

ENVIRONMENTAL HEALTH AS A STRATEGIC ACTION FOR WELLBEING

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Abstract

The environmental health in term of physical, biological and social environment give a big contributions for wellbeing. The good and healthy environment and health are the basic rights. However, in implementing those as rights and the importance of environmental health, there is a problem. The problem is the inappropriateness between the policy and implementation on the field. The environmental health seems to be separated from the business process of health services. Conditions of environmental sanitation are still bad. The household which has a healthy house is around 50% and the sanitary latrine is less than 50%. The means of environmental health is not yet adequate.

This study is a qualitative research and using the method and analysis through literature study, documents and phenomenon and it is completed by the information from six related informants with the policy formulation, determination and implementation. The research reveals that first, from the historical perspective, human life cannot be separated from the environmental condition. From the past, it is realized that there is a relation between nature and environment and the occurrence of disease. Second, from the health perspective basic change happens which is previously oriented to disease, physical defect and weakness into productive social, mental and physical health perspectives.

This change is equivalent with the paradigm change which is from sick paradigm to healthy paradigm and the perspective change of the role of environment and environmental health. The environment is initially considered limited to its relation with the occurrence of disease. The conducted effort is aimed to prevent and break the chain of disease occurrence. It is now changed. The environmental health is not only connected to its relation with the occurrence of disease but also human rights and life quality.

Based on this study, it is important to move the environmental health into a mainstream as a strategic action in order to improve human quality from many perspectives in the policy field and in its implementation as a value, socio-cultural and ecological system in the health, education and environment sector.

Keywords: health, environmental health and mainstream.

A. Introduction

In the 21st century Indonesia faces an increasingly complex health problems. The environmental health is seen as one of the important and strategic effort in health program. Health status is affected by environment¹. Environmental health in Indonesia has long recognized the term of sanitation hygiene. Programs and activities carried out are focused

on the activities on preventing diseases and break the chain of disease transmission. The term of sanitation hygiene is currently less known since the Sanitation Hygiene Act was withdrawn, and the issued of Law No. 23 of 1992 on Health. The Law No. 23 of 1992 and the Law No. 36 of 2009 are on Health, hygiene sanitation which is the substance of environmental health

The threatening critical issue is the poor basic sanitary conditions. Inadequate infrastructure and concern for the environment are ruled out. Family which live in a healthy house is only about 50%, healthy excreta disposal facilities is less than 50% 2. The quality of drinking water in Indonesia is 90% classified as not potable (Riskasdas 2010). Household access to adequate sanitation by 2011 is 54.99%, and this percentage is lower than in 2010 (55.54%). Households that reach PHBs in 2011 is about 53.89% 4

Reforms in the health fields, environmental health gets the highest priority. This is shown when the health development model launched by Healthy Paradigm models with health oriented development strategy. However Healthy Paradigm apparently experiencing a turning point. Environmental health have not touched the system of values, social and cultural community and continue to have a negative impact on the ecology. The efforts or problems are not as stated in the policy.

This study was conducted to determine and explain the development of environmental health in terms of the basic framework, the core of businesses, the policy which has been defined at the level of policy makers and the implementation of improving the quality of human life that has value in the strategic action to increase welfare.

B. Methods

This study is a qualitative research with method of various related literature. This study was conducted by reviewing the information obtained, a phenomenon that occurs and the views of one policy maker and implementers who are directly related to environmental health as an informant from the health sector, the environment and education through in-depth interviews. The experiment was conducted for six months in 2013

C. Results and Discussion

1. Problems of Environment-linked diseases

Environment-linked diseases are potential disease for extraordinary cases, which is followed at all times with death. Riskasdas 2007

Diarrhea is the main cause of death in infants (31.4%) and in Toddlers (25.2%), while for all age groups is the fourth (13.2%) 5. The disease is not contagious, even in relation to the environment in the sense of inseparable from environmental factors.

The circumstances and condition become the foundation of the rationale for expert in health planning who states that environment and behavior is the first determinant factor and second in the degrees of health. As well as the relationship of health, environment and disease which have been stated by Hippocrates.

2. Framework of Environmental Health as a strategic action.

Environmental health is one of public health activities and clearly it is expressed as the efforts to prevent diseases.

In the development of environmental health, initially it is known as the hygiene and sanitation in the effort to break the chain of disease and health disorders. Then the environmental health is regarded as science and art of the environmental health sciences. Furthermore, environmental health as a science and an art that is not only prevent diseases but also to build prosperity and create ecological balance. For the time being, environmental health is as the pilot to a science and art that stands alone. Environmental problems related to diseases and population health problems is getting bigger and heavier.

