MPH Field Experience

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Outline

- Kansas Health Institute
  - Description
  - Objectives
  - Products
  - Impressions

- Los Angeles Department of Public Health, Network for a Healthy California: Los Angeles Region
  - Description
  - Objectives
  - Products
  - Impressions
Kansas Health Institute

- Located in Topeka, Kansas
- Organization built to inform policy-makers about health issues in Kansas
- Created by a multi-year grant from the Kansas Health Foundation
- Sharon Homan
  - Vice President of Public Health
Objectives

- Become familiar with the political process and how a public health specialist can advocate for change
- Learn how to research current policies and bills that deal with public health
- Learn more about pursuing grants for health research and programs
- Gain experience conducting public health research that is policy relevant
Products

- Smoking ban information and presentation
- Health Day at the Capital
- Community Health Fair
- Eat, Exercise, and Excel evaluability grant
Statewide Clean Air Legislation

- Created a presentation to be given to the house and senate committee of health and wellness
- Gathered information about Kansas cities’ and other states’ clean air legislation
State Ordinances cont.

As of 9-21-2008
Health vs. Economy

- Opposition for clean air acts is the possible loss of revenue due to the legislation
  - Biggest concern is for hospitality businesses
    - Restaurants, bars, hotels, and casinos
- Support for clean air act is the reduction in the incidence of certain chronic diseases where involuntary smoke inhalation is a risk factor
  - Public spaces will be clear of second hand and third hand smoke
Health Day at the Capital

- KPHA coupled members with legislators from their districts
  - Put together information that would be discussed during individual meetings
  - Helped organize and orchestrate the day of the event and deliver all of the lunches
Community Health Fair

- Another event for national public health week
- Held at a local Topeka library
- Had information about different health issues
- Held demonstrations for cooking and physical activity
- Took health measurements
Eat, Exercise, and Excel

- Wrote a grant to evaluate the Eat, Exercise, and Excel program
- Created the timeline and budget for the grant
- Interviewed school principles who had implemented the EEE program
Impressions

• Pros
  • Good environment
  • Experience with policy changes and how a health professional can influence the process

• Cons
  • Not specific to physical activity or nutrition
LA County Dept. of Public Health

- Located near downtown Los Angeles
- Network for a Healthy California
  - Organization to teach the food stamp population the importance and how to eat well and exercise
- Ismael Aguila, physical activity integrator for the network for a healthy network
- Previously the 5-a-day campaign
Objectives

- Experience with projects targeting low-income population.
- Exposed to real-life problem solving involving program interventions.
- Opportunities to network with local agencies and partners.
Products

- PASEO project field action report article
- Our Neighborhood, Our Rules resource
- Updated website
PASEO project Field Action Report

- Paper outlines the benefit and ease of having undergraduate kinesiology students work in a public health department
- Continues with the need for professionals in public health with an expertise in physical activity
Our Neighborhood, Our Rules

- Presentation to be used as a resource in the community resource kit for the Network for a Healthy California

- Covers the importance of the built environment as well as steps the community can take to make changes in their built environment
Walkability Checklist

• Take a copy of the walkability checklist with you, then go on a walk in your neighborhood
• Fill out the survey as you are walking
• Mark anything that you have or are missing then rate how well your neighborhood has done in the question from 1 (bad) to 6 (good)
• Find the worst areas and focus on changing them
Updated Website

- Put resources on the Network website under their physical activity portion of the site
- Updated the “Be Active Directory” putting local community resources in an easily accessible format
- [http://publichealth.lacounty.gov/nut/Network/physicalactivity.htm](http://publichealth.lacounty.gov/nut/Network/physicalactivity.htm)
Impressions

- **Pros**
  - Opportunity to work in low income communities emphasizing education on physical activity and nutrition

- **Cons**
  - Traveling
  - No compensation
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Questions?