

# Middlebury Global & Public Health Resources: Table of Contents

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*“Knowing is not enough; we must apply.  
Willing is not enough; we must do.”*

–Goethe

*Disclaimer: While Middlebury offers a Global Health minor, the greater community uses the term Global and Public Health. To be more inclusive, for the purposes of this handbook, we are using the term Global and Public Health rather than just Global Health.*

## *What is Global and Public Health?*

Global health examines the health of communities in an interconnected world. Market forces, agricultural production, environmental changes, and foreign aid structures impact the health of people throughout the world powerfully and immediately. These health impacts are often unintended.

The field of global health is based in public health, a discipline with roots in both social reform movements and in science. Public health focuses on health at the population level. Public health scrutinizes the role of medicine – the care of the individual – in affecting the health of communities; of particular concern are people’s access to health care, the quality of that care, and the sustainability of the health system providing it.

Understanding the impacts of global forces and population-level interventions on community health requires a multidisciplinary approach. Lives are threatened or improved, lost or saved, by decisions made at the individual, family, societal, and global levels; global health uncovers these processes using evidence, ideas, and theories from a variety of fields

## *Why Study Global and Public Health in a Liberal Arts Context?*

A liberal arts education aims to provide students with strong critical thinking skills and a broad understanding of problems from the perspective of a variety of disciplines. Students are encouraged to cultivate social awareness and to use their skills as engaged global citizens.

Such commitment to multidisciplinary and socially aware thinking naturally lends itself to the study of global health issues. The study of global health often requires understanding a given problem from a variety of disciplinary perspectives, a natural fit for the liberal arts approach. Understanding global health issues frequently involves broad interdisciplinary study of fields ranging from economics to biology to anthropology to history. In a larger academic context characterized by increasingly isolated disciplinary silos, the liberal arts are uniquely positioned to facilitate this kind of thinking.

## Why Consider the Global Health Minor at Middlebury?

The liberal arts education at Middlebury College takes place both within and outside of the classroom, both on campus and offsite. Global health is a natural fit at a college whose mission statement embraces the “pursuit of knowledge unconstrained by national or disciplinary boundaries.” Students may enhance and apply their global health education through many resources and initiatives, such as the following:

- The [Middlebury CV Starr Schools Abroad](#) provide academic rigor and cultural immersion at 38 sites in 17 countries.
- The [Summer Language Schools](#) provide intensive study in 11 languages.
- The [Programs on Creativity and Innovation](#) in the Liberal Arts (PCI) are designed to foster creativity and leadership to meet 21<sup>st</sup>-century challenges by providing funding and workspaces to test ideas in a non-academic setting.
- [MiddCORE](#), a leadership and innovation program, and the **Center for Social Entrepreneurship** foster collaboration and real-world applications of liberal arts learning by providing opportunities for creativity and problem-solving, connecting students with mentors, and providing networking opportunities.
- The [Center for Community Engagement](#) (CCE) programs support civic participation through local volunteer service, community-connected research, and alternative break trips.
- Global health students supplement their classroom learning by connecting with peers in various [student organizations](#) focused on global health, human rights, diversity, gender, and community challenges such as homelessness, affordable food, and migrant worker justice.

These opportunities permit students to integrate their liberal arts learning and apply creative thinking to real-world challenges, gaining competencies and experiences that are critical to a career in global health or a related field.

## What to Know About Global and Public Health

### Major Functions

The Institute of Medicine (1988) identified three major functions of Global and Public Health:

1. **Assessment** – assessment and monitoring of the health of communities and populations at risk to identify health problems and priorities.
2. **Policy Development** – formulating public policies, in collaboration with community and government leaders, designed to solve identified local and national health problems and priorities.
3. **Assurance** – assuring that all populations have access to appropriate and cost-effective care, including health promotion and disease prevention services, and evaluation of the effectiveness of that care.

## Essential Services

The Essential Global and Public Health Services provide the fundamental framework for the National Public Health Performance Standards Program instruments, by describing the global and public health activities that should be undertaken in all communities. The Essential Services provide a working definition of global and public health and a guiding framework for the responsibilities of local public health systems.

