

The background is a vibrant blue with a repeating pattern of stylized, colorful microorganisms. These include purple and green spherical viruses with spikes, yellow and green elongated bacteria with flagella, and various other abstract shapes. Several magnifying glasses with purple handles and silver frames are scattered across the scene, some focusing on specific microorganisms. A semi-transparent white rectangular box is centered over the image, containing the title and author information.

Public Health in 2021

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Conflicts

- No financial conflicts of interest
- Voting Delegate, American Medical Association





Healthcare ≠ Public Health

- Preventive care is often cheaper than reactive care
- Doctor's visits estimated to contribute to only 10% of health
- Personal determinants of health:

- Dietary habits and nutrition
- Activity level and socialization
- Other harmful habits
- Healthcare access
- Health literacy
- Personal beliefs



Social & Systemic Determinants of Health:

- Health equity
- Data accuracy
- Community
- Education
- Income inequality



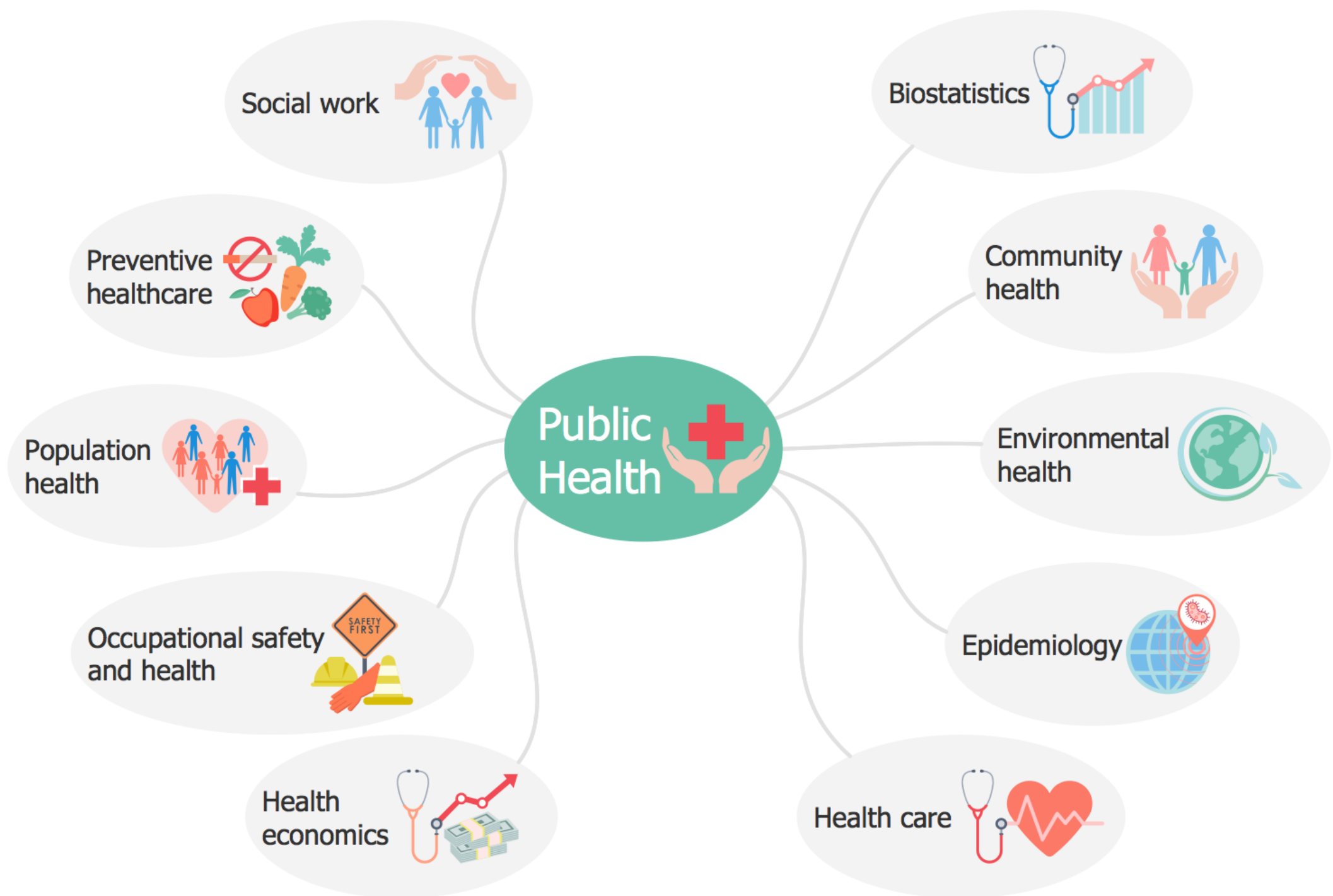


Social & Systemic Determinants of Health

Public Policy is Public Health Policy

- Population health requires coordination and data
- Increasing focus on community health as a whole
- Most public policy affects living standards or health in some way
- Health equity is as important as other types of equity
- Equity becoming incorporated into corporate mission statements
- Advocacy, policy, community organizing, volunteerism, leadership





A Public Health Focused Career

- There are many avenues to get involved
- Focus primarily on a public health career
- Follow your interests or talents with a public health focus
- Subscribe to a public health newsletter to stay up-to-date
- Seek opportunities in public health departments or organizations
- Based on your skillset, build a public health-focused portfolio





Putting the Pieces Together

- Better public health is not just better healthcare
- Systemic inequities responsible for many health inequities
- We need public health warriors in most disciplines
- Think about your own community's needs
- Research a couple interesting roles and build a portfolio
- Internships or volunteerism in public health departments, professional organizations, NGOs, or charitable foundations
- Stick with it and make it a healthy habit



Thank You

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