



Public Health

...and You

October 2009

So...I want a clear answer: What does public health *do* exactly?

By Stephanie Bennion,
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We all know what a doctor does: he treats patients. But who is in charge of educating the population and preventing disease and disability in the first place? The answer is **public health**. According to the Association for Schools of Public Health, "Public Health is the science and art of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention." Some results of public health? Vaccination programs, improvements in motor vehicle safety, control of infectious disease, fluoridation of drinking water, and recognition of tobacco use as a health hazard. Ever seen the commercials which display how gross and deadly it is to smoke? That's public health. Seen ads that remind you to get your flu shot and to wash your hands to prevent the spread of disease? To buckle up? To not text while driving? That's public health too. Ever

taken a food handler's class? Again, that's public health. But health education is not the extent of public health....If you like working with numbers and want to be a "disease detective", check out epidemiology. If you like politics, get into health advocacy. If you like improving the environment to better the health of people, try environmental sciences. Like marketing? Then social marketing, where the goal is behavior change rather than selling a tangible product, is for you.

Where can you work? In the governmental realm you can work at state and local health departments or federal agencies like the Centers for Disease Control (CDC) in Atlanta or the US Department of Health and Human Services in Washington, D.C. If you want to work for non-profit agencies, some local and national examples include United Way, Centro Hispano, Red Cross, American Lung Association, and the American Cancer Society. Not to mention, you can work for different busi-



nesses to design employee wellness programs. (Check out some logos of public health agencies above).

Where do you start? Get a four-year degree in community health or public health. From there, a Master's of Public Health (MPH) could be your ticket to the next level of public health employment. Even if you are majoring in something completely different, get in-

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involved and be creative. See how you can contribute your talents to prevent disease and improve the health of others. Through public health, you can change the world, thousands at a time.

For more information check out: **whatispublichealth.org** or by investigating any of the agencies or careers mentioned.

Public Health	Clinical Health
Population	Individual
Health	Disease
Prevention and Health Promotion	Diagnosis and Treatment

The difference between clinical health and public health

Local GOVERNMENT AGENCIES



Utah County Health Department
Stephanie Bennion
Internship Coordinator
StephanieR.uchlth@state.ut.us
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Utah Department of Health
Heather Borski
Director of Health Promotion
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801-538-9998



Salt Lake Valley Health Department
Bev Hyatt—Division Director
801-468-2868 Or
Darrin Sluga (801-468-2729)

Internships: Getting Started

Networking is quite possibly one of the most important things you can do to get a job. A good way to start? Get an internship.

Let's start with local government agencies.

TIP: When calling government agencies, have in mind what topic areas you'd like to be involved in from the following:

- Public/Community Health Education:
 - Chronic Disease
 - Gold Medal Schools
 - Cancer Prevention and Education
 - Obesity Prevention
 - Tobacco Prevention
 - Worksite Wellness
 - Injury Prevention
 - Environmental Health
 - Epidemiology
 - Disaster Preparedness

Other Related Disciplines:
Public Information/ PR
Community Health Nursing
Dietetics/Nutrition

Besides the resources listed in this newsletter, here are other local agencies where interns have served in recent months:

UVU Wellness Program
Behavioral Health Innovations
UVRMC- Chronic Disease Outpatient Clinic (Diabetes)
American Heart Association
Huntsman Cancer Institute
Koins for Kenya
American Cancer Society
Utah Diabetes Center
RAH
Boys and Girls Club
Salt Lake County Aging Services
March of Dimes

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Internships at the Utah County Health Department

Check with contact people for their latest opportunities.

***Substance Abuse Prevention, Early Youth Intervention**

Contact Pat Bird at 801-851-7126; PatBi.ucadm@state.ut.us

***Injury Prevention**

Contact: Carrie Bennett, email: carrie.uchlth@state.ut.us,
Phone: 801-851-7035

***Health Promotion**

***Campus Rape Prevention Campaign (100-150 hours until Jan. 2010, 100-200 hours Jan.-April 2010)** Social media/marketing focused campaign with an emphasis on educating men about prevention. A collaborative project between UVU and BYU (one intern from each university will be hired) **Contact: Stephanie Bennion at stephanier.uchlth@state.ut.us and please email resume by Friday, October 16.** This project will be a big undertaking and only dedicated interns will be considered.

