

# What does a public health worker do?



<https://youtu.be/ig2cnOLFBR4>

# Objectives

- Understand the role of public health in our lives
- Describe the differences in federal, state, and local efforts
- Learn about public health professions

# Values

Public health workers provide services that protect & promote health of all people in all communities. They work to promote equitable policies & provide access to health services so that people can improve their health and well-being.



# Health Equity means:

- Opportunities to pursue one's health potential without barriers
- Access to healthcare services
- Working to eliminate health disparities that can come from barriers such as income, race, location, etc.

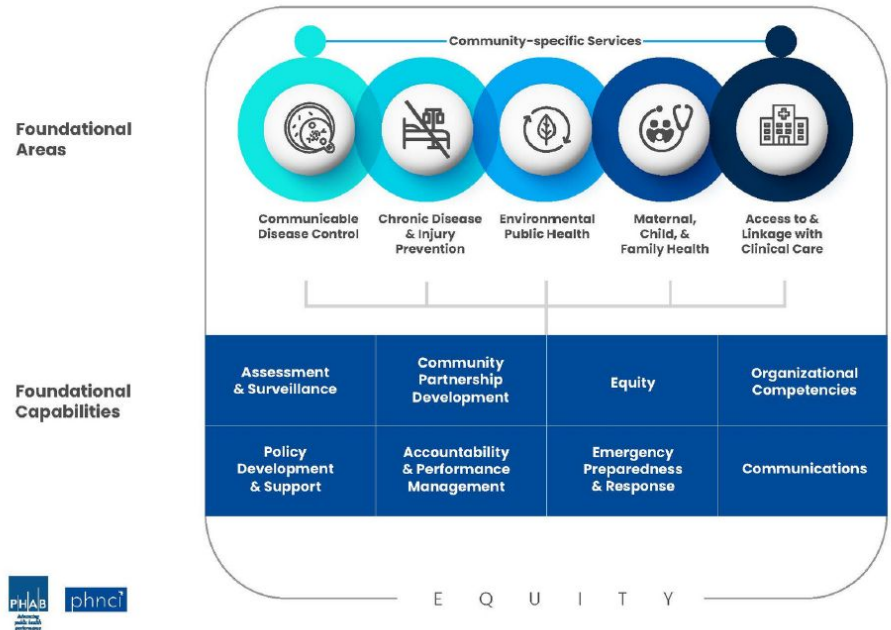
# Foundational Services

Health Departments have a fundamental responsibility to provide public health protections and services in the areas below. Each community has different needs, health department workers study these needs to develop programs, monitor the situation, and provide interventions that are specific to that area.

- Preventing the spread of infectious disease
- Improve access to health care services
- Ensuring food, air, & water are safe
- Prevent chronic (long-term) disease
- Support mothers & babies
- Prevent injury

# Foundational Public Health Services

The Foundational Public Health Services framework outlines the unique responsibilities of governmental public health and defines a minimum set of foundational capabilities and foundational areas that must be available in every community.



Public Health is  
a function of  
our government





# Federal Level

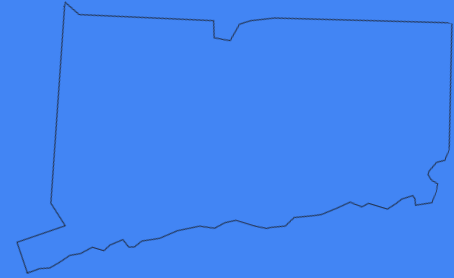
The Department of Health and Human Services is a function of the executive branch of the federal government. Some things they do to protect health include:

1. Funding and conducting research
2. Enforcing laws
3. Creating policies and guidelines
4. Monitoring the health of the nation
5. Provide evidenced-based information for eating well, exercising, routine health screenings, and vaccines
6. Oversee health coverage through insurance and specialized programs



Source: <https://www.hhs.gov/about/index.html>

# State Level



State and territory departments of public health take direction and guidance from the Department of Health and Human Services and their sub-agencies (for example: Centers for Disease Control & Prevention, CDC).

They are often referred to as DPH and provide support to local health departments in towns and counties. An appointed commissioner oversees the state department of public health.

CT DPH provides many programs & services such as:

- Vital statistics
- Surveillance & monitoring infectious diseases (Lyme disease, Covid, Flu virus)
- “Commit to Quit” anti-smoking/vaping campaign & services
- Providing health education
- Enforcing licensing regulations for health workers and facilities
- Laboratory testing

# Local Level

In CT there are 61 local health departments & 20 regional districts. They may serve a single town or a group of connecting towns. Each department has a Director of Health that oversees the operations and works in partnership with the state DPH in Hartford.

Depending on the needs of the community, health departments can offer a variety of services to residents.



# Local Level

Your local municipal health department provides:

- Vaccination clinics
- Health education programs & materials
- Health inspections of restaurants, salons, and sewage systems
- Environmental health services (radon, lead, asbestos)
- Opportunities to volunteer in case of an emergency

