

**BACHELOR OF PUBLIC HEALTH**

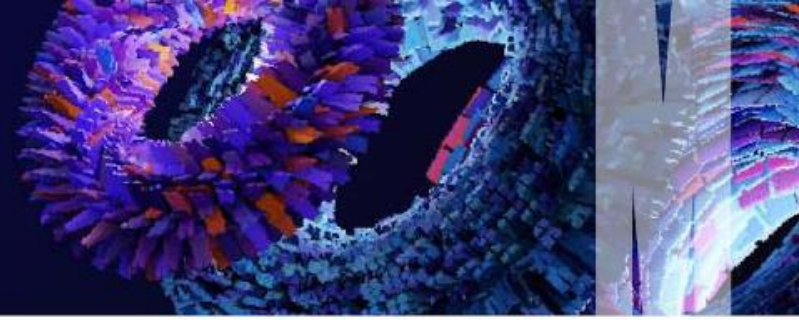
**BACHELOR OF HEALTH SCIENCES**

**BACHELOR OF ARTS & HEALTH SCIENCES**

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DATE: 13/06/2023

# Acknowledgement of country

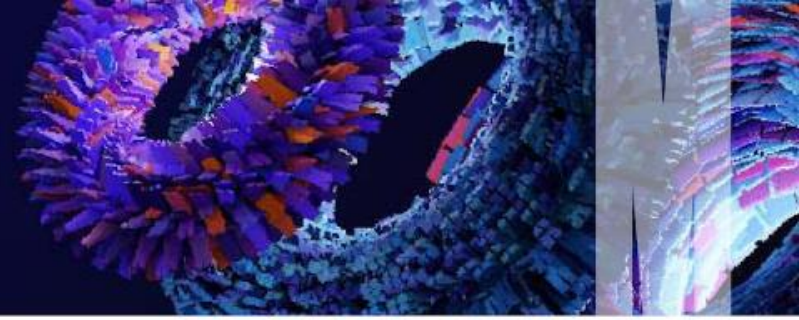


*I wish to acknowledge the people of the Kulin Nations, on whose land we are presenting from today.*

*I also acknowledge the traditional custodians of the lands on which our audience members may be located.*

*I pay my respects to their Elders, past and present and extend that respect to any Aboriginal and Torres Strait Islander audience members.*

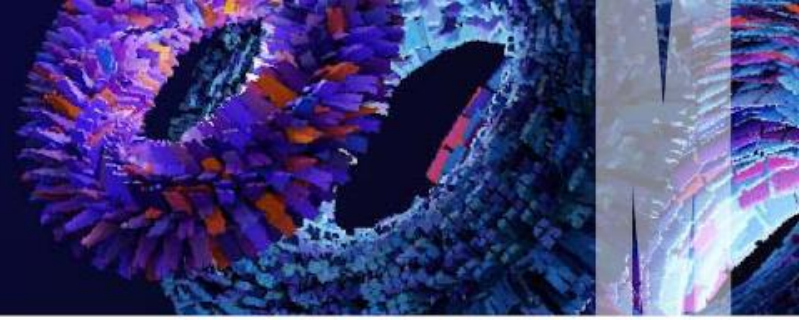
# Workshop Outline



1. What is public health
2. Public health success stories
3. Public health challenges (activity)
4. Our courses and career opportunities
5. Q&A



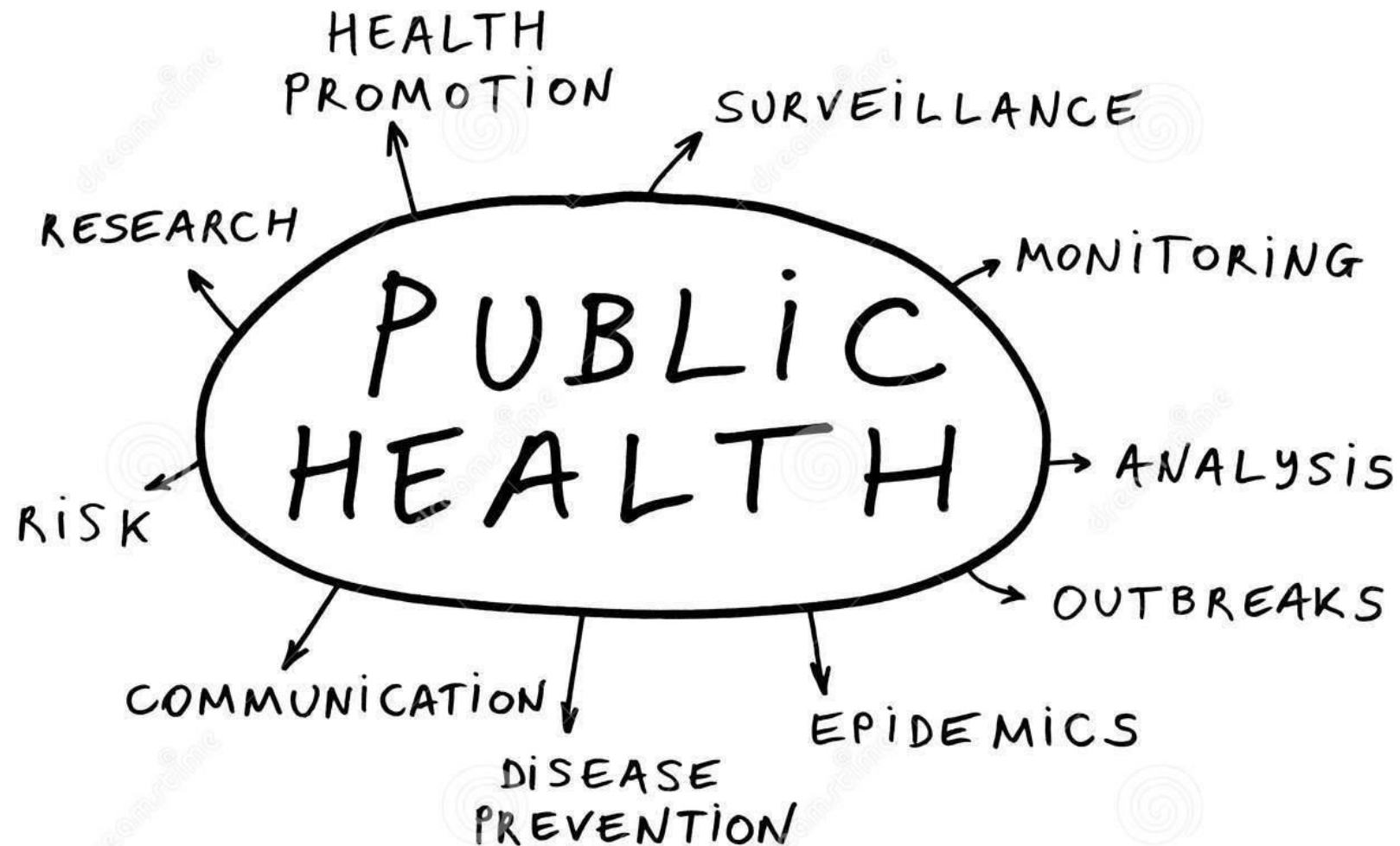
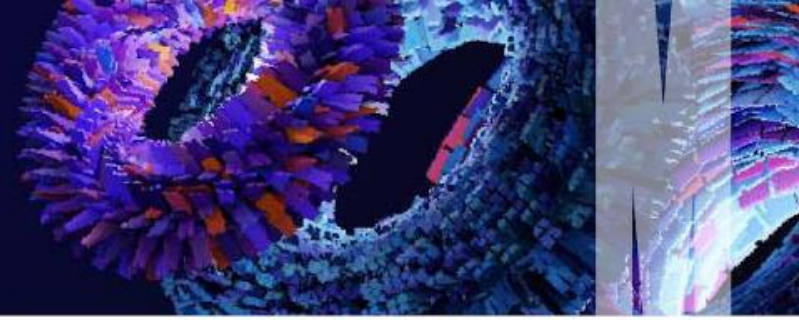
# What is public health?



