

MASTER OF PUBLIC HEALTH (M.P.H.)

College: College of Science and Health
Department: Nutrition and Public Health
Student Type: Graduate Semester
Degree: Master of Public Health (M.P.H.)
Campus: Lisle Campus

Introduction

The mission of the M.P.H. program at Benedictine University is to provide a high quality, competency-based, and accessible educational experience which prepares graduate students to enhance health in human populations through organized community effort within a global context. Our mission is accomplished by educating the future and current public health workforce; conducting research to address public health problems; and providing opportunities for community service. Benedictine University offers a generalist Master of Public Health degree based on the following competencies.

Competencies - What the Master of Public Health knows and can do

The overall approach:

- Apply Quality Improvement Techniques in Public Health.
- Critically evaluate peer-reviewed literature or other research reports and synthesize findings.
- Apply systematic methods to assess, prevent and control environmental hazards.
- Apply power-mapping techniques in health policy development.
- Identify the impact of the social determinants of health on public health topics and outcomes.

Evidence-based approaches to Public Health:

- Apply epidemiological methods to the breadth of settings and situations in public health practice.
- Select quantitative and qualitative data collection methods appropriate for a given public health context.
- Analyze quantitative and qualitative data using biostatistics, informatics, computer-based programming and software, as appropriate.
- Interpret results of data analysis for public health research, policy or practice.

Public Health and Health Care Systems:

- Compare the organization, structure and function of health care, public health and regulatory systems across national and international settings.
- Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels.

Planning & Management to Promote Health:

- Assess population needs, assets and capacities that affect communities' health.

- Apply awareness of cultural values and practices to the design or implementation of public health policies or programs.
- Design a population-based policy, program, project or intervention.
- Explain basic principles and tools of budget and resource management.
- Select methods to evaluate public health programs.

Policy in Public Health:

- Discuss multiple dimensions of the policy-making process, including the roles of ethics and evidence.
- Propose strategies to identify stakeholders and build coalitions and partnerships for influencing public health outcomes.
- Advocate for political, social or economic policies and programs that will improve health in diverse populations.
- Evaluate policies for their impact on public health and health equity.

Leadership:

- Apply principles of leadership, governance and management, which include creating a vision, empowering others, fostering collaboration and guiding decision making.
- Apply negotiation and mediation skills to address organizational or community challenges.

Communication:

- Select communication strategies for different audiences and sectors.
- Communicate audience-appropriate public health content, both in writing and through oral presentation.
- Describe the importance of cultural competence in communicating public health content.

Interprofessional Practice:

- Perform effectively on interprofessional teams.
- Apply systems thinking tools to a public health issue.

Overview

The program is designed to meet the needs of a variety of students by offering a generalist M.P.H. degree, certificates in specialized areas, and dual degrees with master's level programs. The M.P.H. degree is offered in both on-campus and online formats.

M.P.H. Degree

The generalist M.P.H. degree prepares students to be public health practitioners who draw on knowledge and skills from a variety of disciplines. The foundation (core) coursework in biostatistics, epidemiology, management, policy, biological, behavioral and social aspects of public health, environmental health, provides a scientific and practical base for public health practice. Elective courses may be taken in a variety of areas such as health education, healthcare marketing, advanced biostatistics, emergency management, applied epidemiology, and health equity or in other relevant programs such as Psychology, Healthcare Administration, Management, and Global Health. The M.P.H. degree can be applied in a variety of settings and positions. A few examples are administration of private health organizations, social service or public health agencies at the local, state, national and international levels; managers, planners, academic researchers, evaluators or practitioners in community or workplace health promotion programs, and epidemiologists working on cancer surveillance or in

the pharmaceutical industry. Current and future health professionals in medicine, nursing, dentistry or pharmacy find the M.P.H. degree provides them with a broader perspective and additional skills to complement their primary discipline.

Dual Degrees

Dual degree options prepare students to take leadership roles and pursue a myriad of career opportunities.

