

# MPH Field Experience

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# Outline

- Kansas Health Institute
  - Description
  - Objectives
  - Products
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- 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



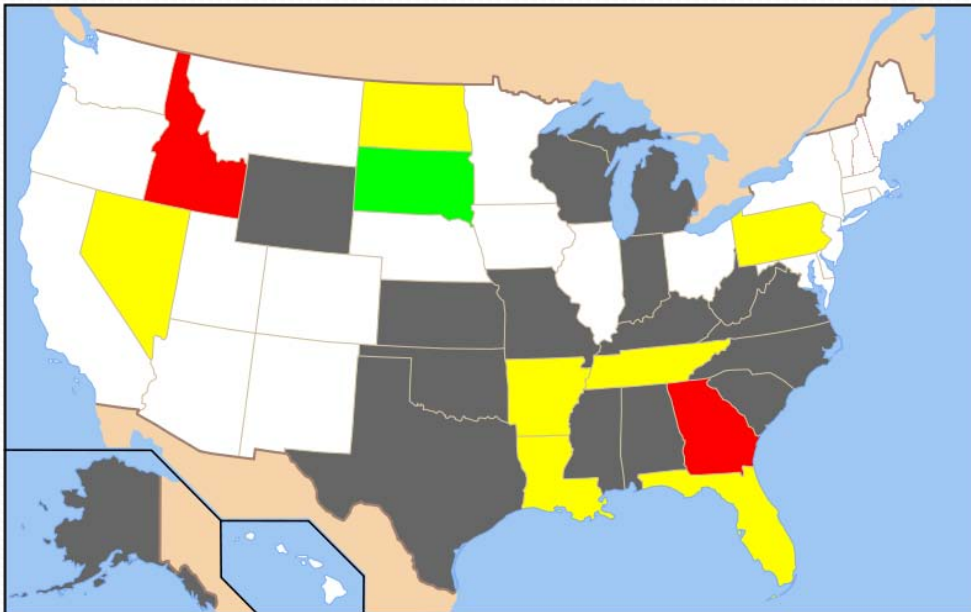
- Smoking ban information and presentation
- Health Day at the Capital
- Community Health Fair
- Eat, Exercise, and Excel evaluability grant

# Statewide Clean Air Legislation

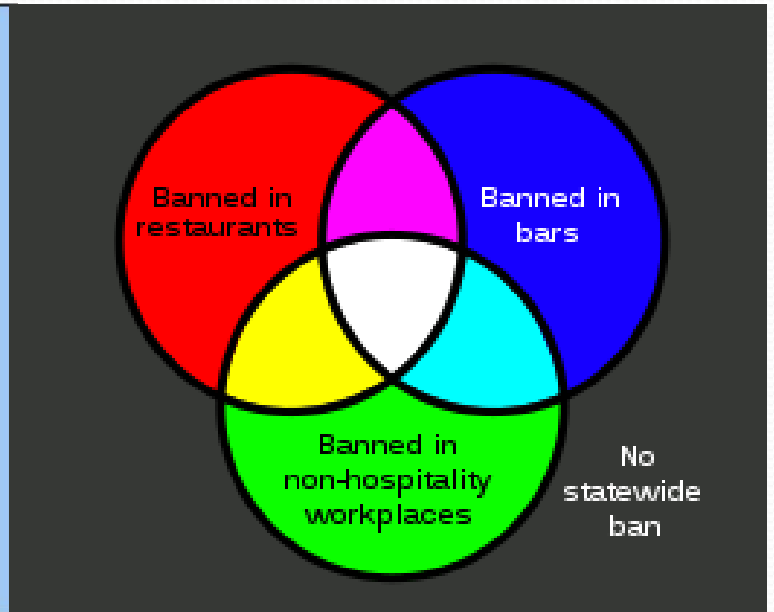
- Created a presentation to be given to the house and senate committee of health and wellness
- Gathered information about Kansas cities' and other states' clean air legislation



# 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

**KANSAS  
PUBLIC  
HEALTH  
ASSOCIATION, INC.**



# 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



**National Public Health Week**  
April 6–12, 2009 • [www.nphw.org](http://www.nphw.org)

# 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 principals 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

**Our neighborhood.  
Our rules.**

**Rule #3:**  
**We speak up for  
healthy changes.**



- 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

1. Did you have room to walk?

Yes       Some problems  
(mark all that apply):

- Sidewalks or paths started and stopped
- Sidewalks were broken or cracked
- Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
- No sidewalks, paths, or shoulders
- Too much traffic
- Something else \_\_\_\_\_

\_\_\_\_\_

Location of problems: \_\_\_\_\_

\_\_\_\_\_

Rating: (circle one)

1      2      3      4      5      6

# 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>

# Impressions

- Pros
  - Opportunity to work in low income communities emphasizing education on physical activity and nutrition
- Cons
  - Traveling
  - No compensation

# Special Thanks

- Dr. Fallon
- Dr. Bopp
- Dr. Rosenkranz
- For all of their help, support, and patience and helping me get to the point I am today

Questions?