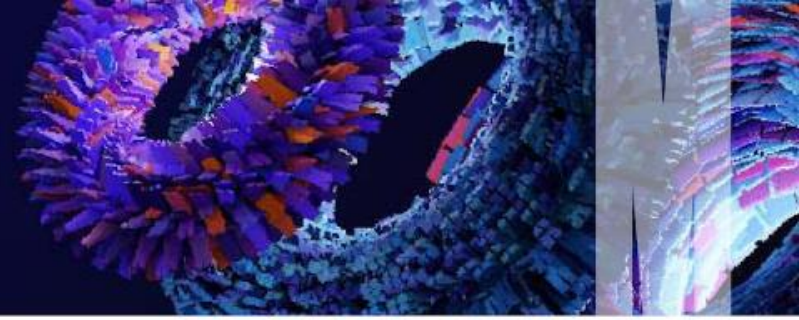
- the science of protecting and improving the health of people and their communities
  - focuses on communities and populations rather than individuals
- focuses on health rather than disease
- driven by a value base of fairness, equity and social justice
- focuses on population-based prevention strategies



(Keleher, 2011)



# Public health...

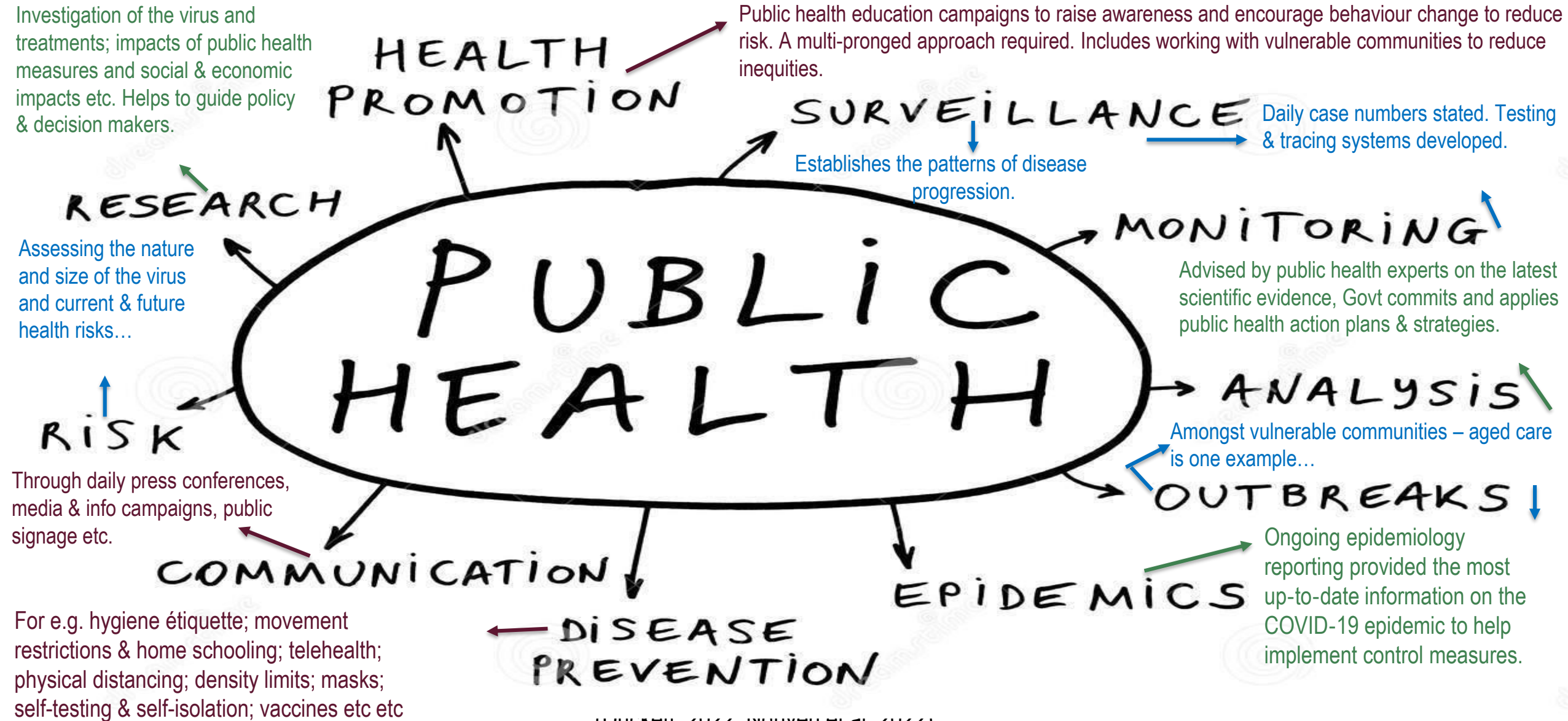


- **monitors health status** to identify and solve health problems
- **diagnoses and investigates** health problems & health hazards
- **informs, educates, and empowers** people about health issues
- **mobilises community partnerships** to identify and solve health problems
- **develops policies and plans** that support individual and community health efforts
- **enforces laws and regulations** that protect health and ensure safety
- **links people to personal health services** and assures the provision of health care

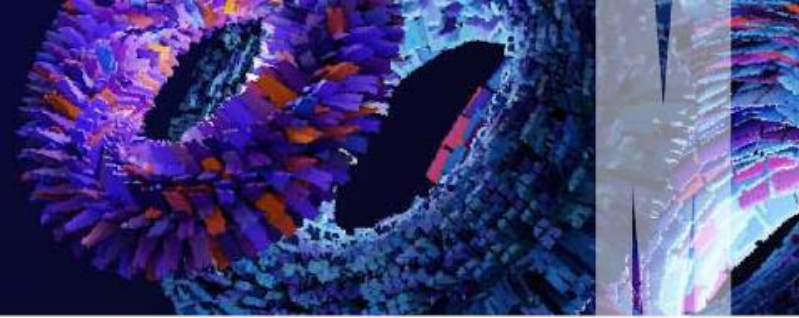
**In 2020, COVID-19 happened! The pandemic shone a spotlight on public health around the world....**



# COVID-19: A strong public health response



# What are the benefits of public health?



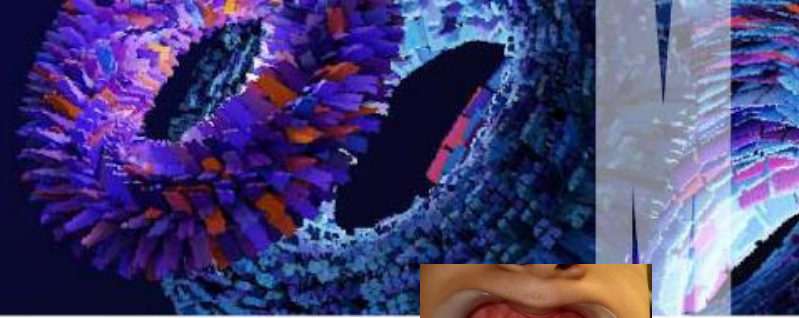
- increased life expectancies and productivity
- worldwide reductions in infant and child mortality
- eradication or reduction of many communicable diseases
- reduced burden on health care systems
- improved health and wellbeing and quality of life of whole populations
- addresses the determinants of health
- addresses the needs of vulnerable groups and those with the most disadvantaged health status
- guides the development of public health systems





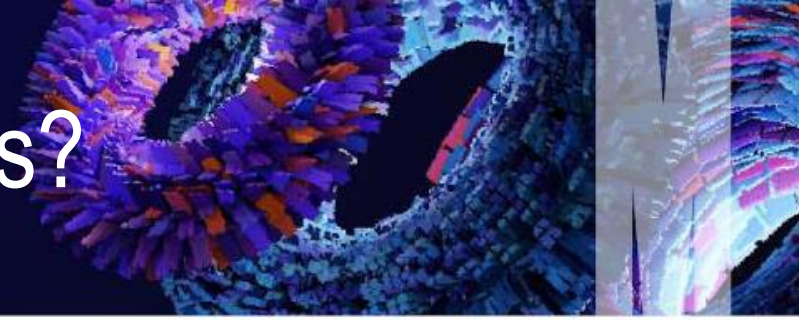
# What would Australia look like with no public health initiatives?