The **M.P.H./M.B.A.** dual degree adds to the M.P.H. program the comprehensive business core of the Master of Business Administration program. The M.P.H./M.B.A. program results in both the M.P.H. and the M.B.A. degrees.

The **M.P.H./M.S. in Management and Organizational Behavior** dual degree program enhances the M.P.H. curriculum with coursework focusing on organizational management and human resource skills. The M.P.H./M.S. in Management and Organizational Behavior program results in both the M.P.H. and the M.S. degrees.

Incomplete Policy

Students must complete at least 67% of the coursework with a grade of 80% or higher (a letter grade of "B") to be eligible to request an incomplete for a class. Incomplete requests must be submitted at least 72 hours prior to the last class. Incomplete requests are by instructor approval only, for extraordinary circumstances outside of the student's control.

Academic Honesty Policy

All courses in the M.P.H. program adhere to the University's Academic Honesty Policy. Violations of the policy, as described in the University policy, will result in a grade of zero (0) points for the assignment for the first violation, and will result in a grade of "F" for the course for the second violation.

Student Type: Graduate Quarter

Campus: Lisle Campus

Students may not enter the M.P.H. program on quarters after the Spring 2021 term. Where possible, existing quarter M.P.H. students were converted to semester M.P.H. students as of Summer 2021.

Existing students should refer to original catalog of entry for appropriate academic requirements. Public Health academic advisors can clarify appropriate quarter to semester course requirements. Quarter credits convert at a 3 quarter credits to 2 semester credits ratio. Required courses and earned credits will be applied at the 3:2 ratio. Partial credits are not rounded up.

Quarter Dual Degrees

Dual degree options prepare students to take leadership roles and pursue a myriad of career opportunities. Dual degree programs generally require 98 quarter credit hours.

Admission Requirements

Admission to the M.P.H. Degree Program

Application to the M.P.H. program can be done online at www.ben.edu/apply (<http://www.ben.edu/apply/>).

Applicants for the M.P.H. program must submit, as a minimum, the following:

- An official transcript demonstrating successful completion of the bachelor's degree or higher conferred by a regionally accredited institution of higher education or recognized formal institution.
- Two letters of recommendation from individuals familiar with the applicant's professional or academic work, excluding family or personal friends.
- For international applicants: a minimum TOEFL test score of 600 on paper-based test or a score of 250 on the computer-based test. (Minimum score may vary as ETS revises the exam) or degree confirmation from an institution of higher learning whose language of instruction is English.
- Essay describing the candidate's career path.
- Applicants with an undergraduate GPA between 2.750 and 2.999 are recommended to submit an additional letter of recommendation and/or a professional work portfolio.
- Applicants with an undergraduate GPA below 2.750 must undergo additional review by the Public Health Admissions Committee. Pending review, the applicant may be admitted on a Conditional Basis (see below), or the applicant may be placed under further review through one or more of the following methods:
 - A personal interview with the Public Health Admissions Committee (can be done in person or via video conference)
 - Submit an additional essay (instructions to be provided by the Public Health Admissions Committee)
 - Submit a comprehensive portfolio (instructions to be provided by the Public Health Admissions Committee)
- A student admitted Conditionally must successfully pass their first 3 courses (PBHL 5501 Introduction to Public Health, PBHL 5507 Health Behavior Theory, and PBHL 5504 Introduction to Epidemiology (OR PBHL 5502 Introduction to Biostatistics, if taken before PBHL 5504 Introduction to Epidemiology)) with grades of "A" or "B" and no repeated courses in order to be fully matriculated into the program.
- Students must earn a grade of "B" or better in all core (foundation) courses.
- Any grade below a "B" in a core class is considered a failing grade and will not count towards the M.P.H.
- The program must be completed within six years.
- Applicants may be required to take a language/writing skills assessment. Students will be required to complete successfully one or more adult discourse graduate courses during the first term of enrollment based on the assessment.

