

Pathways to Public Health

Jeff Oxendine, MPH, MBA
Associate Dean, Public Health Practice
UC Berkeley School of Public Health
President, Health Career Connection

Session Overview

- Why Public Health?
- Career and Educational Pathways
- Discover Your Authentic Path and Impact
- What can you do now as an undergraduate?

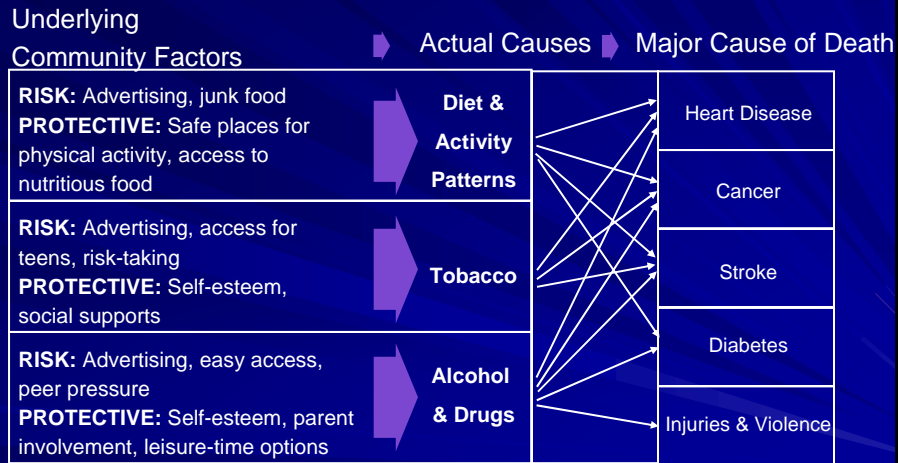
Why Public Health?

- Tremendous community health needs
- Need for health leaders and professionals
- Dynamic field and roles
- Make a difference
- Rewarding

Increasing Demand for Public Health

- Aging and increasingly diverse population
- Chronic illness
- Disparities in health status/outcomes
- Emerging infections and threats
- Immigration health issues
- Access, quality, cultural competency and cost
- Prevention
- Building healthy communities and conditions
- Global health issues

Primary, “Upstream” Prevention: Single Disease Focus Is Limiting



*Addressing One Community Risk or Protective
Factor Can Affect Multiple Diseases*


www.preventioninstitute.org
 PUT3023-06 11/02

Growing Need for Public Health Leaders and Professionals

- Aging workforce, retirements
- 180% public health enrollment growth
- Under-represented emerging majority
- Work across disciplines and determinants
- Growth in many sectors

Public Health Sectors

- State, federal and county public health
- Non-governmental organizations
- Health care financing and delivery
- Health policy and advocacy
- Private industry
- International health
- Foundation
- Research
- University

Examples of Southern California Employers

- | | |
|----------------------------|----------------------------|
| ■ LA Co Public Health Dept | ■ Kaiser Permanente |
| ■ LA Care Health Plan | ■ Catholic Healthcare West |
| ■ Healthcare Partners | ■ LAC-USC Medical Center |
| ■ San Diego Public Health | ■ Children's Hospital LA |
| ■ Alta Med Health Service | ■ Latino Health Access |
| ■ COPE Health Solutions | ■ White Memorial |
| ■ La Maestra Clinic | ■ Loma Linda Medical |
| ■ Venice Family Clinic | ■ UCLA Medical Center |
| ■ Northeast Valley Health | ■ Long Beach Memorial |
| ■ Amgen | ■ Pfizer |
| ■ Pasadena Public Health | ■ The California Endowment |
| ■ Blue Cross/Wellpoint | |

General Career Pathways

- Health Policy and Management
- Health Ed./Behavior
- Maternal Child Health
- Environmental Health
- Public Health Nursing
- Public Health Nutrition
- Infectious Disease
- Epidemiology
- Disaster Preparedness
- Mental Health
- Oral Health
- **In Combination with:**
- Business
- Social Work
- Policy
- City and regional planning
- Medicine
- Nursing
- Pharmacy
- Journalism
- Dentistry

Educational Pathways

- Undergraduate:
 - Public Health
 - Health Science/Community Health
 - Pre-Med
 - Social or Biological Sciences
 - Ethnic Studies
 - Economics
 - Business
 - Nursing

Graduate School Pathways

- Masters of Public Health
- Masters of Science
- Dual Degrees
- MBA, MPP, MSW, MCRP, MSN, JD, MD
- MD (PRIME Programs, Joint Med Prog)
- Dr.PH
- Ph.D