- many more babies born with birth defects
- more oral and dental health problems in children
- more infections with viruses claiming many more lives
- more cancers and diseases (as a result of smoking and other lifestyle choices) claiming more lives prematurely
  - failure to prevent and detect cancers of the skin and other organs
- more injuries and deaths from road trauma
- more injuries and deaths from guns
- more resource burdens on our already strained health care system

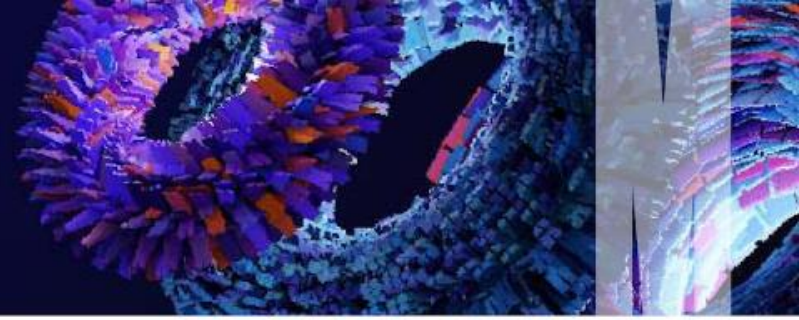


(Public Health Association of Australia, 2018)

# What are our current public health challenges?



# What are our current public health challenges?



- **Obesity**
- **Tobacco / Vaping**
- **Drug abuse**
- **Road safety**
- **Physical activity**
- **Food labelling**
- **Alcohol**
- **Family violence**
- **Workplace health**
- **Gender inequality**
- **Mental health**
- **Climate Change**
- **Gambling**
- **Chronic health conditions**



# Consider...

Harmful industries are digitally marketing their products to Australian children:

- Big Alcohol
- Big Tobacco
- Big Food
- Big Gambling Industry

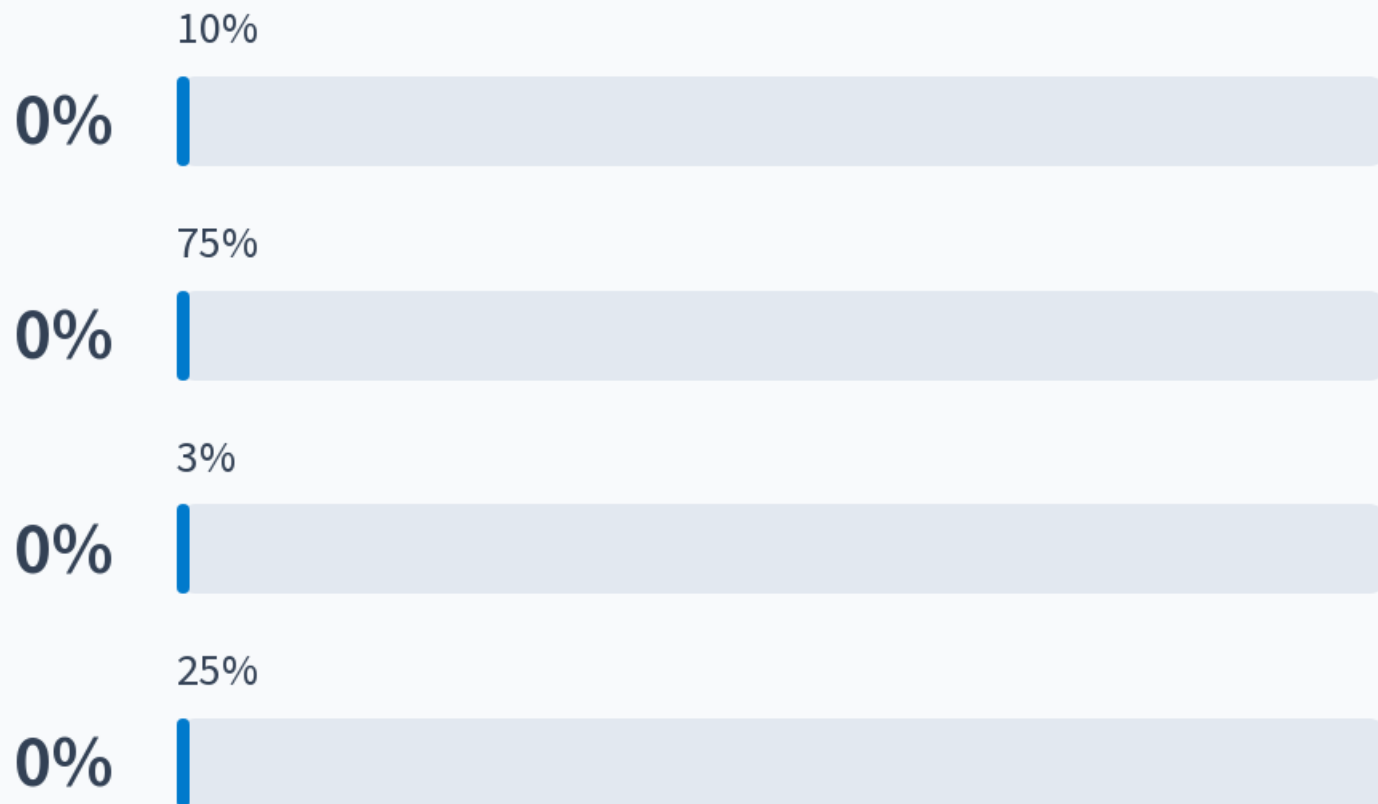
The health of Australian children are being put last - after the profits of harmful industries.

**Do you believe that young people are being targeted?**

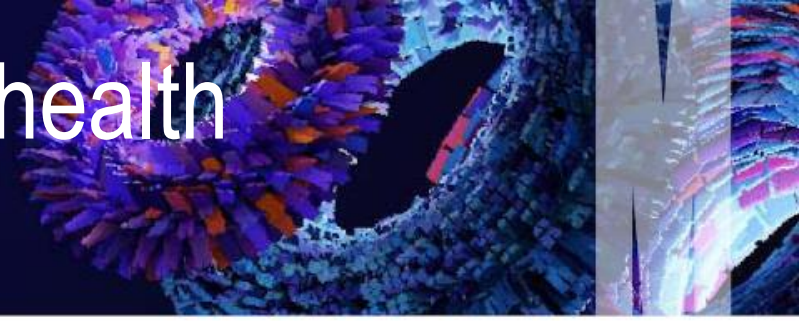


(VicHealth, 2020)

What proportion of Victorian 8 – 16 year olds can recall the brand name of at least one sports' betting company?



# Love the Game, Not the Odds (2019 Public health campaign)



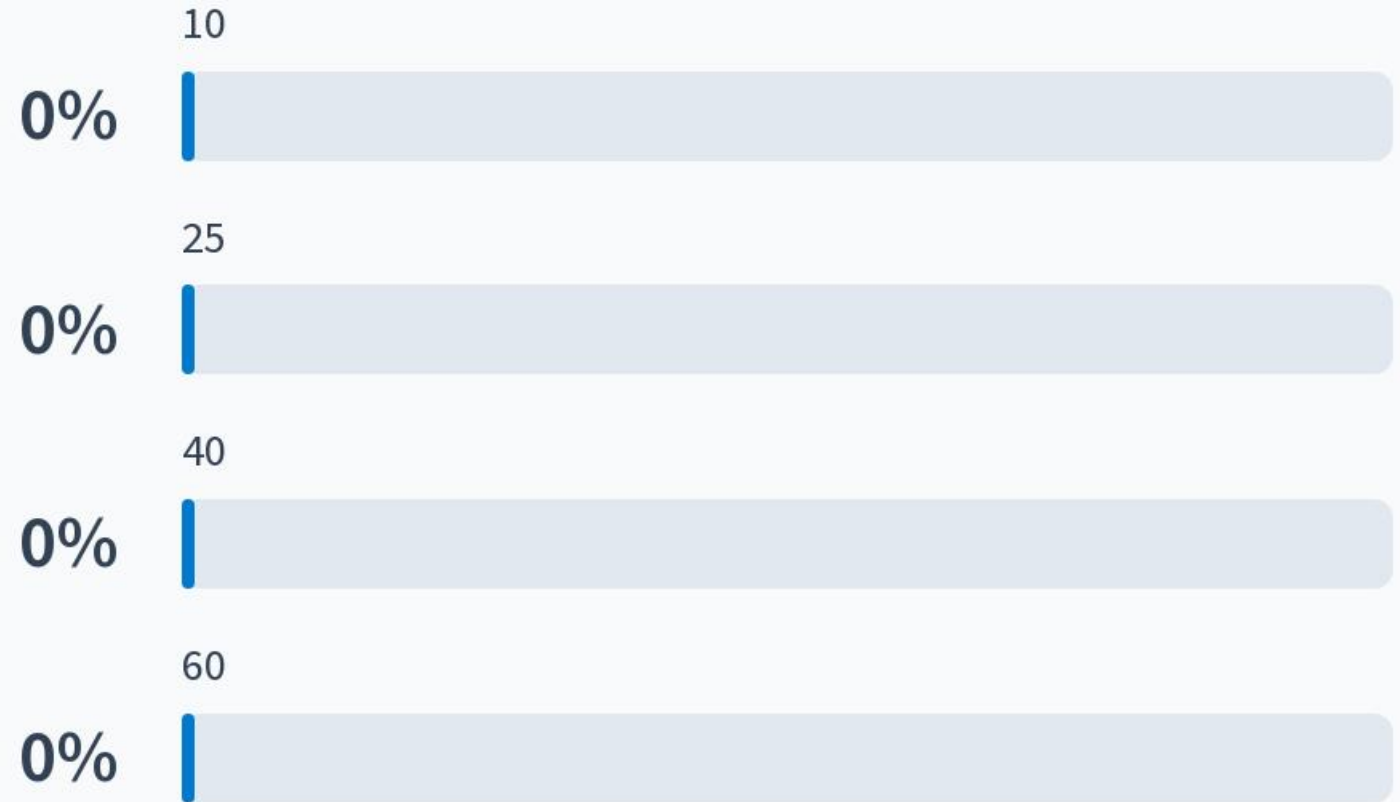
<https://youtu.be/h6LmGkvieWM>

Who is this campaign targeting?

