

CWU Public Health

Transfer Symposium 2026



Introductions

- Casey Mace Firebaugh
 - Professor, Program Director, MPH
 - PhD University of Auckland, New Zealand
 - MPH Indiana University
 - Research Interests: Physical Activity, Mental Health, Environmental Health
- Deb Rich
 - Assistant Professor of Public Health
 - DrPHc Georgia Southern University
 - MPH Central Washington University
 - Research Interests: Public Health Workforce Needs, Student Preparedness, Diabetes Health Education, Health Communication and Networking
- Instructors from the field connect you right to a day in the life: Non-profits, CDC, State and County Health Departments, Hospitals, and Industry



MASTER'S

Public Health

CWU | Central
Washington
University





Program Information

- Bachelor of Science in Public Health
 - Option 1) Specialization in Population Health
 - Option 2) Specialization in Pre-Nursing
- Minor in Public Health
- Certificate in Rural and Frontier Health
- Certificate in Child and Maternal Health
- Master of Public Health
 - Generalist Degree

Program Format

- This program is formatted as a 2-year track for transfer students or students who have completed all of their general education
- The program can be completed online or on Ellensburg campus.
 - The Ellensburg campus program features flexible hybrid course offerings as our students often work or take lab science classes
- Pre-Nursing Students can take the core online IF the specialization courses have been taken *before they enroll.*

Curriculum: Core

- PSY 362 - Introductory Statistics
- PUBH 230 - Foundations of Public and Community Health
- PUBH 240 - Writing in the Health Sciences
- PUBH 250 - Introduction to Health Policy and Systems
- PUBH 311 - Cross Cultural Practices for Health and Medicine
- PUBH 317 - Global Health Issues and Solutions
- PUBH 320 - Environmental Health
- PUBH 324 - Infectious and Non-infectious Disease
- PUBH 375 - Theories of Health Behavior
- PUBH 380 - Epidemiology
- PUBH 422 - Community Health Communication and Promotion
- PUBH 445 - Professionalism in Public Health
- PUBH 460 - Public Health Ethics
- PUBH 470 - Public Health Programming
- PUBH 465 - Research Experience in Public Health
- PUBH 489 - Academic Service Learning in Public Health
- PUBH 490 - Cooperative Education
- PUBH 488 - Culminating Experience in Public Health

Population Health Specialization Courses

- HED 101 - Essentials for Healthy Living
- HED 310 - Drugs and Health
- HED 387 - Principles of Stress Management and Health Promotion
- NUTR 101 - Introduction to Human Nutrition
- NUTR 318 - The Politics of Food and Health
- PUBH 318 - The Politics of Food and Health
- PUBH 209 - Consumer Health
- PUBH 351 - Community Building Strategies for Public Health
- PUBH 370 - Contemporary Issues in Public Health
- PUBH 376 - Community Food Strategies: Campus Garden
- PUBH 411 - Public Health Emergency Preparedness and Management
- PUBH 413 - Health Disparities in Rural and Frontier Communities
- PUBH 420 - Women's Health Issues
- PUBH 421 - Maternal and Child Health
- PUBH 448 - Sexual Health
- PUBH 465 - Research Experience in Public Health
- PUBH 479 - Senior Seminar in Public Health
- PUBH 480 – Public Health Administration and Finance
- And more!

Pre-Nursing Specialization Courses

- BIOL 220 - Introductory Cell Biology
- BIOL 322 - Introductory Microbiology
- BIOL 305 - Human Anatomy and Physiology for Health-Related Majors I
- BIOL 355 - Human Anatomy and Physiology I
- BIOL 306 - Human Anatomy and Physiology for Health-Related Majors II
- BIOL 356 - Human Anatomy and Physiology II
- CHEM 111 - Introduction to Chemistry
- CHEM 111LAB - Introductory Chemistry Laboratory
- CHEM 112 - Introduction to Organic Chemistry
- CHEM 112LAB - Introduction to Organic Chemistry Laboratory
- CHEM 113 - Introduction to Biochemistry
- CHEM 113LAB - Introduction to Biochemistry Laboratory
- PSY 101 - General Psychology
- PSY 313 - Developmental Psychology

Public Health Minor – Online on On Campus

- PUBH 230 - Foundations of Public and Community Health
- PUBH 250 - Introduction to Health Policy and Systems
- PUBH 311 – Cross-Cultural Practices for Health and Medicine
- PUBH 324 - Infectious and Non-infectious Disease
 - Plus Additional Electives

Student Experience

- Major and general advising
- Access to our brand new Health Science Building!
- Public Health Majors Club
 - Active in professional development, often attend conferences as a group
 - Host events to raise health and public health awareness on campus and in the community
 - Have been involved in community vaccine clinics, community health assessments
 - online or on-campus participation is possible!
 - Current officers are 2 online students and 2 on-campus students

