# Middlebury Global Health Resources

## Table of Contents

- What is Global Public Health? ........................................................................................................... 2  
- The Practice of Global Public Health ................................................................................................. 2  
  - Major Functions ............................................................................................................................... 2  
  - Essential Services ............................................................................................................................. 3  
- The Study of Global Public Health ..................................................................................................... 4  
- The Global Health Minor at Middlebury ............................................................................................. 4  
- Global Health and Medicine ............................................................................................................... 5  
- Types of Organizations that do Global Public Health ..................................................................... 6  
- Advising ........................................................................................................................................... 7  
- Experiential Learning ......................................................................................................................... 8  
  - General Helpful Links .................................................................................................................... 8  
  - Internships ..................................................................................................................................... 8  
  - Volunteer Work .............................................................................................................................. 10  
- Study Abroad ................................................................................................................................... 10  
- Careers and Fellowships .................................................................................................................. 11  
- Travel Information ............................................................................................................................. 12  
- Resources ......................................................................................................................................... 12  
  - Websites ......................................................................................................................................... 12  
  - Federal Agencies, State and Local Health Departments ................................................................ 13  
- Journals ............................................................................................................................................ 13  
- Articles ............................................................................................................................................. 14  
- Books................................................................................................................................................. 14
“In fact it is essential that we strengthen efforts to learn from each other, and stop considering public health in the third world and in the U.S. as separate intellectual and practical endeavors.”

-- Ruth Simmons

Disclaimer: While Middlebury offers a “Global Health” minor, this handbook at times uses the more inclusive term “Global Public Health.” Global Public Health will be an umbrella term that includes both international and domestic Public Health activities, while Global Health will refer to the academic program at Middlebury. For more information on terminology, see the “Articles” section near the end of the handbook.

What is Global Public Health?

Global Public 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. Global Public Health is 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, as well as the social, structural, economic, and political factors that affect community health; 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 Public Health uncovers these processes using evidence, ideas, and theories from a variety of fields. There are important differences between the study and practice of Global Public Health.

The Practice of Global Public Health

Global Public Health organizations in the United States have articulated and codified the major functions of public health professionals and the essential services they provide (see below). The standards described are from a U.S. point of view.

Major Functions

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

1. **Assessment** – assessment and monitoring of the health of communities and populations at risk to identify health problems and priorities. Global Public Health is an evidence-based field, relying heavily on the science of epidemiology and on population-level data.

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. The extent to which these assurance activities take place within the medical establishment (hospitals, clinics, physician offices) varies greatly by country.

**Essential Services**  
*(from the CDC: National Public Health Performance Standards)*

The Essential Public Health Services are the fundamental framework for the National Public Health Performance Standards Program instruments, describing the public health activities that should be undertaken in all communities. The Essential Services provide a working definition of 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.

The activities described above require the efforts of professionals from many different backgrounds, engaging in highly specialized activities. Global Public Health is an interdisciplinary field: lawyers, nurses, statisticians, laboratorians, toxicologists, community advocates, epidemiologists, and many others contribute to the advancement and protection of the public’s health.

As mentioned earlier, Global Public Health is an evidence-based field. The core scientific discipline employed by global public health professionals is epidemiology, which studies the factors determining and influencing the frequency and distribution of disease, injury, and other health-related events. The goal of epidemiological studies, which rely heavily on statistics, is ultimately to inform policy and to improve population health and wellness. While quantitative methods are critical, global public health also values ethnographic inquiry that increases our understanding of how people are exposed to health risks, and whether and how people have agency to engage in health-promoting behaviors.

Data and evidence are only valuable when they are methodologically rigorous and put to use; an evidence-based field requires practitioners to bridge the gap between knowledge and action. Middlebury College students are good candidates for this work, as they typically have strong skills in research, critical thinking, critical analysis, and written communication. The next section further articulates both the value and the limits of the liberal arts as preparation for a career in global public health.
Given the interdisciplinary nature of Global Public Health, and its diverse and specialized tasks, an undergraduate liberal arts education cannot be considered “training” for work in the field. The goal of Middlebury College’s global health program is to introduce students to the field: its history, ethics, successes, and challenges, as well as the connections between population health and global forces such as development, aid, demographics, and scientific discoveries.

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, socially aware thinking lends itself naturally to the study of global health issues. The study of Global Public Health often requires understanding a given problem from a variety of disciplinary perspectives, a natural fit for the liberal arts approach. Understanding Global Public 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.

