FEARLESS IDEAS THAT PROMOTE HEALTH FOR ALL
Public health strives to protect and promote the health of individuals, families, communities, and populations, locally and globally. Public health professionals work collaboratively with communities where they live, learn, work, play and pray through innovation, investigation, education and service.

People who work in the fields of public health are helping to solve the world’s most pressing health problems and saving lives everyday.

“Health care matters to all of us some of the time. Public health matters to all of us all of the time.”

—C. Everett Koop, MD
13th Surgeon General of the United States
Mary Jung
BS ’11, MPH ’13, PhD candidate in epidemiology

“I knew the UMD School of Public Health would equip me with the knowledge and tools to help me grow personally and professionally to become an epidemiologist. The SPH offers so many opportunities for collaboration across departments, as well as across schools and colleges at the university.”
UMD SCHOOL OF PUBLIC HEALTH
AT A GLANCE

Founded in 2007
Accredited by the Council on Education for Public Health since 2010
Less than 8 miles from Washington, D.C., which provides our students with unparalleled access to unique research, internship and professional development opportunities

Ranked 22nd among all Schools of Public Health in 2015 by U.S. News and World Report

More than:

› 25 degrees and academic programs
› 2300 undergraduate students
› 250 graduate students
› 50% of our undergraduate majors and nearly 40% of our graduate students are members of racial/ethnic minority groups
› 160 faculty members and 40 staff
ACADEMIC DEPARTMENTS AND PROGRAMS

**Behavioral and Community Health**
- studies the cultural and behavioral factors that influence health in order to develop innovative methods for prevention and treatment.
- Degrees:
  - Bachelor of Science (BS), Community Health
  - Master of Public Health (MPH), Behavioral and Community Health
  - Doctor of Philosophy (PhD), Behavioral and Community Health

**Epidemiology and Biostatistics**
- uses epidemiologic and biostatistical methods to study disease occurrence, prevention, and control, with emphasis on multiple health outcomes including cardiovascular disease, obesity, HIV/STIs, and cancer.
- Degrees:
  - MPH, Epidemiology
  - MPH, Biostatistics
  - PhD, Epidemiology

**Family Science**
- advances the concept of family well-being as the foundation for a healthy society by exploring issues such as parenting and couple relationships, poverty, domestic violence, maternal and child health, mental health, disparities, family and health policy and family finance.
- Degrees:
  - BS, Family Science
  - MS, Couple and Family Therapy
  - PhD, Maternal and Child Health
  - PhD, Family Science

**Kinesiology**
- focuses on the interdisciplinary study of physical activity (ranging from biological to social perspectives), including activities of daily living, exercise and sport, and their complex role in human health.
- Degrees:
  - BS, Kinesiology
  - Master of Arts (MA), Kinesiology
  - MPH, Physical Activity
  - PhD, Kinesiology

**Health Services Administration**
- focuses on eliminating disparities in access to health care, improving its delivery and management, creating effective health services policy and financing for public health services delivery, and providing services where they are needed most.
- Degrees:
  - Master of Health Administration (MHA)
  - MPH, Health Policy Analysis and Evaluation
  - MPH, Public Health Practice and Policy
  - MPH, Health Equity
  - PhD, Health Services
  - Certificate in Principles of Public Health
  - Certificate in Gerontology

**Maryland Institute for Applied Environmental Health**
- seeks to better understand the role of environmental factors on human health and to inform public health interventions through both policy changes and community engagement.
- Degrees:
  - MPH, Environmental Health Sciences
  - PhD, Toxicology and Environmental Health
  - Certificate in Global Health

**Public Health Science Program**
- provides students interested in careers in health professions with interdisciplinary training essential to recognizing and addressing public health issues at the state, national and global levels.
- Degrees:
  - BS, Public Health Science, College Park (a four year degree program)
  - BS, Public Health Science, Shady Grove (for third- and fourth-year undergraduate students)
FACULTY AND STUDENTS in the University of Maryland School of Public Health are leading research aimed at understanding and enhancing health and well-being across the lifespan. With a strong emphasis on promoting health equity and justice, our studies span from the cellular to the societal level. Many of our research programs engage communities as active partners and participants and are focused on translating research findings into policies and practices that will have a direct impact on community, family and individual health.

