

Master of Public Health

Applied Practice Experience

by

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MPH Candidate

submitted in partial fulfillment of the requirements for the degree

MASTER OF PUBLIC HEALTH

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Chapter 1 - Portfolio Products

I completed my Applied Practice Experience (APE) as an intern at the Kansas Department of Health and Environment (KDHE) in the Bureau of Family Health. During this time, I facilitated, conducted, and documented content reviews of the current Becoming a Mom (BaM) curriculum with stakeholders across Kansas, such as KDHE, Kansas Perinatal Community Collaboratives (KPCC), Seward County Health Department, and Catholic Charities of Northeast Kansas to enhance the existing curriculum. While reviewing the content, we identified key content to highlight, images to include, cultural considerations, supplemental materials such as videos, and activities that could complement the in-person BaM sessions. Following these discussions, I adapted sessions 1-6 of the BaM curriculum to improve accessibility by lowering the reading level to a sixth-grade standard and increasing engagement for diverse audiences.

Table 1.1 Summary of Portfolio Products

Portfolio Product		Description
1	Adapted Becoming a Mom (BaM) Session 1	Updates to BaM curriculum Session 1
2	Adapted Becoming a Mom (BaM) Session 2	Updates to BaM curriculum Session 2
3	Adapted Becoming a Mom (BaM) Session 3	Updates to BaM curriculum Session 3
4	Adapted Becoming a Mom (BaM) Session 4	Updates to BaM curriculum Session 4
5	Adapted Becoming a Mom (BaM) Session 5	Updates to BaM curriculum Session 5
6	Adapted Becoming a Mom (BaM) Session 6	Updates to BaM curriculum Session 6
7	Becoming a Mom (BaM) Session 1 Content Review	Collaborate with KDHE and Kansas stakeholders to evaluate the current BaM curriculum identifying key points, cultural considerations, supplemental resources and how to better convey information.
8	Becoming a Mom (BaM) Session 2 Content Review	
9	Becoming a Mom (BaM) Session 3 Content Review	
10	Becoming a Mom (BaM) Session 4 Content Review	
11	Becoming a Mom (BaM) Session 5 Content Review	

12	Becoming a Mom (BaM) Session 6 Content Review	
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Table 1.2 Portfolio Products and Competency Addressed

Portfolio Product		Number and Competency Addressed	
7-12	Becoming a Mom (BaM) Sessions 1-6 Content Reviews	6	Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels
1-6	Adapted Becoming a Mom (BaM) Sessions 1-6	8	Apply awareness of cultural values and practices to the design or implementation of public health policies or programs
1-6	Adapted Becoming a Mom (BaM) Sessions 1-6	7	Assess population needs, assets and capacities that affect communities' health
7-12	Becoming a Mom (BaM) Sessions 1-6 Content Reviews	18	Select communication strategies for different audiences and sectors
1-6	Adapted Becoming a Mom (BaM) Sessions 1-6	19	Communicate audience-appropriate public health content, both in writing and through oral presentation

Chapter 2 - Competencies

Table 2.1 Summary of MPH Foundational Competencies

Number and Competency		Description
6	Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels	Ensure curriculum adaptations address health literacy disparities and barriers that marginalized populations face in accessing maternal health education.
8	Apply awareness of cultural values and practices to the design or implementation of public health policies or programs	Incorporate cultural considerations into BaM curriculum revisions.
11	Select methods to evaluate public health programs	Develop an evaluation plan for assessing the effectiveness of the revised BaM curriculum, incorporating feedback from participants and public health professionals.
18	Select communication strategies for different audiences and sectors	Adapt BaM curriculum to improve comprehension and accessibility.
21	Perform effectively on interprofessional teams	Collaborate with KDHE, maternal and child health partners, and other stakeholders to evaluate and update BaM curriculum.

Student Attainment of MPH Foundational Competencies

Competency 6: Discuss the means by which structural bias, social inequities, and racism undermine health and create challenges to achieving health equity at organizational, community, and societal levels.

