



*You're invited!*

# 2018 PUBLIC HEALTH GRADUATE SCHOOL PANEL

Learn about various fields of graduate study in  
public health, and meet alumni and current  
students from such programs

Career Center: Horizon Room  
08 November 2018 | 4:30-6:30 pm

Networking to follow panel  
Light appetizers will be provided





# AGENDA

- **Welcome and Introductions**
  
- **Overview of Public Health Graduate Programs**
  - **MPH/MSPH**
    - Panelists: Luis Mandujano; Anna Kaur
  - **MHA**
    - Panelist: Kyle Underwood
  - **PhD/DrPH**
    - Panelists: Brian Kwan; Anya Umlauf
  - **MD/MPH; MD/PhD**
    - Panelist: Lauren Hui
  - **Other Dual Degree Options**
  
- **Additional Items to Consider**
  
- **Application & Admissions 101**
  
- **Q&A Session with Panelists**
  
- **Networking!**

# Who Am I?: Maddy Noble



## ➤ Background

- 2012: Pitzer College: B.A. Psychology & Spanish
- 2012-2014: SRA I: UCSD Dept. Family Medicine and Public Health
  - Physical Activity Promotion in Latino Populations
- 2014-2016: San Diego State University: M.P.H.
  - Concentration: Health Promotion and Behavioral Sciences
  - Thesis: Receptivity to E-Cigarette Advertising in Teens
- 2016: SRA II: UCSD Moores Cancer Center
  - Tobacco control and prevention research



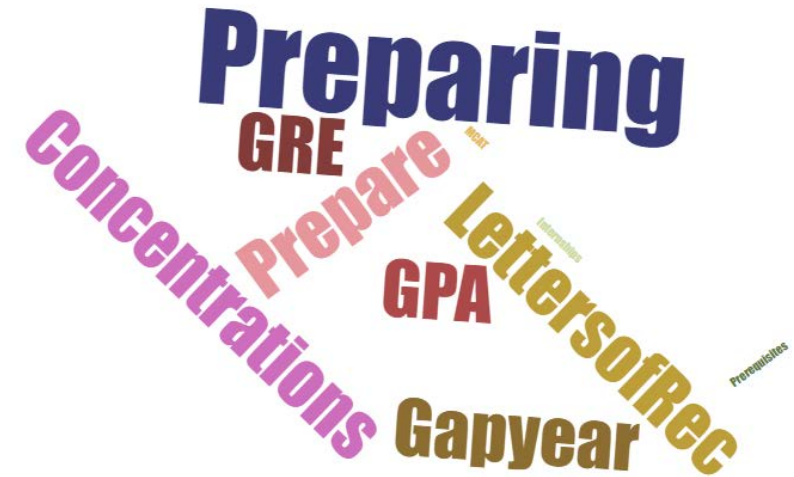
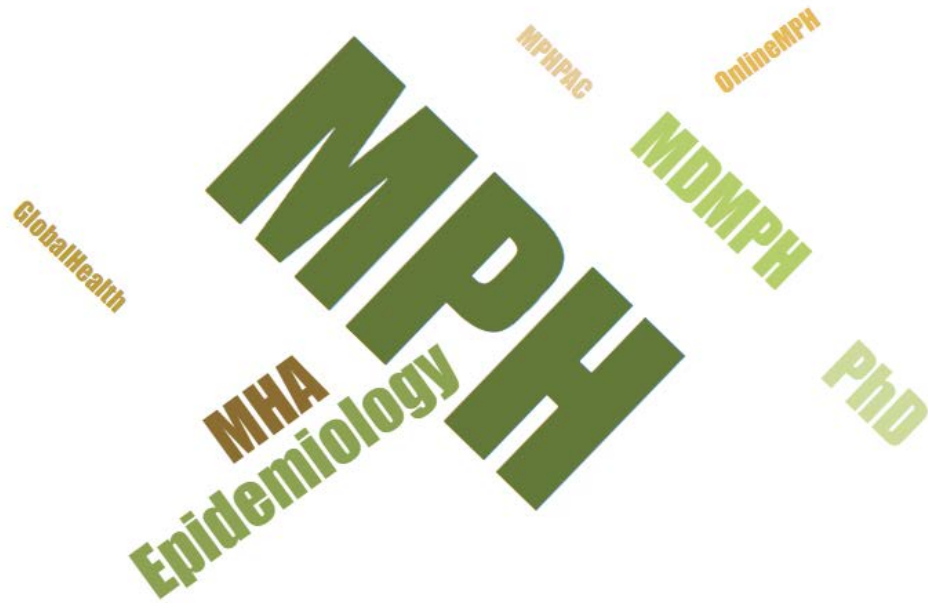
## ➤ Current Position: Undergraduate Advisor for Public Health Major