***Developing an online class**

for WIC women about any of the following topics: Immunizations, post-partum depression, child passenger safety. They would also begin designing awareness posters for the HIB vaccine in day care centers and would write a small grant to get funding from Sanofi Pasteur for these projects. Side projects that may be added to the project include: Awareness for the Global Maternal Neonatal Child Health Conference in March and the Utah Public Health Association (UPHA) conference in May. More than one intern may be accepted. For these opportunities contact Stephanie Bennion at 801-851-7068 or stephanieR.uchlth@state.ut.us

***Worksite Wellness**

Emilee Pike
emileeS.uchlth@state.ut.us or
801-851-7098

***Chronic Disease**

Patty Cross (801-851-7528) or
PattyC.uchlth@state.ut.us

***Environmental Health**

Education: Poison Prevention Campaign (Begins January 2010)

Develop and implement poison prevention campaign. Activities include: presentations to local school children and community groups, creating and distributing materials, promoting contests and events, etc.

Inspections: (Food service, pool/spa, waste disposal, schools, etc.)

To do environmental health inspections you must have a license, although shadowing opportunities are available.

For both opportunities
Contact Toni Carpenter at 801-851-7509;
uchlth.tonic@state.ut.us

***Tobacco prevention/control**

Tasks include coordinating the Speaker's Bureau, working with youth group OUTRAGE, helping to promote the new smoke-free (Cont. from pg. 2)

park legislation and events related to it. If you are interested contact Kari Schmidt at **801-851-7099 OR** Jen Tischler at 801-851-7096 during business hours or email: JennyT.uchlth@state.ut.us. Leave a message if she is not available via phone and make sure to include your phone number. Interviews required.

***WIC**

Dietetic/nutrition majors:

Looking for interns with a strong knowledge of life cycle nutrition to educate mothers in

a clinic setting.

Public Health majors:

Advocacy campaign to promote breastfeeding facilities in workplaces for working mothers. Activities include speaking to community organizations/businesses to educate them about the needs of women and working with the Utah Coalition to Promote Breastfeeding. Internships available for more than one student.

Research project: Working with a GIS technician to determine where to locate a new WIC clinic

in south Utah County (based on client location and populations, etc.)

Side project (to go alongside any of the projects above): Gathering lactation specialist resources for women in the community.

For any of the above opportunities, Contact Doreen Radford at 801-851-7310

***Disaster Prevention/ Emergency Preparedness**

Contact Jan Rogers:
801-851-7085



Volunteer Opportunities at the UCHD

***Injury Prevention**

"Buckle-Up" Stencil Painting

Stencil painting message in parking lot exits of malls, schools, etc.

Contact: *Carrie Bennett*
email: carrie.uchlth@state.ut.us, Phone: 801-851-7035

***Tobacco Prevention**

Speaker's Bureau

Speak at different events and participate in promotion activities that bring awareness to tobacco prevention/control and smoke-free parks.

Contact *Jen Tischler* at 851-7096 during business hours. Leave a message if she is not available and make sure to include your phone number.

***Environmental Health**

-Asthma Booth (Spanish Speakers especially needed)
Event: Bi-national Health Week 2009: Provo Health Fair
Date: Friday October 16, 2009
Location: Dixon Middle in Provo
Time: 5-8 PM

***Public Health Nursing**

Nurses need the following degrees to work at the health department as paid employees:

LPN (Licensed Practical Nurse)

RN (Registered Nurse)

If you are a CNA, there are no

paid positions available - contact the United Way and/or the volunteer clinic (see below) if you would still like to volunteer your skills. Additionally, CNA's or any other volunteers are welcome to help during the next few months with H1N1. You would be used for giving information to the public, maybe making phone calls, and helping in the clinics (yet CNA's cannot give vaccines). Also, volunteers are always needed for health fairs. Volunteer hours in our clinics are also available for RN's looking for license renewal hours or students in a nursing program.

Contact Lynn Flinders (801-851-7050) or lynnf.uchlth@state.ut.us.

***Clinical and Public Health Experience available at the United Way Volunteer Clinic**

The volunteer clinic is a free clinic for poverty or below poverty level residents in the community who do not have health insurance. It is a collaboration between the Utah County Health Department, Intermountain Healthcare, and the Church of Jesus Christ of Latter-day Saints. Students are currently needed for volunteer work in the following areas: student nurses, pharmacy technicians, phlebotomists, office staff, Spanish interpreters, and coming soon... public health educators. If you want to volunteer contact Jarom Chung at

volunteercareclinic@gmail.com.

