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

Investigation of the virus and treatments; impacts of public health measures and social & economic impacts etc. Helps to guide policy & decision makers.

Public health education campaigns to raise awareness and encourage behaviour change to reduce risk. A multi-pronged approach required. Includes working with vulnerable communities to reduce inequities.

Advised by public health experts on the latest scientific evidence, Govt commits and applies public health action plans & strategies.

Daily case numbers stated. Testing & tracing systems developed.

Establishes the patterns of disease progression.

Amongst vulnerable communities – aged care is one example...

Ongoing epidemiology reporting provided the most up-to-date information on the COVID-19 epidemic to help implement control measures.

For e.g. hygiene étiquette; movement restrictions & home schooling; telehealth; physical distancing; density limits; masks; self-testing & self-isolation; vaccines etc etc

(Duckett, 2022; Nguyen et al, 2022)
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)

Who is this campaign targeting?

What behaviour/s is the campaign trying to influence?

https://youtu.be/h6LmGkvieWM
How many hours of food ads do children see on TV/screens in a year?

- 10 hours: 0%
- 25 hours: 0%
- 40 hours: 0%
- 60 hours: 0%
What proportion of YouTube ads are for food and beverages (the majority of which are unhealthy)?

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<td>(D) 50%</td>
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What proportion of children's food is made up of 'junk foods' and sugary drinks?

- 0%
- 23%
- 36%
- 41%
- 55%
- 0%
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
Some additional examples of public health...
A very successful example of public health in Australia: Tobacco control

From this…

To this…

Sponsorship bans
Smokefree dining
Plain packaging
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

(Intergovernmental Committee on Drugs. National Tobacco Strategy 2012-2018; Scollo & Winstanley, 2022)
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-C2WHKnQ2x8ZvetO5JUTKRMeyQUIoTkOI/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
780+ PUBLICATIONS IN 2021

1300+ STAFF EMPLOYED
world #42
IN PRECLINICAL, CLINICAL & HEALTH SCIENCES
TIMES HIGHER EDUCATION WORLD UNIVERSITY RANKINGS 2020

$77.5M+ ANNUAL RESEARCH FUNDING
46% OF ALL NHMRC GRANTS >$1M IN THE LAST DECADE (exc. basic science)
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.”

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
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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...
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<th>Year 1 Semester 2</th>
<th>Year 2 Semester 1</th>
<th>Year 2 Semester 2</th>
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<td>HSC2100</td>
<td>PBH2001</td>
<td>PBH3002</td>
<td>PBH3009</td>
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<td>Current health challenges</td>
<td>Foundations of epidemiology</td>
<td>Communicable disease prevention and control</td>
<td>Chronic disease prevention and control</td>
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BACHELOR OF ARTS & HEALTH SCIENCES
DOUBLE DEGREE
## Year 1

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## Year 2

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## Year 3

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## Year 4

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<td>PBH3012 (6 pts)</td>
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Further studies

Bachelor of Health Sciences
- Master of Nursing Practice (2 yrs)
- Master of Occupational Therapy Practice (2 yrs)
- Master of Social Work (2 yrs)
- Master of Dietetics (2 yrs)
- Honours PhD Workforce

Bachelor of Public Health
- Master of Nursing Practice (2 yrs)
- Master of Occupational Therapy Practice (2 yrs)
- Master of Social Work (2 yrs)
- Master of Public Health (1.5 yrs)
- Master of Clinical Research Methods (1.5 yrs)
- Honours PhD Workforce
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

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<tr>
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<th>Public Health</th>
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<td>4 FT, 8 PT</td>
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<td>Caulfield</td>
<td>Clayton &amp; Caulfield</td>
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<td>2023 ATAR</td>
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<td>70</td>
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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

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) (ACGO) 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 p.a. rem. Benz: Super +Benefit
Healthcare & Medical > Pharmaceuticals & Medical Devices

Involved at every stage of the drug development process

🌟 Save
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 health organisations, providing a broad range of emergency, surgical, medical and maternity, palliative care, mental health care.

Public Health Assistant Inspector
Victorian Commission for Gambling and Liquor Regulation
3.4 overall rating (87 employee reviews)
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

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