

**San Francisco State
University**

Department of Public
Health



Prospective Student Information Session

For Fall 2025 Admission to the

Master of Public Health Program in Community Health Education

Agenda

1. Intro and Program overview
2. What can you do with an MPH?
3. Program Curriculum & Faculty
4. Admissions Process
5. Cost Breakdown
6. Q&A



***The mission of the SF State
Department of Public Health is...***

to promote health at the individual, community, and structural levels through transformative education, research, scholarship and service, all of which value diversity, engage communities, and are grounded in cultural humility.

SF State MPH Program: Overview

- Program founded in 1998 (Before 1998, an MS in Health Sciences was offered).
- 43-unit degree can be completed in five semesters, including a required summer semester between the first and second years.
- Hybrid program to accommodate working professionals
 - One on campus day per week
 - Evening Zoom classes



SF State MPH: Program Highlights

- Curriculum: Introduce, Reinforce, Practice, Master
- Integration of theory, research and practice
- Cohort learning community
- Commitment to social justice, advocacy and community-engaged research & practice through critical public health
- Intensive professional writing and oral presentation skills development & practice
- Faculty advisor assigned to each student



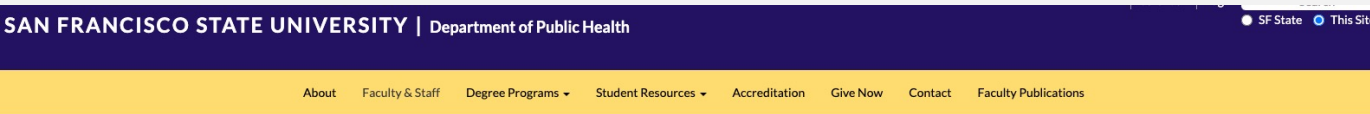
Program Coordinator Role

- Course sequencing and schedule options
- personal or situational issues impacting academic progress
- Programmatic or curricular questions, issues, or concerns a student might have



Website links to learn more about our faculty

[Faculty and Staff Page](#)



Faculty & Staff



Robert Allen
Lecturer Faculty

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Nancy Carmona
Assistant Professor

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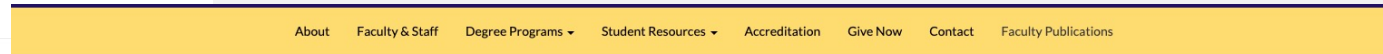
Vivian Chávez
Associate Professor

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[Faculty Publications Page](#)



Faculty Publications

Racial/ethnic disparities in childhood obesity: the role of school segregation

Authors: Mahmood, Nuha, MS; Sanchez-Vaznaugh, Emma, ScD; Matsuzaki, Mika, PhD; Sánchez, Brisa, PhD

Objective: Recent studies have observed that racial or ethnic adult health disparities revealed in national data dissipate in racially integrated communities, supporting the theory that "place, not race" shapes the nature and magnitude of racial/ethnic health disparities. We test this theory among children.

Methods: In 2020, we estimated racial/ethnic childhood obesity disparities within integrated schools and between segregated schools, using statewide cross-sectional data collected in 2019 on 5th, 7th, and 9th grade students from California public schools.

Results: School segregation accounted for a large part of the obesity disparities between White children and children of color (Latinos, Blacks and Filipinos). In racially integrated schools, obesity disparities were much smaller than those in state-wide data, whereas racial or ethnic childhood obesity disparities were larger when comparing children in majority White schools to those attending schools with majority enrollment of children of color, except for Asians, who generally had lower obesity rates than their White peers.

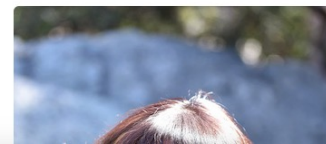
Conclusions: School-level racial segregation is a salient contributor to racial/ethnic childhood obesity disparities. Reducing obesity disparities may be particularly effective if place-level interventions target socioeconomically disadvantaged integrated schools and segregated schools attended primarily by children of color.



✉ [Emma et al 2022.pdf](#)

807.44 KB

For more of Emma Sanchez-Vaznaugh's work, check out her bibliography!



Sleep debt: the impact of weekday sleep deprivation on cardiovascular health in older women

Authors: Tomás Cabeza de Baca, Koharu Loulou Chayama, Susan Redline, Natalie Slopen, Fumika Matsushita, Aric A. Prather, David R. Williams, Julie E. Buring, Alan M. Zaslavsky and Michelle A. Albert

Study Objectives: Short sleep duration is associated with increased cardiovascular disease (CVD) risk. However, it is

What can you do with an MPH?