1. Monitor health status to identify and solve community health problems.
2. Diagnose and investigate community health problems and hazards.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships and action to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to personal health services and assure the provision of health care when otherwise unavailable.
8. Assure competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

## Federal, State and Local Public Health

### Federal Public Health

[The United States Health and Human Services Department](#) is the United States Government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves. The department includes more than 300 programs, covering a wide spectrum of activities. Some highlights include:

- Preventing outbreak of infectious disease, and immunization services
- Assuring food and drug safety
- Improving maternal and infant health
- Preventing child abuse and domestic violence

Substance abuse treatment and prevention Health and Human Services works closely with state, local, and tribal governments, and many HHS-funded services are provided at the local level by state, county, or tribal agencies, or through private sector grantees. The Department's programs are administered by 11 HHS operating divisions, including eight agencies in the U.S. Public Health Service and three human services agencies. In addition to the services they deliver, the HHS programs provide for equitable treatment of beneficiaries nationwide, and they enable the collection of relevant data.

## State Public Health

State public health systems vary from state to state. According to StatePublicHealth.org, 31 states have a free-standing state health agency, while 19 states are part of a larger organization within the state, such as the Department of Health and Social Services or the Department of Human Services. Although the states are responsible to uphold and carry out the 10 Essential Services of Public Health, they are specifically responsible for Number 8 to assure a competent public and personal health care workforce. This responsibility includes education, training, development, and assessment of health professionals including partners, volunteers, and other lay community health workers to meet statewide needs for public and personal health services (Institute of Medicine, 2003). The states also support the local public health agencies with their community efforts and act as a voice for them towards federal public health agencies.

## Local Public Health

Local public health systems have the responsibility for carrying out services to most of the communities in the United States. They serve as the front lines to the community, and their services are often very much behind the scenes, unless brought to the forefront of the community by necessity such as an epidemic, for example. Although there are many contributors to the well-being of the communities around the United States, those in local governmental public health provide services not supplied by other public health organizations, as well as create community wide programs, such as bioterrorism preparedness. Because of the need to stay on the cutting edge of community health care, local public health professionals have a need for constant and consistent training. According to NACCHO (2001) more than two-thirds of local public health departments provide these services: adult and childhood immunizations, communicable disease control, community outreach and education, epidemiology and surveillance, environmental health regulation such as food safety services and restaurant inspections and tuberculosis testing.<sup>1</sup>

## Advising

- [Meet with one of the STEM advisors](#) in CCI.
- Meet with Pam Berenbaum, Coordinator of Global Health Programs and Professor of the Practice of Global Health. [pberenbaum@middlebury.edu](mailto:pberenbaum@middlebury.edu)
- Meet with Svea Closser, Associate Professor of Sociology and Anthropology. [sclosser@middlebury.edu](mailto:sclosser@middlebury.edu)
- Learn about the [requirements for the global health minor](#).
- Check out the [global health minor courses](#).
- Attend information meetings: gain an overview of the unique requirement in these fields; discover interesting internship opportunities; learn how to become a competitive candidate.
- Begin to work on your [networking skills](#) to connect with people who can help you create or find your own internship, or who can offer career advice.

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<sup>1</sup> <http://spotlightoncareers.org/career/public-health/>

- Look for ways to incorporate research opportunities into your resume. Read below in the Gaining Experience section for suggested opportunities.
- Read the [Health Professions](#) blog. Find leads on opportunities for relevant experience; keep abreast of pertinent lectures and presentations; [learn what fellow GLHT students are up to](#).
- Many of our Global Health minors are also interested in social impact careers. We highly recommend subscribing to the [Social Impact blog](#) and meeting with [Tracy Himmel Isham](#), Career Advisor at CCI.
- [LinkedIn](#) is the winning social media tool for business networking. LinkedIn Groups can help you form new connections. Start with Middlebury groups and reach out to alumni. Follow business you admire and treat your profile like a professional brochure.
- Watch this free Unite for Sight webinar about [How to Start a Career in Global Health](#).

## Internships

Global and public health internships allow students to gain experience in the global and public health sector, integrating theory with community-based practice. Students are able to expand their understanding of the role of health-related agencies, including: organization and policy issues, funding sources, research, administration, and program activities. On-the-job training also introduces students to the responsibilities of planning, implementing, and administering policies.

