vaccinations: Immunization against infectious diseases.
- Behavioral Counseling: Encouraging lifestyle changes to reduce risk factors.

- Chemoprevention: Using medications to prevent disease development.

**Secondary Prevention:**

Secondary Prevention is applied when early detection and treatment of diseases occurred, often before symptoms appear, to minimize serious consequences of the detected disease.

The Target Population in Secondary Prevention: Individuals at risk or with early signs of a specific condition.

Examples in Secondary Prevention are:

- Screening Programs: Mammography for breast cancer detection, dual x-ray absorptiometry (DXA) for osteoporosis.
- Contact Tracing: Identifying and treating sex partners of someone diagnosed with a sexually transmitted infection to prevent further spread.

**Tertiary Prevention:**

Tertiary Prevention is when managing existing, usually chronic diseases to prevent complications or further damage.

The Target Population in Tertiary Prevention: Individuals already diagnosed with a condition.

Examples in Tertiary Prevention are:

- Diabetes Management.
- Supportive and Rehabilitative Services.
- Preventing Complications in Disabilities.

These prevention levels work together to promote overall health and well-being in communities.

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