Environment Health as the efforts, science and technology, will generate a healthy environmental conditions. This can be explained, first, environmental health as an effort, which means to prevent diseases which is environmental based including personal hygiene. Environmental health is as a strategic action in preventing disease.

These efforts evolved into not only for preventing the occurrence and spread of the disease but also as part of an effort to improve the level of health in the sense of productive health. Along with a healthy view which is expressed in the Declaration of Ottawa (1986), healthy life is not a destination but a prerequisite

for wealthiness. Environmental health is viewed down to a science and technology through the assessment process theoretically and empirically. Before the microorganisms is found, the environment is considered as a direct cause of the disease, then the resulting "miasma theory" such as malaria as a disease caused by exhaled air of a contaminated area. Therefore, since the beginning environment is seen as a risk factor. As science and art, environmental health at the concept of the object of study is not only a risk factor but also as a benefit factor.

Environmental health as the basic framework found problems in a community in a state of polluted air, the provision of clean water and sanitation, management of solid waste disposal, liquid and gas, housing sanitation, food and drinks sanitation, and controlling places where the proliferation of disease vectors, restructuring public places, including means of public transportation, and public sanitation is still a major problem. Instead, there is a progress that health and good and healthy environment is recognized as part of human rights, as stated in. 1945 Article 28H, paragraph (1) "Everyone has the right to live in prosperity physically and spiritually, reside and obtain a good healthy living environment and and receive medical care.

In the Act of 1945 and section 28H changes in health restrictions which is previously only associated with pain, disability and weaknesses are reflected within the limits of "Health is a state of complete physical, mental and social wellbeing and not merely the absence of diseases and infirmity. Later evolved into "Health is a source of everyday life, not merely the obyektive of living"

Indonesia has taken steps politically and strategically by adopting limitation according to the Ottawa Charter it into Law No. 23 of 1992 on Health on article 1, paragraph 1, namely that states: "Health is a state of physical, mentally and social that allows every person to live socially and economically productive"

Humans are born as an individual who has the potential and the ability to think. Their potential and the ability to think because they have brain which is equipped with different

other. creatures Humans are born with 100-200 billion brain cells and every brain cell is ready to be developed and actualized according to human potential. Information and experience in the environment are continuously absorbed and arranged in the structure of knowledge and will affect on how an individual perceives the natural environment for his life. As it is stated by a psychologist that in the early human development, the baby looked as I and not I to the environment. The baby will cry when he was hungry, and immediately sleep when his need is fulfilled. Human's attitudes and views of *I and not I* would damage the environment. Humans and all living things eventually become creatures that has a view to colonize nature as biological imperialism. From the beginning, there is a view that a man is considered as a part of nature and the nature has a soul as what it is believed in animism how to treat nature. Then-oriented view to the life (biocentreisme) develops an ethics known as environmental ethics which believe d that humans are part of nature, natural resources are not unlimited and natural resources should be treated wisely, saved and cherished.

3. Shifting the Mindset' Core Businesses of Environmental Health

Preventing problems rather than resolve or solve a problem is in line with the first informant' view that creating clean and healthy environment is a primary task of the function and as health environmental axiology and besides it is also the task of everyone in accordance with rights and obligations, the duty of all sectors in accordance with its role. Secondly, that the understanding, attitudes and characters must be started from the education system which are formal, normal and informal ones as early as possible to include an integrated and thematic environmental education in the school based curriculum.

Environmental problems continue to reveal into more serious ones, geothermal energy is increasing due to the greenhouse effect, crop failure due to drought and a long dry hot season. Environmental health oriented prevent and

protect environment in accordance with what it is called as healthy and productive.

Environmental health nature which no boundaries will have the widespread impact, bring environmental health for the benefit of all people and all parties. The environment is a public interest that could affect the personal interests and the personal interests have a contrary impact to the public interest. Therefore, this earth is ours and our own future. Earth will be safe for all of us but it is not safe if there are among us who ruin it. It was once reminded by Mahatma Gandhi that nature had enough for everybody's need but not for everybody's greed. The old thoughts and perspective that human life and nature need to be preserved, maintained for life (Biocentric, life-centered worldview). This perspective should change instrument systems and ways of managing or to manage life, from *anthropocentris* to *biocentris* orientation.

4. The existence of Environmental Health Mission and the Global Agreement

To achieve a healthy environmental, the environmental health has some intentions to (1) improve the ability of human beings to live in harmony, balance and harmony with the environment and realize the right *azasnya* to achieve quality of life. (2) Affect how human interaction with the environment so as to protect and improve their health. (3) Control and change environmental elements that is good for the protection and improvement of human welfare and ecological balance for today and for the next generations (*biocentris*), with a sustainable concept.