## ➤ Future Plans



# Survey Results

## Types of Programs Interested in Pursuing



## Topics to Discuss During Panel

# BSPH Alumni: Graduate School Plans

## ➤ Survey of 76 BSPH Alumni (2015-2018 Graduates)

### ➤ Currently Attending Graduate Program: 39 (51%)

#### MPH: 19

- Concentrations: Epidemiology: 7; Health Behavior: 4; Health Policy: 3; Community/Family Health: 3; Environmental Health: 2

#### MSPH: 3

#### MD/DO: 7

#### PT/OP: 4

#### PhD: 1

#### MHA: 1

#### Other: 4

**UCLA FIELDING**  
SCHOOL OF PUBLIC HEALTH



### ➤ Top 3 Programs Currently Attending:

#### UCLA Fielding School of Public Health

#### UCSD School of Medicine

#### Columbia University Mailman School of Public Health



Columbia University  
MAILMAN SCHOOL  
OF PUBLIC HEALTH

### ➤ Planning to Attend Public Health Graduate Programs: 26

### ➤ Waiting to Hear from Public Health Graduate Programs: 6

# Graduate Programs: Common Areas of Study

Biostatistics & Informatics

Community Health

Environmental/Occupation Health

Global Health

Health Policy & Management

Health Promotion/Health Communication

# Biostatistics & Informatics

## **How A Gainesville Biostatistician Became Ebola's Worst Enemy**

By Janine Wolf

🕒 March 31, 2017 📁 Health and Science, State of Florida

Driving precision medicine through biostatistics:  
Translating multiomics biomarker data into  
breakthrough knowledge

*This webinar is brought to you by the [Science/AAAS Custom Publishing Office](#)*

## **A Data-Driven Effort to Tackle Indiana's COPD Problem**

October 9, 2018 by Rajiv Leventhal, Managing Editor

 | [Reprints](#)

- **Biostatistics:** statistical processes and methods applied to the collection, analysis, and interpretation of data relating to human biology, health, and medicine

- Use of statistical reasoning/methods to:



- address major problems in public health
- explore intersection between data, population studies, and health
- understand health trends among populations

- **Informatics:** systematic application of information and computer science and technology to public health practice, research, and learning

- Areas of focus:

- Intersection of information science, computer science, and health care
- Utilizing resources, devices and methods to optimize acquisition, storage, retrieval and use of information in health and biomedicine





# Community Health

## Scotland Health Care System adds community health leader

🕒 November 6, 2018 👤 Laurinburg Exchange 📁 Health, News 💬 0

IDEAS AND OPINIONS | 6 NOVEMBER 2018

## Elements of a Comprehensive Public Health Response to the Opioid Crisis

*Mark Levine, MD; Michael Fraser, PhD, MS*

## Free mental health screening helps youth



🕒 NOVEMBER 7, 2018

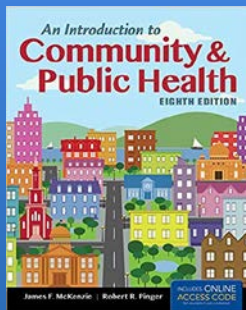
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# Community Health



- Focus on the health characteristics of populations within a shared geographical area
- Health and well-being viewed through lens of the community structure
- Aim of community health: Understand foundation of community and role of structures in health promotion



# Environmental/Occupation Health

**Flint water crisis: Most egregious example of environmental injustice, says U-M researcher**

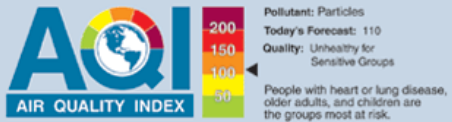
**New Report Looks At The Adverse Health And Safety Impacts Of Plastic PVC Pipes**

