

PROMOTING HEALTH ACROSS VULNERABLE POPULATIONS: CLINICAL, MENTAL, SOCIAL, AND SYTEMIC PERSPECTIVES**Lucia Yovita Hendrati**Editorial Team of The Indonesian Journal of Public Health, Surabaya, Indonesia
Department of Epidemiology, Biostatistics, Population Studies and Health Promotion, Faculty of Public Health,
Universitas Airlangga

Correspondence Address: Lucia Yovita Hendrati

Email: lucia-y-h@fkm.unair.ac.id

Health and well-being remain central challenges across diverse populations and settings, from at-risk groups such as individuals with disabilities and the elderly, to workers and adolescents navigating emerging health risks. This issue brings together a series of studies that reflect the multifaceted nature of public health, highlighting clinical, mental, social, and systemic determinants of health. Among vulnerable groups, physical health challenges often manifest as overweight conditions. The study on anthropometric and physical fitness among individuals with intellectual disabilities in Malaysia showed that this population tends to have lower fitness levels and a higher risk of overweight status (Mojini et al., 2025). Similarly, malnutrition, whether undernutrition or overnutrition, was associated with poorer intelligence levels among children (Kristanti et al., 2025). Anemia during pregnancy poses a serious risk to both mother and fetus. Women with emesis gravidarum are at higher risk of developing anemia, with dietary patterns acting as an additional risk factor (Tuty et al., 2025). Improving maternal and child nutrition is therefore critical, particularly in low-income communities. Interventions may include the provision of safe supplementary foods for children under five and health promotion programs for expecting mothers on managing emesis and adopting optimal dietary practices during pregnancy.

In older adults, improving quality of life (QoL) and reducing disease burden remain critical priorities. A study in rural Delhi found that physical activity and literacy were independently associated with better QoL among older adults (Yadav et al., 2025). Similarly, research in nursing home residents revealed that higher body mass index and abdominal adiposity were associated with elevated systolic blood pressure, particularly among women (Farapti et al., 2025). Glaucoma also poses a significant challenge, especially for working-age and elderly populations, as it impairs their ability to perform activities of daily living (Pryandhini et al., 2025). As obesity and hypertension are key determinants of comorbidities, functional decline, and reduced QoL, these findings underscore the need for preventive and management strategies across institutional and community settings.

Complementary approaches are also under investigation. For example, extracts from *Phaleria macrocarpa* and *Averrhoa bilimbi* L. have shown promise in reducing fasting blood glucose levels in animal models, highlighting the potential of traditional medicine as an adjunct therapy for diabetes (Laila et al., 2025).

It is important to recognize that health risks associated with lifestyle choices continue to evolve in the digital era. E-cigarette use among adolescents has emerged as a growing concern, driven largely by promotional content on online platforms. A study conducted among students found that exposure to e-cigarette advertising on social media significantly increased their intention to use, whereas greater knowledge about e-cigarettes was associated with lower intention (Susanto et al., 2025). Beyond lifestyle-related risks, occupational health also warrants attention. A paper in this issue evaluates factors influencing safe behaviors among construction workers, providing valuable insights into occupational safety practices in high-risk industries (Parmasari et al., 2025).

Mental health is closely shaped by social environments. Parents play an essential role in supporting their children's mental health development, often through the use of mental health services. Parental perceptions of the severity of their child's mental health condition influence service-seeking behavior, while satisfaction with these services is a key determinant in continuing care. However, only a portion of parents report meaningful benefits from using mental health services (Isni et al., 2025). Another study highlights pet ownership as a potential strategy for stress reduction, given the emotional bond between individuals and their pets (Santosa et al., 2025). From a systems perspective, strengthening workforce capacity remains fundamental to achieving satisfactory community health. Access to healthcare is often mediated by insurance coverage, and patient satisfaction with insured services depends on dimensions such as empathy, reliability, responsiveness, and tangible factors (Windi et al., 2025). Evidence from Indonesia and Timor Leste further highlights the critical role of continuous, needs-

based training in improving health worker performance (Aria et al., 2025). Equally, environmental health is an essential pillar of sustainable care. An article in this issue identifies key determinants of inadequate hospital solid waste management, underscoring the importance of operational efficiency for resilient healthcare systems (Alhamda et al., 2025).