What behaviour/s is the campaign trying to influence?



## How many hours of food ads to children see on TV/screens in a year?



What proportion of YouTube ads are for food and beverages (the majority of which are are unhealthy)?



(A) 3%

0%

(B) 10%

0%

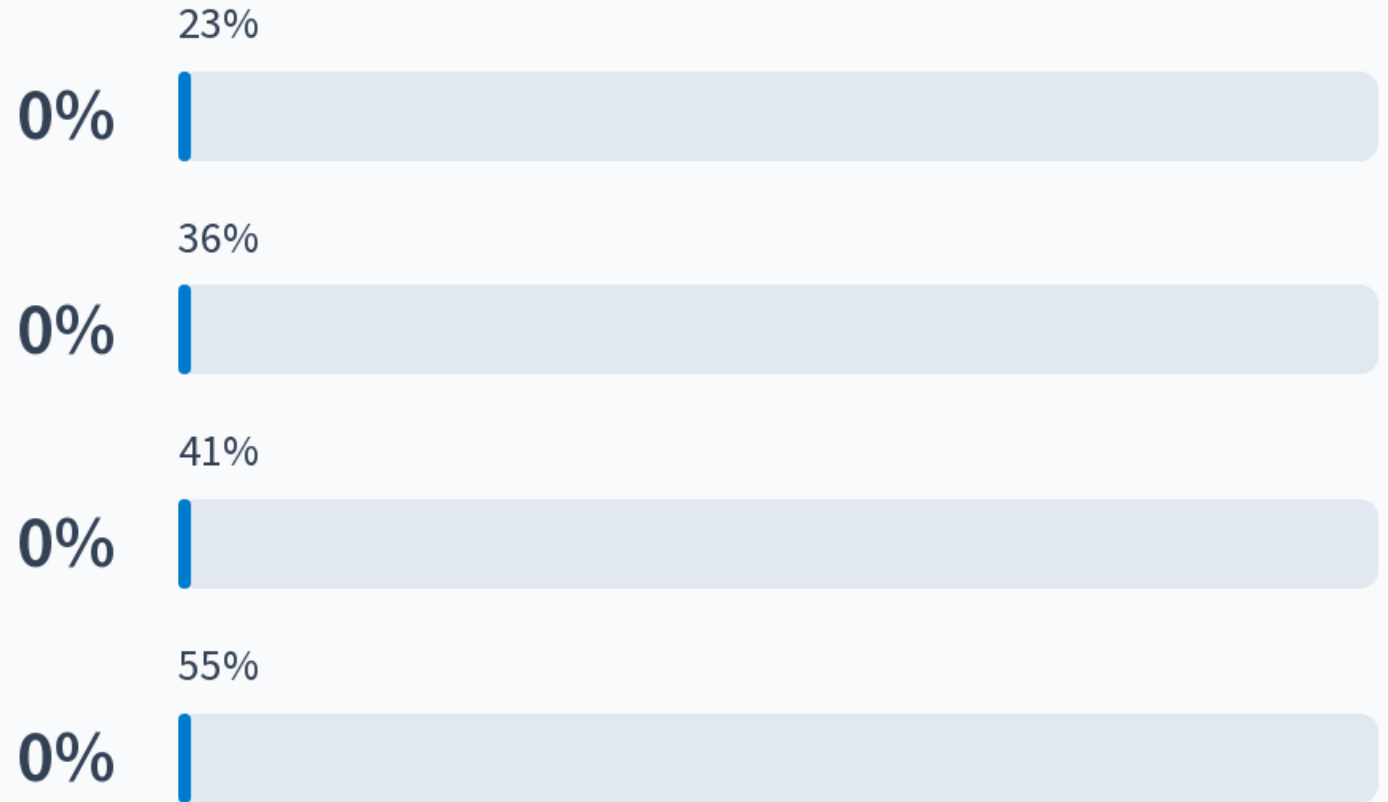
(C) 38%

0%

(D) 50%

0%

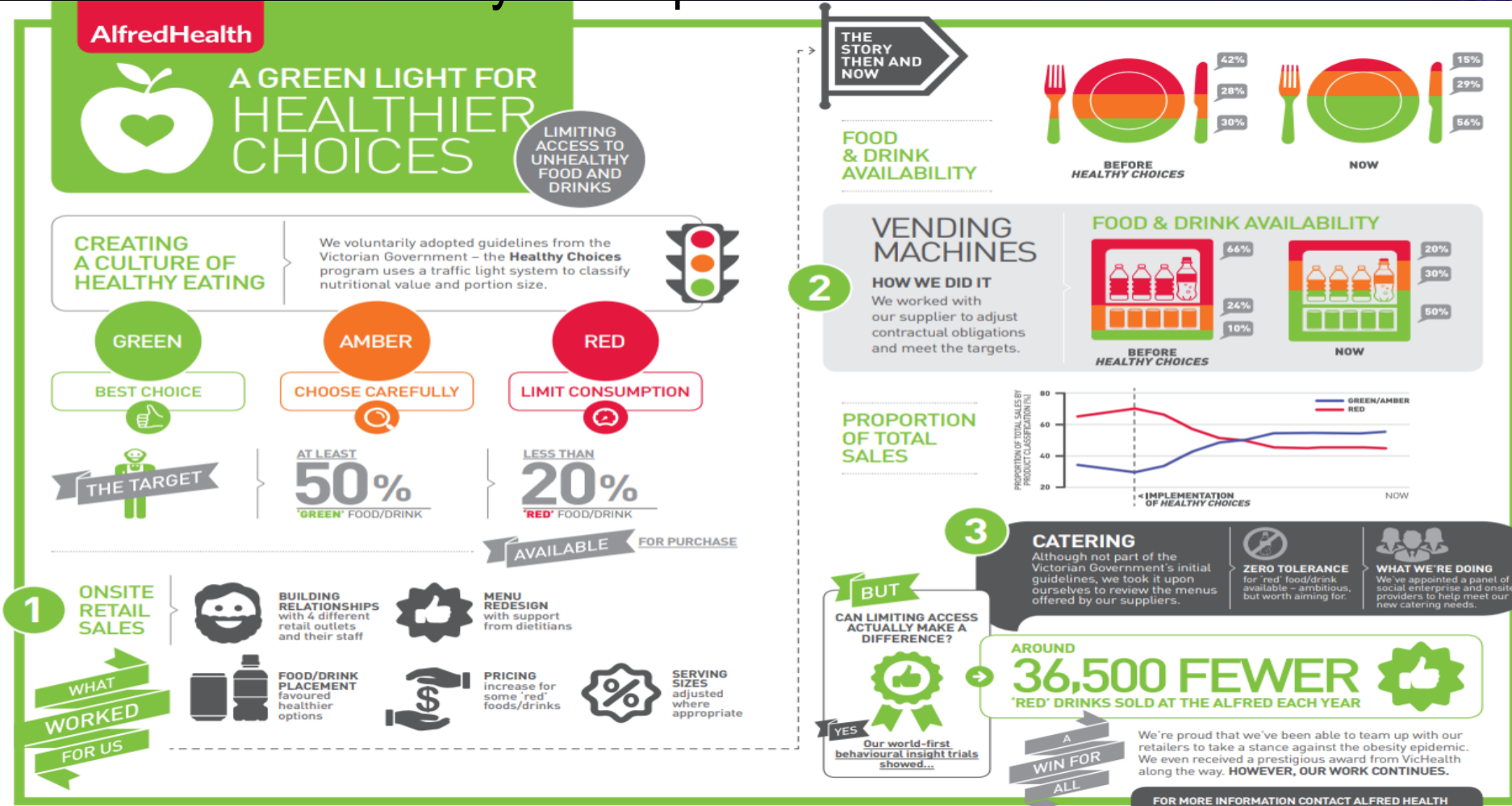
# What proportion of children's food is made up of 'junk foods' and sugary drinks?