Among our many research initiatives, we are home to the Herschel S. Horowitz Center for Health Literacy, the nation’s first academic center devoted to health literacy; the Center on Young Adult Health and Development, a leading NIH-funded center focused on understanding health risk behaviors among young adults; the Maryland Center for Health Equity, an NIH Center of Excellence on Race, Ethnicity and Health Disparities Research; and the University of Maryland Prevention Research Center, which focuses on disease prevention and health promotion in underserved communities. We also are home to one of the nation’s 14 Tobacco Centers of Regulatory Science (UMD TCORS), which is a federally-funded program that is providing the critical science base needed for the Food and Drug Administration to effectively regulate tobacco and protect public health.

REGULATING TOBACCO AND REDUCING RISK

“Tobacco companies manipulate products to make them more appealing and are always changing formulations,” explains Research Professor Pamela I. Clark (Behavioral and Community Health), director of the UMD Tobacco Center of Regulatory Science. “That is why we are testing a myriad of tobacco products and measuring neurocognitive function and addiction response when a person consumes them. We want to establish what characteristics of products are likely to make someone want to consume them more, impact a person’s ability to quit, and possibly increase the likelihood that a person would start using them again after quitting. With this information, we can make recommendations that can reduce the toll of tobacco-related disease, disability and death.”
In the past three decades, the percentage of Americans with asthma has more than doubled, and climate change is putting these individuals and many other vulnerable populations at greater risk of illness and premature death. Associate Professor Amir Sapkota (Maryland Institute for Applied Environmental Health) is investigating how long-term global warming, extreme heat events and longer allergy seasons are impacting respiratory problems, including asthma, hay fever and chronic bronchitis. His research has also shown that extreme heat and precipitation is contributing to outbreaks of salmonella in coastal communities in Maryland. These studies will help communities, public health practitioners and policy makers to prepare for and respond to climate change-associated health effects.

Physical activity has the potential to preserve brain health and delay cognitive decline as we age. Research by Associate Professor J. Carson Smith (Kinesiology), has shown that exercise interventions in older adults can improve the efficiency of brain function during memory retrieval and prevent shrinkage of the hippocampus, the brain region responsible for memory and spatial orientation that is attacked first in Alzheimer’s disease. His team also found that the brain-protective effects of exercise are stronger in those who carry a genetic risk for Alzheimer’s disease.

SPH experts, including Professor Hongjie Liu (Epidemiology and Biostatistics), Assistant Professor Typhanye P. Dyer (Epidemiology and Biostatistics), Professor Brad Boekeloo (Behavioral and Community Health), and Assistant Professor Mona Mittal (Family Science), are exploring how social and sexual networks influence safe sex behaviors, HIV/AIDS disparities and barriers to HIV care and helping to shape effective HIV prevention and treatment activities.

PROTECTING AGAINST ALZHEIMER’S AND COGNITIVE DECLINE

PREVENTING HIV/AIDS THROUGH SOCIAL AND BEHAVIORAL INTERVENTIONS

UNDERSTANDING CLIMATE CHANGE’S IMPACT ON HEALTH
UNPARALLELED ACCESS TO UNIQUE RESEARCH AND INTERNSHIP OPPORTUNITIES

The University of Maryland’s location inside the Capital Beltway, just minutes from the heart of the nation’s capital, provides unique internship, research and other professional opportunities for students. In addition to our ties with federal health agencies, we also have strong relationships with leading private research organizations, the state and county health departments, and local, national and international non-governmental organizations. We are just a half hour from Annapolis, the state capital, which provides students interested in influencing health policy with opportunities to witness and engage in the legislative process, and less than an hour from Baltimore, home to the Maryland Department of Health and Mental Hygiene and the University of Maryland, Baltimore, with whom we partner to promote public health among Maryland’s diverse populations.

Charles Hillman  
Ph.D ‘00, Kinesiology  
Professor, Department of Kinesiology & Community Health, University of Illinois

At UMD, I learned how to conduct cutting-edge research on the relationship of aerobic fitness to brain function and cognition with mentorship by some of the best scholars in the field of kinesiology. I also gained valuable experience in other areas of academia, including teaching, mentorship, and service.