*Center for Environmental Health Publishes “Our Health, PVC, and Critical Infrastructure”*

HEALTH NEWS | OCTOBER 29, 2018 / 6:12 PM / 9 DAYS AGO

**E-cigarette policy should consider environmental effects, expert says**

- **Environmental Health:** explores different factors in our environment to understand their role in individual and population health
  - Areas of focus:
    - environmental risk factors (e.g. smoke, water, airborne pollutants)
    - effects of pollutants, toxins, and poisonous substances on populations
    - assessment of risk levels associated with the environment and public health



- **Occupational Health:** subfield of environmental health focusing on workplace health and safety
  - Areas of focus:
    - assessment of workplace risk factors leading to injuries, accidents, diseases, stress-related conditions
    - prevention of hazards that can cause injuries and disease



# Epidemiology

## Ebola outbreak in Congo is not yet international emergency

By [Jon Cohen](#) | Oct. 17, 2018 , 4:55 PM

## Election Season May Have Ended but Flu Season Has Just Begun

POSTED 10:41 AM, NOVEMBER 7, 2018, BY [MARIA LISIGNOLI](#), UPDATED AT 10:43AM, NOVEMBER 7, 2018

### Health

## Smoking, diabetes increase heart attack risk more in women

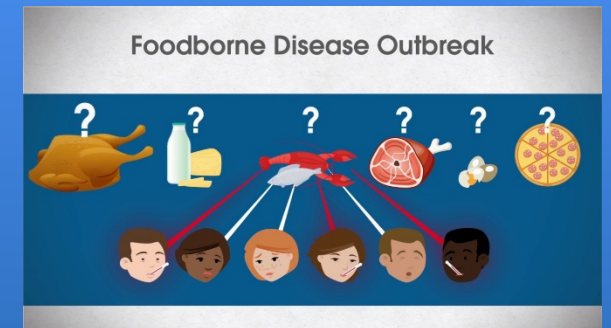
🕒 4 hours ago



Share

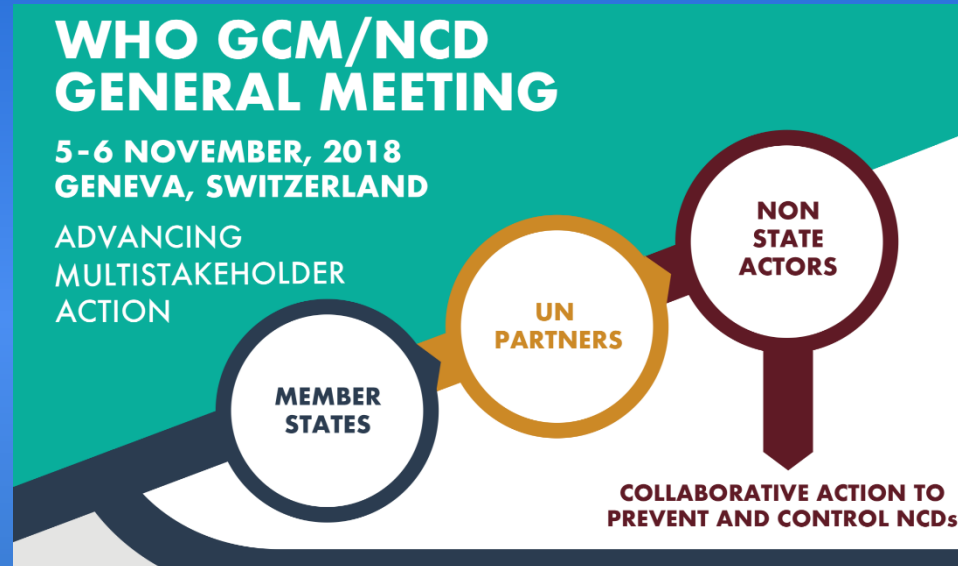
# Epidemiology

- Definition: The study of trends, patterns, and causes related to disease in populations
- Areas of focus:
  - Understanding the distribution and determinants of both chronic and infectious diseases in human populations
  - Identification of biological, environmental, social, and behavioral risk factors for human disease
- Examples of study:
  - epidemiology of cancer
  - infectious disease epidemiology
  - quantitative data management and analysis
  - potential ethical problems in research studies