Those three factors must be detected quickly, intervened and cut off the chain connection or controlled so that it will be in equilibrium (balance) and no disease occur. In the Knot theory, the dynamic changes in the environment component is a potential risk for health problems. Dynamics changes in environmental components described in Knot theory stated that the first node is emission sources, knot II is free space (ambient), the node III is on contact with humans (biomarkers) and knot IV is disorder or illness

Environmental health as efforts, science and technology create conditions with the following principles, namely: (1) Clean. It can be seen from the first two aspects of mind and believe. Clean is the reflection of the faith. Scientifically, it is believed that clean is first, physically free from contaminated solids material. Second, chemically, it is free from harmful chemicals substances and third, biologically, it is free from organism in the form of micro-organisms that are harmful or as germs.

(2) Cut off the chain of illnesses and diseases. Termination is done by controlling the dynamics changing of environmental components (3) Protecting and realizing a healthy environment as a human right. A healthy environment is a human right. To create this healthy environment, the aspects benefits and risks of environmental become the object and objectives of study. (4) Sustainability (sustainable). Environment as a space of life needs to be taken into account on its sustainability for human life and the whole of God's creation. Continuous efforts are made to establish and develop a value system and treatment to the environment to ensure the sustainability of life for generations. (5) Holism, multidisciplinary and integrative. The neighborhood has a very spacious room that the entire space was occupied by living creatures including all objects that are not life and alive. Environment influences on all living creatures, especially to human beings in creating their welfare both for the present and future. Living creatures are required to have the ability to adjust, harmonize with its surroundings. The environment must be viewed holistically, as a whole, because in the environment, there is an interaction, interfere and interlinked (*vice versa*).

Facing up to what is described above, in addition to the environmental health of vast dimensions and sectors of society are very important role. It is necessary to change the mindset, the formulation of strategies and policies, as well as comprehensive measures from various fields. The environment must be seen as holism, multidisciplinary and integrative approach, have links and networks. At global and regional

levels, there has various agreements which were expressed in various declarations such as Stockholm Declaration of 1972, Rio de Janeiro in 1992. They emerged in anticipating and tackling global warming. Summit of UN Millennium in September 2000, and two years later was used as an issue in the discussion of sustainable development and the MDGs generate consensus stringing major concern on human rights, good governance, democracy, conflict prevention and peace building, encouraging soul and spirit and commitment in particular achieving a healthy environment as part of human rights, access to water, environment-linked diseases such as malaria and sustainable environmental management. Indonesia one year earlier reforms in the health sector with the launching of Healthy Paradigm development model by President BJ Habibie on March 1 1998. The health development model prioritizes the development of health promotion and disease prevention without ignoring the efforts of treatment and health recovery are pushing the concept of health oriented development. In educational environments has made school health programs.

5. Synergy paradigm

Healthy paradigm that proclaimed shows that in macro health all sectors must consider the impact on health, a positive contribution to the development of healthy behaviors and environments. Micro health development is more emphasis to preventive and promotive effort and not exclude curative and rehabilitative efforts.

Overview of the Indonesian community in the future in the terms of Healthy Paradigm is the community, state and nation and individuals living in an environment with healthy behaviors, health services have the ability to reach the highest declared a development vision health with the motto "Healthy Indonesia".

In view of the various groups, Healthy Paradigm is merely a term and no support to the ailing people, ignorant and poor. People's need to recover from illness quickly and is able to afford the costs. Health paradigm is at a turning point and business pain drove rapidly in line with the demanding life of almost

instantaneous, available medications, specialists are available at reasonable prices. This is supported by the government program in providing free treatment to poor families (orientation treatment) because health is a human right and an investment that must be fought. While rich people wanted to enjoy a comfortable environment. Therefore, it is necessary to build the synergetic paradigm that is sintesais or integrate health care between health paradigm and the ill paradigm. Health is the effort of preventive, promotive, curative and rehabilitative mobilization of all sectors of health oriented development. This is a problem of handling from upstream to downstream (mastery).

Paradigm of post healthy paradigm builds health problem-solving vision, especially for poor people who need a helping hand quickly. Not only focused the speed and ease of service but also the need of the strategic efforts to improve health and risk prevention.