Admission to the Public Health Certificate Programs

Applicants must demonstrate proof of a baccalaureate degree from a regionally accredited college or university and must meet with an M.P.H. program advisor prior to registering and upon completion of the certificate courses. A minimum cumulative GPA of 3.000 in certificate-applicable coursework is required to receive a certificate, with no grade lower than "C." For more information on Certificate program admissions please visit the General Admission Information page (<http://catalog.ben.edu/lisle-graduate/general-admission-information/general-admission-information/>). For available Public Health Certificate programs (<http://catalog.ben.edu/lisle-graduate/academic-programs/public-health-certificate/>).

Admission to the Dual Degree Programs

Dual degree options prepare students to take leadership and pursue a myriad of career opportunities. Applicants must meet the requirements for the M.P.H. degree program and also the requirements for the second degree program.

Degree Requirements Curriculum

The M.P.H. degree requires 43 semester hours which includes 21 semester hours of foundation (core) courses; 15 semester credit hours of elective courses; and 7 semester credits hours of capstone-level courses, including 4 semester credit hours of a supervised internship/practicum Pass/Fail experience (240 contact hours). It is the responsibility of the student to secure a site for the field placement internship/practicum.

A student must complete a minimum of 24 semester credit hours of coursework at Benedictine University at the 5000 level or above. This requirement is known as the academic residency requirement. For students in dual degree programs, the residency requirement is the equivalent of 48 semester credit hours. Courses designated as core (foundation) and capstone courses, as identified in the course catalog, require a grade of a "B" or better to apply toward graduation/certificate requirements. Elective courses require a "C" or better to apply toward graduation and/or certificate requirements.

Code	Title	Hours
Core (Foundation) Courses		
PBHL 5501	Introduction to Public Health	3
PBHL 5502	Introduction to Biostatistics	3
PBHL 5504	Introduction to Epidemiology	3
PBHL 5505	Health Systems, Law and Policy.	3
PBHL 5506	Leadership and Management in Health Organizations	3
PBHL 5507	Health Behavior Theory	3
PBHL 6500	Research Methods in Public Health	3
Capstone and Internship Experience		
PBHL 6898	Community Health Analysis	3
PBHL 6899	MPH Internship/Practicum	4
Elective Courses		
Select fifteen credits of the following (5 courses):		15
PBHL 6009	Social Determinants of Health	
PBHL 6050	Emergency and Crisis Management	
PBHL 6101	Advanced Epidemiology	
PBHL 6110	Applied Linear Models	
PBHL 6112	Categorical Data Analysis	
PBHL 6201	Health Communication and Marketing	
PBHL 6203	Public Health Program Planning and Evaluation	
PBHL 6301	Strategic Planning and Improvement in Health Organizations	
PBHL 6302	Health System Finance	
PBHL 6304	Health Ethics, Law, and Regulation	
PBHL 6409	Applied Epidemiology	
PBHL 6411	Biological Aspects of Public Health	
PBHL 6501	Environmental Health	
PBHL 6502	Public Health Grant Writing	

PBHL 6503	Global Health	
PBHL 6691	Special Topics in Public Health	
NUTR 5561	Maternal and Child Nutrition	
NUTR 5581	Obesity Prevention and Management	
NUTR 5583	Science of Sports Nutrition	
NUTR 5585	Complementary Nutrition Therapies	
Total Hours		43

Certificate Programs - Required Courses

Health Management and Policy Certificate

Code	Title	Hours
PBHL 5505	Health Systems, Law and Policy.	3
PBHL 6050	Emergency and Crisis Management	3
PBHL 6301	Strategic Planning and Improvement in Health Organizations	3
PBHL 6302	Health System Finance	3
PBHL 6304	Health Ethics, Law, and Regulation	3
Total Hours		15