# Global Health

Improving gender equity in the global health workforce



## Resistance to antibiotics: a global health challenge

7th November 2018

COMMENT | [ONLINE FIRST](#)

## Introducing the World Bank's 2018 Health Equity and Financial Protection Indicators database

[Adam Wagstaff](#) ✉ • [Patrick Eozenou](#) • [Sven Neelsen](#) • [Marc-Francois Smitz](#)

# Global Health



- An interdisciplinary approach to examine affect of health disparities and specific risk factors on local and global populations
- Explores role of international agencies in promoting health advocacy, including:
  - increasing access to healthcare
  - ensuring top health standards are met
- Examples of study:
  - Health system strengthening
  - Program design, monitoring, and evaluation
  - Humanitarian rights and immigration policy



**World Health  
Organization**



# Health Policy & Management

**UCLA** Health



UCLA experts available to discuss how election results may affect health policy

Article ID: 703427

Released: 5-Nov-2018 6:05 PM EST

## Can The Health Care Cost Trajectory Be Tamed? States' Leaders Tackle The Cost Conundrum

Trish Riley

**FEATURE** | RADIOLOGY BUSINESS | NOVEMBER 06, 2018 | BY CASEY WILLIAMS

## Boosting Patient Engagement in Healthcare

# Health Policy & Management



Keep People Healthy  
Spend Smarter

- Multidisciplinary field concerned with the delivery, quality, and costs of health care for individuals and populations
- Areas of focus:
  - Explore complex structures of health care delivery in the U.S.
  - Assess legal and ethical foundations for health care
  - Design, implement, oversee policy processes to improve health care access among diverse populations



# Health Promotion & Communication

PUBLIC RELEASE: 7-NOV-2018

Exercise, diet and wellness apps are powerful learning resources for young people -- study finds

UNIVERSITY OF BIRMINGHAM

**Nurses Can Help Motivate Patients to Develop Healthy Behaviors**

**BAD TOOTH-BRUSHING HABITS TIED TO HIGHER HEART RISK**

**Survey: Nearly 60 Percent of Seniors Use Cell Phones While Driving**

# Health Promotion & Communication



- **Health Promotion:** the process of enabling people to improve their health.
- Focuses on both individual and group behavior change through social and environmental interventions
  - Areas of focus:
    - Increasing healthy behaviors and reducing risky behaviors among individuals and populations
- **Health Communication:** The study and practice of communicating health information, such as in public health campaigns and health education



# Other Areas of Study

**Nutrition and Public Health**

**Maternal & Child Health**

**Behavioral and Social Science**

**Mental Health**

**Minority Health & Health Disparities**

# MPH/MSPH

MPH	MSPH
Masters of Public Health	Masters of Science in Public Health
Professional degree- commonly awarded by CEPH Accredited programs or schools	Academic degree- some awarded by CEPH Accredited programs or schools
2-3 Years	2-3 Years
Geared toward professional career in public health	Geared toward teaching or research career in public health
Focus on fieldwork, internship experience	Focus on research and analytic methods
May require thesis, capstone or comprehensive exam	Typically require thesis

Source: Association of Schools & Programs of Public Health. Degrees in Public Health. 2018. Retrieved from: <https://www.aspph.org/study/#degrees>



## Who Am I?: Luis Mandujano

### ➤ Background:

- 2014-2016: Grossmont Community College: A.A.
  - Emphasis: Social & Behavioral Sciences
- 2016-2018: U. C., San Diego: BSPH
  - Capstone Project: The Impact of Smoking on Life Satisfaction in Patients Diagnosed with Schizophrenia

### ➤ Current Position: M.P.H. Graduate Student - Concentration: Epidemiology

### ➤ Future Plans: Research on Mental Health in Family Members of Substance Abusers and HIV Prevention in Latino LGBT Community