# A local example of public health making a difference:

Alfred Health's healthy food options



<https://www.alfredhealth.org.au/about/healthy-communities/healthy-food/healthy-choices>

# LiveLighter: A public health education campaign

- a comprehensive approach to address overweight & obesity in Aus

– aims to help people to eat well, be physically active and avoid excess weight gain

- evidence-based information including appropriate marketing campaigns
- advocates for healthier environments
- reducing the promotion of junk food and more access to healthy food
- better food labelling
- infrastructure and policies that enable people to be more active
- supporting community & HPs

– **through training clinicians to help their clients with positive lifestyle choices**



## Talking to patients about health and weight

One-day accredited training course

Dates for 2022 now available

Cancer Council Victoria,  
615 St Kilda Road, Melbourne

**Alison McAleese**  
Accredited Practising Dietitian,  
Cancer Council Victoria

**Stavroula Zandes**  
Behaviour Change Expert,  
Health and Wellbeing  
Training Consultants

**Cancer Council Victoria** **Health & Wellbeing Training Consultants** **LIVELIGHTER** **40+**





# Some additional examples of public

Coronavirus (COVID-19)

## SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.  
For more information about Coronavirus (COVID-19) visit [health.gov.au](http://health.gov.au)

HELP STOP SPREAD AND STAY HEALTHY

Australian Government

## MY BOYFRIEND GAVE ME AIDS.



## I WAS ONLY WORRIED ABOUT GETTING PREGNANT.

AIDS IS A KILLER. PROTECT YOURSELF.



When you're on your phone, you're driving blind.

Free water here

BE SMART CHOOSE TAP

Take the H<sub>2</sub>O Challenge

vichwater


## "MOVE IT AUS, LET'S HAVE SOME FUN!"



FIND YOUR 30

## CERVICAL SCREENING


Australia's cervical screening program has changed – find out what this means for you



## SKIN CELLS IN TRAUMA

There's nothing healthy about a tan

Protect your skin in these five ways



THE COALITION GOVERNMENT

## NO JAB, NO PAY

is working



Around **200,000** MORE KIDS IMMUNISED

## ICE TEARS YOUR LIFE APART.

Don't let ice destroy you



## DON'T BE SUCKED IN



Up to 30 teaspoons of sugar

Frozen sugary drinks are full of sugar that can lead to toxic fat around your vital organs.

LIVELIGHTER

[livelighter.com.au](http://livelighter.com.au)

## VIOLENCE AGAINST WOMEN LET'S STOP IT AT THE START





NASH  
ersity



# A very successful example of public health in Australia: Tobacco control



From this...

## Sponsorship bans



## Smokefree dining

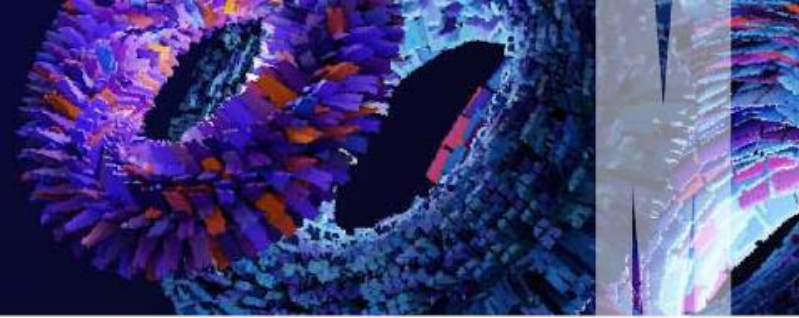


## Plain packaging



To this...

# The success of tobacco control in Australia



## A multi-pronged approach is needed

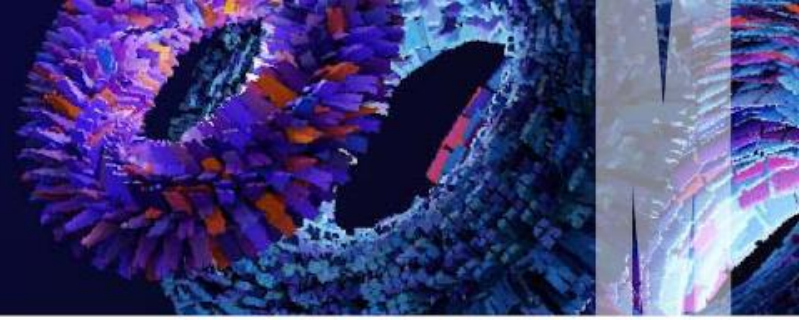
- research and strong evidence-base
- interventions by health/community workers
- social marketing campaigns
- information and support for smokers
  - tailored resources for vulnerable groups with high smoking rates
  - Quitline, online and print resources
- public relations, advocacy, community activity
- legislation, laws, policies to regulate tobacco/vapes
  - increasing taxation on tobacco products
  - controlling exposure to secondhand smoke
  - controlling access to tobacco and vaping devices

**Social marketing with real people:  
Real voices...**



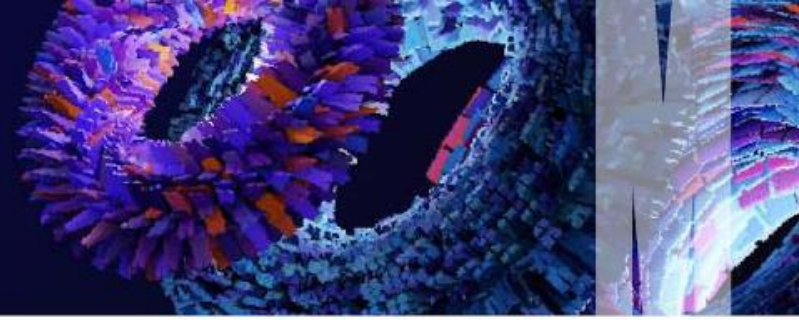


# Over to you Public Health Challenges— activity time!



1. New Pandemics
2. Obesity
3. Vaping

# Activity



1. Brainstorm what can be done to address your allocated health issue.
  2. Brainstorm who or what careers/jobs/roles would be able to do this/to address the health issue.
- **Add your ideas to the Jamboard to share with the rest of the workshop!**

Jamboard link: <https://jamboard.google.com/d/1MyLPbEXLq0-C2WHKnQ2x8ZvetO5JUTKRMeyQUloTkOI/edit?usp=sharing>



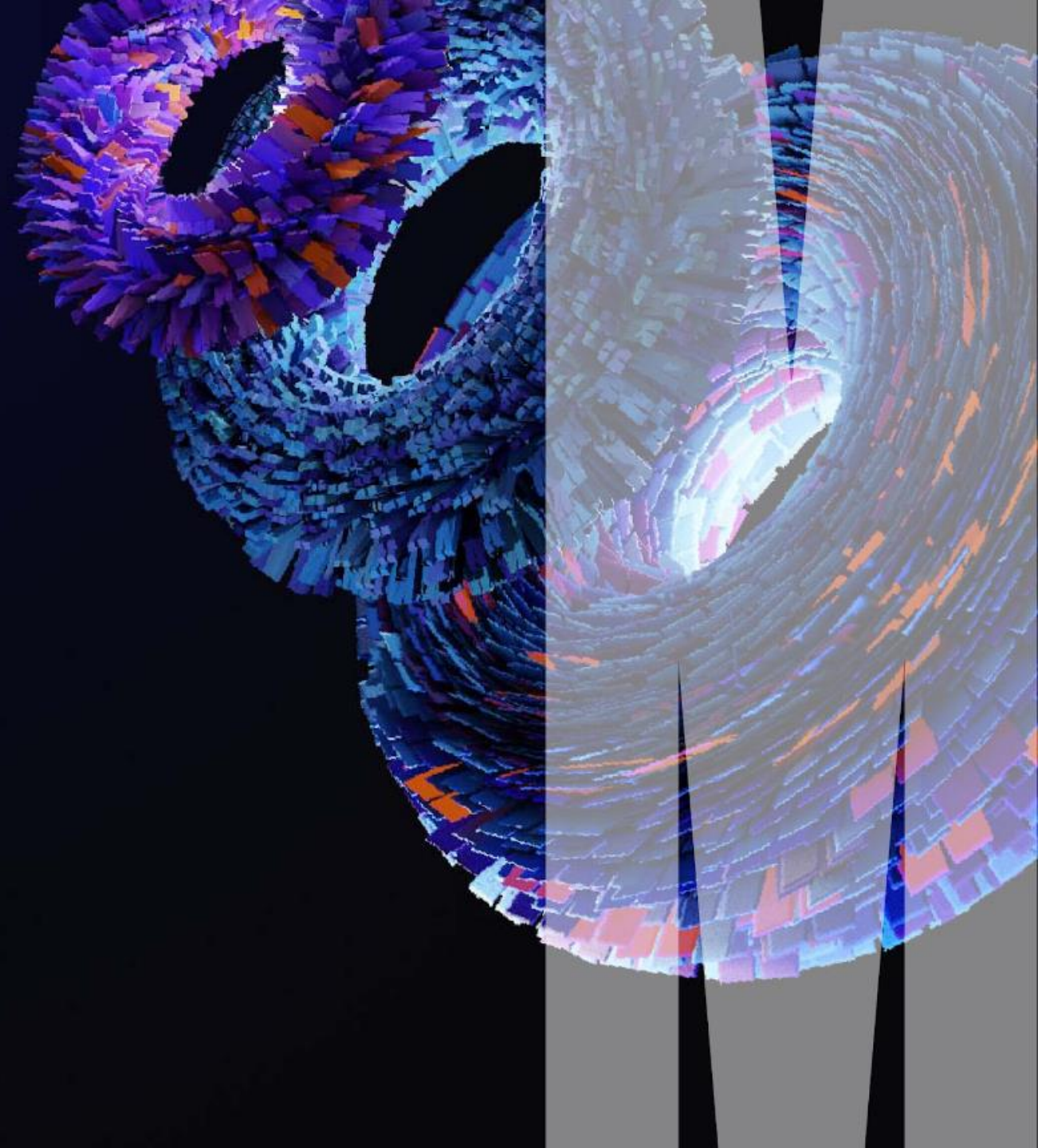
# What sort of careers will public health lead to?



