What is Public Health?

Public health promotes and protects the health of people and the communities where they live, learn, work and play.

Why is Public Health so important?

- During the 20th century, the average lifespan of individuals increased by **30 YEARS**.
- 25 years of this gain is attributable to advances in public health through research, education, and the prevention of illness and injury.

Public Health vs. Medicine: *What's the difference?*

COMMUNITY

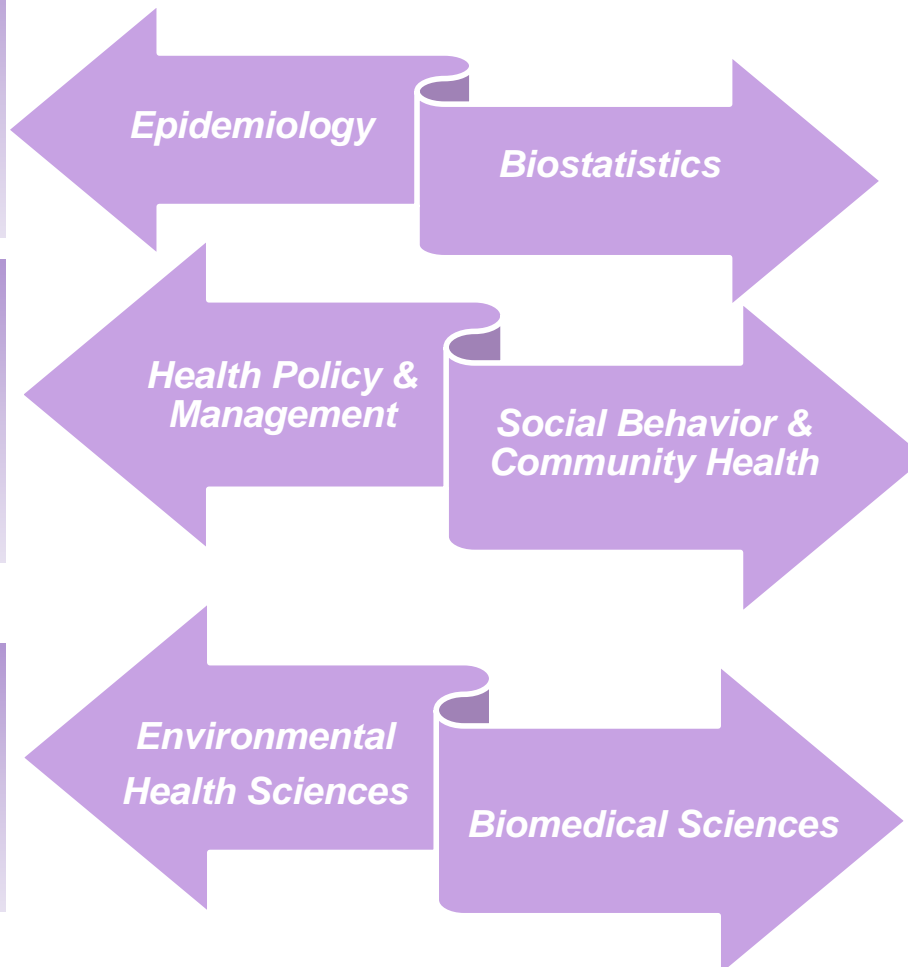| Public Health	Medicine
o Primary focus on populations	o Primary focus on individual
o Emphasis on disease prevention & health promotion for the whole community	o Emphasis on diagnosis, treatment, and care for individual patient
o Interventions are aimed at environment, human behavior, & lifestyles	o Interventions are predominantly focused on medical care
o Human rights, social & environmental justice for the community	o Individual rights of the patient
o Multidisciplinary with multiple professional identities	o Focused and recognized profession

Why consider majoring in Public Health?

- A **Public Health major** nurtures critical thinking, analysis & synthesis of information and recognizes historical and societal context of current trends in public health. It also provides an introduction to disease control and health promotion interventions, and determinant of health from a global perspective.

Public Health Concentration Areas

Epidemiology

Understanding the causes of disease in populations, including characteristics of those at risk and their physical and social environments. Investigate complex relationships through experimental studies in the target population.

