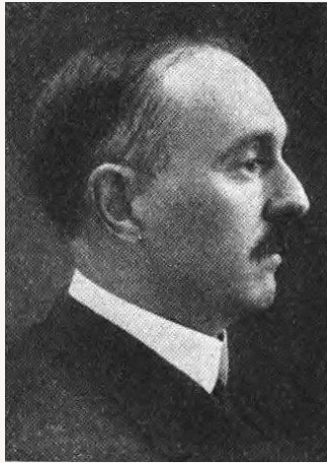# Intro to Public Health

April Meeting

Michelle Cheng

Notable Public Health Figures
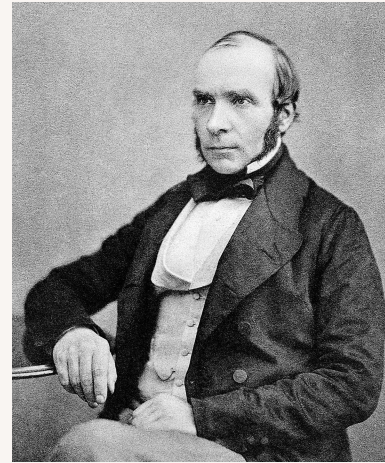
Charles-Edward Amory Winslow

February 4, 1877 – January 8, 1957

John Snow

March 15, 1813 – June 16, 1858

What is Public Health?

Public health is "the science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals." — CEA Winslow.

Public Health vs. Medical Care

CDC Public Health

The Centers for Disease Control and Prevention (CDC) says public health systems are complex and require the coordination of multiple organizations. There is usually a public agency, such as a health department, working in tandem with schools, medical providers, churches, employers and more. Public health ranges from providing medical care within a within a community and outside a hospital setting to having global repercussions and referring to efforts to prevent epidemics and improve the health of entire nations.

CDC Public Health

- Monitor health status to identify and solve community health problems.
- Diagnose and investigate health problems and health hazards in the community.
- Inform, educate, and empower people about health issues.
- Mobilize community partnerships and action to identify and solve health problems.
- Develop policies and plans that support individual and community health efforts.
- Enforce laws and regulations that protect health and ensure safety.
- Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
- Assure competent public and personal health care workforce.
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
- Research for new insights and innovative solutions to health problems.

Levels of Public Health

Public: Government jobs include health department administration, public nursing or disaster preparedness.

Non-profit: Jobs in this setting often focus on a particular population, such as minorities or mothers, or address specific health disparities.

Academic: Public health professionals working in academia typically focus on research. In addition, they may also be teaching students enrolled in public health-related degree programs.

Private: Within the private sector, jobs may be available at insurance companies, pharmaceutical manufacturers or health care facilities. Another option for private employment is consulting work performed on a contract basis.

Fields of Specialty in Public Health

- Biostatistics and Informatics
- Community Health
- Epidemiology
- Environmental Health
- Global Health
- Health Policy and Management
- Health Promotion and Communication
- Maternal and Child Health

Education

Associate Degree in Public Health:

2 year program; focus on state, federal and international laws; may allow graduates to apply for some entry-level and administrative support positions

Bachelor's Degree in Public Health:

4 years; explore multiple specializations within the public health; specialize; may focus on natural science; biostatistics and epidemiology

Master in Public Health (MPH):

2 years; Biostatistics/ Epidemiology/ Environmental Health Sciences/ Health Services Administration/ Social and Behavioral Sciences/ Global Health

Education

Sarah Davila, MPH, CHES

Part-Time Faculty, Public Health
Chaffey College
School of Health Sciences
Instagram: @Sarah.Public.Health

Professor Sarah Davila teaches all the public heath courses at Chaffey College and holds exemplary academic achievements. In this video, Michelle Cheng holds an interview with Professor Sarah Davila from Chaffey College on her advice to high school students interested in public health and an insight to her areas of passion such as health equity.

This interview is split into Part 1 and Part 2.

Sources

https://www.publichealthonline.org/careers/

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https://en.wikipedia.org/wiki/Charles-Edward_Amory_Winslow

https://en.wikipedia.org/wiki/Charles-Edward_Amory_Winslow

https://www.cdc.gov/training/publichealth101/public-health.html

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2596005/

Meeting concluded!

Next meeting: Basics of Bacterial Infection