Many major public health agencies offer internships. The following are a few examples of agencies and associations that have active internship programs:

- [American Public Health Association \(APHA\)](#)
- [American Red Cross Summer Internship Program](#)
- [Association of Schools and Programs of Public Health Internship Program](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
  - [CDC Collegiate Leaders in Environmental Health](#)
  - [CDC Program in Environmental Health](#)
  - [CDC Public Health Associate Program \(PHAP\)](#)
  - [CDC Student Opportunities in Public Health](#)
  - [Thurgood Marshall College Foundation/CDC Student Ambassador Program and Internship](#)
- [Children's Defense Fund Internship Program](#)
- [National Partnerships for Women and Families](#)
- [New York City Health Department Health Research Training Program \(H RTP\) Public Health Internship Program](#)
- [Office of Minority Health and Health Equity \(OMHHE\)](#)
- [Occupational Health Internship Program](#)
- [Partners In Health Internships and Fellowships](#)
- [PHF Learning Resource Center Marketing and Communications Internship](#)
- [Public Health Internship Search](#)
- [TRAIN National \(PHF\)](#)
- [US Department of Health and Human Services \(HHS\)](#)
- [World Health Organization \(WHO\)](#)

## Summer Study Internship Resources

- [Bronx Careers in Health and Mentoring Program \(BxCHAMP\) Summer Public Health Internship Program](#)
- [Campbell University College of Pharmacy and Health Sciences Healthcare Professionals Readiness and Enrichment Program \(H-PREP\)](#)
- [Columbia University Mailman School of Public Health Biostatistics Epidemiology Summer Training \(BEST\) Diversity Program](#)
- [Columbia University Summer Public Health Scholars Program \(SPHSP\)](#)
- [Dartmouth Atlas of Health Care](#)
- [Do Something Internship Program](#)
- [Harvard T. H. School of Public Health Summer Internships in Biological Sciences in Public Health](#)
- [Harvard T. H. School of Public Health Summer Program in Biostatistics and Computational Biology](#)
- [Health Communications Internship Program](#)
- [Johns Hopkins Bloomberg School of Public Health Diversity Summer Internship Program \(DSIP\) for Undergraduates](#)
- [Junior Commissioned Officer Student Training and Extern Program \(JRCOSTEP\)](#)
- [Morehouse College Public Health Sciences Institute Project IMHOTEP Summer Internship Program](#)
- [University of Michigan School of Public Health Future Public Health Leaders Program \(FPHLP\)](#)
- [University of Michigan School of Public Health, Health Management and Policy Summer Enrichment Program \(SEP\) for Undergraduate Students](#)
- [University of Washington Institute for Health Metrics and Evaluation \(IHME\) Post-Bachelor Fellowship](#)

## Study Abroad

Study Abroad opportunities in the summer months fill quickly, usually by the fall or early winter. Applications are available online at study abroad organization websites.

## Volunteer Study Abroad Organizations

- [AIFS Study Abroad Programs- Public Health](#)
- [Alliance for Global Education](#)
- [AmeriCares](#)
- [Bridge Volunteers](#)
- [CEA International Internships and Service Learning Volunteering](#)
- [CIEE Study Abroad](#)
- [Danish Institute for Study Abroad \(Public Health\)](#)
- [Foundation for International Medical Relief of Children](#)
- [Global Crossroad Volunteer Program](#)

- [SIT Study Abroad](#)
- [The Education Abroad Network](#)
- [The School for Field Studies](#)
- [Unite for Sight](#)

## Volunteer Work

Many groups and organizations offer volunteer opportunities to raise awareness about their cause. Students usually decide to volunteer for two reasons: a strong desire to help out, and/or the need to meet volunteer requirements for graduation. Volunteering also helps students to stand out in job searches after graduation. A large number of scholarships require candidates to have some type of community service experience.

