



## PUBLIC HEALTH

# Importance of public health focused on childhood and adolescence in Mexico

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**Abstract** Children have the right to health and to enjoy their childhood in the best possible way. This paper aims to show the principles of public health that are applicable to pediatric practice. It describes demographic and epidemiological changes happening in Mexican children, the influence of social determinants of health and the modern tools of public health for this age group.

Analysis of demographic and epidemiological information shows the reduction of neonatal and infant mortality, the increasing prevalence of chronic disease and the persistence of infectious and nutritional diseases. The influence of social determinants of health are described, and the public health tools that consist of measuring needs and health status, staff training, design and implementation of performance measures and development of multidisciplinary research were addressed.

We conclude that it is essential for public health services to keep pace with the demographic and epidemiological dynamics and health needs of this age group. Improvement of the health status of children increases their chances to grow, develop and learn in order to become healthy and productive adults.

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## Importancia de la salud pública dirigida a la niñez y la adolescencia en México

**Resumen** Los niños y niñas tienen derecho a la salud y a disfrutar su niñez de la mejor forma posible. Esta revisión tiene como objetivos mostrar los principios de la salud pública aplicables a la práctica pediátrica, describir los cambios demográficos y epidemiológicos en la niñez mexicana y el papel de los principales determinantes de la salud y de las herramientas modernas de la salud pública para este grupo de edad.

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