Public Health: What can I do with this degree?

Example job titles:

- Program development
- Disease Prevention
- Community Outreach
- Grant Writing
- Fundraising
- Volunteer Coordination
- Social Marketing
- Public Relations
- Teaching
- Assessment
- Research



Example Employers:

- Local, state, and federal government
- Nonprofit organizations
- Community mental health centers
- Local health departments
- Corporate wellness programs
- Fitness facilities
- Schools, Colleges and universities
- Hospitals
- Research and development firms
- International health agencies

SF State MPH Alumni: What are they doing now?

- Advocacy Director
- Associate Director
- Community Program Specialist/Planner
- Director of Wellness & Community Outreach
- Director of Curriculum & Faculty Development
- Director, Health Education Department
- Evaluation Consultant
- Executive Director
- Global Project Coordinator
- Lecturer
- Manager, Training & Workforce Development
- Program Coordinator
- Program Manager
- Program Officer
- Project Director
- Provider Relations Liaison
- Quality Improvement and Integration Coordinator
- Health Educator
- Research Associate I (Project Coordinator)
- Senior Director of Training & Consulting Services
- Senior Health Educator
- Senior Health Program Planner
- Senior Manager for Policy, Planning & Equity
- Senior Publications Coordinator
- Team Leader/Special Projects Coordinator
- Youth and Community Coordinator
- Resource Specialist

SF State MPH alumni: Who hires them?

- **Community-Based Organizations and Private Firms**
 - focused on public health through health education, policy, advocacy, research, social marketing and so forth
- **Educational/Research Institutions**
 - colleges, universities, school districts
- **Government Agencies**
 - city, county, state, federal, including depts. of public health
- **Hospitals, Medical Centers, Health Maintenance Organizations**
 - General Hospital, UCSF, CPMC, Kaiser, Health Net, and so forth
- **Independent Consulting**



SF State MPH alumni: Further education options

- Doctor of Dentistry (D.D.S or D.M.D)
- Doctor of Education (Ed.D.)
- Doctor of Medicine (M.D.)
- Doctor of Philosophy (in various health-related areas) (Ph.D.)
- Doctor of Public Health (Dr.P.H.)
- Doctor of Science (Sc.D.)
- Nursing (R.N., M.S.N, N.P.)
- Physician Assistant (P.A.)



MPH Curriculum



SF State MPH: Program Learning Outcomes

1. Apply critical lenses to understanding and solving public health problems at all levels of influence (e.g., personal, interpersonal, community, organizational, societal, and policy).
2. Employ innovative approaches to solving complex public health issues, including a variety of methods and creative uses of multiple data sources from diverse stakeholders.
3. Demonstrate professional leadership applying cultural humility and engaging with communities across diverse settings and sectors.

Guiding Principles

1. Council on Education for Public Health (CEPH)
2. National Commission for Health Education Credentialing
3. Our own department

I. Council on Education for Public Health (CEPH)

- [Council on Education for Public Health \(CEPH\)](#) accredited since 2003.
- [CEPH competencies](#) are scaffolded into our curriculum



2. Concentration in Community Health Education: 8 Areas of Responsibilities

- I. Assessment of needs and capacity
- II. Planning
- III. Implementation
- IV. Evaluation and Research
- V. Advocacy
- VI. Leadership and Management
- VII. Ethics and Professionalism

These serve as the basis of the Certified Health Education Specialist (CHES®) and Master Certified Health Education Specialist (MCHES®) exam beginning 2022



3. SF State Department of Public Health Competencies

Created by and unique to our MPH Program:

Promote health equity and cultural humility in public health practice.

1. Critical self-reflection and life-long learning
2. Recognizing and challenging power imbalances & developing mutually beneficial partnerships
3. Institutional accountability

(Refer to: Vivian Chávez: [Cultural Humility: People, Principles & Practices](#))



Coursework and Schedule

Coursework Schedule Overview

- HYBRID PROGRAM
- Overall, no classes start before 9:30AM or end after 8:00PM
- ONE in-person day per week (9:30-3:15 on campus)
- Remaining courses take place on Zoom during the evenings (5:00 or later start time)