Through the *Becoming a Mom* (BaM) curriculum revisions, I worked to ensure that health literacy disparities and barriers faced by marginalized populations were acknowledged and addressed. This involved lowering the reading level to a sixth-grade

standard and incorporating culturally relevant images and activities. These adaptations aimed to make maternal health education more accessible to diverse populations, particularly those who experience systemic barriers to healthcare.

Competency 8: Apply awareness of cultural values and practices to the design or implementation of public health policies or programs.

Cultural considerations were a key aspect of the curriculum revisions. During content reviews with Kansas maternal health education stakeholders such as KDHE, Kansas Perinatal Community Collaboratives (KPCC), Seward County Health Department, and Catholic Charities of Northeast Kansas, we assessed what cultural values and practices should be included to ensure the BaM curriculum was inclusive. This involved selecting appropriate images, integrating culturally relevant narratives, and identifying supplemental materials such as videos that resonate with diverse audiences.

Competency 11: Select methods to evaluate public health programs.

As part of the curriculum revision process, I helped develop an evaluation plan to assess the effectiveness and needs of the current BaM materials. This included incorporating feedback from stakeholders, public health professionals, and BaM participants to ensure that the adapted versions would improve understanding, engagement, and accessibility.

Competency 18: Select communication strategies for different audiences and sectors.

Adapting the BaM curriculum required tailoring communication strategies to various audiences, including expectant mothers with different literacy levels, healthcare professionals, and community educators. This included simplifying complex medical information, selecting appropriate visual aids, and structuring the content to be more interactive, inclusive, and engaging for in-person sessions and individual review of content.

Competency 21: Perform effectively on interprofessional teams.

Throughout my APE, I collaborated with KDHE staff, maternal and child health professionals, and other stakeholders to review and revise the BaM curriculum. This teamwork ensured that the curriculum updates reflected the insights of experts from different fields and met the needs of the communities it served.

Table 2.2 MPH Foundational Competencies Course Mapping

22 Public Health Foundational Competencies Course Mapping	MPH 701	MPH 720	MPH 754	MPH 802	MPH 818
Evidence-based Approaches to Public Health					
1. Apply epidemiological methods to the breadth of settings and situations in public health practice	x		x		
2. Select quantitative and qualitative data collection methods appropriate for a given public health context	x	x	x		
3. Analyze quantitative and qualitative data using biostatistics, informatics, computer-based programming and software, as appropriate	x	x	x		
4. Interpret results of data analysis for public health research, policy or practice	x		x		
Public Health and Health Care Systems					
5. Compare the organization, structure and function of health care, public health and regulatory systems across national and international settings		x			
6. Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels					x
Planning and Management to Promote Health					
7. Assess population needs, assets and capacities that affect communities' health		x		x	
8. Apply awareness of cultural values and practices to the design or implementation of public health policies or programs					x
9. Design a population-based policy, program, project or intervention			x		
10. Explain basic principles and tools of budget and resource management		x	x		
11. Select methods to evaluate public health programs	x	x	x		
Policy in Public Health					
12. Discuss multiple dimensions of the policy-making process, including the roles of ethics and evidence		x	x	x	
13. Propose strategies to identify stakeholders and build coalitions and partnerships for influencing public health outcomes		x		x	x
14. Advocate for political, social or economic policies and programs that will improve health in diverse populations		x			x
15. Evaluate policies for their impact on public health and health equity		x		x	
Leadership					

16. Apply principles of leadership, governance and management, which include creating a vision, empowering others, fostering collaboration and guiding decision making		x			x
17. Apply negotiation and mediation skills to address organizational or community challenges		x			
Communication					
18. Select communication strategies for different audiences and sectors	DMP 815, FNDH 880 or KIN 796				
19. Communicate audience-appropriate public health content, both in writing and through oral presentation	DMP 815, FNDH 880 or KIN 796				
20. Describe the importance of cultural competence in communicating public health content		x			x
Interprofessional Practice					
21. Perform effectively on interprofessional teams		x			x
Systems Thinking					
22. Apply systems thinking tools to a public health issue			x	x	