# Who Am I?: Anna Kaur



## ➤ Background:

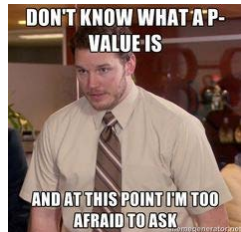
➤ 2013: California State University, Fresno, B.A. Psychology

➤ 2014-2016: San Diego State University, M.P.H

- Concentration: Health Promotion and Behavioral Sciences

- Thesis: The MoCA-Memory Index Score: An Efficient Alternative to Paragraph Recall for the Detection of Amnestic Mild Cognitive Impairment

➤ 2015-2017: Internship at Naval Health Research Center



➤ Current Position: Research Associate for the American College of Radiology



➤ Future Plans: Research/Industry/Allied Health Professional





# MHA

- **Master of Health Administration**
- **Focus on finance (“MBA of Public Health”)**
- **Prepares students for careers in hospitals, health systems, consulting firms and healthcare businesses**
- **Address emerging issues such as:**
  - How will we control health care costs as baby boomers become senior citizens and medical technology continues to advance?
  - How will health care dollars be allocated across generations?
  - How can we measure quality of care?
  - How can we assure that all U.S. residents have access to health care?





# Who Am I?: Kyle Underwood



## ➤ Background:

- B.S. Public Health, Minor in Business: UCSD
  - Expected Graduation: June 2019
- Pathmaker Administrative Intern: Palomar Health
  - 2017- Present
- Chief Operating Officer: Rightdevice
  - 2018-Present
- American College of Healthcare Executives Student Associate



## ➤ Current Position: Perpetual Student!

- Future Plans: Currently applying to graduate school for Health Administration with goals of becoming a Healthcare Executive

# PhD/DrPH

PhD	DrPH
Doctor of Philosophy	Doctor of Public Health
Academic degree	Professional degree
4-5+ years	3-4+ years
Prepares students for careers as advanced researchers and academicians	Designed to prepare individuals for leadership positions, and is more practice oriented
Focus on research and analytic methods	Focus on fieldwork, internship experience
Typically requires dissertation	Typically requires dissertation

Source: Association of Schools & Programs of Public Health. Degrees in Public Health. 2018. Retrieved from: <https://www.aspph.org/study/#degrees>

# Who Am I?: Brian Kwan

## Background



- ❖ 2015: UC Irvine: BS Mathematics, Minor Statistics
  - ❖ Research: Applied and Computational Math
  - ❖ Other: STEM Education Leadership
- ❖ 2015-2016: Gap Year
  - ❖ Research: SIBS (Summer Institute in Biostatistics)
  - ❖ Other: (1) Primary/Secondary Level Math Instructor, (2) Tech Tutor Volunteer
- ❖ 2016-Present: UC San Diego: PhD Biostatistics
  - ❖ Research: GSR at Moores Cancer Center
  - ❖ Other: TA for PSYC 60/FMPU 102
- ❖ Future Plans



UC San Diego  
MOORES CANCER CENTER

# Who Am I?: Anya Umlauf



SAN DIEGO STATE  
UNIVERSITY

## ➤ Background:

- 2006: SDSU, B.A. Mathematics
- 2009: SDSU, M.S. Statistics
- 2016-present: UCSD, Ph.D. Biostatistics

UC San Diego



**HNRP**  
HIV NEUROBEHAVIORAL RESEARCH PROGRAMS

## ➤ Current Position:

- Senior Statistician, UCSD HIV Neurobehavioral Research Program
- Lecturer, UCSD Extension (MAS CREST and LHCO programs)

