

PUBLIC HEALTH 101

Public Health: A field dedicated to improving human health through preventing disease, protecting public from harm, and promoting health across communities

What are the core disciplines of public health?

- Biostatistics
- Epidemiology
- Environmental Health Sciences (EHS)
- Health Policy & Management (HPM)
- Social & Behavioral Sciences (SBS)

What is the main focus of each discipline?

- Biostatistics: statistical methods to analyze and solve problems in public health, health care, clinical/population-based research
- Epidemiology: studying disease patterns in human populations to control health problems
- EHS: environmental factors (biological, physical, chemical) affecting the health of a community
- HPM: how the health system/ structure influences access, delivery, quality, and costs of health care for individuals & populations
- SBS: behavioral, social, and cultural factors influencing health disparities; promoting & sustaining healthy environments for communities

What are possible job titles for each discipline?

- Biostatistics: biostatistician, health informatics specialist
- Epidemiology: epidemiologist, research analyst
- EHS: environmental scientist, quality investigator
- HPM: health services manager, health care administrator
- SBS: community health worker, health education specialist

Resources

- Public Health Disciplines: <https://www.aspph.org/teach-research/models/mph-competency-model/>
- Public Health Careers: <https://www.publichealthonline.org/careers/>