



Public Health

MPH, MHA, MS, MHS...

- While a doctor treats people who are sick, those working in public health try to prevent people from getting sick or injured in the first place. They promote wellness by encouraging healthy behaviors.
- From conducting scientific research to educating about health, public health professionals work to create the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease. Or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.
- Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy, and giving science-based solutions to problems.
- Public health saves money, improves quality of life, helps children thrive, and reduces human suffering.



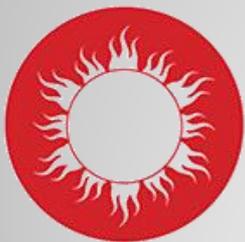
What is Public Health?



- Health educators
- Scientists and researchers
- Epidemiologists
- Public health physicians
- Public health nurses
- Occupational health & safety professionals
- Public policymakers
- Non-profit leaders

Fields of Public Health

- **Public health is personal.** Public health professionals focus on preventing disease and injury by promoting healthy lifestyles. They implement educational programs, develop policies, administer services, conduct research, and regulate health systems to achieve these goals.
- **The reach is global.** The public health field confronts global health issues, such as improving access to health care, controlling infectious disease, and reducing environmental hazards, violence, substance abuse, and injury. It spans many disciplines and is regularly spotlighted in popular culture and media.
- **The impact is measurable.** In the past century, public health initiatives have improved lives worldwide, including increasing life expectancy by almost 30 years in the United States. The development and application of population-based prevention programs will continue improving health over the next decades.



Personal. Global. Measurable.

- Public health is an **exciting and growing field of study**. The field challenges its professionals to confront complex health issues, such as improving access to health care, controlling infectious disease, and reducing environmental hazards, violence, substance abuse, and injury.
- Public health is a **diverse and dynamic** field. Public Health professionals come from varying educational backgrounds and can specialize in an array of fields. A host of specialists, including teachers, journalists, researchers, administrators, environmentalists, demographers, social workers, laboratory scientists, and attorneys, work to protect the health of the public.
- Public health is a field geared toward **servicing others**. Public health professionals serve local, national, and international communities. They are leaders who meet the many exciting challenges in protecting the public's health today and in the future.
- Public health is a **rewarding** field. The field of public health offers great personal fulfillment - working towards improving people's health and well being is a rewarding day's work.



Why Pursue a Career in Public Health?



I have worked in HIV since 1988. I never thought I would still be in the same field but honestly nothing else has seemed as exciting, or as meaningful as working with people and communities to manage conditions they are afraid to discuss. I have been fortunate enough to work overseas in Asia and Africa while still being current on domestic health issues. Name another field that gives you so much flexibility and joy!

~Lea Dooley



I was initially pre-med in college and completed the required math and science credits and even took the MCATs for medical school. But in my senior year I attended an information session from the university's school of public health. Up until that point I'd never heard of the field. Its emphasis on prevention over medicine's focus on treatment resonated with me. Why let people get sick in the first place if it can be prevented?

~Elizabeth Gray Bayne



I'm totally blind and a very brittle Type 1 diabetic. I have training in public affairs and genetics; I'm well aware that millions are less fortunate than I have been with respect to opportunity and education. Millions of people with chronic health challenges don't have the resources I have to help me manage my health. That has pushed me to advocate for improvements in how we teach health professionals about how patients experience disease. With all of these things in my life, work in public health is more calling than choice for me.

~Matthew Weed

The Faces of Public Health

[Discover>Profiles in Public Health](#)

● Statistics based on recent graduates:

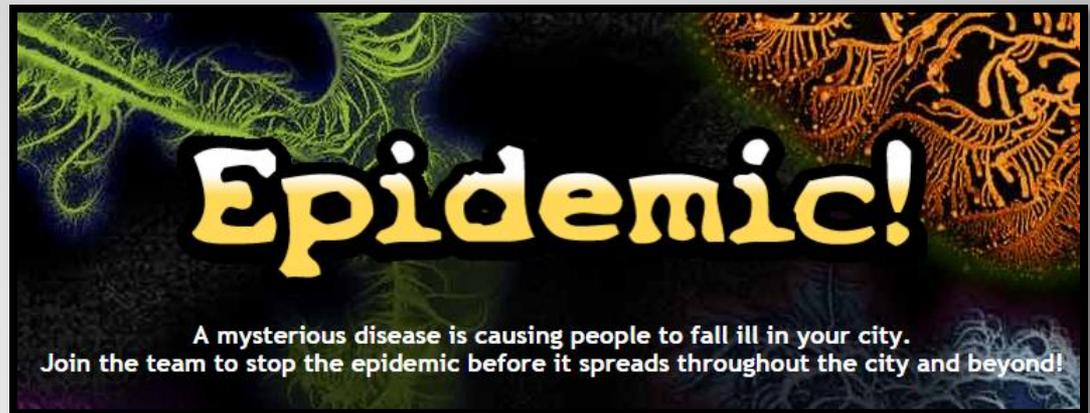
- 23% moved into a hospital or other health care setting
- 15% work for the federal, state, or local government.
- 15% remained in a university or college, working as faculty or staff
- 13% are continuing their academic training
- 9% are with industrial or commercial firms
- 9% are unemployed, but seeking employment
- 7% are with an association, foundation, NGO, or non-profit
- 3% of graduates moved into a non-health-related field
- 2% are unemployed and not seeking employment
- 2% are working in an uncategorized field
- 1% work for or are in the military
- 1% are self-employed

Where do graduates work?