Amanda Hemmer,  
MHA ’15, Health Services Administration  
Department of Health Services Administration  
Fulbright Scholar, US Department of State

Hands-on work experience has no substitute. My hospital internship at the NIH Clinical Center gave me critical insight to better understand the patient experience through the lens of patient advocacy. It also prepped me for my Fulbright year in Denmark where I will be researching hospital finance and health system reform in Copenhagen.
Meleah Boyle, MPH ’14, Environmental Health Sciences
Project Manager, Testable Exposome Signatures of Influenza Threats
University of Maryland School of Public Health
Maryland Institute for Applied Environmental Health
My MPH internship with the Maryland Department of Health and Mental Hygiene and my thesis research on the public health effects of fracking was an invaluable experience that allowed me to use skills gained in the classroom to address an important issue facing the state of Maryland.

Sonja Williams, MPH ’09, Epidemiology
Health Scientist, Centers for Disease Control and Prevention’s National Center for Health Statistics
For my MPH internship experience with the Center for Health Equity and Wellness at Adventist HealthCare, I helped develop a training curriculum for the collection of race, ethnicity and language information for hospital registrars. This experience helped solidify my desire to work with health care data because I was able to see firsthand how collecting data in a health care setting can help patient outcomes.

Blair Coleman PhD ’15, Behavioral and Community Health
Behavioral Epidemiologist at FDA’s Center for Tobacco Products
As a doctoral student, I worked with Dr. Pamela I. Clark on several research studies relating to novel tobacco products, such as e-cigarettes. My assistantship provided me with practical experience working in a laboratory setting, gave me the opportunity to work with a multidisciplinary team to investigate issues critical to public health, and helped foster my career goals to conduct policy-relevant tobacco research—which I am fortunate to be doing in my current position at the FDA’s Center for Tobacco Products.

Damian Waters, PhD ’15, Family Science, MS ’09, Couple and Family Therapy
Stakeholder Engagement Core Liaison, Children’s National Medical Center
Marriage and Family Therapist, Sonja Williams & Associates, LLC
As a doctoral student, I worked with Dr. Kevin Roy, a leading expert on fatherhood research, on projects focused on how to support African-American, low-income, and adolescent fathers. I gained experience in building relationships with communities, recruiting study participants, conducting interviews, and analyzing data through this and through my work with the Children’s National Medical Center Generations Program as a Fatherhood Services Coordinator.
BEING AT THE University of Maryland, one of the nation’s top-ranked research universities, provides opportunities for our public health students and faculty members to strategically partner with leading experts in diverse fields such as engineering, arts and humanities, agriculture and natural resources, business and public policy, among others.

The University of Maryland believes in the power of fearless ideas to change our world. Those in the public health field know that the world’s most pressing health problems demand innovative, interdisciplinary and often unexpected solutions.

Here are some examples of how our faculty and students are partnering on projects that fearlessly and creatively advance a better state of health in Maryland and beyond:

IMPROVING HUMAN PERFORMANCE AND PROMOTING HEALTH ACROSS THE LIFE SPAN

The Department of Kinesiology will help shape the research and educational programs of the Center for Sports Medicine, Health and Human Performance, a new University of Maryland partnership that will focus on health promotion, human performance and sports medicine. With a planned 23,000 square feet of research and clinical space, students will have the opportunity to conduct cutting edge research, do internships working with people across the age span, and learn from the best research, clinical and practice faculties. Department of Kinesiology experts in biomechanics and exercise physiology, including Professors Brad Hatfield and James Hagberg, Instructor Rosemary Lindle, Assistant Professor Ross Miller, and Associate Professor Jae Kun Shim, will partner with others in the A. James Clark School of Engineering, College of Agriculture and Natural Resources, Department of Intercollegiate Athletics and the University of Maryland School of Medicine in Baltimore to push the boundaries of human physiology.
DEVELOPING QUICK DETECTION OF INFLUENZA THREATS

Professor Donald Milton (Maryland Institute for Applied Environmental Health) is leading a project to develop methods for quick detection of targeted “biomarkers” associated with lab workers secretly working to modify flu viruses for nefarious purposes. His research team, which includes experts from both the University of Maryland, College Park and the University of Maryland, Baltimore campuses, will develop new ways to identify environmental exposures (known as the “exposome”) by collecting and testing skin, exhaled air, and hair through non-invasive methods. Funded by IARPA (Intelligence Advanced Research Projects Activity), which is part of the Office of the Director of National Intelligence, the research may not only advance our ability to root out bioterror threats, but could also enable new methods to detect and treat a variety of diseases.