## ➤ Future Plans:

- Professorship

UC San Diego | **EXTENSION**

# Dual Degree Programs

MD/PhD, MD/MPH

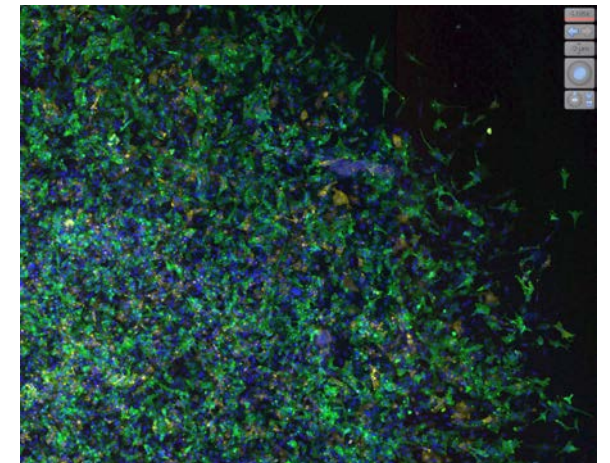
# Who Am I?: Lauren Hui

## ➤ Background:

- 2015-2017 Physiology student at University of Washington, Seattle
- 2015-2020 Worked in 5 different labs ranging from neuroscience to cancer to diabetes
- 2017-2020 Physiology and Neuroscience B.S., UC San Diego

## ➤ Current Position: Career Peer Educator, Undergraduate Researcher, Pre-MD/PhD Student

## ➤ Future Plans: Apply for MD/PhD programs!



# Comparison Chart

	MD	PhD	MD/PhD	MD/MPH
Ability to create new knowledge	Limited	High	High	High
Self-directed learning	Medium	High	Mixed	Mixed
Structured learning	High	Low	Mixed	High
Length of school	4 years	4-6 years	6+ years	5-6 years
Direct interaction with patients	High	Generally none	High	High
Requires significant memorization	High	Medium	High	High
Cohesive classmate culture	High	Low/medium	High	High
Flexible schedule	Low	High	Mixed	Mixed
Class size	Large	Generally small	Mixed	Mixed
Small group learning	Varies	High	Mixed	Mixed
Debt from tuition/ living expenses	High	Limited to none	Limited to none	High



# Different Degrees, Different Outcomes

Program	Interest	Career
MD	Patient Care	Physician
PhD	Research and discovery	Researcher/ Scientist
MPH	Public/global health	Healthcare Policy, NGOs
MD/PhD (MSTP)	Combining medicine and science	Physician - Scientist
MD/MPH	Public/global health, community health	Physician - Advocate

# MD/MPH

- Physician-Advocate
  - Physicians with a passion for underserved communities, healthcare policy, global health
  - Similar debt to medical school (limited funding)
  - Clinical research (dissertation) in degree, MPH fieldwork with target populations
  - Possibility of working in NGOs, overseas, healthcare policy
  - 1 additional year of training



# MD/PhD

- Physician-Scientist (MSTP)
  - Trained to be physicians and scientists – clinicians and researchers
  - NIH-funded training with limited spots OR partially funded through private donations
  - No debt or minimal debt post-graduation
  - LOVE research! Clinical, translational, basic sciences
  - Research is required, additional application essays



# Other Dual Degree Programs

- **MPH/JD:** focus on health policy and public health law; explore how federal and local laws and regulations impact the public's health.
- **MPH/MSN (BSN, MS):** focus on the front-line of managing public health interventions and public health programs through nursing
- **MPH/MSW:** focus on the intersection of social work in the health care system; preventative approach to health and social issues with an emphasis on underserved populations.
- **MPH/PA-C:** Integrate clinical skills learned as physician assistant (PA) with thorough understanding of global health, epidemiology, community health needs, and health education.
- **MPH/DPT:** Focus on integrated approach to physical/occupational health care; training physical therapists to be leaders in prevention, health promotion, and population health




# HEALTH BEAT

<https://career.ucsd.edu/plan/explore/pre-health-med/>

No matter your area of study, we've got the tools, resources, and network of advisors to help you get there. Explore, Prepare and Apply with us. We'll make sure you have all you need to make it happen.



