The Bachelor of Science in Public Health is the only undergraduate program within the School of Medicine in the Department of Family Medicine and Public Health.
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Public Health

- The study of health and disease in populations, including how to promote health and prevent disease.

- Public health seeks to improve human health, at the local, national, and global levels, by development and application of knowledge that helps to:
  - promote health/wellbeing and prevent disease
  - protect the public from to harmful exposures
  - prevent and reduce health inequalities
Public health is interested in health phenomena among **GROUPS** of people

Some areas of focus include:

- Infectious disease
- Chronic disease
- Disability
- Physical and psychological functioning
- Behaviors (substance use, physical activity, violence, etc.)
- Injury
Public health keeps kids healthy and communities strong

Public health and prevention programs in your community:

- Immunize children
- Screen people for HIV/AIDS
- Protect people from disasters and disease outbreaks
- Provide health services in rural areas
- Screen newborns for health problems
- Promote healthy lifestyles to reduce chronic conditions
- Give women cancer screenings
- Keep our air, water and neighborhoods clean
- Reduce tobacco use
- Promote on-the-job health and safety

We all benefit
PREVENTION AND PUBLIC HEALTH: THE CONNECTION

Every $1 spent on prevention saves $5.60 in health spending.

Every $1 spent on childhood vaccines saves $16.50 in future health care costs.

75% of U.S. health spending is on preventable chronic conditions such as obesity, heart disease and diabetes, but only 3 cents of every $1 spent on health care goes toward public health and prevention.
PREVENTION AND PUBLIC HEALTH: THE CONNECTION

Public health saves lives

For each 10 percent increase in local public health spending:

- Infant deaths decrease by 6.9%
- Cardiovascular deaths decrease by 3.2%
- Diabetes deaths decrease by 1.4%
- Cancer deaths decrease by 1.1%

Seatbelt use reduces serious injuries and death in car crashes by 50%.

In the 20th century, the U.S. reduced the rate of adults who smoke from 42% in 1965 to 25% in 1997.

Rates continue to drop — in 2010, 19% of adults smoked.
Americans believe that we are the healthiest in the world... but we rank 34th in life expectancy.

When compared to other high-income countries the United States performs poorly on most measures of health, from infant mortality to obesity and chronic disease.

What is a Winnable Battle?

Winnable Battles are public health priorities where CDC and its partners can make significant progress in a relatively short timeframe.

Winnable Battles help advance the CDC Strategic Framework of ending epidemics, eliminating diseases and securing America's preparedness and global health.

<table>
<thead>
<tr>
<th>Antibiotics Resistance</th>
<th>HIV Elimination</th>
<th>Million Hearts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our goal is to combat antibiotic resistance and save lives.</td>
<td>Our goal is to eliminate new HIV infections in 10 years.</td>
<td>Our goal is to prevent 1 million heart attacks and strokes by 2022.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Opioid Overdose</th>
<th>Vaccine Preventable Disease</th>
<th>Viral Hepatitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our goal is to reduce U.S. opioid overdose mortality by at least 15% by 2021.</td>
<td>Our goal is to increase vaccination coverage and reduce disparities across the United States.</td>
<td>Our goal is to reduce new viral hepatitis infections and decrease deaths associated with viral hepatitis.</td>
</tr>
</tbody>
</table>

Why Major in Public Health?

- Address some of the most pressing issues of the 21st century
- Learn critical thinking and evaluation skills
- Receive training that prepares students for:
  - Public health jobs
  - Public health graduate programs
  - Medical school (MCAT 2015) & other health programs
  - Other graduate schools (e.g. law, business)
PUBLIC HEALTH JOB GROWTH

• One of the fastest growing fields, with 2010-2020 job growth well above average for:

• Health Educators: 37%
• Physician Assistants: 30%
• Social and Community Service Managers: 27%
• Epidemiologists: 24%
• Physicians: 24%
• Medical and Health Service Managers: 22%
• Psychologists: 22%
• Medical Records and Health Information Technicians: 21%
• Environmental Scientists & Specialists: 19%

Source: Department of Labor Occupational Outlook Handbook at www.bls.gov/ooh
Planning your Future in Public Health

Whether you're a first-year student or getting ready to graduate, there are plenty of things you can be doing at every stage to accelerate your momentum as you move upward & onward.