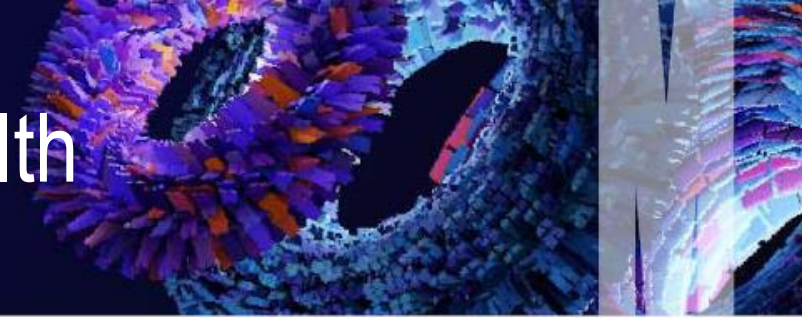
## Some examples:

- Clinical Trials Coordinator: testing new therapies and interventions
- Epidemiologist: examining patterns of disease
- Research Analyst: examining whether treatments should be used (i.e. by GPs, for hospitals, Therapeutics Goods Admin etc)
- Health Educator: developing health info, courses or training clinicians
- Media/Campaigns Communicator: developing campaigns, apps, website info
- Policy Worker or HP Program Planner: working with Government or the local council to develop local solutions to issues

# OUR COURSES



# We are Australia's largest School of Public Health



**1160+**

STUDENTS ENROLLED

**1300+**

STAFF EMPLOYED

**\$77.5M+**

ANNUAL RESEARCH FUNDING

**780+**

PUBLICATIONS IN 2021

**world #42**

IN PRECLINICAL, CLINICAL &  
HEALTH SCIENCES

TIMES HIGHER EDUCATION  
WORLD UNIVERSITY RANKINGS 2020

**46%** / 68%

OF ALL NHMRC GRANTS >\$1M  
IN THE LAST DECADE

(exc. basic science)



# Monash Uni has played an important role



**Professor Sophia Zoungas,  
Head of the School of Public Health &  
Preventive Medicine**

*“Our staff have provided pandemic management advice and assistance to Governments... (and) pivoted research to focus on the pandemic.”*



**Allen Cheng, Professor of Infectious  
Diseases Epidemiology & Preventive  
Medicine, Monash Uni and The Alfred  
Hospital**

Completed a 12-month secondment as Victoria's Deputy Chief Health Officer (2020 – 2021).

*“I don't think I'd fully appreciated the meaning of 'public service' before this - the dedicated army of people who try to make things better for Victorians.*

*“For those of us who were drafted in, it's been quite a learning curve, finding out how government works, keeping an eye on evolving evidence and epidemiology, formulating policy and trying to explain it all to the public.”*



# What's involved with public health & health sciences?

## Core learning outcomes

- Health discipline knowledge
- Critical thinking
- Communication
- Inter-professional learning
- Teamwork



# Broad range of disciplines

- Bioethics and law
- Biostatistics & data analysis
- Cancer
- Cardiovascular disease
- Clinical trials & research
- Chronic diseases
- Critical care & trauma
- Environmental health
- Epidemiology
- Forensic medicine
- Genomics
- Lifestyle medicine



- Health economics
- Health promotion & policy
- Health services management
- Infectious diseases
- International health
- Medical education
- Musculoskeletal disease
- Occupational health
- Social sciences
- Women's health



# BACHELOR OF PUBLIC HEALTH



Year 1 Semester 1	BMA1011 Foundations of anatomy and physiology for hlth practice 1	HSC1100 Research and evidence in health	HSC1200 Public health and prevention	PBH1102 Health Communication
Year 1 Semester 2	BMA1012 Foundations of anatomy and physiology for hlth practice 2	HSC1300 Human health and disease	HSC1400 Healthcare systems	PBH1104 Global health
Year 2 Semester 1	HSC2100 Current health challenges	HSC2200 Health across the lifespan	HSC2300 Health promotion and disease prevention	PBH2003 Culture, society and health
Year 2 Semester 2	PBH2001 Foundations of epidemiology	PBH2002 Foundations of biostatistics	Choose 1 of: PBH2004 Health, law and ethics PBH2005 Health program planning PBH2006 Treatments and technologies PBH2008 Health policy and politics HSC2400 Career skills for health professionals	Choose 1 of: PBH2004 Health, law and ethics PBH2005 Health program planning PBH2006 Treatments and technologies PBH2008 Health policy and politics HSC2400 Career skills for health professionals
Year 3 Semester 1	PBH3002 Communicable disease prevention and control	Choose 1 of: PBH3001 Clinical Research Methods PBH3003 Environmental determinants of health and disease PBH3004 Health program evaluation PBH3005 Social and behavioural sciences PBH3011 Biostatistics for health	Choose 1 of: PBH3001 Clinical Research Methods PBH3003 Environmental determinants of health and disease PBH3004 Health program evaluation PBH3005 Social and behavioural sciences PBH3011 Biostatistics for health	Choose 1 of: PBH3001 Clinical Research Methods PBH3003 Environmental determinants of health and disease PBH3004 Health program evaluation PBH3005 Social and behavioural sciences PBH3011 Biostatistics for health
Year 3 Semester 2	PBH3009 Chronic disease prevention and control	Choose 1 of: PBH3006 Research placement PBH3007 Public Health Industry Placement PBH3008 Global and public health	Choose 1 of: PBH3010 Health data in practice PBH3012 Translating Research into Practice FOR3001 Principles of Forensic Medicine PBH3006 Research placement PBH3007 Public Health Industry Placement PBH3008 Global and public health	Choose 1 of: PBH3010 Health data in practice PBH3012 Translating Research into Practice FOR3001 Principles of Forensic Medicine PBH3006 Research placement PBH3007 Public Health Industry Placement PBH3008 Global and public health

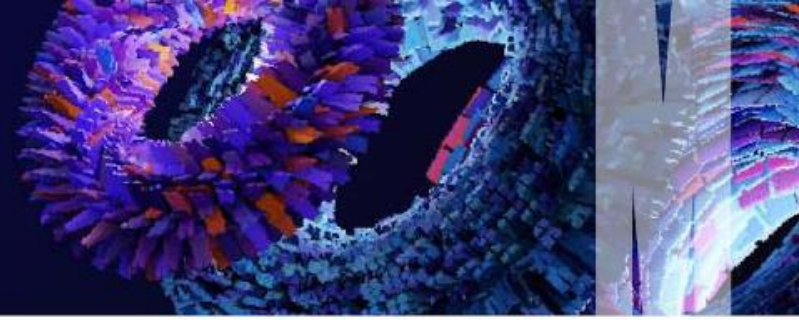




# BACHELOR OF HEALTH SCIENCES



# Foundation knowledge & flexibility



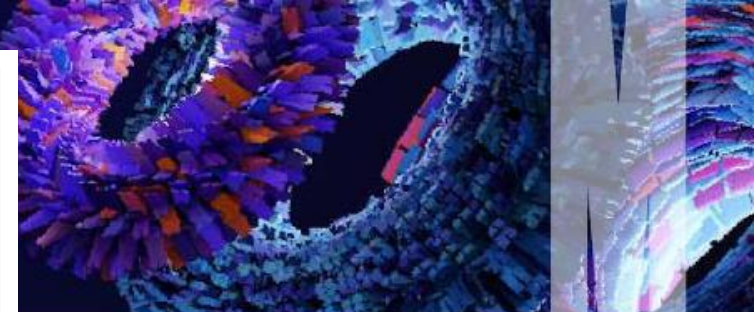
## Foundation knowledge

- Anatomy
- Physiology
- Public health
- Epidemiology
- Human lifespan
- Disease pathology & forensic medicine
- Australian healthcare system

## Flexibility

- Biological sciences
- Chemistry
- Clinical research
- Microbiology
- Pharmacology
- Physics
- Psychology
- Public health
- Social work
- Other...