 <b>MEDICINE</b>	 <b>DENTISTRY</b>	 <b>PHARMACY</b>
 <b>PHYSICIAN ASSISTANT</b>	 <b>OPTOMETRY</b>	 <b>PHYSICAL / OCCUPATIONAL THERAPY</b>
 <b>VETERINARY MEDICINE</b>	 <b>PUBLIC HEALTH</b>	 <b>NURSING</b>

# Meet with a CPEP or pre-health advisor

## For pre-requisites and general health exploration info:

- Meet with a Pre-health Career Peer Educator  
Monday – Friday 10:00 AM – 3:00 PM

## For quick questions:

- Check the Health Beat Drop-in Calendar

## Juniors/Seniors:

- Schedule an appointment via Handshake

The screenshot shows a Google Calendar interface titled "Health Beat Drop-in Advising". At the top, there are navigation options: "Today", left and right arrows, "Monday, October 23", a "Print" icon, and tabs for "Week", "Month", and "Agenda". The calendar view shows a list of events:

- Monday, October 23**
  - 11:00am Mark's drop-ins
- Wednesday, October 25**
  - 1:30pm Tina's Drop-ins
- Thursday, October 26**
  - 11:00am Mark's Drop-ins
- Friday, October 27**
  - 11:00am Mark's drop-ins
- Monday, October 30**

At the bottom of the calendar, it says "Events shown in time zone: Pacific Time" and includes the "Google Calendar" logo.

# Additional Things to Consider

- **Continuing Education & Certificates**
  - **CPH: Certified in Public Health**
  - **CHES: Certified Health Education Specialist**
- **Online vs. In Person Programs**
- **CEPH Accreditation**
- **Breadth vs. Depth**
- **Location**
- **Cost**

# Who Am I?: Rosemarie Subala

## ➤ Background



- 2012: San Diego State University: B.S. Health Science with an Emphasis in Public Health
- 2012-2014: San Diego State University: M.P.H.
  - Health Promotion and Behavioral Science
  - Thesis: Understanding Dietary Behaviors and Identifying Potential Strategies for Culturally Specific Health Promotion Programs for Native Hawaiians and Pacific Islanders
- 2014: UC San Diego Center for Community Health: Worksite Wellness Program Specialist
- 2014-2015: National University: MPH Program Coordinator
- 2015-2017: Naval Health Research Center: Research Associate



- Current Position: UCSD MPH Program Coordinator



# Application and Admissions 101

- Academic History
  - GPA
  - Transcripts
- Test Scores
  - GRE
- Letters of Recommendation
- Statement of Purpose
- Experience Beyond the Classroom



\*Please note that every program will have different requirements

# Application Tips

## ➤ Do your research!

➤ Review program curriculum

➤ Program faculty

## ➤ Additional Resources:

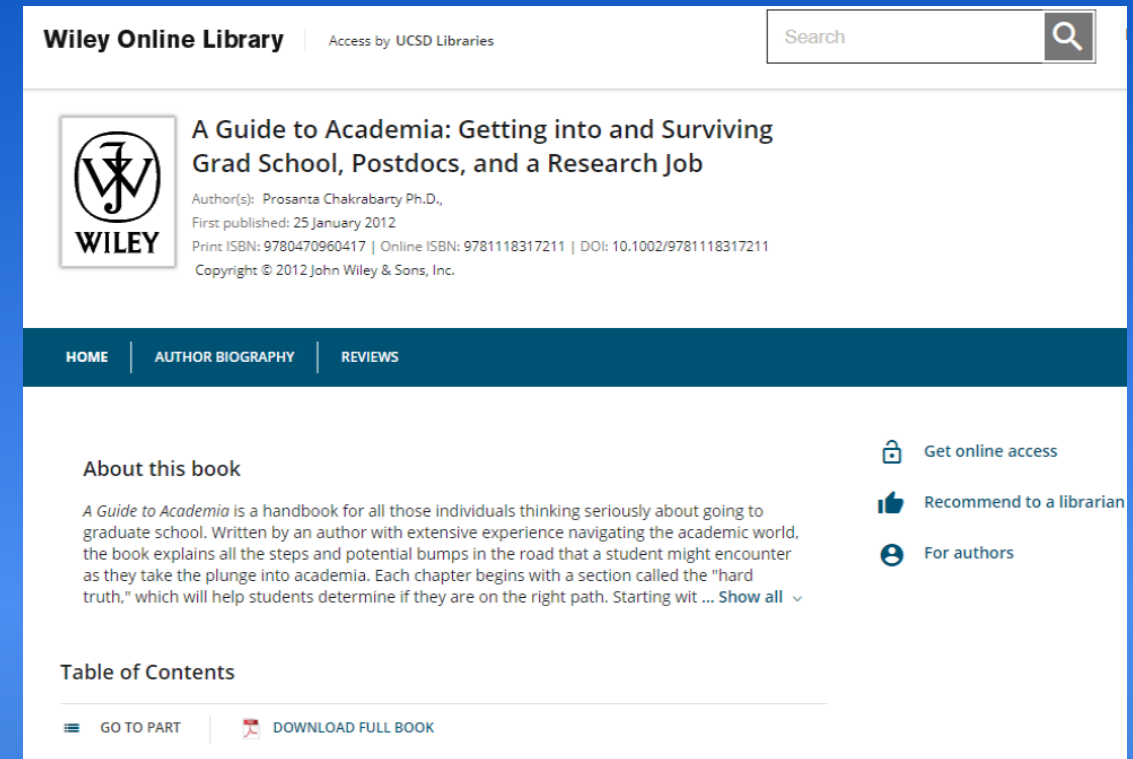
➤ ASPPH: <https://www.aspph.org/study/before-you-apply/>