7. Systems and Environmental Health Perspectives

a. Value system, Wisdom and Local Leadership

The views on the environment, have an impact on management. First, the view that the environment / natural resources is a gift from God which is intended to humans. This view is called antropocentries, otherwise there is the view that all God's creatures have their own instriksi value, and this view is called deep ecology. In the era of regional autonomy, those two views are determined by a value system that involves faith, trust how to view the environment as a gift of God, and the wisdom of local leadership. Local leadership can be focused on a regents / mayors, district and village chief / headman and community leaders. Regent / Mayor who takes full responsibility as leader of the people on performing the duties of local government as well as headman / village head. They carry out government duties on administrative procedures that perform public services, make arrangements, guidance and supervision towards its officials and community

empowerment together with the community leaders and the concept of value, social and cultural as Tri Hita Karana in Bali.

Local circumstances, local needs, resources of the region, aspirations and even prioritizing areas require wisdom and local leadership. Wisdom and local leadership will establish values and social ethics and environmental ethics. The era of regional autonomy in the early implementation of leaders tend for foraging, and growing interest of individualism. The leaders are stuck and contaminated by anomie and greedily (mentality debauched) 26. Growth of local knowledge will enrich and strengthen the social diversity variations in culture, values and ethics of the people of Indonesia. Specialized in environmental health environmental ethic contributed greatly to the preservation and creation of harmony between nature and the lives of living beings. All of God's creation has a meaning and significance why it was created. As the core of this is the creation of a balance. Environmental ethics make humans learn as part of nature and treat nature wisely. Nature is not only for the present generation but also for generations to come, as Mahatma Gandhi reminded by a hundred years ago.

health management will be more efficient and the emergence of innovation put people in positions that are important (putting people first). Policies and strategies are developed and implemented. Strong local government is able to improve and develop community empowerment (community based development) both in the determination, the formulation of policies and strategies to be taken. Setting goals, targets and indicators are measurable through the mechanism of monitoring and evaluation (self-auditing). Finally through health programs this environment can contribute to build a society that is empowered and sovereign (civil society) and synergetic attitudes and behavior expected from everyone ranging from personal hygiene and responsive to the environment through the establishment of "a value system clean and healthy sustainable" or "ethical and moral environment"(environmental ethics and morale). In the era of autonomy problems is closer than

fixers (problem solver), the benefits and risks more quickly felt.

b. Social Science and Cultural Perspectives

Basically, environmental health management is to manage the benefits and risks seen from two perspectives, the first, perspective studies of science and technology on the basis of substantive (the object of study, the method and use value). This view is based on the data and information as a basis for a decision to face risks and benefits. Both socio-cultural perspective. Second, as socio-cultural perspective is a basic understanding of the benefits and risks in a community approach. Society is not all or can not be expected to understand the risks. Moreover, the risks or effects of the environment sometimes requires proof in the dimension of time is quite long. Health management of the built environment in the process of social, value systems, ethics, and familiarization. Learning and empowerment of the people as the core of the management with the support of the management system. Local wisdom strengthen national wisdom and will realize the unity within diversity and diversity in unity.

"In the process of learning, community attitudes and perceptions will be formed and in the end to the establishment of a value system, a clean and healthy living civilizing contribute in realizing a human civilization. It is often heard the incident of public rejection of the landfill (tpa) of waste. This rejection is a result of little or no community involved in other words through the social process, so that the calculation of the benefits and risks are not understood by the community, or local people are less at getting benefits and only got the burden. It is often referred to as syndrome of "not in my backyard".

As a science, environmental health has four functions: (1) serve for the welfare of mankind, (2) as the development of a tree science and a branch of a particular science, (3) can be developed through research (by research) and (4) fraksisnya have a method, technique and the way that has been tested empirically. Appropriate technology needs to be considered

and developed. Furthermore necessary to study the state of the art - his, what, where and how much has been progress.

When it is seen from the essence of health, environmental health is a state of body, soul and socially to enable more people to live a productive life socially and economically. Environmental health is in an effort to contribute to human can be seen from the nature of the environment that conditions are around humans comprising abiotis substances and non abiotis including social environment, and environmental health as a science and art point value to human welfare.