The liberal arts education at Middlebury College takes place both within and outside of the classroom, both on campus and off. 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 Public Health education through many resources and initiatives, such as the following:

- The Middlebury CV Starr Schools Abroad provide academic rigor and cultural immersion at 36 sites in 16 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 21st 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 Community Engagement 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 Public Health or a related field.
Global Health and Medicine

Medicine and Global Public Health are very different fields. Medicine is concerned with the health of the individual; Global Public Health is concerned with the health of populations. Some physicians choose to work in global public health, though this is unusual, and typically happens later in one’s medical career and often involves a reduction or cessation of one’s clinical practice.

Global Public Health should not be confused or equated with practicing medicine internationally.

Working as a physician in an international context is just that – medicine practiced abroad. When a physician practices medicine outside her home country, she is not necessarily working in Global Public Health. She may, however, come into closer contact with public health workers than she would in her home country.

In the United States, medical and public health resources tend to be very separate. The United States is a wealthy nation with a strong tax base, vibrant economy, democratic process, and intact regulatory environment. These assets allow for the funding and provision of community-based public health initiatives such as childhood vaccination programs, smoking cessation programs, water and air quality monitoring, disease screenings, and outbreak surveillance and mitigation, among many other initiatives. These programs are largely government-funded, perhaps in the form of grants to community or health care organizations, and are typically provided at no cost to the end user at the time of service. The medical system in the United States is funded, and provided, by a mixture of public and private resources, largely on a fee-for-service basis.

In other countries, especially low- to middle-income countries, the public health infrastructure is typically more embedded in the medical system, and the medical system itself may be a government function. Many countries’ public health programs rely heavily on community public health workers who have received some minimal training, though they may otherwise have very little education. These public health workers are sometimes affiliated with a local health clinic. Sometimes community public health workers are employed by an aid agency or charity. Aid agencies and charities (NGOs) fill the health services gap in countries struggling with widespread poverty, civil strife, and/or crises in governance.

Middlebury College students should recognize the distinctions between medicine and Global Public Health. Students who are interested in practicing medicine internationally may benefit from taking classes in Global Health (or pursuing the minor), as the study of Global Public Health can help to provide some context and insight into the very different morbidity and mortality trends seen in different locales around the world. Studying Global Health can help a pre-med student to understand both the possibilities and limitations of medical training to alleviate human suffering.
Types of Organizations that do Global Public Health

Many different types of organizations fund and/or engage in global public health work.

Multilateral Agencies: Funding comes from multiple governments and resources are allocated to multiple countries.
- World Bank
- World Health Organization (WHO)
- United Nations International Children’s Education Fund (UNICEF)
- United Nations Development Program (UNDP)
- Global Fund to Fight AIDS, Tuberculosis, and Malaria (note, the Global Fund is a multi-stakeholder partnership with funding and membership by governments, non-profits, foundations, individuals, and private sector partners)

Bilateral Organizations—Government (Federal/State/Local): Government agencies or a not-for-profit organization in a single country that provide aid to other countries.
- United States Agency for International Development (USAID)
- U.S. Public Health Service (USPHS)
- Centers for Disease Control (CDC)

Non-governmental Organization (NGO)/Charities: Any non-governmental, non-profit, voluntary citizens’ group organized at the local, national, or international level. They can have independent projects or projects under contract from larger, multilateral organizations (e.g. WHO). They may also be mission based, solely focusing on a specific problem (e.g. fistulas, women’s rights, HIV/AIDS, emergency medicine).
- Doctors without Borders (MSF)
- CARE International
- Population Services International
- Save the Children
- Oxfam America
- Catholic Relief Services
- Mercy Corps

Private sector contracts (consulting): Consultant organizations are private (for-profit or non-profit) companies that are contracted by various parties, such as government agencies (USAID), NGOs, donor agencies and other private companies to provide a wide range of services to help countries, governments and communities improve their health services. They develop and reform systems of care, conduct clinical, epidemiological, and other non-clinical research, and recruit human resources. They help healthcare organizations develop efficient system infrastructures, providing technical assistance at national, regional and community levels to establish strong, sustainable systems of care.
- John Snow, Inc.
- Management Sciences for Health
- University Research Corporation
- Family Health International 360
- RAND Corporation
Related fields in development: In resource-poor countries in particular, population health depends on levels of economic development, infrastructure, and governance. In these locales, work in the development field typically has public health impacts.

- Microfinance
- Social entrepreneurship
- Diplomacy

For more information on organizations, see:

- [http://www.uniteforsight.org/global-health-careers/module5](http://www.uniteforsight.org/global-health-careers/module5)

Advising

Global Public Health is a huge and varied field, so educating yourself about it can help you focus your goals. Reach out! The following steps are ones you can take right now.