Curriculum: 5-Semester Plan

PRE FALL 2025

Semester		Units	Units per Semester
Fall Year 1	<ul style="list-style-type: none"> • PH 810 Public Health & Principles of Community Organizing • PH 815 Theories of Social Behavioral Change in Community Health Education • PH 828 Biostatistics Lab • PH 829 Biostatistics & Public Health • PH 884 Seminar in Applied Community Health Education Research (Public Health Inquiry) 	3 3 3 1 3	13
Spring Year 1	<ul style="list-style-type: none"> • PH 820 Community Health Assessment • PH 825 Epidemiology • PH 835 Public Health Policy • Elective #1 	3 3 3 3	
Summer Year 1	<ul style="list-style-type: none"> • PH 821 Public Health Profession Practice • PH 855 Environmental Health 	3 1	
Fall Year 2	<ul style="list-style-type: none"> • PH 830 Health Education Planning, Management & Administration for Community Change • PH 845 Educational Processes, Training & Curricula in Public Health • Elective #2 	3 3 3	9
Spring Year 2	<ul style="list-style-type: none"> • PH 811 Community Health Education Professional Formation PH 840 • PH 840 Program Evaluation Design & Research • PH 890 Master of Public Health Culminating Experience Seminar 	1 3 3	7
	TOTAL UNITS		45

Exciting changes coming Fall 2025!!!

Summary of Changes

Semester	MPH Coursework	Units	Units per Semester
Fall Year 1	<ul style="list-style-type: none"> PH 810 Public Health & Principles of Community Organizing PH 815 Theories of Social Behavioral Change in Community Health Education PH 828 Biostatistics Lab PH 829 Biostatistics & Public Health PH 884 Seminar in Applied Community Health Education Research (Public Health Inquiry) 	3 3 3 1 3	13
Spring Year 1	<ul style="list-style-type: none"> PH 820 Community Health Assessment PH 825 Epidemiology PH 835 Public Health Policy Elective #1 	3 3 3 3	12
Summer Year 1	<ul style="list-style-type: none"> PH 821 Public Health Profession Practice PH 855 Environmental Health 	3 1	4
Fall Year 2	<ul style="list-style-type: none"> PH 830 Health Education Planning, Management & Administration for Community Change PH 845 Educational Processes, Training & Curricula in Public Health Elective #2 	3 3 3	9
Spring Year 2	<ul style="list-style-type: none"> PH 811 Community Health Education Professional Formation PH 840 PH 840 Program Evaluation Design & Research PH 890 Master of Public Health Culminating Experience Seminar 	1 3 3	7
	TOTAL UNITS		45

- Units reduced from 45 to 43
- Removed:
 - PH 810,
 - PH 840,
 - PH 811,
 - one elective

Summary of Changes

- Courses Added:
 - PH 800 (Intro to PH Systems)
 - PH 850 (Critical Leadership),
 - PH 650 (Special Topics in Public Health),
 - PH 855 (Environmental Health) increased to 3 units from 1 unit

Proposed Roadmap Beginning Fall 2025



SAN FRANCISCO
STATE UNIVERSITY



DEPARTMENT of
PUBLIC HEALTH

Master of Public Health 43 Units

in Community Health
Education

Year 1		Summer	Year 2	
Semester 1 PH 800 Intro to Public Health Systems 3 units PH 829 Biostatistics 3 units PH 828 Biostatistics Lab 1 unit PH 820 Public Health Assessment 3 units	Semester 2 PH 825 Epidemiology 3 units PH 830 Program Planning & Evaluation 3 units PH 815 Critical Theories in Public Health 3 units	Semester 3 PH 850 Critical Leadership in Public Health 3 units Elective*** 3 units	Semester 4 PH 821 Public Health Profession Practice 3 units PH 884 Public Health Inquiry 3 units PH 835 Public Health Policy 3 units	Semester 5 PH 890 Culminating Experience 3 units PH 855 Environmental Justice 3 units PH 650*** Public Health Special Topics 3 units

***Suggested sequence
PH 650 and elective can be taken anytime after semester 1

Culminating Experience

(PH 890)

- Opportunity to integrate, synthesize, apply and demonstrate mastery of the MPH competencies acquired in the program, utilizing lenses of equity, social justice, cultural humility, community, ecological model, and systems thinking.
- The professional products include a final research paper and an oral presentation.
- Occurs in the last semester of the program.



Culminating Experience Past Titles

- Caregiving during COVID-19: Mental health and resilience among Filipino home care workers during the coronavirus pandemic (2021)
- Preventing far-right extremist violence: A scoping review of public health and equity-informed prevention strategies (2021)
- Towards liberatory, humanizing and holistic health approaches for youth of color: A critical analysis on youth development (2019)
- Advancing environmental health equity: A critical analysis of environmental racism against Native American communities (2019)
- Queering public health data: Lessons from a queer feminist approach to critical data studies (2018)
- The violation of human rights: How fear created by U.S immigration enforcement programs impact immigrant health (2017)
- “You are so well spoken!” Analyzing the effects of micro-aggressions on the mental health of Black women (2017)



Admissions Criteria



Admission Criteria: Division of Graduate Studies Requirements

- Hold a baccalaureate degree from a regionally accredited institution, or shall have completed equivalent academic preparation as determined by the appropriate campus authority. Internationally Educated Students can view requirements by county.
- Be in good academic standing at the last college or university attended;
- Have a 3.0 GPA in their earned undergraduate degree or in the last 60 semester (90 quarter) units completed, or have earned a post-baccalaureate degree.
- Meet additional academic program requirements (see next slide).
- F-I and Internationally Educated Students must meet minimum English Proficiency Test Requirements.