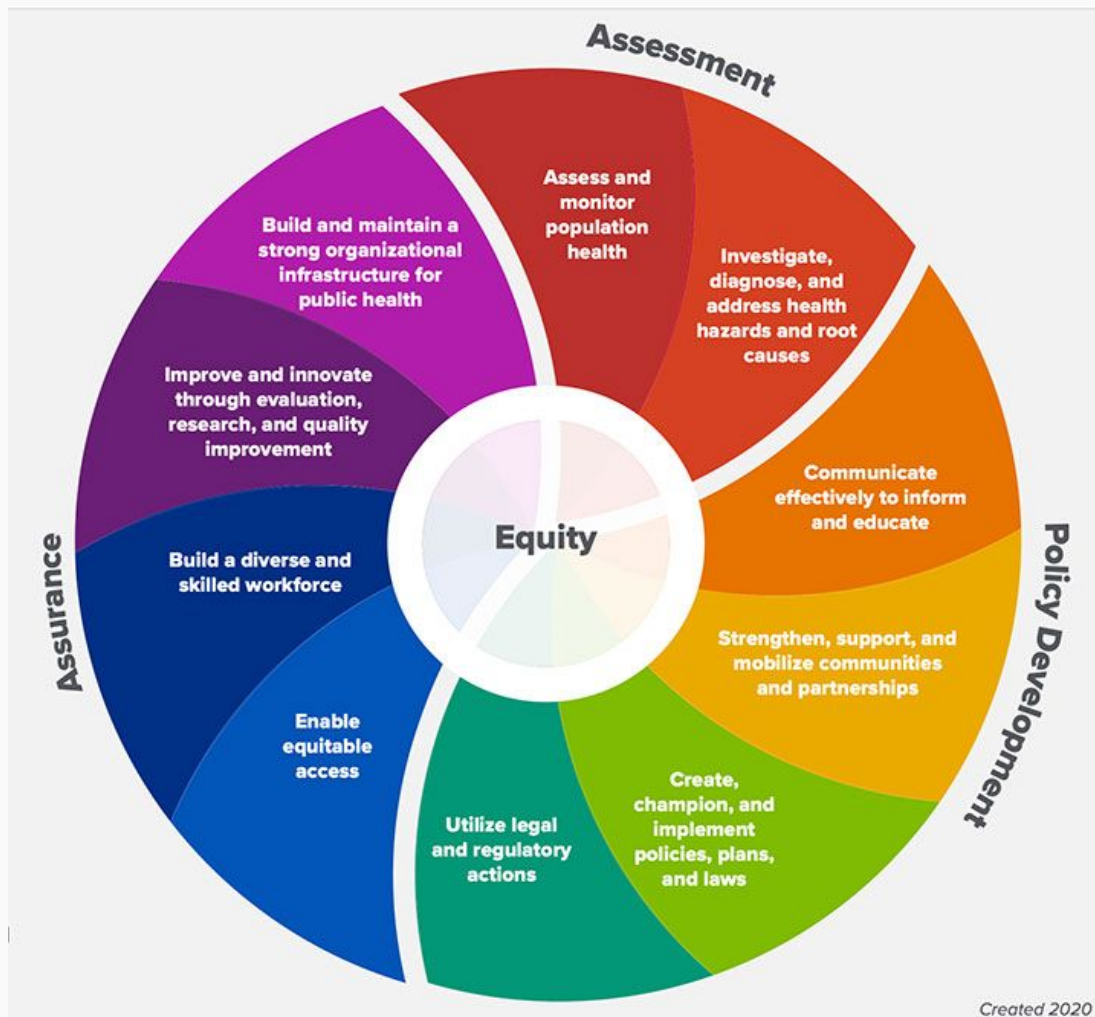
Tribal Health Services serve the sovereign lands of the Mashantucket Pequot and the Mohegan Tribal Nations. They work with the federal government's Indian Health Services to provide services to their Native American populations. Services focus on health in a culturally relevant manner.

# 10 Essential Services

Health departments use the 10 Essential Services as a framework to provide services mandated by law. They are intended to protect & promote the health of all people in all communities.

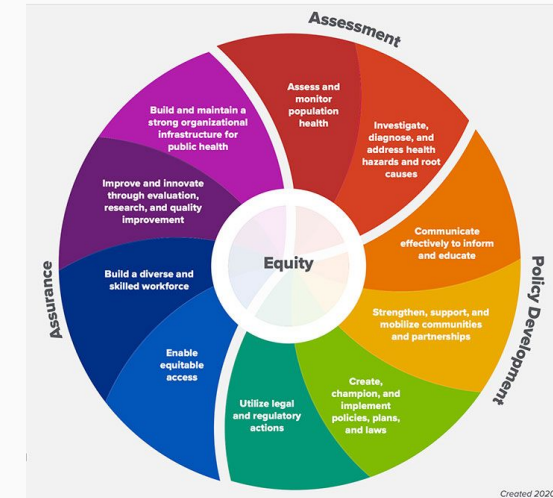
Each service has related, but different responsibilities to ensure community well-being.

Equity is at the core of each service.



# 10 Essential Services

1. Assess and monitor population health.
2. Investigate, diagnose and address health hazards and root causes.
3. Communicate effectively to inform and educate.
4. Strengthen, support and mobilize communities and partnerships.
5. Create, champion and implement policies, plans and laws.
6. Utilize legal and regulatory actions.
7. Enable equitable access.
8. Build a diverse and skilled workforce.
9. Improve and innovate through evaluation, research and quality improvement.
10. Build and maintain a strong organizational infrastructure for public health.



# Careers

## Federal

<https://www.hhs.gov/careers/>

## Connecticut State Department of Public Health

<https://portal.ct.gov/DPH/Human-Resources/Career-Opportunities>

## College Internships at CT DPH

<https://portal.ct.gov/DPH/Workforce-Professional-Development/WPD-Home/Student-Internships>

## National Association of County and City Health Officials (NACCHO)

<https://www.naccho.org/>

## Connecticut Public Health Association

<https://www.cpha.info/page/Openings>

## American Public Health Association

<https://www.apha.org/Professional-Development/Public-Health-CareerMart>

# Additional Resources

<https://www.cdc.gov/publichealthgateway/professional/index.html>

<https://www.publichealthonline.org/careers/>

<https://www.train.org/connecticut/welcome>

<https://www.apha.org/What-is-Public-Health/Generation-Public-Health>

<https://phnci.org/>

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