REFERENCES

- Alhamda, S., Nurmaya, I. and Hoa, D. T. P. (2025). 'STORAGE IS THE MOST INFLUENCING FACTOR OF HOSPITAL SOLID WASTE TREATMENT: SEM ANALYSIS', *The Indonesian Journal of Public Health*, 20(2), pp. 248-262. <https://doi.org/10.20473/Ijph.v20i2.2025.248-262>
- Aria, G. A. P., Virvizat, P. O., Tri, S. N., Ani, N. F., Sufina, P. and Prawistya, S. A. (2025). 'ANALYSIS OF HEALTH WORKERS' PERFORMANCE THROUGH THE DEVELOPMENT OF HUMAN RESOURCES IN PUBLIC HEALTH SERVICE IN INDONESIA AND TIMOR LESTE', *The Indonesian Journal of Public Health*, 20(2), pp. 263-274. <https://doi.org/10.20473/Ijph.v20i2.2025.263-274>
- Farapti, F., Fadilla, C., Notobroto, H. B. and Abdul Aziz, S. A. (2025). 'THE ASSOCIATION BETWEEN OBESITY AND HYPERTENSION AMONG ELDERLY RESIDING IN A NURSING HOME: IS GENDER IMPORTANT?', *The Indonesian Journal of Public Health*, 20(2), pp. 231-247. <https://doi.org/10.20473/Ijph.v20i2.2025.231-247>
- Isni, K., Pratiwi, F. Y., Santri, I. N. and Tukiyo, I. W. (2025). 'INVESTIGATING PARENTS' RECOGNITION OF THE NEED FOR ADOLESCENT MENTAL HEALTH SERVICES IN REMOTE AREAS', *The Indonesian Journal of Public Health*, 20(2), pp. 302-315. <https://doi.org/10.20473/Ijph.v20i2.2025.305-315>
- Kristanti, M., Nugrohowati, N., Chairani, A., Kita, B. and Aritha Rebecca Ayu, S. (2025). 'THE INFLUENCE OF NUTRITIONAL STATUS ON THE LEVEL OF INTELLIGENCE IN ELEMENTARY-SCHOOL CHILDREN', *The Indonesian Journal of Public Health*, 20(2), pp. 341-353. <https://doi.org/10.20473/Ijph.v20i2.2025.341-353>
- Laila, S., Fathurrahman, F., Widyastuti Hartati, N. and Aprianti, A. (2025). 'EFFECT OF COMBINING PHALERIA MACROCARPA AND AVERRHOA BILIMBI L ON FASTING BLOOD GLUCOSE LEVES IN A RAT MODEL OF TYPE 2 DIABETES LLITUS', *The Indonesian Journal of Public Health*, 20(2), pp. 316-327. <https://doi.org/10.20473/Ijph.v20i2.2025.316-327>
- Mojiin, W., Othman, N., Ahmad, N. S., Ghafar, R., Hamzah, N. A. and Zulkifli, E. Z. (2025). 'PROFILING OF ANTHROPOMETRIC, BODY COMPOSITION, AND PHYSICAL FITNESS IN INDIVIDUALS WITH DISABILITIES USING THE MALAYSIA INSPIRE I-TALENT MANUAL', *The Indonesian Journal of Public Health*, 20(2), pp. 202-216. <https://doi.org/10.20473/Ijph.v20i2.2025.202-216>
- Parmasari, D. H., Suryanto, Rubai, W. L. and Isnubroto, D. (2025). 'ANALYSIS OF FACTORS RELATED TO SAFE BEHAVIOR OF WORKERS (Cross-sectional Study: Construction Project Building X, Purwokerto)', *The Indonesian Journal of Public Health*, 20(2), pp. 288-301. <https://doi.org/10.20473/Ijph.v20i2.2025.288-301>
- Pryandhini, P. A., Primitasari, Y., Setiawati, Y. and Komarati, E. (2025). 'CORRELATION OF VISUAL FIELD LOSS TO ACTIVITIES OF DAILY LIVING DISTURBANCE ON GLAUCOMA OUTPATIENTS IN SURABAYA', *The Indonesian Journal of Public Health*, 20(2), pp. 354-365. <https://doi.org/10.20473/Ijph.v20i2.2025.354-365>
- Santosa, M., Hardi, N. and Jessica, C. (2025). 'PET ATTACHMENT AND STRESS LEVELS AMONG PRECLINICAL MEDICAL STUDENTS', *The Indonesian Journal of Public Health*, 20(2), pp. 328-340. <https://doi.org/10.20473/Ijph.v20i2.2025.328-340>
- Susanto, A., Mulyanto, D. and Licia, R. (2025). 'THE IMPACT OF SOCIAL MEDIA AND KNOWLEDGE ON ADOLESCENTS' INTENTIONS TO ENGAGE IN E-CIGARETTE SMOKING', *The Indonesian Journal of Public Health*, 20(2), pp. 275-287. <https://doi.org/10.20473/Ijph.v20i2.2025.275-287>
- Tuty, Y., Linda Luciana, A., Sapera, D., Millah, S., Hesti, Y., Nina Ayu, L., et al. (2025). 'RELATIONSHIP OF ANTENATAL CARE VISIT, EMESIS GRAVIDARUM, AND DIETARY HABIT AGAINST ANEMIA IN PREGNANCY', *The Indonesian Journal of Public Health*, 20(2), pp. 366-378. <https://doi.org/10.20473/Ijph.v20i2.2025.366-378>
- Windi, Y. K., Asnani and Harnani, B. D. (2025). 'HEALTH CARE SATISFACTION OF PATIENTS COVERED BY NATIONAL HEALTH INSURANCE IN WAINGAPU, SUMBA TIMUR, INDONESIA', *The Indonesian Journal of Public Health*, 20(2), pp. 391-401. <https://doi.org/10.20473/Ijph.v20i2.2025.391-401>
- Yadav, A., Meena, G. S., Sharma, N. and Kumar, R. (2025). 'QUALITY OF LIFE OF THE ELDERLY IN THE RURAL REGION OF DELHI, INDIA', *The Indonesian Journal of Public Health*, 20(2), pp. 217-230. <https://doi.org/10.20473/Ijph.v20i2.2025.217-230>