- [Do Something](#)
- [Florida Volunteer Health Services](#)
- [Habitat for Humanity](#)
- [LA County Department of Public Health](#)
- [NACCHO University](#)
- [Student Worksite Experience Program](#)
- [United We Serve](#)
- [USA EPA Organization Chart](#)
- [VolunteerMatch.org](#)
- [Volunteer.gov](#)

## Funding

The following are separate databases with extensive funding opportunities for global health research, training, project grants, travel, etc.:

- [Fogarty International Center Database](#)
- [Funding Agencies for Global Health Opportunities \(University of Chicago\)](#)
- [Gates Foundation](#)
- [Harvard Global Health Institute Database](#)

## Guidelines for Students Participating in Patient Care during Clinical Experiences Abroad

**“If you can’t do it here, you shouldn’t do it there.”**

Many students are eager to go abroad and get health related experiences not available in the US. There are, however, legal, ethical, and safety issues that arise when students make these choices. A good rule of thumb is that no student should provide patient care in another country if they can’t provide that same care legally in the US. Students travelling abroad to gain health-related experiences need to understand their role as



global ambassadors for patient safety. The University of Minnesota has an excellent online workshop to help you gain an appreciation for the complexities of these issues. You can view the online workshop on their website [here](#).

Graduate programs do want students to gain self-awareness and practice competencies they will need for success as a health professional. These competencies include:

- Commitment to service
- Social skills
- Cultural and diversity awareness
- Verbal and nonverbal communication
- Teamwork and leadership
- Critical thinking and problem solving
- Ethical responsibility and integrity
- Reliability and dependability
- Capacity for improvement
- Resilience and adaptability

Many health professions have even come out with strong statements urging students to avoid practicing in their fields before they are ready. For example, the Association of American Medical Colleges says:

*“Participation of inadequately educated and untrained students can have negative consequences including harm done to the patient, physical harm to yourself, legal issues with local authorities, putting acceptance to medical school and residency programs at risk, and the potential for being involved with a fraudulent company.”* You can read the full document [here](#).

Remember that *“The primary purpose of a student clinical experience is observation, not hands-on treatment. You are there to learn, not to treat.”*

## Careers & Fellowships

In addition to the opportunities provided here, please view [Alki Initiative's Global Health jobs page here](#) as well as the [Fogarty International Center Global Health Careers page](#).

### Post-Bachelor Fellowships

Short term (< 3 months)

- [Arnold P. Gold Foundation — Humanism in Medicine](#)
- [WHO Internship Programme](#)
- [Mayan Medical Aid](#)
- [AAMC Global Health Learning Opportunities \(GHLO\) Collaborative](#)

Long-term (> 3 months)

- [Child Family Health International \(CFHI\)](#)
- [Institute for Health Metrics & Evaluation \(IHME\)](#)
- [Fogarty Fellowships in Global Health & Clinical Research Training](#)
- [Fulbright-Fogarty Awards in Public Health](#)
- [Funding for International Health Electives \(AMSA\)](#)
- [Gates Foundation: Grand Challenges in Global Health](#)
- [Individual Advanced Research Opportunities \(IARO\) Fellowship](#)
- [Johns Hopkins School of Public Health Sommer Scholars Program \(for MPH\)](#)
- [Kathryn Davis Fellowships for Peace: Investing in the Study of Critical Languages](#)
- [The Mellon International Dissertation Research Fellowship \(IDRF\)](#)
- [New York Academy of Medicine David E. Rogers Fellowship](#)
- [CDC-Hubert Global Health Fellowship](#)
- [Global Health Corps](#)
- [Global Health Equity Scholars Program](#)
- [UCLA Dean's Global Health Fellowship](#)

### Jobs & Careers

[Global Jobs](#): US Government-sponsored job posting database for positions at NGOs, think tanks, government, and the private sector.

### Travel Info

The following websites and documents may be used to facilitate effective planning and safe travel for global health opportunities. As always, please visit your country's State Department ([US State Dept](#)) for the most up-to-date information about your destination country, including [passport/visa](#) considerations and [travel warnings](#).

- [Yale Global Health Field Experience Guide](#)
- [US State Department Travel Warnings + Country Infoj](#)
- [Practical and Philosophical Considerations in Planning a Global Health Elective \(CUGH\)](#)
- [CDC Travel Warnings](#)
- [CDC Vaccine + Health Info](#)

## Resources

### Periodicals

- [American Journal of Public Health](#)
- [The Nation's Health](#)
- [Health Education and Behavior](#)

### Books

#### [Popular Public Health Books](#)

*Community Based Prevention: Programs that Work.* (1999). Ross C. Brownson, Ph.D., Elizabeth A. Baker, Ph.D., MPH, and Lloyd F. Novick, MD, MPH.

