

Public Health Degrees

Maine is Home to Four Campuses

that offer Public Health Degrees.

University of Maine at Farmington
224 Main Street
Farmington, Maine
04938-9978

University of New England
11 Hills Beach Road
Biddeford, Maine 04005-9599

Saint Joseph's College of Maine
278 Whites Bridge Road
Standish, Maine 04084-5236

University of Southern Maine
96 Falmouth Street
Portland, Maine 04103



Online Resources:

<http://www.educationnews.org/career-index/public-health-schools-in-maine>

<http://www.whatispublichealth.org>

<http://www.mainepublichealth.org>

<http://healthypeople.gov/2020>

<http://www.thisispublichealth.org>

“Public health is all around us: the water we drink, the immunizations we receive, and the environment in which we live in.”

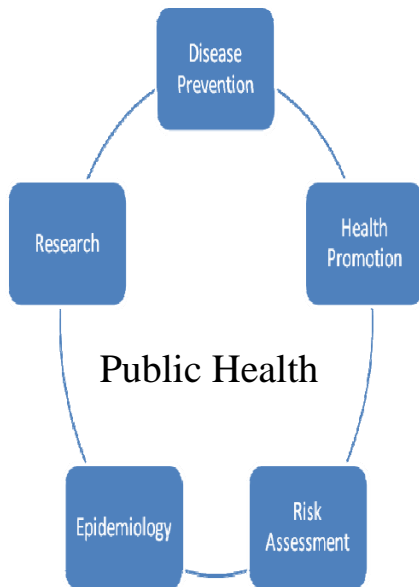
Western Maine AHEC
Presents:

What is Public Health?



What is Public Health?

Public health is about preventing disease, prolonging life and promoting health. Public health is associated with any sort of threat or negative impact to a population on a health basis. Public health is an intervention to help improve all qualities of life.



Career Examples:

- Biostatistics
- Emergency Medical Services
- Epidemiology
- International/ Global Health
- Maternal and Child Health
- Nutrition
- Public Health Laboratory Practice
- Public Health Policy
- Health Services Administration/Management
- Environmental Health: Environmental health studies the impact of our surroundings on our health.
Examples Include:
 - *Air Quality
 - *Food
 - *Protection
 - *Solid Waste Management
 - *Water Quality
- Behavioral Science / Health Education: Will focus on ways that encourage people to make healthy choices and prevent injury and research complex health issues.



Public Health in Action:

- Implementing a tobacco free work place.
- Advocating for local foods and farms.
- Enforcing proper and efficient lighting in work spaces.
- Designing and advocating a wellness plan for communities.
- Educating a population on the spread of sexually transmitted diseases and prevention.
- Promoting seatbelt use.
- Implementing local events to improve physical health.
- Helping youth recognize the dangers of binge drinking and drug use.
- Advocating a clean work environment – always wash your hands.