Biostatistics

Using mathematical tools to understand a wide range of public health and clinical problems. Analysis and communication of public health data, identifying health trends, and making projections.

Health Policy & Management

Organization and financing of health care, health care management and the design and evaluation of health policy. Work as managers of public health programs, non-profit organizations and industry stakeholders such as hospitals.

Social Behavior & Community Health

Social, cultural and psychological contexts of health and health behavior. Work with communities in assessing their needs and in developing and evaluating health promotion programs to address those needs.

Environmental Health Sciences

Understand and reduce potential risks to health from physical environment, work environment, and chemical exposures. Increase public awareness of environment and global health issues.

Biomedical Sciences

Understand the role of the biomedical basis of public health, and the detection, treatment and prevention of genetic, infectious, and other human diseases. Learn about the strengths and limitations of various laboratory methodologies and their application to public health problems.

Working in Public Health

SCHOOL OF PUBLIC HEALTH
UNIVERSITY AT ALBANY State University of New York

Whether you are more interested in crunching numbers, conducting research, or working with people, Public Health is an ideal field for those that gain satisfaction knowing they are working to improve the lives of others.

Public Health Employers

- American Cancer Society
- American Red Cross
- Center for Disease Control (CDC)
- Environmental Protection Agency
- Epidemiologic Intelligence Service
- Department of Health & Human Services
- Federal and State Government agencies
- Food and Drug Administration (FDA)
- Healthcare Organizations (Blue Cross Blue Shield, CDPHP, Kaiser Permanente, MVP Healthcare)
- Hospitals and Medical Facilties
- Mayo Clinic
- Planned Parenthood
- State and Local Public Health Departments
- National Institutes of Health (NIH)
- UNICEF
- United Nations
- World Health Organization

Public Health Jobs

Biomedical Engineer	Cancer Researcher
Forensic Scientist	Health Educator
Academic Policy Advisor	Public Health Journalist
HIV Specialist	Public Health Veterinarian
Tropical Disease Expert	Workplace Safety Consultant
State Environmentalist	Statistician
Management Policy Advisor	Public Health Lawyer
Environmental Health Technician	Director of Family Health
Public Health Engineer	Health Center Administrator
Industrial Hygienist	State Environmentalist
Behavioral Scientist	Mental Health Researcher
Bioterrorism Researcher	Pharmacoepidemiologist
Infection Preventionist	Legislative Policy Advisor
Emergency Response Expert	Nurse Educator
Disease Ecologist	Nutritionist
Medical Writer	Emergency Preparedness Specialist/Coordinator
Health & Wellness Manager	Public Health Planner
Disaster Preparedness Researcher	Medical Investigator

(http://www.aspph.org/discover/)

Ten Great Public Health Achievements!

1. Vaccinations (Mumps, Measles, Polio, Smallpox, Flu)
2. Improved motor vehicle safety
3. Safer workplaces
4. Control of infectious diseases
5. Decline in deaths from coronary heart disease and stroke
6. Safer and healthier foods
7. Healthier mothers and babies
8. Family planning
9. Fluoridation of drinking water for improved dental health
10. Recognition of tobacco use as a health hazard

"It is health that is real wealth and not pieces of gold & silver."

~ Mohandas Gandhi

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

~John F. Kennedy

Current Issues in Public Health

- Obesity, nutrition, hypertension, diabetes
- Health disparities, lack of insurance, access to healthcare
- Women's health, unplanned pregnancies, STD's
- Mental health issues, substance abuse, addiction
- Violence prevention, firearms, domestic abuse
- Effects of toxic waste and pollutants on health, fracking
- Emerging and re-emerging infectious diseases: HIV/AIDS, Whooping Cough, Measles, Ebola
- Natural disaster preparedness and response: hurricanes, earthquakes, flood, famine, drought

PROTECTING YOUR HEALTH

1 IN 3 MISSING

America will be short more than a quarter million public health workers by 2020 – that's one-third of the workforce needed to keep the world we live in healthy.

Source: Association of Schools of Public Health