Master of Public Health
New Student Orientation

1:00 pm to 5:00 pm
Tuesday, August 18, 2015

Tony A. Mobley Auditorium,
Room C100
Welcome to Indiana University
Welcome & Introductions

Dr. Catherine Sherwood-Laughlin
Clinical Professor
Director, Public Health Programs
Agenda

MPH Program Overview

What is Public Health?
The IUB MPH Program
Preparing For Your Public Health Career

The Graduate Student Experience

Concentration Meetings and Academic Advising Sessions
3:15 pm – 5:00 pm
Dr. Brian Dodge
Associate Professor
Behavioral, Social and Community Health
Concentration Coordinator
Dr. Robert Reiner
Assistant Professor
Biostatistics
Concentration Coordinator
Dr. Barbara Hocevar
Associate Professor
Environmental Health
Concentration Coordinator

SCHOOL OF PUBLIC HEALTH
INDIANA UNIVERSITY
Bloomington
Dr. Aurelian Bidulescu
Assistant Professor
Epidemiology
Concentration Coordinator
Dr. Nancy Ellis
Associate Professor
Professional Health Education
Concentration Coordinator
Dr. Jeanne Johnston
Associate Clinical Professor
Physical Activity
Concentration Coordinator
Dr. Jonathon Beckmeyer

Assistant Professor
Family Health
Concentration Coordinator
Dr. Michael Hendryx
Professor
Public Health Administration
Concentration Coordinator
Ms. Paulene Hardy
Assistant Director,
Public Health Programs
What is Public Health?

Beth Meyerson, MDiv., PhD
Assistant Professor, Health Policy & Management
Co-Director, Rural Center of AIDS/STD Prevention
HAVING EYES TO SEE
Parable
The collective responsibility for the conditions that affect the health of communities

(Institute of Medicine, 2002)
• Prevention orientation
• Grounded in social justice
• Inherent political nature
• Link with government
• Encompassing multiple determinants of health
• Ever expanding agenda
• Sense of Mission and unique culture
Top ten public health achievements of the 20th century?
Top 10 Public Health Achievements in the 20th Century (CDC)

1. Vaccination
2. Motor vehicle safety
3. Safer workplaces
4. Control of infectious diseases
5. Safer and healthier foods
6. Healthier moms and babies
7. Family planning
8. Fluoridation of drinking water
9. Decline in deaths from coronary heart disease and stroke
10. Recognition of tobacco use as a health hazard
Power to Alter Information Environment

[Image showing nutrition facts, radioactive caution sign, and health warnings about smoking.]
Honesty is the best policy.
IGNORANCE
Knowledge is Power
BAD
Always be prepared
NEVER
Power to alter Built Environments

The Power of Urban Play
Unleashing the Role of Play Environments as Community Assets
Power to tax and spend
Power to alter socioeconomic environments
The only thing worse than being blind is having sight and no vision.
The IUB MPH Program

Jeanne Johnston, PhD
Clinical Associate Professor, Kinesiology
Concentration Coordinator,
MPH in Physical Activity
IUB MPH Program

• 43 credits hours
• 2 years
• Culminating Experience
• Field Experience
• National poll of MPH graduates
  • 98% employed within 6 months
  • 87% in their major field
Concentrations

- Behavioral, Social, Community Health
- Biostatistics
- Environmental Health
- Epidemiology
- Public Health Administration
- Family Health
- Professional Health Education
- Physical Activity
What Should I be Doing???

Learn
(Competencies)

Think
(In new ways about them)

Apply
(Knowledge to address health challenges)
Competencies

• A. Something the professor makes up to fill space on their syllabus.

• B. Things you add to your grocery list

• C. Measurable or observable knowledge, skills, abilities, and behaviors (KSABs) critical to successful job performance.
Top 5 Reasons Competencies are Important

- Attaining competencies for courses and program demonstrates your mastery of content = Good Grade!
- Demonstrating and communicating you obtainment competencies on job interview = JOB!
- Demonstrating competencies while employed = Raise!
- Being able to communicate competencies makes you an effective administrator = Job advancement!
- Learning is fun!!!
Right Place..Right Time..