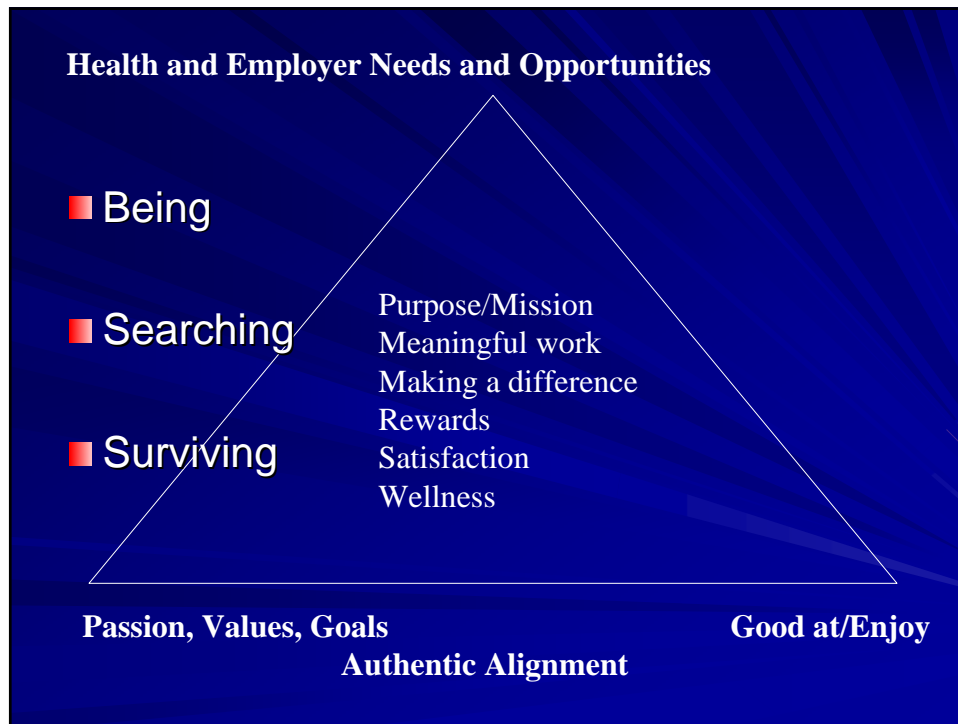
Finding Your Authentic Path

What Role and Impact Do You Want to Have?

- Population (s)
- Health issue or determinant
- Type of organization
- Level and breadth
- How close to patient or community
- Role or function

Alignment With:

- What you value
- What you are passionate about
- What you are good at and enjoy
- Key trends and needs



- ## Discover Your Authentic Path Framework
- Exposure to what is possible
 - Self assessment and discovery
 - Practical experience
 - Choose, actively pursue direction and plan
 - Educational preparation
 - Packaging
 - Support network
 - Belief
 - Ongoing learning and adjustment

“To build the life you want,
create the work you love”

Marsha Sinetar

Your Authentic Path
Relative to Parental, Family or
Cultural Expectations

How Can You Explore Paths Now?

- Internships
- Field Work
- Jobs
- Projects
- Volunteer

How Can You Explore Paths Now?

- Informational Interviewing
- Conferences
- Role Models and Mentors
- Associations
- Alumni and each other

Getting Experience Before Graduate School

- Internships or Fellowships
- Jobs
- Volunteer
- Research

Future CA Health Leaders and Professionals: HCC Nor Cal Interns



Health Career Connection (HCC) Mission and Scope:

- Inspire and empower undergraduate students to successfully pursue health careers
 - Well informed choices, discover and realize potential
 - Connect to health organizations and graduate schools
 - Increase health workforce diversity
 - Develop leaders who will make a difference
- Exposure, Experience, Mentoring, Networking
- 10 week, full-time paid summer internships
- Nor, Central, Southern California, Boston, New York/NJ

Resources to Find Out More

- Pathways to public health www.pathwaystopublichealth.org/
- What is public health? www.whatispublichealth.org
- Health Career Connection www.healthcareers.org
- Summer Enrichment Program (SEP) www.sph.umich.edu/sep/
- Centers for Disease Control – www.cdc.gov
- Make it in Scrubs www.makeitinscrubs.com/
- California OSHPD www.oshpd.ca.gov/HWDD/HCTP_faqs.html

“If one advances confidently in the direction of his dreams and endeavors to live the life imagined, he will meet with a success unexpected in common hours”

Henry David Thoreau, Walden