Year 1 Semester 1	BMA1011 Foundations of anatomy and physiology for health practice 1	HSC1100 Research and evidence in health	HSC1200 Public health and prevention	Elective
Year 1 Semester 2	BMA1012 Foundations of anatomy and physiology for health practice 2	HSC1300 Human health and disease	HSC1400 Healthcare systems	Elective
Year 2 Semester 1	HSC2100 Current health challenges	HSC2200 Health across the lifespan	HSC2300 Health promotion and disease prevention	Elective
Year 2 Semester 2	PBH2001 Foundations of epidemiology	Elective	Elective	Elective
Year 3 Semester 1	PBH3002 Communicable disease prevention and control	PBH3005 Social and behavioural sciences	Elective	Elective
Year 3 Semester 2	PBH3009 Chronic disease prevention and control	PBH3012 Translating research into practice	Elective	Elective





# **BACHELOR OF ARTS & HEALTH SCIENCES DOUBLE DEGREE**



## YEAR 1

SEMESTER 1	ARTS MAJOR UNIT	ARTS ELECTIVE	BMA1011 (6 pts)	HSC1100 (6 pts)
SEMESTER 2	ARTS MAJOR UNIT	ARTS ELECTIVE	BMA1012 (6 pts)	HSC1300 (6 pts)

## YEAR 2

SEMESTER 1	ARTS MAJOR UNIT	ARTS ELECTIVE	HSC1200 (6 pts)	HSC2100 (6 pts)
SEMESTER 2	ARTS MAJOR UNIT	ARTS ELECTIVE	HSC1400 (6 pts)	PBH2001 (6 pts)

## YEAR 3

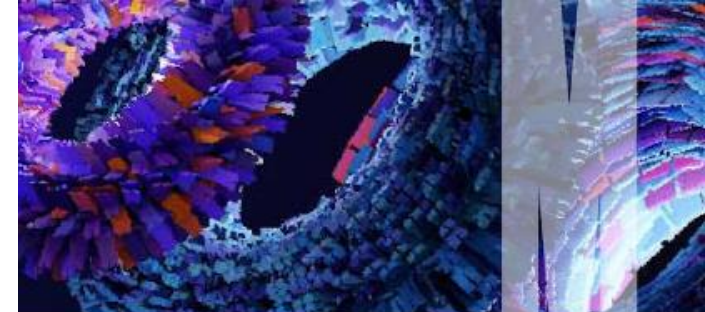
SEMESTER 1	ARTS MAJOR UNIT	ARTS PROFESSIONAL FUTURES UNIT	HSC2200 (6 pts)	HSC2300 (6 pts)
SEMESTER 2	ARTS MAJOR UNIT	ARTS PROFESSIONAL FUTURES UNIT	PBH3008 or PBH3010 or PBH3011 (6 pts)	FOR3001 or PBH3008 or PBH3010 or PBH3011 (6 pts)

## YEAR 4

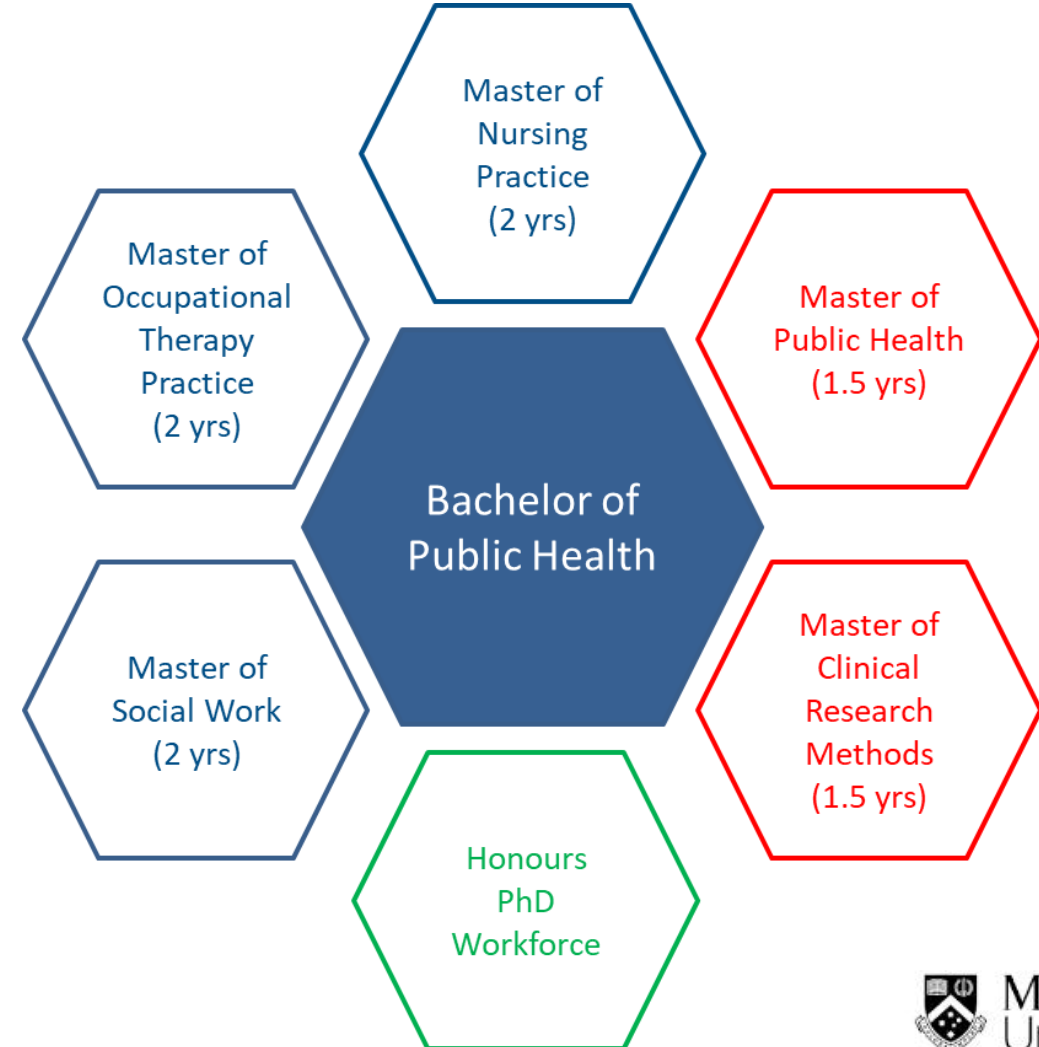
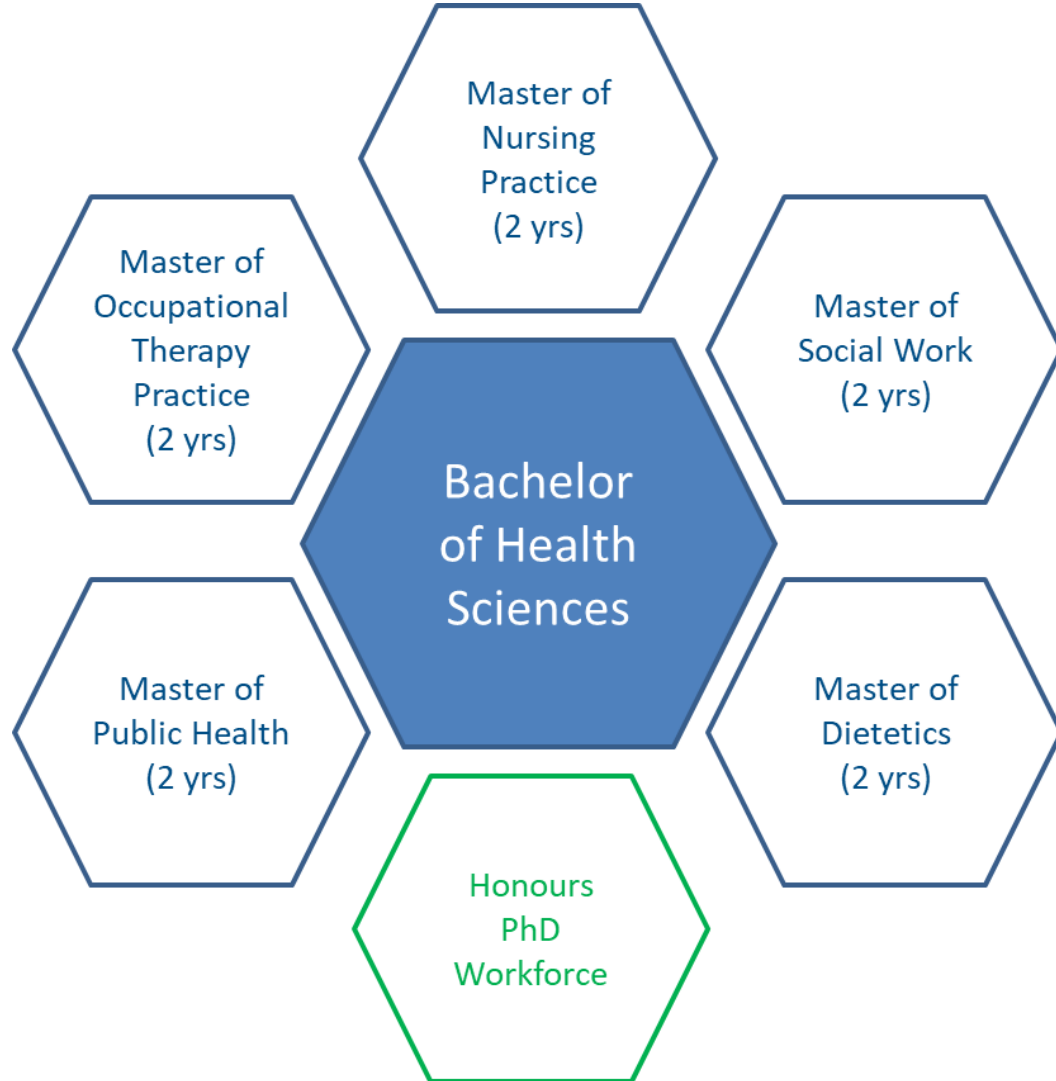
SEMESTER 1	ARTS MAJOR UNIT	ARTS PROFESSIONAL FUTURES UNIT	PBH3005 (6 pts)	PBH3002 (6 pts)
SEMESTER 2	ARTS MAJOR UNIT	ARTS PROFESSIONAL FUTURES UNIT	PBH3009 (6 pts)	PBH3012 (6 pts)

