

Currently, the University of Utah does not offer a bachelor's degree in public health. I understand that a public health degree is being considered for the future. Though a degree path in the future would not benefit me as it would be far too late for me to declare my major, the proposal for such a degree does highlight the relevance of the university studies pathway I propose in public health.

Public health is a highly specialized activity, focusing primarily on health promotion, global health, cultural education, and a vast knowledge of various health topics. Without specialized studies pointed at these things, I will be at a competitive disadvantage compared to peers that graduate from universities that currently offer public health degrees. I plan to take many courses in the Public Health program if the degree is made available before I graduate. Until that time, I will take courses that I feel will direct my studies in the same way that a world-class degree program would. As outlined below, I will take courses specific to degree paths in Health Promotion and Education, Family and Preventative Medicine, Anthropology and Social Studies. Though the individual courses are relevant to public health, none of those majors, overall, is helpful to accumulating the specific knowledge and foundation I need to succeed in public health.

I plan to promote global health on an international basis after graduation. I believe that spending time abroad is vital to my public health education. Therefore, as part of my university studies plan, I will spend the upcoming summer at the University's center in Ghana. The course offerings there are limited. Those courses, along with the overall experience, track nicely with the University Studies plan that I outline below, not with any other major.

My thesis will focus on using community-based engagement to promote preventive health on a global scale. Public health professionals in the United States are currently trying to put more focus on prevention rather than response. I believe that the best way to relieve people from disease is to intercept illness before it has a chance to affect them. "Investing wisely in both clinical and community preventive services is essential if we are to successfully address the leading causes of death and disability, namely, chronic diseases and their risk factors" ("The Value of Prevention"). I will spend the summer of 2016 in Ghana, researching the effect of health-based action when it comes from within the community. I am finalizing my thesis project with Dr. Steve Alder.

"The Value of Prevention." *Health Policy* 5.1 (1985): 91-92. *Prevent.org*. The Partnership to Fight Chronic Disease. Web. 2 Jan. 2016.

The courses I will take to fulfill a University Studies degree with an emphasis in public health are detailed on the attached table.

| Major Courses | | | | |
|---------------|---------------|---|--|--------------|
| Code | Course Number | Course Title | Department | Credit Hours |
| + | ANTH 1010 | Culture and Human Experience | Anthropology | 3 |
| + | ANTH 1050 | Evolution of Human Nature | Anthropology | 3 |
| + | H EDU 1010 | Healthy Lifestyles | Health Promotion and Education | 3 |
| + | H EDU 3050 | Community Health Issues | Health Promotion and Education | 3 |
| + | SOC 3112 | Social Statistics | Social Studies | 4 |
| | H EDU 4350 | Personal Resiliency | Health Promotion and Education | 3 |
| | BIOL 2420 | Physiology | Biology | 4 |
| | NUTR 1020 | Nutrition and Health | Nutrition | 3 |
| | PBHLT 3400 | Public Health Administration and Policy | Public Health | 3 |
| | PUBH 3500 | Program Management in Public Health | Public Health | 3 |
| | PBHLT 3700 | Environmental Public Health | Public Health | 3 |
| | FP MD 5530 | Global Health | Family and Preventative Medicine | 3 |
| | FP MD 6300 | Epidemiology | Family and Preventative Medicine | 4 |
| | PUBH 3550 | Public Health Program Evaluation | Public Health | 3 |
| | PUBH 4500 | Public Health Writing | Public Health | 3 |
| | PBHLT 4250 | Theories of Behavior Change | Public Health | 3 |
| | PUBH 4960 | Public Health Internship | Public Health | 6 |
| | PUBH 4900 | Public Health Capstone | Public Health | 3 |
| + | SOC 3381 | Inequality Through Music and Film | Social Studies Sociology | 3 |
| ip | FP MD 6950 | Readings Public Health | Family and Preventative Medicine | 1 |
| ip | PED 5510 | Prep for Global Health | Pediatrics | 1 |
| | | | | Total: 65 |
| | | | | +4000: 24 |