Looking for a good starting point?
Visit the UC San Diego Careers Service Plan for your Future Page. You can start off strong and begin your Roadmap, see what exciting opportunities await, going beyond the basics with in-depth resources and useful inside info by Exploring your Interests, and you can Pinpoint your Path by utilizing the online assessment tools that will uncover career and post-graduate paths that resonate with your personality, strengths, work style and competencies.

ucsd_bsph

Source: Department of Labor Occupational Outlook Handbook at www.bls.gov/ooh
UCSD BSPH: COMPETENCY-BASED MODEL

• BSPH is a rigorous program—focus is on competencies
• Upon graduation a student from UCSD with a BSPH should be able to:
  • Understand the underlying science of human health and opportunities for health promotion and protection
  • Understand the role and importance of data in PH
  • Calculate various PH and epidemiological statistics
  • Write critically and work well in groups to identify and address population health challenges
  • Effectively communicate public health information to relevant parties (policy makers, physicians, school personnel, employers, etc.)
DEPARTMENT TRANSITIONS

BSPH ADVISOR TRANSITIONS

Maddy Noble – New Role: Research and Public Relations Analyst
Public Health Advising hours can be found on the BSPH website
• Walk-In Advising (15 minutes)
• Scheduled Advising Appointment (30 minutes)

Virtual Advising Center (VAC)
• http://vac.ucsd.edu
• Contact us outside of advising hours

Advising Office Location
• University Center 202, suite 400

PLEASE NOTE:
Advising may be limited at times during fall Advisor transitions
Public Health Sciences (2 courses, 8 units)
- FMPH 40: Introduction to Public Health
- FMPH 50: Primary Care and Public Health

Biology (3 courses, 12 units)
- Option 1: BILD 1, BILD 2 and BILD 3
- Option 2: BILD 3 PLUS two from BILD 10, BILD 12/COGS 17, BILD 20, BILD 22, BILD 26

Option 1 is recommended for students going into traditional health professions (medical school, physician assistant school, nursing), epidemiology, or other fields that value a hard science background

Quantitative Methods (1 course, 4 or 5 units)
- Option 1: MATH 11
- Option 2: PSYC 60
- Option 3: COGS 14B

Option 1 is recommended for students going into epidemiology, biostatistics, or other fields that value statistics and data analysis

Social and Behavioral Sciences Electives (2 courses, 8 units)
- Many course options – see full list for more information
MAJOR REQUIREMENTS

Upper-Division Requirements (52 units)

Core Disciplines (6 courses, 24 units)
- FMPH 101: Epidemiology
- FMPH 102: Biostatistics
- FMPH 110: Health Behavior and Chronic Diseases
- FMPH 120: Health Policies for Healthy Lifestyles
- FMPH 130: Environmental and Occupational Health
- USP 143: The US Health Care System

Upper-Division Electives (5 courses, 20 units)
A minimum of one course from the following:
- FMPH 140-179, FMPH 180A, FMPH 191, FMPH 195, FMPH 196A, FMPH 198, FMPH 199

Students may petition to use AIP 197, UCCS, or a Study Abroad Experience (must be an UD 4-unit course and have been pre-approved by the Dept.)

Four additional courses from either those listed above or those listed in outside departments:
- Many course options – see full list for more information

Capstone Experience (2 courses, 8 units)
- FMPH 193: Public Health Capstone I
- FMPH 194: Public Health Capstone II
COURSE PLANNING

• Make sure to always check the department website for listings of yearly course offerings

• Don’t plan for completing specific courses (have plans B and C)

• Check schedule to make sure course lectures, discussions and final exams do not overlap

• Compare your Degree Audit to your plan; make sure your plan covers all degree requirements

• Have questions? Contact your Major or College Advisor on the Virtual Advising Center
  • http://vac.ucsd.edu

Come see a Public Health Advisor to review your plan
BE PROACTIVE

• Take the initiative – you are responsible for your own college experience
• Go to Faculty Office Hours
  • Course questions, graduate school advice, letters of rec
• Regularly check your UCSD e-mail and VAC
• Know enrollment/registration/drop deadlines
• Make sure all transcripts have been processed and posted to your academic history
• Review your degree audit regularly and petition courses from outside UCSD that may count for a requirement
• Know the course requirements for the Public Health major
• Contact your college for any GE deficiencies
Public Health Entry Requirement

- Students not already declared as a Public Health Major must first earn a B- or higher in FMPH 40 prior to declaring the Public Health Major