Admission Criteria: MPH Program Requirements

- At least 3700 total hours (two years full-time equivalent) health-related work experience;
- Completed College Coursework in: CESD (cultural, ethnic, or social diversity), Statistics or Calculus, Composition, Social Science;
- College/post-college professional or academic writing sample;
- Personal Statement;
- 3 letters of recommendation;
- GRE is OPTIONAL.**



Personal Statement

Evidence of your fit with the SF State MPH program

An Effective Statement of Purpose:

- Reflects your personal, authentic voice
- Showcases your polished writing skills
- Demonstrates a thorough understanding of the mission and specific qualities of our SF State MPH Program



Letters of Recommendation

Three (3) letters of recommendation are required

- academic and/or professional references
- DO NOT have to be from faculty members at an academic institution
- However, if you have graduated within the last five years, at least one letter from a former professor is preferred.



Applying



Steps of the Application Process:

1. Attend an MPH Prospective Student Information Session
2. Review the Division of Graduate Studies: [TIPS to Cal State Apply](#)
3. Review the [MPH Admissions Webpage](#)
4. Self-reflection break!
5. **Complete application through Cal State Apply**
 1. For technical support and general application questions, please contact: [SF State Division of Graduate Studies](#)



After Submission is Complete

Notification of Admission Decision by the University (For Fall 2025)

- Complete applications received by January 15, 2025, will be eligible for early admission decisions (notifications will be emailed early March).
- Complete applications received by March 1, 2025 are eligible for regular admission decision (notification will be emailed by mid- May).
- Applications received after the regular admission deadline will be reviewed on a space available basis

**Note: Decision email notifications indicated are subject to change.*

Timeline of Application Process

Oct 1,
2024

Applications open

Jan 15,
2025

Early Admissions
deadline

March
1, 2025

Regular Admissions
deadline

March,
2025

Early Admissions
notifications sent

May,
2025

Regular Admissions
notifications sent



Admission Rates 2018-2024

(RECOMMENDED/REVIEWED)

Admit Year	Admission Rate
Fall 2018	59%
Fall 2019	52%
Fall 2020	50%
Fall 2021	45.5%
Fall 2023	48%
Fall 2024	65%

Cohort Sizes 2018-2024

Admit Year	Students Enrolled
Fall 2018	16
Fall 2019	22
Fall 2020	14
Fall 2021	11
Fall 2022	12
Fall 2023	13
Fall 2024	16

Cost Breakdown



SF State University Fees

Fall 2024 Semester Total Tuition and Campus Fees

For more information, please visit: [SF State Bursar's Office](#)

- CA resident, full-time graduate student (6.1 units or more): **\$4,687**
- CA resident, part-time graduate student (6 or fewer units): **\$3,091**
- Non-CA Residents/International: **\$420** per semester unit *in addition* to corresponding tuition/fees listed above for CA residents
- [Office of Financial Aid](#), [Division of Graduate Studies](#), and [Fellowships](#) websites have links to scholarships and resources. Office of Financial Aid has financial aid advisors available by phone daily.
- [List of PH Scholarships, Fellowships, Internships](#)



Total Program Cost

Length Of Program	2 Years (4 Semesters + summer)
Total Units	43 Units
Cost Per Semester	BASED ON FALL 2024: <ul style="list-style-type: none">• \$4,687.00 (6.1 Units or More) BASED ON SUMMER 2024: <ul style="list-style-type: none">• \$3,588.00 (6.1 Units or More)• \$2,082.00 (6 units of less)
Total Cost (Estimate)	<ul style="list-style-type: none">• Full Time x 4 semesters = \$18,748.00• Full Time summer x 1 semester = \$3,588• TOTAL = \$22,336.00

Reminders & Important Deadlines

- **Early Admissions Deadline:**
January 15, 2025 (Highly recommended)
- **Regular Admissions Deadline:**
March 1, 2024



Question & Answer 😊

Please submit any questions you may have in the Chat or unmute yourself!