ARTS MAJOR UNIT  
ARTS ELECTIVES

ARTS PROFESSIONAL FUTURES UNIT  
OTHER DEGREE



# Further studies



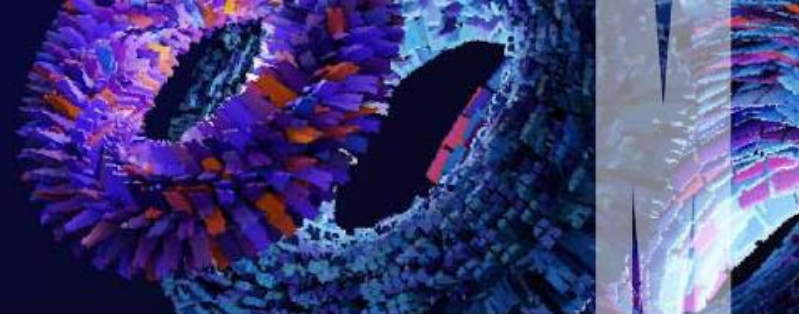


# VCE and public health

‘VCE Health and Human Development offers students a range of pathways and caters to those who wish to pursue further formal study in areas such as health promotion, community health research and policy development, humanitarian aid work, allied health practices, education, and the health profession.’



# ENTRY REQUIREMENTS



	Public Health	Health Science	Arts & Health double
Duration	3 FT, 6 PT	3 FT, 6 PT	4 FT, 8 PT
Location	Caulfield	Caulfield	Clayton & Caulfield
2023 ATAR	78.7	70	75.7

## Requirements

Year 12 (VCE, IB or equivalent) prerequisites

Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL

# Career opportunities



## Health Promotion Lead Healthy Smiles (DHSV)

Dental Health Services Victoria

★★★★☆ 2.7 overall rating (15 employee reviews)

[More jobs from this company](#)

- Lead a strong and popular health promotion program
- Be part of an organisation leading in oral health
- Ongoing, Full time position - \$93,170 per annum
- Use your program management capabilities to make a difference in the community

*It's the people who make the difference*

### About Dental Health Services Victoria

Dental Health Services Victoria (DHSV)

## Digital Health Engagement Officer

Victorian Aboriginal Community Controlled Health

☆☆☆☆☆ 0.0 overall rating (0 employee reviews)

[More jobs from this company](#)

### Digital Health Engagement Officer

VACCHO is looking for a Digital Health Engagement Officer to join their Population Health and Sector Development Unit.

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO) is the peak body for Aboriginal health and wellbeing in the State of Victoria. VACCHO provides leadership in community control and health equality for Aboriginal organisations and communities. We are a centre of expertise, policy advice, training, and innovation in Aboriginal health. VACCHO advocates for the health equality and optimum health of all Aboriginal people in Victoria.

The role will require engagement with, and support of, the Aboriginal Community Controlled Organisation(s) (ACCO) primary healthcare sector to develop strategies aimed at improving patient outcomes through provision of clinical and coordinated care through digital health technologies, such as:

## Clinical Research Associate

Healthcare Professionals Group

Melbourne

Healthcare & Medical > Clinical/Medical Research

Flexible CRA Role | Min 2 years Independent monitoring exp | Home based role | Global leader

☆ Save

## Clinical Trial Coordinator

Icon Group

Melbourne > CBD & Inner Suburbs

Competitive salary

Healthcare & Medical > Clinical/Medical Research

Full-time 10-month contract. Join an evolving organisation that provides exceptional cancer care services. Coordinate & conduct clinical trials.

☆ Save

## Clinical Research Associate I/II

NES Global Talent

Melbourne > CBD & Inner Suburbs

\$95000 - \$100000 per annum, Bens: Super +Benefit

Healthcare & Medical > Pharmaceuticals & Medical Devices

- Involved at every stage of the drug development process
- No metric for minimum required days on site per month





# Career opportunities

## Project Officer - Zero Suicide Strategy Implementation

Eastern Health

★★★★☆ 3.4 overall rating (87 employee reviews)

[More jobs from this company](#)

### Box Hill Hospital

Temporary Full Time, Temporary Part Time

### Project Officer - Zero Suicide Strategy Implementation

- 12 months full time/part time
- Box Hill Hospital
- Mental Health Program

### Eastern Health

Eastern Health is one of Melbourne's largest range of emergency, surgical, medical and maternity palliative care, mental health and

## Public Health Assistant Inspector

Victorian Commission for Gambling and Liquor Regulation

[More jobs from this company](#)

### About the organisation

The Victorian Commission for Gambling and Liquor Regulation (VCGLR) is the independent statutory authority that administers Victoria's gambling and liquor laws. We are responsible for gambling and liquor licensing and undertake activities to prevent and detect breaches, also informing and educating industry and the general public about regulatory practices and requirements. Our culture is supportive and collaborative, we foster the growth and development of our people and provide great facilities and a work/life balance.

### The opportunity

The VCGLR is supporting the Government's response to the COVID-19 pandemic by engaging resources to enforce compliance with the *Public Health and Wellbeing Act 2008* (PH&W Act) and associated directions/regulations at licensed premises. This Public Health team will operate within the Compliance division.

Reporting to a Team Leader, the Public Health Assistant Inspector role is primarily responsible for carrying out public health inspections, investigations and

## Public Health Officer, Case, Contact and Outbreak Management Branch

Department of Health & Human Services VIC

★★★★☆ 3.4 overall rating (27 employee reviews)

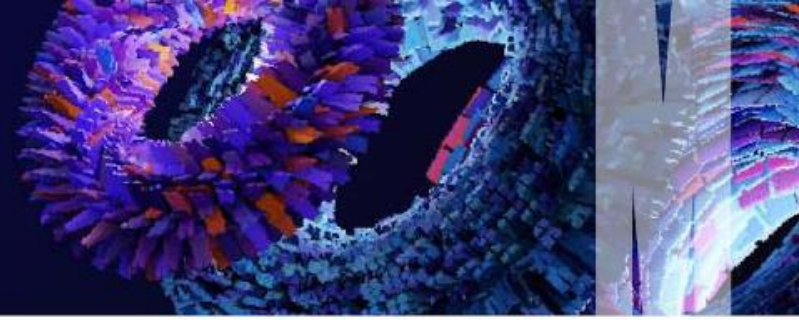
[More jobs from this company](#)

### Position Summary:

This Public Health Officer position will utilise your skills in relation to the investigation, surveillance, management and control of COVID-19. This job offers an excellent opportunity for those wishing to further develop experience and skills in public health.

The role requires shift and weekend work. For health and safety reasons, successful candidates may be requested to cease external clinical duties for the duration of their tenure in the role.

# Workshop Summary



1. What is public health
2. Public health success stories
3. Public health challenges
4. Our courses and career opportunities
5. **Q&A**