Environmental health which is seen from the understanding that the environment is everything that was around humans including inanimate objects, living objects, real or abstract like atmosphere formed by the interaction of all these elements, then the health of the environment as the need to solve the problem. Problems consists of substances that influence and use value, as an object of study and essentially as a science and technology supporting. Environmental health is the study of factors including ecological environment that interfere with human health, and how to identify, prevent and monitor and improve quality in order to have a positive impact. Conversely, when it is seen from a human standpoint, humans live in a society, be in the neighborhood all the time and in the process of change which is the last and transcription factors. Environmental problems caused by the behavioral aspects, concern, even as the impact of the culture of life is not clean. So the environment needs to be seen and understood from the socio-cultural aspects

c. Ecological Perspective

Ecology as applied discipline that studies the interaction of an existing all in an environment that biotic and abiotis. Humans and the environment is part of an ecological system, the substantial environmental health factors that exist in the environment and interaction as well as the resulting conditions. Fulfillment of basic human gods into account the needs necessary concern for the

environment. The principle of balance concerning the human relationship with the environment, the principle of equality in the biosphere, the merger between the principle of symbiosis and biological and non biological diversity, autonomy and cooperation by using normative force. Environmental balance needs to be maintained to ensure account the needs-god from generation to generation.

d. Institutsional Structural Perspective

Environmental health is a system or subsystem and part supra system or other systems. An environmental is the agent or hardwares while healthy and welfare is the software.

Various views, thoughts, and a phenomenon that has been described. It can be described as a universal development of environmental health in the context of improving the quality of human life. The description is three interrelated aspects of the systems value approach (value), the sociocultural system included in the institutional aspects and legal (strucure and fungtion), and system areas including science, space (fields) and ecology.

e. Intellectual Platform for Action Key as strategic

Environmental health as an attempt, science and technology is implied as a result or axiology that is the condition, as follows: (1) generating environment, encouraging changes in the orientation of diseases and health problems (paradigm ill) to the orientation of the health and well-being (health paradigm), the environment is a positive factor in human life. Analysis of environmental health issues not only from the aspect of risk / negative aspect only but also towards the benefits / positive, so that it becomes attractive as a cornerstone of human rights and business. Environmental health is at the forefront of efforts / upstream to improve the health, encourage internalization processes that shape the attitude and character of the treatment of the environment and the processes that shape externally social culture that led to the formation of culture and

civilization clean and healthy. (2) Recognized as a human right to a healthy environment, positioning the neighborhood is in the interests of all parties (the environment is everyone's business). The views and thoughts as well as the deployment of human rights (right) encourages everyone "proactive" claim and realize their human rights in addition to carrying out its obligations (obligation), and encourages the pattern of view of the environment as the approach of public goods and private goods. (3) Environmental management is a social process.

These views and thoughts suggests that the health of the environment is a result of the process. And product of democratization mind, science and art on the basis of knowledge and local leadership. Thoughts and views shows that environmental health awareness encourage mutual awareness in realizing the rights and interests of all parties are going well and interaction in micro level. Social processes accelerate acceptance and operating environmental health science from the simple to the advanced technology, and environmental health are part of civilizing, form a system of values, ethical and moral environment and will result in a balanced ecology. This process provides opportunities and encourages technological innovation and social form of commitment and togetherness, efforts which is made into a single unit of business and likewise actualization and innovation of science and technology development is done on simple technology and appropriate are still relevant, on the basis of local knowledge brought to mainstream as the efforts of development and innovation of science and technology is more advanced. , (5) Development of human resources in the field of environmental health through the development of educational institutions and educators, environmental health (both related to population, health and environment) need to be developed and carried out as early as a process of lifelong education / life long education). Cues such as intellectual key is needed in building and addressing environmental health with the start of the system of values, social, cultural and area-spatial and ecological interlinked, consistent

ranging from simple technology (appropriate) by the culture of washing hands, feet and body hygiene, basic sanitation and the next big issues in life and lifestyle.

D. Conclusion

Conceptually there is a development of thought. The development of environmental sanitation which is oriented on illnesses is now changed into environmental health which is oriented to welfare. The concept of environmental health is in the mainstream with the introduction of the development of Health Paradigm model and Policy on the Development with health Perspective.

In the era of regional autonomy, there are chances of environmental health management is appointed and rooted in wisdom and local leadership as the interaction between leaders, and community leaders in life to achieve a better level of welfare continuously. In the health sector it is needed to integrate environmental health in health care efforts which lead to an effort of improvement and prevention, as part of comprehensive health care. In the environmental sector, it is needed to link between the health and education which are oriented not only to the physical condition, but also mental development set as the implementation of health oriented development. In the education sector, it needs to increase understanding on environmental health both as a science and art as well *fraksis* as its efforts, and values and benefits as the axiology. It is also accompanied by operational approach right from the start on concept, policy formulation, program and activities in the field of strategic actions which have broad impact and ongoing time dimension. Building attitudes, behavior and character which are based on social and cultural value and ecological harmony, needs to be done at an early age through formal education, non-formal and informal. Policy formulation and programming is an effort to promote environmental health into the mainstream of the upper level (elite) down to the operational level in all sectors of life as a strategic action to improve the quality of human life.

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