- No specific major is typically required to pursue a public health degree.
- Prerequisites may include:
 - specific courses, often including statistics, science
 - experience in public health settings
 - standardized tests (frequently the GRE)
- Degree options vary and may include a Master of Public Health, Master of Science, Master of Health Administration, Doctor of Public Health, Doctorate (PhD), and many other options, including joint degrees like the MD/MPH.
- Programs may be broad and cover all core areas of public health, or may focus on one (such as global health or epidemiology).
- Use the ASPPH Academic Program Finder to identify programs of interest:
aspph.org/program-finder
- Learn more by attending Virtual Fairs, open houses, or information sessions, and talking with faculty and public health professionals.

Preparing for Public Health Programs

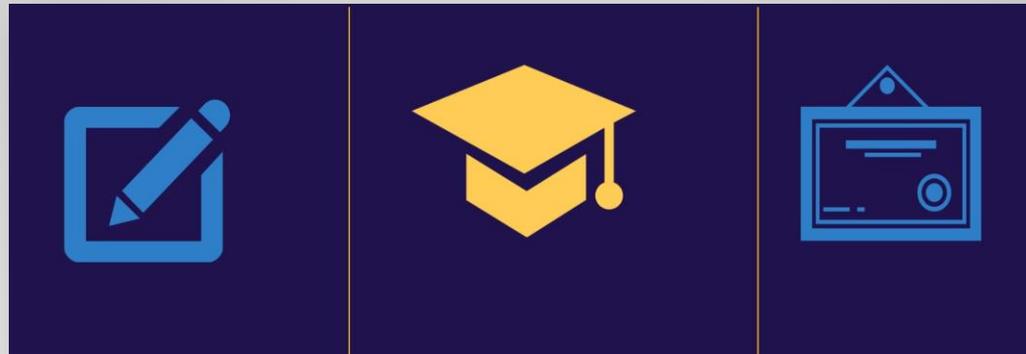
- Work as a Peer Health Adviser or with Student Health Advisory Board.
- Work part-time or full-time at a hospital or health clinic
- Volunteer for a non-profit direct service organization, such as a health clinic or a local chapter of the American Red Cross
- Work for a non-profit organization that is directly involved in public health advocacy and policy.
- Work or volunteer for a local health department.
- Explore options provided by public service organizations such as [Peace Corps](#), [AmeriCorps](#), [Idealist](#), [Teach for America](#) or [Path Internship](#).



Note: these games do not count as experience. They are just for fun.

Get Public Health Experience

- Program applications are most commonly through the Schools of Public Health Application Service (SOPHAS): <http://sophas.org/>
- SOPHAS opens in August for the following year (e.g., August 2016 to matriculate in 2017).
- Requirements include application, letters of recommendation, personal statement, transcripts.
- Deadlines vary; apply early for schools with rolling admissions.
- Some schools may have both spring and fall starts – make sure you're referring to the deadlines for the correct semester.



Applying for Public Health Programs

The Master of Public Health (MPH) is a 60-unit degree with fourteen (14) courses taken over 5 quarters. Part-time enrollment is also allowed. Eight (8) courses must be taken by all students. In addition, each student chooses three courses in his/her emphasis and the remaining three are elective courses. The common requirements are: Foundations of Public Health (PH-200), 5 core courses (one in each of the five competency areas), a practicum course, and the graduate seminar.

CATEGORY	COURSES	UNITS
Introductory Course	Foundations of Public Health	4
Core	Public Health Statistics	4
Core	Environmental Health Sciences	4
Core	Epidemiology	4
Core	Health Policy and Management	4
Core	Social and Behavioral Sciences	4
Cross-cutting / Interdisciplinary Theme	Graduate Seminar*	4
Professional Practice	Graduate Practicum	8
Emphasis Area	Three Selective Courses	12
Electives	Three Courses	12
TOTAL NUMBER OF UNITS		60

* Each quarter of the seminar class is 2 units. The third quarter is optional.

Sample Curriculum

MPH Degree at UC Irvine Program in Public Health



National Public Health Week

www.nphw.org

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

APRIL 3-9, 2017

#NPHW

Join the Movement!

HEALTH IQ

Are You Smarter than a
Public Health Nerd?
Test your Health IQ



DOWNLOAD
TODAY! 



Test Your *Health IQ!*

- Association of Schools & Programs of Public Health: aspph.org/discover/
- An Awareness Raising Campaign: facebook.com/ThisIsPublicHealth
- Profiles in public health: aspph.org/discover/profiles-public-health/
- Overview of Public Health: explorehealthcareers.org/en/Field/11/Public_Health
- Application for Public Health Programs, Includes Program Directory of Accredited Programs: SOPHAS.org
- American Public Health Association: apha.org/
- This is Public Health: thisispublichealth.org/
- National Public Health Week: nphw.org/



For more information...