PREVENTING CANCER WHERE WE PLAY AND PRAY

African Americans have the highest rates of colorectal cancer and are the most likely to die from the disease, and SPH researchers are working to change this by delivering health education in a culturally relevant way through interventions in churches and barbershops. The Maryland Center for Health Equity’s (M-CHE) HAIR (Health Advocates in Reach and Research) project, run by Professor Stephen Thomas (Health Services Administration), M-CHE director, and Assistant Professor Mary Garza (Behavioral and Community Health), M-CHE associate director, is mobilizing barbershops and beauty salons as venues for delivery of health promotion and disease prevention services designed to eliminate health disparities. Project partners include the CIGNA Foundation, which is funding the project and broadening its impact, and the university’s Clarice Smith Performing Arts Center, which has engaged students to interview barbers and customers and to present their stories about health, tradition and community in a multimedia art installation.

The CHAMP Health project, led by Associate Professor Cheryl Holt (Behavioral and Community Health), works with faith-based communities to encourage early detection of breast, prostate, and colorectal cancer screening through community health advisors that use scripture and spiritual messages as a motivator for behavior change among church-goers. Funders include the National Cancer Institute, the American Cancer Society and the Centers for Disease Control and Prevention and project partners include the University of Maryland Greenebaum Cancer Center in Baltimore.
Students gain hands-on experience conducting research, providing service and education, and partnering with local and global communities to develop and implement health campaigns. Some examples of student experiences include:

**PROMOTING HEALTH LITERACY IN CAPITOL HEIGHTS, MD.**

Ayma Rouhani  
*MPH student, Behavioral and Community Health*

“For the Capitol Heights health literacy campaign, we collected data to understand the needs of the community – their health interests and challenges, where they get information about health and how they use health care. I helped convene a steering committee of community residents every month, which included church leaders, community health advocates, and representatives from local businesses and community organizations. With their input, I developed a health literacy curriculum and advocate kit. We trained interns and community health workers at the Prince George’s County Health Department, as well as the Capitol Heights Police and Fire Departments. The idea is that these advocates will train others on health literacy and help to empower residents to be informed patients."

**REACHING GLOBAL COMMUNITIES: PUBLIC HEALTH WITHOUT BORDERS**

Rianna Murray  
*PhD candidate, Toxicology and Environmental Health*

“I traveled to Sierra Leone with a team of fellow students and professors to work with a rural community in that country. We conducted community health needs assessments, taught adults in the community how to make oral rehydration therapy solutions and taught basic health principles such as hand washing and oral hygiene to children. This was a defining experience in my path of study, because it allowed me to translate the public health principles I learned in the classroom, and to see how public health in action can make a difference in the real world. I also learned so much from the community that we went to help, and left feeling enriched and renewed to continue my studies and career in public health."

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AUTHENTIC COMMUNITY CONNECTIONS, HANDS-ON EXPERIENCES
PROVIDING NEEDED HEALTH SERVICES THROUGH THE MISSION OF MERCY

Kester Williams
PhD student, Health Services Administration

“It was exhilarating to be a part of the Mission of Mercy and Health Equity Festival organized by the Maryland Center for Health Equity and the Catholic Charities of the Archdiocese of Washington. It was an opportunity to be at the center of health service delivery and a humbling experience to serve the community through providing free dental care and other preventive health services. I played a major role in coordinating media relations and participation of distinguished guests such as local, state, and federal legislators and leaders. If you want to experience community-engaged research addressing health disparities hands-on, UMD’s School of Public Health is the place for you. I learned a tremendous amount about oral health disparities and this energized me to explore opportunities to mobilize diverse alliances to fix our nation’s dental health crisis.”