- [http://www.publichealth.indiana.edu/](http://www.publichealth.indiana.edu/)
- 5 departments
- 14 Centers and Institutes
- Research
- Community Engagement
- Public Health Lecture Series
- University Lectures
Office of Career Services
IU School of Public Health - Bloomington

• Individual career advising appointments
• Specialized workshops & job fairs
• Online career management tools
• Located on the lower level in the Student Services Suite

Make an appointment with us through Career Link on the School of Public Health website.
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Getting Involved:
Stephen Wyatt, President MPHA

MPHA

Eta Sigma Gamma (ESG)
Public Health Student Government
Office of Global & Community Health Partnerships/ SPH Engage
Conferences / Networking
IU Health Center Services
• Master of Public Health Assembly (MPHA)
  • Promotes the interests of MPH students by networking, volunteering, and fostering relations between the students, the faculty, the university, and the Bloomington community

Some past activities/events
Cupcakes and Condoms
Spring Break Safety Event
American Cancer Society
Heart Health Day

Follow us on Facebook @ Indiana University MPHA
Contact: stwyatt@indiana.edu
ESG – Nu Chapter

About Eta Sigma Gamma

• Eta Sigma Gamma (ESG) is a national professional health science honorary organization.

• The mission of the honorary is promotion of the discipline by elevating the standards, ideals, competence and ethics of professionally prepared men and women in Health Education.

Past/Upcoming Events

• Condom Fashion Week

• Pride Extravaganza

• Take Back the Night

• Bowling Night

• Bloomington AIDS Walk

• Health Fair

• CPR Classes

President: Israel Rodriguez  rodrigui@indiana.edu
Faculty Advisor: Dr. Trent Applegate  tapplega@indiana.edu
President: Ren-Jay Shei

The purpose of the IU School of Public Health-Bloomington Student Government is to represent the IUSPH student body, advocate for students’ academic interests, and present academic and professional opportunities for students and the larger Indiana University community.

Faculty Advisors: Professor Murray and Professor Mowatt

Contact us at: SPHSG@indiana.edu
• Mission: The Engage program serves as the student portal for access to campus and community volunteer engagement opportunities impacting public health and promoting personal and professional growth.

• Student Engagement Opportunities: provide resources for participation and recording of volunteer community engagement.

• Student Organizations: offer consultation re: organization goal setting, resource referral, guidelines for compliance with school, campus, and Student Organization Accounts rules.

• Newsletter: promote upcoming volunteer community service projects, school events including lectures, colloquium, poster sessions, social events, research opportunities, etc.
Community Partnerships

• Goals:
  • To assess the needs of the community to understand the needs of the public health workforce
  • To develop, sustain, and strengthen statewide partnerships
    • Local Health Department
    • Community Health Workers
    • Work One
    • Area Health Education Centers
  • To develop continuing educational opportunities to increase the knowledge and skills of the public health workforce
    • Public Health & YOU

• Contact: Linda Henderson: lihender@indiana.edu
• Gina Forrest: gforrest@indiana.edu
Community Partnerships

• **Public Health & YOU™**
  • No-cost
  • ~An hour to complete each course
  • Online
  • Current; 5 courses = *Professional Development Certificate in Public Health*
  • Future = *Professional Development Certificate in Health Insurance & Professional Development Certificate in Cultural Awareness*

SPH’s branded program where our continuing education courses are located.
Conferences / Networking

• **American Public Health Association (APHA)**
  • **Date:** October 31st – November 4th
  • **Location:** Chicago, Illinois
  • APHA's Annual Meeting & Exposition is where public health professionals convene, learn, network and engage with peers. With the Annual Meeting, we strengthen the profession of public health, share the latest research and information, promote best practices and advocate for public health issues and policies grounded in research.

