

Kesehatan Masyarakat:

Teori, Determinan, dan
Strategi Intervensi
Berbasis Komunitas



Kesehatan Masyarakat: Teori, Determinan, dan Strategi Intervensi Berbasis Komunitas

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Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku berjudul *Kesehatan Masyarakat: Teori, Determinan, dan Strategi Intervensi Berbasis Komunitas* dapat disusun dan dihadirkan kepada pembaca. Buku ini membahas kesehatan masyarakat sebagai bagian penting dalam upaya meningkatkan kualitas hidup, mencegah penyakit, serta membangun kesadaran hidup sehat di tengah masyarakat.

Kesehatan masyarakat tidak hanya berkaitan dengan pelayanan kesehatan, tetapi juga dipengaruhi oleh lingkungan, pendidikan, ekonomi, budaya, perilaku, dan dukungan sosial. Oleh karena itu, pemahaman mengenai determinan kesehatan menjadi penting agar setiap upaya peningkatan kesehatan dapat dilakukan secara lebih tepat, menyeluruh, dan sesuai dengan kebutuhan komunitas.

Jakarta, Juni 2026

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Buku Kesehatan Masyarakat: Teori, Determinan, dan Strategi Intervensi Berbasis Komunitas membahas konsep dasar kesehatan masyarakat serta berbagai faktor yang memengaruhi derajat kesehatan individu dan kelompok. Pembahasan disusun secara runtut, mulai dari pemahaman tentang kesehatan masyarakat, determinan kesehatan, perilaku hidup sehat, lingkungan, sosial budaya, ekonomi, hingga peran kebijakan dalam meningkatkan kualitas hidup masyarakat.

Buku ini juga menguraikan berbagai strategi intervensi berbasis komunitas yang dapat diterapkan untuk mencegah penyakit, meningkatkan kesadaran kesehatan, dan memperkuat peran masyarakat dalam menjaga kesejahteraan bersama. Dengan bahasa yang jelas dan mudah dipahami, buku ini cocok dibaca oleh masyarakat umum, tenaga kesehatan, pengelola program kesehatan, serta siapa saja yang ingin memahami pentingnya pendekatan komunitas dalam membangun kehidupan yang lebih sehat.