More than 1200 patients were served during the two-day 2014 Mission of Mercy event at the University of Maryland and more than 1000 volunteers were on hand to provide $1.5M in free dental services.

BUILDING HEALTHY FAMILIES AND HEALTHY COMMUNITIES

John Hart
MS ('12), Couple and Family Therapy, PhD candidate, Family Science

“At the Center for Healthy Families, graduate students and faculty from the Couple and Family Therapy program provide clinical and educational services to residents of the surrounding communities. The Center serves approximately 500 area couples and families each year. I was able to learn many important skills such as managing interpersonal relationships, developing effective communication, engaging in analytical thinking, and building empathy. These skills have transferred over to the work I have been involved in with the Maryland Center for Health Equity for the last three years with the Black Men’s Health project in local barbershops. I have conducted health history interviews with barbershop patrons and used my skills as a therapist to show empathy and allow these men to open up about their experiences without the fear of being judged.”
DIVERSITY AND INCLUSION are at the heart of public health. At the University of Maryland School of Public Health, our student body represents diversity across so many dimensions—race, ethnicity, country of origin, religion, sexual orientation, socioeconomic background and more. We are proud to be a school that embraces students who are the first in their family to go to college, veterans who have served our country, and students who bring their experience as working professionals to their academic programs. A recent incoming class represented 22 countries, bringing to life issues important to the health of our global society. We are also proud that the school is recognized for graduation rates of our underrepresented minority students at both the undergraduate and graduate levels. We have always welcomed students who need to balance work and their academic pursuits, and foster their ability to creatively adapt our programs to their needs.

The school’s commitment to health equity, diversity and inclusion is also evident in our concerted and successful efforts to recruit underrepresented minority faculty. More than 50% of our recently recruited tenure track faculty are non-White, and more than 30% are Black/African-American. The SPH’s Diversity Council, composed of faculty, staff and students, is actively engaged in a number of initiatives to foster an inclusive community. The school’s faculty, graduate students, and units have been repeatedly recognized for their campus diversity initiatives.

Grounded in our mission to promote and protect the health and well-being of the diverse communities of Maryland, and guided by values such as social justice, diversity and inclusion, the elimination of health disparities, social and public health responsibility, and ethics, the school is committed to addressing health inequities in the state of Maryland and beyond. We believe that excellent students who represent the diverse communities of Maryland, the United States, and the world enable us to successfully work with communities to improve public health across the globe.
JOIN THE UMD SCHOOL OF PUBLIC HEALTH TO LAUNCH FEARLESS IDEAS THAT PROMOTE HEALTH FOR ALL

PREPARING TO APPLY:
1. Research the department and program of interest (sph.umd.edu/admissions).
2. Contact the program director with specific questions or concerns (visit sph.umd.edu/grad directors).
4. Ready, Set, Apply.
5. Applications to all graduate programs except the MA and PhD in Kinesiology, MS in Couple and Family Therapy, PhD in Family Science, the Certificate in Global Health and Certificate in Gerontology at the University of Maryland School of Public Health are processed through the Schools of Public Health Application System (SOPHAS- http://www.sophas.org/).
6. Non-SOPHAS programs must be submitted directly through the University of Maryland Graduate Application Portal (gradschool.umd.edu/admissions).

STEP 1.
SOPHAS APPLICATION
• Follow the SOPHAS application instructions to complete your application online.
• Submit your official transcripts and test scores to SOPHAS.
• Pay SOPHAS application fee.
• Allow up to four weeks for your application to be processed, verified, and electronically delivered to the University of Maryland Graduate School.

STEP 2.
UNIVERSITY OF MARYLAND SUPPLEMENTAL APPLICATION
• Upon verification and delivery of your SOPHAS application, you will receive an email invitation to submit your UMD supplemental application.
• Complete UMD Graduate School supplemental application.
• Pay the UMD Graduate School application fee.
• Maintain communication with your graduate director throughout the application process.
• Congratulations! Your application is now ready for review by the graduate admissions team.