• **Society of Public Health Educators (SOPHE)**
  • **Date:** March 30th – April 1st
  • **Location:** Charlotte, North Carolina
  • SOPHE provides networking and professional development opportunities for health education researchers, practitioners, young professionals and students by sponsoring an Annual Meeting and co-sponsoring an annual Health Education Advocacy Summit. Periodically, SOPHE co-sponsors other conferences with partner organizations.
IU Health Center Services

- **Massage**: $40 with paid health fee
- **Nutrition**: 1 session free/semester (nutrition package)
- **Tobacco Cessation**: Free, including cessation products
- **Counseling and Psychological Services (CAPS)**: 2 sessions free/semester
- **Sexual Assault Counseling Services (SACS)**: Free, unlimited sessions
  - Call the Sexual Assault Crisis Service Line at (812)855.8900 for immediate assistance!
- **Women’s Clinic**: $10 preventative appointment w/out exam, $25 exam/treatment

Appointment Line: (812)855.7688
Things to do in B-Town!

Stephen Wyatt, President, MPHA
Entertainment

• Off Campus
  • Annual Festivals
  • Grant Street Jazz Festival, Aug. 22\textsuperscript{nd}
  • Fourth Street Festival, Sept. 5\textsuperscript{th} & 6\textsuperscript{th}
  • Lotus Festival, Sept. 24-27\textsuperscript{th}
  • Comedy Attic

• On Campus
  • IU Auditorium
  • Tony Bennett, Sep. 20\textsuperscript{th}
  • Movies- IMU
  • Bowling and Billiards in the IMU
  • Watch *Breaking Away* and go to Little 500
Shopping

- Farmers Market – Saturdays 8am – 1pm
  - [http://bloomington.in.gov/bloomington-community-farmers-market](http://bloomington.in.gov/bloomington-community-farmers-market)

- College Mall – Macy’s, Target, Dick’s, Sears

- Boutiques on the Square in Downtown Bloomington
Parks and Trails

City of Bloomington Parks & Recreation

- 30+ different parks (see map)
- 19 playgrounds
- 2 community pools
- 14 different paved or gravel trails
- 7 different natural-surface trails
- 4 community gardens
- 2 sport complexes
- 1 golf course
- 1 ice arena
Adventures

- **≤ 90-Minute Adventures**
  - Indianapolis
  - Edinburgh Premium Outlet Mall
  - Lake Monroe
  - Griffey Lake
  - Lake Lemon
  - Brown County

- **IU Outdoor Adventures**
  - Located in the Indiana Memorial Union (IMU)
  - Rent or buy quality camping/hiking/outdoor gear
  - Organize & plan a custom trip
  - Take a skills course
  - Climb the bouldering wall
  - Sign-up for an Adventure Trip
Bloomington is a Foodie Town!

- One of the “Top Food Towns in America”
  - 2012 Best of the Road competition

- One of the “Top 10 Foodie Cities”
  - 2013 Top 10 Foodie Cities competition

- Top 5 Restaurants (TripAdvisor)
  1. Mother Bear’s Pizza
  2. Quaff ON!
  3. Runcible Spoon
  4. Uptown Café
  5. Upland Brewing Company

- Some other places to try:
  - Oliver Winery
  - International Cuisine on 4th Street
  - Bub’s Burgers
  - Irish Lion
  - Yogi’s
  - Chocolate Moose and Jiffy Treat Ice Cream Shops
IU Athletics and Recreation

• Athletic Events
  o www.iuhoosiers.com
  o Purchase Season Tickets for Football and Basketball (combination package) when you register for classes
  o Purchase single-event tickets from IU Classifieds on OneStart
  o 1st FOOTBALL GAME = September 5th
  o It’s “HOO-HOO-HOO-HOOSIERS” … 3 “HOOs!”

• Campus Recreation
  o www.iurecsports.org
  o Student Recreational Sports Center (SRSC)
  o Wildermuth Intramural Center (WIC)
Questions?
Dean Mohammad R. Torabi
Dr. Shawn Gibbs

Professor, Environmental Health

Executive Associate Dean
Dr. Michael Reece
Professor
Associate Dean for Research and Graduate Studies
MPH Student, Faculty, Staff & Family Picnic
6p-8p
Woodlawn Shelter at Bryan Park
Concentration Sessions

- Behavioral, Social and Community Health: C100
- Biostatistics- C013
- Epidemiology - 019
- Env Health - 017
- Public Hlth Admin- 013
- Physical Activity-010
- Family Health- 012
- Professional Health Education- 107 (Dean’s Conference Room)