Health Education and Promotion Certificate

Code	Title	Hours
PBHL 5507	Health Behavior Theory	3
PBHL 6009	Social Determinants of Health	3
PBHL 6203	Public Health Program Planning and Evaluation	3
Select two of the following:		6
PBHL 6201	Health Communication and Marketing	
PBHL 6501	Environmental Health	
PBHL 6502	Public Health Grant Writing	
Total Hours		15

Epidemiology Certificate

Code	Title	Hours
PBHL 5502	Introduction to Biostatistics	3
PBHL 5504	Introduction to Epidemiology	3
PBHL 6500	Research Methods in Public Health	3
PBHL 6101	Advanced Epidemiology	3
PBHL 6409	Applied Epidemiology	3
Total Hours		15

Data Analytics Certificate

Code	Title	Hours
PBHL 5502	Introduction to Biostatistics	3
PBHL 5504	Introduction to Epidemiology	3
PBHL 6500	Research Methods in Public Health	3
PBHL 6110	Applied Linear Models	3
PBHL 6112	Categorical Data Analysis	3
Total Hours		15

Public Health Nutrition Certificate

Code	Title	Hours
PBHL 6500	Research Methods in Public Health	3
NUTR 5561	Maternal and Child Nutrition	3

NUTR 5581	Obesity Prevention and Management	3
NUTR 5583	Science of Sports Nutrition	3
NUTR 5585	Complementary Nutrition Therapies	3
Total Hours		15

Courses

PBHL 5501 Introduction to Public Health. (Formerly MPH 602, MPH 6002) Explores the history, basic structures and operations of public health and health care delivery systems based on Essential Public Health Services. 3 semester credit hour/s.

Campus: LISLE

PBHL 5502 Introduction to Biostatistics. (Formerly MPH 511, MPH 5511) Applies statistical reasoning and methods in addressing, analyzing, and solving problems in public health, healthcare, and biomedical, clinical and population-based research. Prerequisite: Algebra or equivalent. 3 semester credit hour/s.

Campus: LISLE

PBHL 5504 Introduction to Epidemiology. (Formerly MPH 604, MPH 6004) This course introduces students to the basic principles of epidemiology, the study of the distribution, determinants and control of health in populations. The course will emphasize fundamental epidemiologic methods, including descriptive and analytic methods, in a variety of public health settings. 3 semester credit hour/s.

Campus: LISLE

PBHL 5505 Health Systems, Law and Policy.. (Formerly MPH 610, MPH 6010) Addresses the development and advocacy processes for public health policies; provides tools for policy analysis; and application to important public health issues. 3 semester credit hour/s.

Campus: LISLE

PBHL 5506 Leadership and Management in Health Organizations. (Formerly MPH 662, MPH 6062) Explores basic management principles and practical tools for health management professionals in a variety of public health and health care organizations. 3 semester credit hour/s.

Campus: LISLE

PBHL 5507 Health Behavior Theory. (Formerly MPH 601, MPH 6001, PBHL 6200) This course exposes students to a variety of traditional and emerging theoretical models and frameworks which can be applied toward explaining and modifying health behaviors. Students will have the opportunity to apply relevant theoretical principles towards changing a health behavior in a specific population. 3 semester credit hour/s.

Campus: LISLE

PBHL 6009 Social Determinants of Health. (Formerly MPH 609, MPH 6009) This course explores several social determinants of health (e.g., gender, income, education, social networks), the health disparities that these determinants are associated with, and novel solutions for addressing the health disparities. 3 semester credit hour/s.

Campus: LISLE

PBHL 6050 Emergency and Crisis Management. (Formerly MPH 650, MPH 6050) Introduces the core principles and practices of emergency response and recovery from all types of hazards, threats and disasters. Emphasizes managing in times of crisis. 3 semester credit hour/s.

Campus: LISLE

PBHL 6101 Advanced Epidemiology. (Formerly MPH 6101) Focuses on applying epidemiologic study designs and methods to design research studies and interventions to control disease among populations.