- [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 and academic director of the Global Health minor. [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. A great networking resource is [MiddNet](#). Use it to connect with Middlebury alumni who can give you important career information and advice. 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 Global Health students are up to](#).
- Many of our Global Health minors are also interested in Careers in the Common Good (CCG). 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.
- Research the field: Research careers, graduate programs, etc. Browse career resources in 40 different areas popular with liberal arts students in [Spotlight on Careers](#) (Username: spotlightpass Password: liberalarts2017)
- Watch this free Unite for Sight webinar about [How to Start a Career in Global Health](#).
**ETHICS:** The primary purpose of gaining Global Public Health experience is to learn. It can be easy to assume that one can solve other people’s problems; however, the only problems we can solve are our own. That is why it is extremely important to approach any experiential (especially international) experience in Global Public Health without any answers, but rather with this question directed towards the community that you are trying to help: “What do you need from me?” You do not know best, and a savior complex can be dangerous. Try to understand why you are seeking Global Public Health experiences so you can approach it from a perspective that will not be harmful to the community that you are trying to serve.**

- If you plan to work in a clinical setting and anticipate potential patient interactions, please take the Global Ambassadors for Patient Safety workshop to better understand your role (~40min).

**General Helpful Links**

- [Child Family Health International (CFHI)](http://cfhi.org): Organization that connects students with local health professionals and community leaders to address global public health issues. CFHI carefully vets all its programs to ensure the highest ethical standards.
- [Office of Global Affairs](http://globalaffairs.org): Employment opportunities in global health related fields
- [Idealist.org](http://idealist.org): International development job resources
- [Global Health Corps](http://globalhealthcorps.com): Fellowship opportunities in global health
- [Global Health Fellows Program II](http://ghep.org): Fellowship opportunities through USAID Global Health bureau
- [Foundation for Global Scholars](http://globalscholars.org): Program provides scholars ongoing mentorship to enable young people to tackle global challenges through international experience

**Internships**

Global 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 organizations offer internships, but please note: universities, NGOs, think-tanks, and other groups’ internships do not necessarily appear in job banks. This handbook offers a lot of interesting resources to look into, but there are more out there as well. Be sure to look at web sites for specific organizations.
The following are a few examples of agencies and associations that have active internship programs:

**Public Health Internship Search**

**Multilateral**
- **WHO Internship Programme**

**US Government**
- **CDC Collegiate Leaders in Environmental Health**
- **CDC Program in Environmental Health**
- **CDC Internship and Fellowship opportunities in Public Health** (through the Office of Minority Health and Health Equity)
- **CDC Pathways for Students and Graduates**
- **Junior Commissioned Officer Extern Program** (US Department of Health and Human Services)
- **National Cancer Institute Health Communications Internship Program**
- **National Institutes of Allergies and Infectious Disease Internships**
- **Occupational Health Internship Program** (not a government program, but core funding comes from the National Institute of Occupational Safety & Health (NIOSH))

**State/Local Government**
- **New York City Health Department Health Research Training Program**

**NGO**
- **American Red Cross Summer Internship Program**
- **Children’s Defense Fund Internship**
- **Do Something Internship Program**
- **Thurgood Marshall College Fund Student Ambassador Program**
- **Thurgood Marshall College Fund Internships**
- **National Partnerships for Women and Families**
- **Partners in Health Volunteer and Internship Opportunities with other organizations**
- **Public Health Foundation Learning Resource Center Marketing and Communications Intern**
- **Public Health Foundation TRAIN Learning Network**

**Academic Institutions**
- **Biostatistics Epidemiology Summer Training Diversity Program**
- **Bronx Careers in Health and Mentoring Program**
- **Columbia Summer Public Health Scholars Program**
- **Harvard Summer Internships in Biological Sciences and Public Health**
- **Harvard Program in Biostatistics and Computational Biology**
- **Johns Hopkins Bloomberg School of Public Health Diversity Summer Internship Program for Undergraduates**
- **Morehouse College Public Health Sciences Institute Project IMHOTEP Summer Internship Program**
- **University of Michigan School of Public Health Future Public Health Leaders Program**
- **University of Michigan School of Public Health Summer Enrichment Program**
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.

