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Importance of Frequency Distributions in Public Health

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## **Frequency Distribution**

Frequency distribution is the systematic use of graphs and tables to summarize data, more observable and understanding. Researchers tend to use different frequency distributions in their study to drive their views and perspectives to their respective audiences. In recent studies, frequency distributions have ease better understanding and appropriate application of approaches in public health areas.

### **Benefits of frequency distribution**

Frequency distributions are used to determine the incidence rate of a disease and its risk factor association on a population (Haroon et al.,2019). For example, a researcher conducting a study to determine the high prevalence rate of dental carrier disease among a community can use a frequency distribution to analyze their study (Haroon et al.,2019). The participants can be grouped into categories of risk factors such as drinking, taking sugary food substances, and use of drug substances. A frequency table indicates the types of risk factors against the number of participants. The frequency graph will show the result of the study that can help solve the dental carrier disease problem in the community.

Epidemiological studies use frequency distributions to analyze and compare data on disease outbreak and epidemics with the International Health Regulations, that reacts to fatal epidemics (Talisuna et al.,2020). The approach is critical in determining the appropriate techniques for handling the epidemic situation and preventing future occurrences. The response instrument acts as a guidance tool that formulates the necessary foundations in protecting the

population's wellbeing. The frequency distribution, in this case, will help in implementing decisions, methods, and approaches of observed data.

Frequency distributions are vital in improving public health, from the study to the implementation of practical techniques and approaches. Recently, several public health studies have used frequency distribution in enhancing their program activities for sustainability purposes. The strategy summarizes the technical concepts visually that can predict quality public health in the future.



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