*Critical Issues in Global Health.* (2002). Edited by C. Everett Koop, Clarence E. Pearson and M. Roy Schwarz.

*Emerging Theories in Health Promotion Practice and Research: Strategies for Improving Public Health.* (2002). Edited by Ralph J. DiClemente, Richard A. Crosby and Michelle C. Kegler.

*GIS and Public Health.* (2002). Ellen K. Cromley and Sara L. McLafferty.

*Health and Health Care 2010.* (2003). Institute for the Future.

*Health in the Americas, 2002 Edition.* (2002). Published by Pan American.

*Health Organization Local Public Health Practice.* (2000). Glen P. Mays, Ph.D., C. Arden Miller, MD and Paul K. Halverson, DrPH, MHSA.

*Principles of Public Health Practice.* (1997). F. Douglas Scutchfield, MD and William Keck, MD, MPH with a foreword by C. Everett Koop, MD, ScD.

*The Public Health Law Manual, Second Edition.* (1990). Frank P. Grad, LLB.

*The World Health Report 2002: Reducing Risks, Promoting Healthy Life.* (2002). Published by the World Health Organization.

## Websites

- [American Public Health Association \(APHA\)](#)
- [Association of Schools of Public Health](#)
- [A Brief History of Public Health](#)
- [CareersinPublicHealth.net](#)
- [Centers for Disease Control \(CDC\)](#)
- [Community-Campus Partnerships for Health](#)
- [Consortium of Universities for Global Health \(CUGH\): Annotated List of Online Global Health Resources](#)
- [Get Funding for a Career in Public Health](#)
- [Global Health Facts \(links\)](#)
- [Guide to Public Health Careers](#)
- [Healthy People 2020](#)
- [The Health and Medicine Division \(HMD\)](#)
- [Johns Hopkins Public Health News Center](#)
- [Medscape Public Health and Prevention News](#)
- [National Association of Community Health Centers](#)
- [National Association of County and City Health Officials \(NACCHO\)](#)
- [National Center for Health Statistics \(NCHS\)](#)
- [National Institutes of Health \(NIH\)](#)
- [National Public Health Week, April 3-9, 2017](#)
- [Partners in Information Access for the Public Health Workforce](#)
- [Pfizer's Public Health Site](#)
- [Profiles in Public Health](#)
- [Public Health Blog](#)
- [Public Health Career Mart](#)
- [Public Health Careers](#)
- [Public Health Careers Resource Center](#)
- [Public Health Degrees](#)
- [Public Health Programs](#)
- [Public Health Foundation](#)
- [Public Health Grants and Scholarships](#)
- [Public Health Institute](#)
- [Public Health Online](#)
- [PublicHealth.org](#)
- [Public Health Overview](#)
- [Public Health Program Recruitment Events](#)
- [Public Health Training Opportunities](#)
- [Scholarships and Grants](#)

- [Society for Public Health Education](#)
- [10 Things to Know Before You Apply](#)
- [The Nation's Health: APHA Newspaper](#)
- [This Is Public Health](#)
- [What Is Public Health?](#)
- [World Health Organization \(WHO\)](#)

## State and Local Health Departments

- [State Public Health Directories](#)
- [State Health Department Links](#)
- [State Health Facts](#)
- [Vermont Department of Health](#)

## Professional Associations

For a detailed listing of Public Health Professional Associations, go to:

<http://www.apha.org/>

- [American Association of Public Health Dentistry](#)
- [American Journal of Public Health](#)
- [American Public Health Association \(APHA\); Internships and Fellowships; Student Assembly](#)
- [Association of Schools & Programs of Public Health \(ASPPH\) Fellowships and Internships](#)
- [Association of State and Territorial Health Officials](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)

## Graduate School Info Sessions

Many graduate schools of public health have virtual information sessions to accommodate remote participation. Examples:

- [City University of New York School of Public Health Virtual Admissions Information Chat Sessions on Mondays, Wednesdays, and Fridays](#)
- [Harvard T.H. Chan School of Public Health Admissions Information Sessions and Virtual Chat Sessions](#)
- [University of Arizona College of Public Health Graduate Admissions Events](#)
- [Milken Institute School of Public Health \(The George Washington University\) virtual visits](#)