Public Health Preparation at the University of Oregon

What is Public Health?

- Public health professionals aim to protect and improve the health of communities through outreach, education, and research.
- Public health has numerous areas of emphasis, such as nutrition, health administration, biostatistics, epidemiology, health promotion, environmental health, international health, biomedicine, and more.
- A multi-disciplinary field, public health draws professionals from a variety of backgrounds and undergraduate majors. Please note that while UO does not have a Public Health major for undergraduate students, there are majors, courses, and extracurricular opportunities available that can prepare you for a Public Health graduate program.
- Although graduate study isn’t required, an advanced degree in public health increases opportunities for career flexibility and advancement.
- Graduate programs tend to have an experiential component of the curriculum, allowing students to apply their knowledge and gain additional professional experience while earning their degrees.

Examples of Career Opportunities

- Epidemiologist
- Tropical disease specialist
- Communications specialist
- College health coordinator
- Community health activist
- Health administrator
- Public health educator
- Environmental health technician
- Public health inspector

Examples of Public Health Employers

- World Health Organization (WHO)
- Center for Disease Control (CDC)
- National Institute of Health (NIH)
- U.S. Agency for International Development
- Consumer Product Safety Commission
- Disaster relief organizations
- Academic institutions
- Not-for-profit organizations

Examples of Public Health Employers

- MHA: Master of Health Administration
- MHS: Master of Health Science
- MPH: Master of Public Health
- MPHE: Master of Public Health Education
- MS: Master of Science
- DrPH: Doctor of Public Health
- PhD: Doctor of Philosophy
- ScD: Doctor of Science
- Dual Degree Programs (MPH/MD, MPH/PA)

Possible Prerequisites

- Applicants must research individual programs to find prerequisite coursework. Pre-Health Advisors are available to help develop an academic plan tailored to specific graduate study goals.
- UO Students interested in public health commonly take courses in Biology, Human Physiology, Statistics, Sociology, Psychology, Global Studies, Anthropology, Food Studies, Environmental Science, and Planning Public Policy and Management.

Advising

Schedule an appointment with a Pre-Health Advisor by following one of the options listed here:
https://healthprofessions.uoregon.edu/contact/
Public Health Program Application Preparation

- Admission requirements vary depending on the degree type, program, and focus area. Applicants should spend time researching different programs to help establish an academic plan.
- Nutrition, epidemiology, environmental health, and biomedical public health programs commonly require prerequisites in science and math.
- Completing the prerequisites (if any) is just one aspect of the process. Applicants must also have a well-rounded application consisting of applicable experience (volunteer work, job shadowing, undergraduate research, life experience, etc.), letters of recommendation, GRE scores (program and degree type dependent), and a strong statement of purpose.
- Experience within the public health field, whether paid or volunteer, is a crucial component of a competitive application.

Classes to Consider

- ANTH 162: Intro to Medical Anth
- ANTH 175: Evolutionary Medicine
- ANTH 220: Intro Nutritional Anth
- ANTH 410: Healthy Aging
- BI 309: Tropical Diseases in Africa
- HPHY 105: Principles of Nutrition
- GLBL 340: Global Health & Dev
- ENVS 225: Intro to Food Studies
- LA 390: Urban Farm
- PPPM 202: Healthy Communities
- PPPM 418: Intro Public Law
- PPPM 422: Grant Proposal Writing
- PHIL 335: Medical Ethics
- PSY 366: Culture and Mental Health
- SOC 385: Medical Sociology
- SOC 399: Sp St Health & Medicine
- UGST 406: Prac Campus Prevention
- PEF 344: Eat, Move, & Be Well
- PEF 347: Nutrition Daily

*This list is a small snapshot of UO courses that would help prepare students for a career in public health.*

Online Resources

UO Pre-Health Advising Website
Global Health Minor
This Is Public Health
American Public Health Association
Centralized Application Service for Public Health
Exploring Health Careers

healthprofessions.uoregon.edu
ghprogram.uoregon.edu
thisispublichealth.org
apha.org
sophas.org
explorehealthcareers.org

Campus Resources

- Student Organizations (Students for Global Health)
- Center for Undergraduate Research and Engagement
- Duck Nest
- Tykeson College and Career Advising
- Global Education Oregon

- UO Pre-Health Workshops
- Holden Center
- TAEC study support
- University Career Center

Questions? Email Pre-Health Advisors at Health@uoregon.edu
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