Once you have earned the B- or higher in FMPH 40

- Go to TritonLink and select TritonLink Tools, then click on Major and Minor under Advising Tools
- Click on Change Major
- Select the Public Health Major

*NOTE: Double Majors must fill out the double major form*
GET INVOLVED

AIP 197: Academic Internship Program in Public Health
- [http://aip.ucsd.edu/](http://aip.ucsd.edu/)
- Academic internships that foster career, personal and academic development
- Offers top notch talent for corporate and community organizations committed to fostering a culture of learning

Study Abroad
- [http://studyabroad.ucsd.edu/](http://studyabroad.ucsd.edu/)
- Studying abroad is an adventure that builds self-confidence, valuable skills, and global perspectives on your major
- There is no better time in life to travel, meet people from around the world who share your passions and goals, experience foreign cultures, taste new foods, and grow in your understanding of the world

UCDC and UCCS
- [http://aip.ucsd.edu/programs/ucdc/](http://aip.ucsd.edu/programs/ucdc/)
- [http://aip.ucsd.edu/programs/uccs.html](http://aip.ucsd.edu/programs/uccs.html)
- Combine unique coursework and a meaningful internship experience
- Network and make contacts for future employment and recommendations
- Gain firsthand exposure to the political process and policy making
GET INVOLVED

FMPH 195: Undergraduate Instructional Apprentice (UGIA)
• Assist in the classroom, learn teaching methodologies, and develop teaching skills under the supervision of a faculty member or graduate student

UCSD Public Health Club
• [https://www.facebook.com/groups/UCSDPublicHealthClub/](https://www.facebook.com/groups/UCSDPublicHealthClub/)
• Brings students, staff and faculty with an interest in public health, healthy lifestyles, or community health together
• Helps members by providing information and opportunities for volunteering, internships, and mentorship

Additional Health-Related Student Organizations
• California Health Professional Student Alliance (CaHPSA)
• Chicanos/Latinos for Community Medicine
• CORDUSA at UCSD – Global Health Engagement Program
• Engineering World Health
• Flying Samaritans – Public Health Team
• Health and Medical Professions Preparation Program (HMP3)
• Healthcare Opportunities Preparation & Empowerment (HOPE)
• Health Corps at UCSD
• International Health Collective
• MEDLIFE
• Mind-Body Nutrition: Students for Integrative and Preventive Medicine
• Public Health Brigades
• Pilipino Undergraduate Society for Health (PUSH)
• Red Cross at UCSD
• Student Health Advocates
• United Against Infectious Diseases (UAID)
GET INVOLVED

FMPH 199: Research in labs

- Learn how research programs are carried out
- Gain exposure to research and its methodology – admissions committees for graduate school place heavy importance on experience
- Professors get to know you personally and can write more effective letters of recommendation

http://bsph.ucsd.edu/research.html
Public Health Honors Practicum – Senior Year

- Provides students with a yearlong intensive applied public health experience while working in small groups of three to five to apply public health principles to real-world settings
- Students work closely with faculty, other BSPH students, and practicum sites in the planning, implementing, evaluation, and/or dissemination of public health programs and research on pressing public health topics

Eligibility

In order to be eligible to apply all students must have:

- Successfully completed FMPH 40, 50, 101 or 102, and 110 or 120
- A cumulative GPA 3.0 or higher
- Commit to the full 3-course series over the academic year
- Submit the Honors Practicum application by the deadline

http://ph.ucsd.edu/undergrad/undergrad/honors-practicum.html
HEALTH PROFESSIONS

Career Services Center

•  [http://healthbeat.ucsd.edu](http://healthbeat.ucsd.edu)

•  All pre-med and health profession advising is located at the Career Services Center

  *This includes: Dentistry, Nursing, Optometry, Pharmacy, Physical and Occupational Therapy, Physician Assistant (PA), Public Health, Veterinary Health, etc.*

•  It is important to visit early on to ensure that you are meeting all course requirements in addition to your major requirements

Pre-Med Advisors at Career Services

•  Jessica Kongthong and Nadia Mei

HEALTH BEAT: Health Beat Open House

(2 sessions for Freshman and Transfers)!

Career Center - Round Room

Thursday, September 26th, 12:30 - 1:00pm
Thursday, September 26th, 1:30 - 2:00pm

Health Pre-Health Transfer Transition Seminar

(1 session Transfers only!)