Our Online Learning Platform: Canvas

The screenshot displays the Canvas LMS interface. On the left is a dark sidebar with the CWU logo and navigation icons for Account, Dashboard, Courses, Calendar, Inbox, and History. The main content area is titled 'Recent Announcements' and shows a 'Midterm Grade Update' announcement from a user profile, posted on Nov 19, 2025, at 1:19 PM. Below the announcement is a 'Collapse All' button and a list of items: 'Getting Started! Welcome to PUBH620!', 'Class Discussion Board Rubric', and 'PUBH620_Fall 2025 Syllabus.docx'. On the right side, there are three utility buttons: 'View Course Stream', 'View Course Calendar', and 'View Course Notifications'. Below these is a 'To Do' section with a list of tasks: 'Welcome to Week 8!', 'Midterm Exam', 'Welcome to Week 9/Thanksgiving!', and 'Midterm Grade Update', each with a notification icon and a close button.

Recent Announcements

Midterm Grade Update
Hi Folks, After reviewing the midterm grades, I updated t...
Posted on: Nov 19, 2025, 1:19 PM

[Collapse All](#)

- ▾ Getting Started! Welcome to PUBH620!
- 📄 Class Discussion Board Rubric
- 📎 PUBH620_Fall 2025 Syllabus.docx

Utility Buttons:

- [View Course Stream](#)
- [View Course Calendar](#)
- [View Course Notifications](#)

To Do

- 📢 [Welcome to Week 8!](#) ×
Study Design for Public Health
Nov 12 at 12am
- 📢 [Midterm Exam](#) ×
Study Design for Public Health
50 points |
Nov 12 at 11:59pm
- 📢 [Welcome to Week 9/Thanksgiving!](#) ×
Study Design for Public Health
Nov 19 at 12am
- 📢 [Midterm Grade Update](#) ×

Example of Learning Experience

▼ Week 1 Module - Developing a Research Question and Aims

 **Week 1 Overview**

Read Chapters 1, 2, & 4 in Jacobsen Textbook

 **Jacobsen CH 1, 2 & 4 Lecture PUBH620.mp4**

 **Writing Strong Research Questions | Criteria & Examples**

 **Week 1 Discussion**
Oct 1 10 pts 

 **Week 1 Quiz**
Oct 1 10 pts 



Hands-On Experience is Part of the Program!

- Students engage in hands-on learning in our program
 - Students have the option to complete
 - 1) An Internship – A professional experience in a public health or health care setting
 - 2) Academic Service Learning – A volunteer project either remote or onsite where students complete a piece of work for a community partner

Government Public Health – Field Sites

- Washington State Department of Health
- Kittitas County Public Health
- Yakima Health District
- NIH Fellowships
- Americorp
- Indian Health Services
- Centers for Disease Control
- Multiple other county health or local health jurisdictions

Public Health Organizations

- Washington State Public Health Association
 - Washington Legislative Day
- American Public Health Association

Clinical Site Examples

Swedish Health System

Yakima Valley Farmworkers Clinic

UW Medical System

KVH (Local to Ellensburg)

Open Door Health Clinic

Non-Profit Examples

- American Cancer Society
- Juvenile Diabetes Research Foundation
- Fred Hutch
- YMCA
- Planned Parenthood
- Stan Bassett Youth Center
- American Lung Association
- Office of Health Promotion – College Wellness
- Community health nonprofits and youth organizations

Private or For - Profit Sites

- United Healthcare - Insurance
- Kaiser Permanente - Insurance
- Deloitte — healthcare strategy, policy consulting, and population health
- Spring Health — mental health program research and data analysis internships
- Corporate Wellness and Occupational Health and Safety

Career Pathways – Population Health

- Traditional Public Health Careers – Community Health Workers, Health Educators, Non-Profit, or Government Public Health Work (health promotion, health policy, wellness (corporate, workplace, or collegiate), infectious disease control programming, etc.
- Trends toward healthcare and private industry – hospital or clinic support or admin staff, insurance company roles, quality improvement, patient navigation, institutional research, research support and more.
- Overall, it can be a well—rounded general degree for general employment due to broad skills in communication, problem solving and critical thinking.

Career Directions - Pre-Nursing

- Many students carry on to nursing school
 - RN
 - BSN
 - ABSN
- Many carry on into the same career pathways as the population health group.
- Pre-nursing students are poised for acceptance into graduate studies in bench sciences, public health, or humanities

From Nursing School to Public Health

- 15-30% of BSN nursing students will not complete their program
 - Public health can be a health-related career option that requires less lab work and can include no lab work
- Public health programs can often accept nursing program coursework

Top 10 Skills of Public Health Graduates

1. Health communication
2. Cultural competency
3. Program planning and evaluation
4. Policy analysis
5. Community engagement
6. Systems thinking
7. Ethical decision-making
8. Leadership skills
9. Critical thinking
10. Research literacy

Questions?

