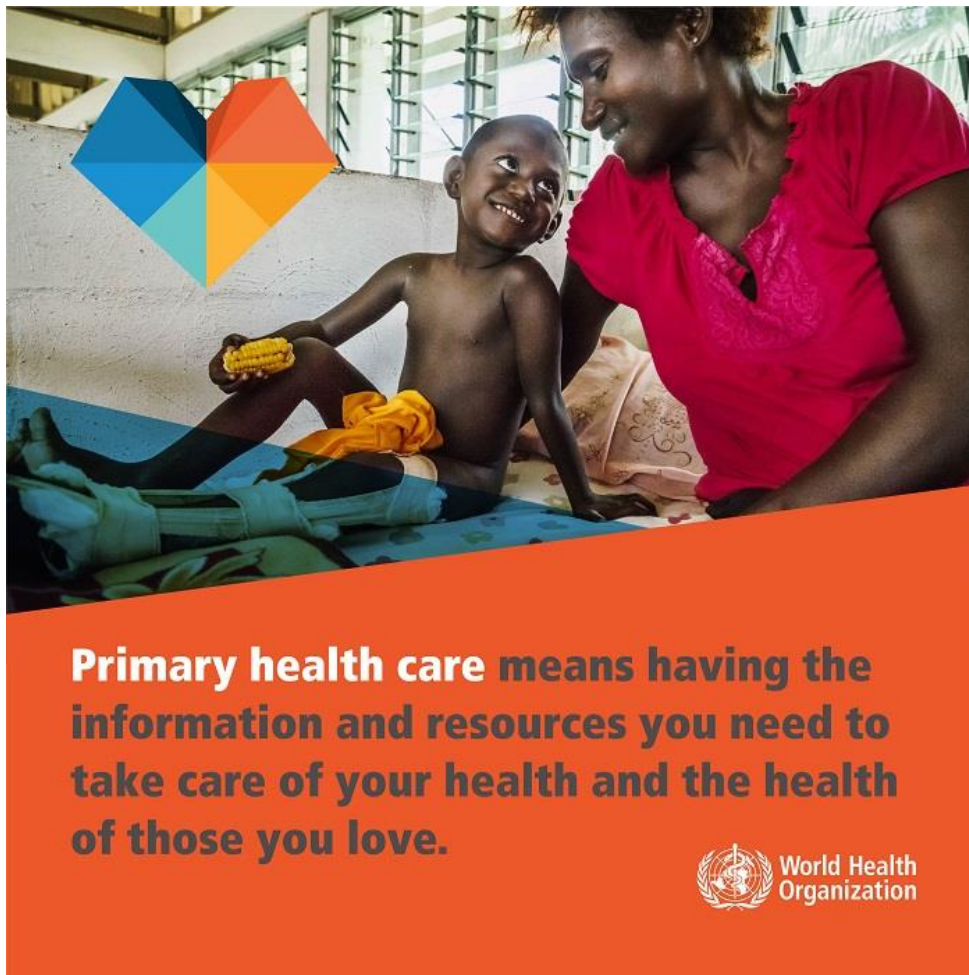


Action Card – July 2022

Primary Health Care



In 1978 what has become a famous conference on primary health care was held in Alma Ata in the USSR. It was organised by the World Health Organisation, WHO. and the United Nations Children's Fund, UNICEF.

The aim of the conference was to make essential health care accessible to individuals and families everywhere in the world.

The four principles which distinguish the post Alma Arta approach to primary health care are:

- a). Equity – health care should be related to the needs of every population with equal access to health care provision.
- b) Multi-sectoral collaboration – Health care provision should involve coordination of the health sector with health - related sectors such as water, sanitation, agriculture, nutrition, education and community development.

c) Appropriate technology – the fullest use must be made of available resources and low cost technologies including immunisation and oral rehydration solution

d). Community involvement – consumers should be involved individually and collectively in planning and implementing primary health care.

Primary health care takes into account all the factors that affect our health. It aims to tackle the underlying causes of ill health and recognises that improved health is dependent on improved knowledge and choice.

Possible Actions

Identify how primary health care is practised in your own community and home. What should change and how can you help?

Choose one or two countries in the developing world and find out if primary health care is practised there. Can you help?

‘Primary health care is a people-centred and holistic approach to health care which encourages people and communities to organise themselves around health issues.’

Material collated by Christians Aware