** The best way to volunteer is to find opportunities in your local community! **

US/State/Local Government

- EPA OnCampus ecoAmbassador
- LA County Public Health Volunteer Opportunities
- Volunteer.gov
- Corporation for National and Community Service

NGO

- Bridge Volunteers
- Foundation for International Medical Relief of Children
- Global Crossroad Volunteer Program
- Partners in Health Volunteer Opportunities with other organizations
- Unite for Site Global Impact Corps
- Volunteermatch.org

Study Abroad

Externally Sponsored

- SIT : School for International Training Study Abroad
- DIS : Danish Institute for Study Abroad
- CIEE : Council on International Education Exchange Study Abroad
- CEA : Center for Education Abroad
- AIFS : American Institute for Foreign Study
- Alliance for Global Education – Manipal, India
- The Education Abroad Network

Middlebury Schools Abroad

- Cameroon: this school has opportunities for community-based work during the semester, which could continue through summer.
- India: a focused global health semester is under development, in coordination with the School Abroad in India.
Middlebury Institute of International Study at Monterey (MIIS)
MIIS is an internationally oriented professional graduate school. It offers two masters degrees with coursework in Development Policy and Practice; much of this coursework is useful for a career in global public health.

- Middlebury College students can study away for a semester or year at MIIS in any of its programs. A “global health semester away” at MIIS is currently under development.
- With appropriate course choices and credit load, a semester away at MIIS can serve as a foundation for a master’s degree, completed in one year, following completion of a student’s undergraduate degree.

For more information on options at MIIS, contact Orion Lewis (olewis@middlebury.edu) on the College campus.

Careers and Fellowships

Multilateral
- WHO Programmes

US Government
- CDC Public Health Associate Program
- CDC Internship and Fellowship opportunities in Public Health
- CDC Pathways for Students and Graduates
- EPA Organization Chart
- Fulbright Opportunities in Global Public Health
- National Institutes of Allergies and Infectious Disease Fellowships
- NIH Fogarty International Center Global Health Program for Fellows and Scholars

NGO
- Americares
- Child Family Health International
- Gates Foundation Grand Challenges in Global Health
- Global Health Corps
- Partners in Health Employment Opportunities
- Mayan Medical Aid
- National Partnerships for Women and Families
- Thurgood Marshall Fund College Ambassador Program

Associations
- AAMC Global Health Learning Opportunities Collaborative
- American Public Health Association (APHA)
- Global Jobs

Academic Institutions
- Global Equity Health Scholars Fellowship
  - UC Berkeley
  - Stanford
- Yale
  - Johns Hopkins School of Public Health Summer Scholars Program (for MPH)
  - UCLA Dean’s Global Health Fellowship
  - University of Washington Institute for Health Metrics and Evaluation Post-Baccalaureate Fellowship

Travel Information

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 (e.g. US State Dept) for the most up-to-date information about your destination country, including passport/visa considerations and travel warnings.

- CDC Health and Vaccine Info
- CDC Travel Warnings
- International Resource Center Study Abroad Advice
- Yale Global Health Field Guide

Resources

Websites

- American Public Health Association (APHA)
- Association of Schools and Programs of Public Health
- CareersinPublicHealth.net
- Community-Campus Partnerships for Health (CCPH)
- Get Funding for a Career in Public Health
- Global Health Facts
- Goats and Soda (National Public Radio)
- Guide to Public Health Careers
- Healthy People 2020
- Institute for Health Metrics and Evaluation (IHME)
- 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 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 Degree
• Public Health Degrees
• Public Health Foundation
• Public Health Grants and Scholarships
• Public Health Institute
• Public Health Online
• PublicHealth.org
• Public Health Overview
• Public Health Program Recruitment Events
• Scholarships and Grants
• Society for Public Health Education
• 10 Things to Know Before You Apply
• Thisispublichealth.org
• What Is Public Health?
• World Health Organization (WHO)

Federal Agencies, State and Local Health Departments
• Centers for Disease Control and Prevention (CDC)
• Massachusetts Department of Public Health
• Massachusetts Public Health Association (MPHA)
• National Center for Health Statistics (NCHS)
• National Institutes of Health (NIH)
• New York City Department of Health and Mental Hygiene
• State Health Facts
• State Public Health Directories
• United States Department of Health and Human Services
• United States Food and Drug Administration (FDA)
• United States Public Health Service Commissioned Corps Student Opportunities and Training
• World Federation of Public Health Associations (WFPHA)

Journals
• Super Helpful Global Health Journal List with Descriptions!
• American Journal of Public Health
• Bulletin of the World Health Organization
• CDC Morbidity and Mortality Weekly Report
• Health Affairs
• Health Education and Behavior
• Journal of Epidemiology & Community Health
• Journal of Health and Social Behavior
• The Lancet Public Health
• The Nation's Health: APHA Newspaper
## Articles

- Beaglehole, R., & Bonita, R. (2010). What is global health? *Global Health Action, 3*, 10.3402/gha.v3i0.5142. [http://doi.org/10.3402/gha.v3i0.5142](http://doi.org/10.3402/gha.v3i0.5142)

## Books

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