Prerequisites: PBHL 5504. 3 semester credit hour/s.

Campus: LISLE

PBHL 6110 Applied Linear Models. (Formerly MPH 6110) The course commences with the basic foundations for regression and progresses to simple and multiple linear regression, the associated hypotheses, model assumptions and diagnostics, model building, and common regression pitfalls. Computing and data lab will cover techniques and strategies for linear regression in SPSS. Prerequisites: PBHL 5502 and PBHL 5504. 3 semester credit hour/s.

Campus: LISLE

PBHL 6112 Categorical Data Analysis. (Formerly MPH 6112) Instruction in how to perform categorical data analysis. Topics covered will include estimation and inference for contingency tables, Generalized Linear Models (GLM) for categorical and ordinal data, McNemar's Test, and Cochran-Mantel-Haenszel methods. Computing and data lab will provide instruction on how to carry out the above analyses in SPSS. Emphasis will be placed on interpreting test and model results within the context of epidemiology and public health. Prerequisites: PBHL 5502 and PBHL 5504. 3 semester credit hour/s.

Campus: LISLE

PBHL 6201 Health Communication and Marketing. (Formerly MPH 664, MPH 6064) Explores concepts of marketing theory, planning, strategy, research and implementation of marketing plans including social media plans. 3 semester credit hour/s.

Campus: LISLE

PBHL 6202 Health Communication and Messaging. Health Communication and Messaging. Explores concepts of the social marketing theory, strategic planning, and implementation of health messages and campaigns for multiple populations and settings. 3 semester credit hour/s.

Campus: LISLE

PBHL 6203 Public Health Program Planning and Evaluation. (Formerly MPH 634, MPH 6034) Presents evidence-based methods of health education and promotion addressing major risk factors for death, injury and disability. Students will learn how to plan, implement, and evaluate health programs and interventions. 3 semester credit hour/s.

Campus: LISLE

PBHL 6300 Approaches and Issues in Public Health Leadership and Management. (Formerly MPH 6300) Apply the values, traits, knowledge base, and competencies of effective public health leaders to pressing problems such as substance abuse, cancer, climate change, health care delivery, and population health. Explore alternative styles of leadership and identify personal leadership style. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Annually)

PBHL 6301 Strategic Planning and Improvement in Health Organizations. (Formerly MPH 6301) Apply basic tools for the collection, analysis, and presentation of data in support of managerial planning, marketing, and decision making. Build a long-term strategic plan including mission, values, and vision to guide decision making. Apply systematic tools to make thoughtful, informed decisions that have a positive impact on organizational goals. 3 semester credit hour/s.

Campus: LISLE

PBHL 6302 Health System Finance. (Formerly MPH 680, MPH 6080) Addresses the management of financial resources in public health and health care systems. Topics include: payment methodologies, accounting and financial statements, models of delivery, and information technology. 3 semester credit hour/s.

Campus: LISLE

PBHL 6304 Health Ethics, Law, and Regulation. (Formerly 603, MPH 6003) Explores the political, legal, regulatory, and ethical environments in public health and health care and provides tools to analyze and formulate ethical decisions. 3 semester credit hour/s.

Campus: LISLE

PBHL 6409 Applied Epidemiology. (Formerly MPH 696, MPH 6096) Focuses on the processes involved in epidemiologic investigations with application to sample cases. Prerequisite: PBHL 5504. 3 semester credit hour/s.

Campus: LISLE

PBHL 6411 Biological Aspects of Public Health. (Formerly MPH 611, MPH 6011) Explores the biological and molecular context of public health and its incorporation into public health practice and articulates how biological, chemical and physical agents affect human health. 3 semester credit hour/s.

Campus: LISLE

PBHL 6500 Research Methods in Public Health. (Formerly MPH 606, MPH 6006) This course introduces students to public health research methods, including study design, data collection and analysis, and interpretation of findings. 3 semester credit hour/s.

