

Master of Public Health at
San Francisco State
University



Prospective Student Information Session

Please enter into the chat:

A. Name and current city of residence;

B. Undergraduate degree.

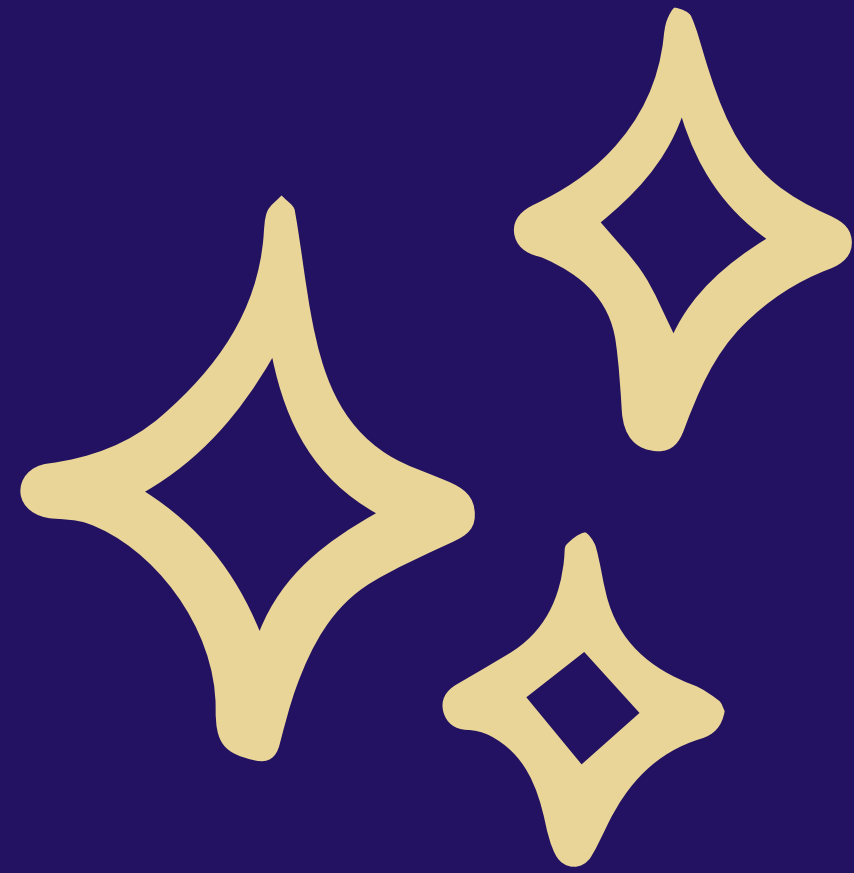
Agenda

- 01** Intro & Program Overview
- 02** Career Opportunities
- 03** Program Curriculum & Faculty
- 04** Admissions Process
- 05** Cost Breakdown
- 06** Q&A

Intro & Program Overview

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.**



Fun Facts

MPH founded in 1998



43 units over 4 semesters



Hybrid schedule



Cohort Learning Community

Program Highlights

- Curriculum pedagogy: *Introduce, Reinforce, Practice, Master*
- Courses integrate theory, research and practice
- Commitment to social justice
- Development of professional skills
- Faculty advisors

Faculty

Faculty & Staff Page

SAN FRANCISCO STATE UNIVERSITY | Department of Public Health

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Faculty & Staff



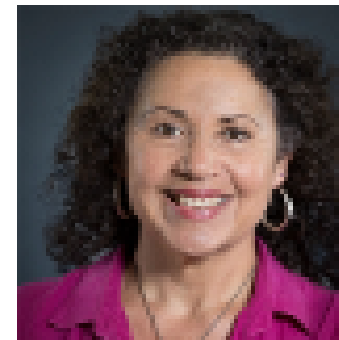
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Faculty Publications

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

Authors: Mahmood, Nuhra, MS; Sanchez-Ibanez, Emma, ScD; Motowacki, Milka, PhD; Sanchez, Gloria, PhD

Objective: Recent studies have observed that racial or ethnic adult health disparities revealed in national data did not exist 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 color-white 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.

Conclusion: School segregation is a critical contributor to racial/ethnic childhood obesity disparities. Reducing

[PDF Article](#) [This review interventions target socioeconomically disadvantaged families by children of color.](#)



[Emma et al 2022.pdf](#)

4/21/22

[Click here to check out her bibliography!](#)

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

Authors: Sonja Colquhoun, BSc, Katerina Loulou, Chryssa, Susan Redline, Natalie Slovic, Pamela Motowacki, Ark A. Pruthi, 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

Faculty Publications Page

What can
you do with
an MPH?