➤ Career Services/Health Beat

➤ Us (the PH advisors!):

➤ UCSD BSPH: [publicheath@ucsd.edu](mailto:publicheath@ucsd.edu)

➤ UCSD MPH: [mphinfo@ucsd.edu](mailto:mphinfo@ucsd.edu)



The screenshot shows the Wiley Online Library interface. At the top, it says "Wiley Online Library" and "Access by UCSD Libraries". There is a search bar on the right. Below the header, the book title "A Guide to Academia: Getting into and Surviving Grad School, Postdocs, and a Research Job" is displayed, along with the author's name "Prosanta Chakrabarty Ph.D.", the first published date "25 January 2012", and ISBN information. A navigation bar includes "HOME", "AUTHOR BIOGRAPHY", and "REVIEWS". The main content area features an "About this book" section with a brief description and a "Table of Contents" section. On the right side, there are three icons with corresponding text: a padlock for "Get online access", a thumbs up for "Recommend to a librarian", and a person icon for "For authors". At the bottom, there are two buttons: "GO TO PART" and "DOWNLOAD FULL BOOK".

# Common Application Mistakes

- Listing a different school/program
- Unrefined personal statement
- Not doing enough research on the program
- Not giving yourself enough time



# STUDENT VISIT DAY

Sunday, Nov. 11 • San Diego

## Calling all California students!

Get a taste of APHA 2018 at Student Visit Day on Sunday, Nov. 11, in San Diego. This is the perfect opportunity for high school to postgraduate level students to learn the latest trends and best practices in public health and network with students, professionals and organizations in the field.

Preregistration is required.

Register by Nov. 1 at [bit.ly/APHA-SVD18](http://bit.ly/APHA-SVD18)



Student Visit Day provides you with access to exclusive sessions and events:

- Watch a live musical performance by Harmony Project.
- Attend the Opening General Session.
- Join us for the Public Health Expo grand opening.
- Meet exhibitors from 130+ schools and programs of public health.
- Have a free professional headshot taken.
- Meet presenters and researchers in the poster sessions area.
- Meet APHA's Membership team to learn about benefits and perks.
- Meet with APHA's components.
- Show us your moves at the APHA Dance Party with DJ Teelynn.

Questions? Contact us at [annualmeeting@apha.org](mailto:annualmeeting@apha.org).

## This Is Public Health Graduate School Fair – San Diego, CA

November 14 at 5:30 pm - 7:30 pm

# GRADUATE SCHOOL FAIR

### TIPH is back in San Diego, CA!

Join us at our **FREE** graduate school fair hosted by the Association of Schools & Programs of Public Health. The fair will be during the APHA Annual Meeting & Expo. There will be admissions representatives from ASPPH Member schools and programs and representatives from **SOPHAS**.

This is a great opportunity to learn more about graduate schools and programs of public health!

**When:** November 14, 2018 – 5:30 p.m. to 7:30 p.m.

**Host:** San Diego State University School of Public Health

**Where:** Parma Payne Goodall Alumni Center at San Diego State University School of Public Health, 5350 55th Street, San Diego, 92182

**THANK YOU!**

**NOW- TIME FOR QUESTIONS 😊**