

# Explore Public Health

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<http://www.ColoradoPublicHealth.org/explore-public-health> • [ExplorePublicHealth@gmail.com](mailto:ExplorePublicHealth@gmail.com)

*Of all the forms of inequality, injustice in health  
is the most shocking and the most inhumane.  
-Martin Luther King, Jr.*

## Background

Public health is an exciting and growing field but we are experiencing a shortage of public health workers. Between 1980 and 2000, the workforce diminished by 50,000 professionals and this trend is expected to continue as many of the current public health workers become eligible for retirement (ASPH, 2010). In order to ensure that the public health workforce can adequately meet the needs of the US and global population, it is crucial to increase the number of students pursuing a public health degree.

Although we must focus on increasing the overall public health workforce, this effort also serves as a great opportunity to improve the diversity of public health professionals. As with many other states, the racial and ethnic composition of Colorado's residents is growing. People of color make up 30% of our population but less than 15% of health professionals are people of color (Krause, M., 2004). Diversifying the public health workforce will be an important step towards providing more culturally and linguistically appropriate services, which will aid in the efforts towards eliminating racial and ethnic health inequities.

Explore Public Health is a program of the Colorado Public Health Association designed for people of color ages 18-25 who are interested in learning more about the field of public health. With the aim of increasing the diversity of public health professionals, Explore Public Health will provide participants the opportunity to learn about a variety of public health topics and network with a diverse group of public health professionals.

## Program Dates

Accepted participants are required to attend all four sessions of the Explore Public Health program. These sessions will take place from 9 am to 4 pm on the third Saturday of each month: **February 3, March 3, April 7, and May 5.**

## Objectives

To increase the racial and ethnic diversity of the public health workforce, the Explore Public Health program is designed to:

- Increase participants' understanding of potential degree programs and careers in public health
- Raise awareness around racial and ethnic health inequities
- Provide participants with an opportunity to interact with and establish networks with various public health professionals
- Develop participants' leadership and critical thinking skills to serve as health equity advocates

## Program Description

Participants of the Explore Public Health program will meet once a month between February and May to learn about topics including, but not limited to, the following:

- History of Public Health
- Health Equity and Social Determinants of Health
- Diversity and Inclusive Excellence
- Community-Based Participatory Research
- Systems Thinking
- Leadership and Communication
- Career Opportunities Available in Public Health
- Public Health Degree Programs, Scholarships, and Loan Repayment Resources

Participants will also have the opportunity to connect with public health professionals and current students of public health degree programs.

## Important Dates

- **Application Due Date:** All application materials must be received by **Friday, January 12th**. Applications must be submitted electronically to [ExplorePublicHealth@gmail.com](mailto:ExplorePublicHealth@gmail.com).
- **Notification of Acceptance:** All applicants will be notified about their acceptance status by **Friday, January 19th**. Notifications will be sent to the email address provided on the application.
- **Tuition Payment:** If accepted, in order to confirm your seat in the Explore Public Health program, participants must provide a \$25 tuition fee at the first session on **Saturday, February 3rd**. (Scholarship opportunities are available to those unable to make this payment.)
- **Presentations and Trainings:** **Accepted participants are required to attend all four sessions of the Explore Public Health program.** These sessions will take place between February and May on the first Saturday of each month. The sessions will run from 9 am to 4 pm. The location is TBD but will be within the Metro Denver area. Support for transportation may be provided as needed.

## Explore Public Health Application

Applications must be received by Friday, January 12th. Please answer all questions completely. Your application must be legible (computer-generated applications are strongly preferred).

### **Personal Information**

Full Legal Name		Preferred Name	Gender
Home Address			
City	State	Postal Code	Cell Phone
Email		Date of Birth	
Race/Ethnicity (Please check all that apply.)			
<input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black/African American <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Middle Eastern <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Other Race or Ethnicity: _____			

### **Academic Information**

Type of School	Name of School	Years of Attendance	Major or Degree
High School			
College			
Professional			

### **Employment Information**

Employer	Position	Employment Dates

### **Community and Volunteer Services**

Organization	Position	Participation Dates

### **Essay Questions**

Please respond to the following essay questions using approximately 250 to 400 words for *each* response.

- 1) Why are you interested in the Explore Public Health program? What do you expect to gain from it?
- 2) How has your background, including personal, professional, service, and academic experiences, prepared you to work effectively and empathetically with diverse communities?
- 3) Describe an experience you recently had that demonstrates your capacity as a leader. If you do not feel that you have ever had the opportunity to serve as a leader, describe the type of leader you would like to become.

### **Contact Information**

All application materials must be received by *Friday, January 12*. Please submit your application electronically to [ExplorePublicHealth@gmail.com](mailto:ExplorePublicHealth@gmail.com).

If you have any questions, please contact Suzuho Shimasaki at [ExplorePublicHealth@gmail.com](mailto:ExplorePublicHealth@gmail.com).