Example job titles



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

- 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

Example Employers





Or..... Further Education

- 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

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. Cultural Humility
-



Council on Education for Public Health (CEPH)

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

Cultural Humility

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 & Schedule

Schedule Overview

- Hybrid course schedule
- 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 on Zoom during the evenings (5:00 or later start time)

*In-person day is subject to change



**SAN FRANCISCO
STATE UNIVERSITY**

Master of Public Health

43 Units



DEPARTMENT of
PUBLIC HEALTH

Year 1

Semester 1

PH 800
Intro to Critical Public
Health & Systems
3 units

PH 829
Biostatistics
3 units

PH 828
Biostatistics Lab
1 unit

PH 820
Community Health
Assessment
3 units

Semester 2

PH 825
Epidemiology
3 units

PH 830
Planning, Evaluation &
Administration
3 units

PH 815
Critical Theories in
Public Health
3 units

Year 2

Semester 3

PH 821
Public Health
Profession Practice
3 units

PH 884
Public Health Inquiry
3 units

PH 835
Public Health Policy
3 units

Semester 4

PH 890
Culminating Experience
3 units

PH 855
Environmental
Health Justice
3 units

PH 850
Critical Leadership,
Management, & Negotiation
3 units

Non-Sequenced

Enroll Anytime After First Semester

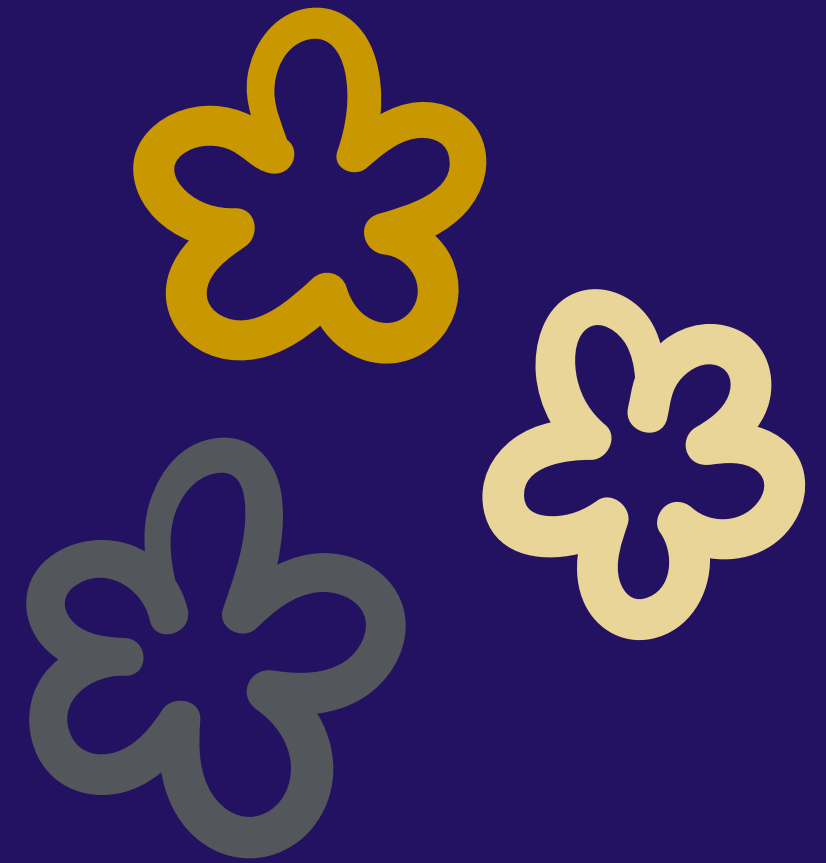
Elective
3 units

PH 650
Public Health
Special Topics
3 units

Culminating Experience

PH 890

- Last semester of program
- Consists of: research paper, oral presentation
- Topic of your choosing
- Supported by faculty advisor and course instructor
- Opportunity to synthesize & apply all MPH competencies



Past CE Titles

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

Admissions Criteria

Division of Grad Studies Requirements

1

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.

2

Be in good academic standing at the last college or university attended;

3

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.

4

Meet additional academic program requirements (see next slide).

5

F-1 and Internationally Educated Students must meet minimum English Proficiency Test Requirements.

MPH Department Requirements

1

Prerequisite Course Work:

Cultural/ethnic/social Diversity, Statistics/Calculus, Writing Composition, Social Science

2

College/post-college professional or academic writing sample;

3

Personal Statement

4

Three letters of recommendation

5

PREFERRED: At least 3700 total hours (two years full-time equivalent) health-related work experience;

Personal Statement



- 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
- Prompt on Cal State Apply