Campus: LISLE

PBHL 6501 Environmental Health. (Formerly MPH 605, MPH 6005) Studies environmental factors including biological, physical, and chemical factors that affect the health of the community. 3 semester credit hour/s.

Campus: LISLE

PBHL 6502 Public Health Grant Writing. (Formerly MPH 694, MPH 6094) Provides an overview of the grant writing process and funding sources for research, practice, and administration/planning grants; and requires development of a full grant proposal. 3 semester credit hour/s.

Campus: LISLE

PBHL 6503 Global Health. (Formerly MPH 693, MPH 6093) Explores issues in global health including the burden and distribution of disease, mortality and social and cultural risk factors. Emphasizes the challenges of population health in developing countries. 3 semester credit hour/s.

Campus: LISLE

PBHL 6600 Independent Study. (Formerly MPH 600, MPH 6600) Arranged on a specific topic by teaching/learning contract with instructor. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 16. Department Consent Required.

Campus: LISLE

PBHL 6691 Special Topics in Public Health. This course will focus on critical and contemporary issues in the field of public health. Subject matter will vary. 3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 21.

Campus: LISLE

PBHL 6898 Community Health Analysis. PBHL 6898 Community Health Analysis. (Formerly MPH 6098) Demonstrates the collection of data on setting priorities for improving the health of a defined population. It involves field work and utilization of research skills. This culminating experience requires the synthesis and integration of knowledge from previous coursework. Prerequisites: For MPH students, completion of all core courses; for MSND students, PBHL 5502 and PBHL 6500. 3 semester credit hour/s. Department Consent Required.

Campus: LISLE

PBHL 6899 MPH Internship/Practicum. (Formerly MPH 690, MPH 6099) The internship is a capstone-level applied practical experience that allows students to integrate knowledge and skills developed in the classroom and apply them in a professional setting. Prerequisites: All core courses and PBHL 6898, all with a grade of "A" or "B". Pass/Fail grading. 4 semester credit hour/s. Department Consent Required.

Campus: LISLE

Faculty

Bonnie Beezhold (2011), Ph.D., M.H.S., MCHES

Associate Dean, College of Science and Health, Nutrition Professor, Nutrition and Public Health - MPH
Ph.D. 2008, Exercise and Nutritional Sciences, Arizona State University
M.H.S. 2002, Int'l Health, Johns Hopkins Bloomberg S/Pub Health
B.S. 1984, DePaul University

Krishna Bhagat (2019), Ph.D., M.P.H.

Public Health
Assistant Professor, Nutrition and Public Health - MPH
PhD, 2015, University of Maryland College Park
MPH, 2010, Boston University

Christopher Duffrin (2018), Ph.D., M.Ed., M.S., EMT-P, MCHES

Special Assistant to the Provost, Public Health
Professor, Nutrition and Public Health - MPH
PhD, 2002, Ohio University
MS, 2009, Western Illinois University
MED, 1998, Ohio University
BS, 1991, Western Illinois University
EMT-P, 1986, Southwestern College

Susan Yazdanmehr, M.D., M.P.H.

Public Health
Instructor, Nutrition and Public Health - MPH
M.D. 2004, Educational Commission for Foreign Medical Graduates
M.P.H. 2011, Benedictine University

Objectives

Students in the Masters of Public Health program will achieve the following student learning outcomes (SLO):

Student Learning Outcome 1: Demonstrate the ability to apply evidence-based approaches to Public Health.

Student Learning Outcome 2: Demonstrate an understanding of Public Health and health care systems.

Student Learning Outcome 3: Demonstrate the ability to apply basic planning and management to promote health.

Student Learning Outcome 4: Demonstrate the ability to use policy to promote health.

Student Learning Outcome 5: Demonstrate the ability to apply cross cutting skills in leadership, communication, interprofessional practice, and systems thinking.