If you are interested in the public health education aspect, contact Stephanie Bennion at stephanier.uchlth@state.ut.us.

Volunteers need to be committed and willing to give one night a week to the clinic for the duration of the semester.
Clinic days and hours:
Tuesdays and Thursdays
5-8pm at 151 S. University Ave. (Utah County Health and Justice Building)
Room 1709
For additional information, go to: <http://www.unitedwayucv.org/org/programs/3487650.html>

***Immunization Services**

801-851-7024 (volunteers needed to direct traffic during busy times (3:30-4:40 -- they close at 4:30)

Q: What about paid internships?

A: Paid opportunities are usually rare in public health. The opportunities differ depending on project and program and the levels of funding available. Check with project directors individually.

We're a click away!

Check us out at:

PublicHealthandYou.pbworks.com

Opportunities with local non-profit agencies and hospitals



Centro Hispano of Utah County

Contact: Teresa Tavarres
801-655-0258

Centro Hispano's Mission is to orient and mentor Hispanic Immigrants so they can access the needed resources to strengthen their families and contribute to their adopted environment. Centro Hispano does this through providing educational activities like classes and events in Spanish to improve quality of life.

INTERNSHIPS:

Looking for interns that are preferably bilingual. Selected on a first-come, first-serve basis. Internship applicants for winter semester are currently being accepted.



Mountainlands Community Health Center

For internships contact Jen at 801-429-2002

Mountainlands is a partnership of health professionals whose goal is to assure high quality health care for those who cannot afford it.



For internships call: 804-374-2588

The United Way advances the common good, creating opportunities for a better life for all, by focusing on the three key building blocks of education, income and health.



For internships call:
(801) 373-8580

The mission of the Mountain Valley Chapter of the American Red Cross is to improve the quality of human life; to enhance self-reliance and concern for others; and to help people prevent, prepare for, and respond to emergencies.



COMMUNITYHEALTH
CONNECT

Contact: Starr Peterson Stratford, Director at:
801-818-3015

Their mission is to improve access to quality health and dental care for low-income uninsured men women and children.

INTERNSHIPS: Hires 1-2 interns to work with Program Manager. Contact for internships any time of the year.



Manager of Community Health Partnerships
Kye Miner

801.427.9993

Or Kye.miner@imail.org

INTERNSHIP: Work on community projects like a dental campaign, childhood obesity, health fairs, and other projects that serve your interests. Call ASAP for winter semester.

Q: So, does non-profit mean employees don't get paid?

A: No, non-profit just means that it is an organization that does not distribute its surplus funds to owners or shareholders, but instead uses them to help pursue its goals. Non-profits usually put substantial funds into hiring leadership and management personnel.

TIPS for Getting a Job

- **Be passionate** - love public health and let people know! Those that do not have the drive to succeed are easy to spot.
- **Keep a detailed list of relevant experience.** Helped at an event? Write it down so you don't forget! This results in a strong resume.
- **Be confident** - you will shine above the rest. Where do you get that confidence? Do your best, take chances, put in the time, plan for your future, get to know your professors, get out of your box, get involved.
- **Do what you can, now!** Jobs will not magically appear if you do not take the opportunities available to you while you are still in school. Join the department club, volunteer, enter contests, and ask questions so you can better plan for your future.
- **Be patient and persistent.** Don't give up. Sometimes it takes a while to gain experience and for the right thing to open up.

Further Resources for Other Health-Related Areas of Interest

Social Work/Mental Health:

Social work and mental health focus more on social services, whereas the UCHD is more of a clinical/preventive setting. However, there are numerous other resources in our community that may fit your interests:

Women, children in Crisis
Division of Child and Family Services
Adult Protective Services
State Medicaid office
MAG (Mountainlands Associated Governments)
Wasatch Mental Health
Heat/weatherization services

Hospital Administration:

Hospitals run more on a business model rather than a public model as does the Utah County Health Department. A hospital setting may be more beneficial for your experience. Here are some resources to follow-up on:

PR depts./Personnel from local hospitals:

UVRMC
Timpanogos
Mt. View

Further Questions?

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