Earl Warren College Room - Price Center West

Tuesday, October 1st, 6:00 - 8:00pm

Fall Career Fair!

RIMAC Arena

Wednesday, October 2nd, 5:00 - 9:00pm
DEPARTMENT EVENTS

FALL QUARTER:
Public Health Graduate School Panel – November 2019
• Hear about different Public Health Graduate School Options

WINTER QUARTER:
Getting Involved – Experiential Opportunities within Public Health
• Hear ways to get involved on campus (Research, Academic Internship Program, UCCS/UCDC, and Study Abroad)

Public Health Career Panel
• Hear from panelists about their work in Public Health and their experiences as part of BSPH, MPH, MD and PhD programs
• Learn about available UCSD resources for Public Health students

SPRING QUARTER:
Public Health Research Day
• Panel session discussing personal experiences of panelists and the challenges and opportunities that lie ahead
• Poster session featuring over 100 posters showcasing public health research by UCSD students, postdocs, faculty, and staff

Undergraduate & Graduate Awards and Graduation Recognition Ceremony
• Recognizing excellence within the department, Capstone poster presentations, and celebrating our graduating seniors
ADDITIONAL CAMPUS EVENTS

FALL QUARTER:

• **HMP3 (Health & Medical Professions Preparation Program) GBM #1 in PC Theater (2 sessions)**
  - Tuesday, September 24th from 11:00 – 12:00pm and 1:00 – 2:00pm
  - HMP3 at UCSD serves to deliver meaningful community service experience, personal development, and access to standardized test preparation, mentoring, career insight, and unique philanthropic endeavors for the benefit of the greater UCSD community. HMP3 aims to aid pre-health students towards their prospective careers in the medical or health fields. Come learn about the largest pre-health organization on campus! Get connected to our HMP3 board and talented HealthBeat advising staff, and get early tips for pre-health success and information about available sub-committee positions. Kick start your pre-health career at UCSD with HMP3!

• **International Health Collective Info Session in the Natural Sciences Building Auditorium**
  - Friday, September 27th from 6:30 – 8:00pm
  - Come to learn what International Health Collective (IHC) is all about. IHC is a non-profit organization that provides free medical care, health education & infrastructure to under-served communities in San Diego and Mexico. Besides working to alleviate the health disparities in the communities in Tijuana, all IHC members work on projects based in San Diego as well. We will be going over our mission, our projects, everything we have to offer and more! Food will be provided.
ADDONITIONAL CAMPUS EVENTS

FALL QUARTER:

• Pre-Medical Apamsa GBM #1: Pre-Med Panel in Green Table Room – Price Center
  • Wednesday, October 9th from 6:30 – 8:00pm
  • Are you a first or second year pre-med student? Do you want answers on how to look good for medical applications once your undergraduate years come to a close? Do you want knowledge on research, clinical work, and hospital volunteering? Look no further! Pre-Medical APAMSA has the answer to all of your questions! Our officer board–consisting of a mix of 2nd, 3rd, and 4th years–is offering advice based on each of their individual experiences through college. We will be answering questions on research, biology/chemistry courses, professors, clinical research experience, how to contact professors for research, mentorship, and any other questions you may think of! Thinking of joining a pre-med org but can't find one yet? We are looking for ambitious first and second years to join our club as members. APAMSA will be implementing a PATH mentorship program, where members can be matched up for mentorship from an officer. We also have ONE officer position open for anyone to apply. First years are highly encouraged to join our team!

• UC Davis Pre-Health Conference at UC Davis
  • Saturday, October 19th from 9:00 – 3:30pm
  • The 2019 Conference will host over 3,000 pre-health students with varying health career interests, majors, and backgrounds from across the state of California. The conference hosts keynote speakers, deans panels, pre-health fair, and hands-on workshops covering a variety of topics from admissions to suturing. Attendees have the opportunity to explore a variety of health professions, including allopathic, osteopathic, podiatric, and naturopathic medicine, veterinary medicine, pharmacy, dentistry, nursing, optometry, physical and occupational therapy, physicians assistant, and more.
Attention Students Interested in Pursuing the Public Health Major

(not currently declared as a Public Health Major)

• If you were accepted to UCSD as another major but would like to switch into Public Health (or double major) please make sure to write down the link below and fill out the Contact List Form.

• It is also located on our department website under “advising”.

http://goo.gl/forms/dDqid7PIBV