

## INTRODUCTION TO ENVIRONMENTAL HEALTH LECTURE NOTES

1. **Health:** is a state of complete physical, mental and social well-being and not merely the absence of disease
2. **Public health:** refers to all organized measures to prevent disease, promote health, and prolong life among the population as a whole
3. **Environment:** all that which is external to the individual hos
4. **Environmental health:** is the discipline that focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters a safe and healthful environment
5. **Three main components of environmental health:** population-based  
Focus on environmental stressors  
Not driven by individual behaviors
6. **Ecology:** the study of the interactions between organisms and their environments, including both the living (biotic) and nonliving (abiotic) components
7. **biosphere:** the largest known ecosystem, in which all other ecosystems are embedded; it consists of all the Earth's living organisms interacting with the physical environment
8. **Biomes:** the major geographic regions, including the tundra, boreal forest, temperate forest, tropical forest, scrub land, grassland and savannah, desert, and their relevant subtypes
9. **Trophic structure:** the organization of ecosystems by feeding levels, often conveniently conceptualized as a pyramid
10. **primary consumer:** feed upon primary producers, and are in turn fed upon by secondary consumers, or heterotrophs.
11. **Autotroph:** a primary producer that obtains energy directly from the sun through photosynthesis
12. **Ecosystem Functioning:** Naturally mediated and regulated ecological processes, such as the breakdown of organic waste and the recycling of chemical elements
13. **adaptive renewal cycle:** repeated cycles of change

# Environmental Health Lecture Notes

**J Rink**



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