Letters of Recommendation

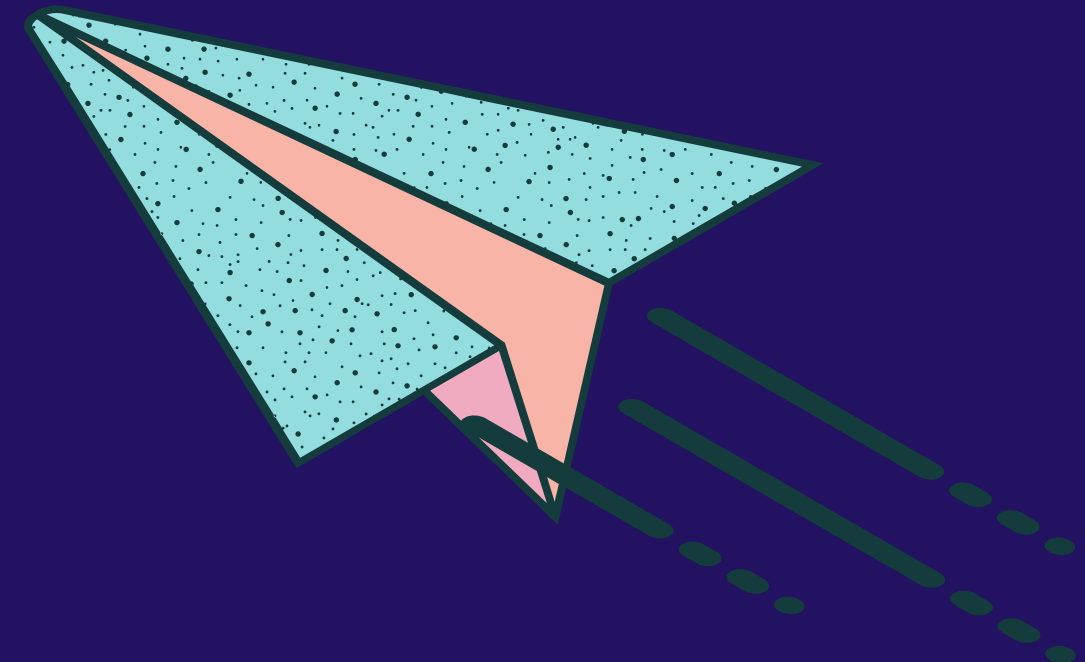
- Three (3) letters of recommendation are required
- Academic and/or professional references
- DO NOT have to be from faculty members at an academic institution
- However, if you have graduated within the last five years, at least one letter from a former professor is preferred.



Application Process

Steps to Apply

1. Attend an info session
2. Review TIPS to Cal State Apply.
3. Review the MPH Admissions Webpage
4. Self-reflection break!
5. Complete application through Cal State Apply.



Notification Timeline*

Early Admissions

- Received February 1
- Notified of decision by mid-March

Regular Admissions

- Received by April 1
- Notified of decision by mid-May

Rolling Admissions

- Applications received after the regular admission deadline will be reviewed on a space available basis

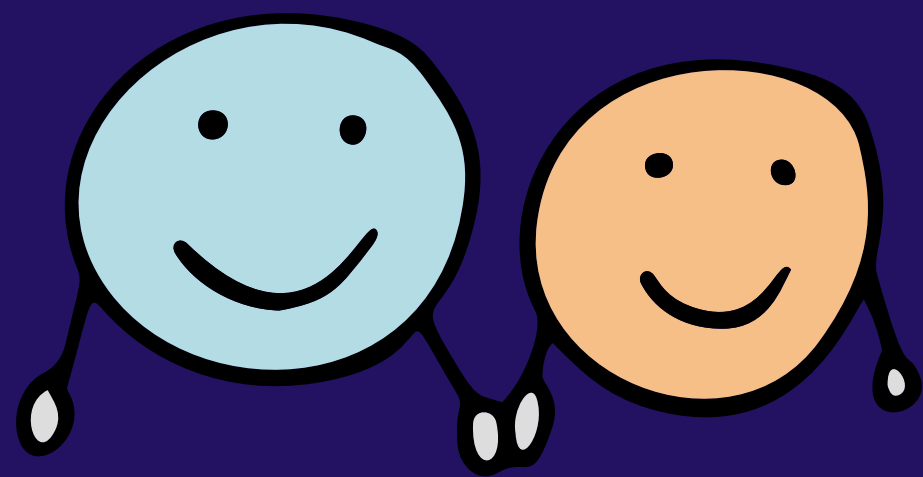
*Decision email notifications indicated are subject to change.

Admission Rates



Year	Rate
2020	50%
2021	45.5%
2023	48%
2024	65%
2025	55%

Cohort Sizes



Year	Size
2021	11
2022	12
2023	13
2024	16
2025	21

Cost Breakdown

SF State University Fees

Fall 2025 Semester Total Tuition and Campus Fees

SF State Bursar's Office

- CA resident, full-time graduate student (6.1 units or more): \$4,971
- CA resident, part-time graduate student (6 or fewer units): \$3,279
- Non-CA Residents/International: \$444 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



Total Length	Four Semesters
Total Units	43
Cost Per Semester	Based on Fall 2025: \$4,971 (full time = 6.1 Units or More)
Total Cost (estimate)	(full time x 4 semesters) \$4,971

Reminder of Important Deadlines

Early Admissions: February 1
(recommended)

Regular Admissions: April 1

Questions?

please submit to chat
or unmute yourself 😊