



**A Great
Graduate
Degree
Opportunity**

Central New York

Master of Public Health



A CEPH-ACCREDITED JOINT DEGREE PROGRAM OF
SUNY UPSTATE MEDICAL UNIVERSITY AND SYRACUSE UNIVERSITY



*Our students volunteer
in the community.*

The Best of Two Universities

The MPH program is built on the complementary strengths of SUNY Upstate Medical University and Syracuse University.

Students can take advantage of what these two prestigious Central New York institutions offer in clinical medicine, public policy and administration, social and behavioral sciences, law and the humanities -- all in an academic medical center setting and at the SUNY graduate tuition rate.

The program is intellectually challenging and equips our students with the necessary skills for leadership in public health.

Public health is a diverse and dynamic field. It advances improvements in health care, safety and quality of life for entire populations. The MPH degree prepares professionals to treat the community as the patient.

Our students strive to understand public health issues and to develop innovative methods to solve them. And our graduates are well prepared to assume leadership roles to improve the health of entire communities.

About the Central New York Master of Public Health



The MPH Degree

The Master of Public Health is a professional degree that is designed to prepare students to investigate and manage public health problems. As part of SUNY Upstate Medical University's collaboration with Syracuse University, graduates receive a joint MPH diploma from both Universities.

Certificate of Advanced Study in Public Health

We also offer a Certificate of Advanced Study in Public Health, an abbreviated, five-course program. The certificate is for those interested in augmenting their current job or supplementing an advanced degree with core public health principles and practices so they can manage public health problems.

Our Mission

To create new knowledge about public health through research and to strengthen the workforce by preparing a diverse group of professionals to plan,

implement, evaluate and advocate for population-based health policies and programs.

Accredited Program

The Master of Public Health program housed at SUNY Upstate Medical University is accredited by the Council on Education for Public Health. The council is a member of the Association of Specialized and Professional Accreditors, which provides a collaborative forum and a collective voice for U.S. agencies that assess the quality of specialized and professional higher education programs and schools.

The Future

Our MPH students strive to understand public health problems and to develop innovative methods to improve the health of their communities and larger populations. Graduates of the program will be prepared to assume leadership roles to reduce preventable diseases, injuries, and health disparities through a specialized focus on public health practice and policy.



Fast Track to a Prestigious Graduate Degree

- Full-time CNYMPH students may complete the degree in 24 months, while the part-time plan allows up to five years.
- The program provides a solid grounding in the core principles of public health, plus electives tailored to specific areas of interest.
- Classes usually meet once a week, for a three hour period.
- A required practicum provides students experience in a professional public health environment; the Culminating Experience includes working on a capstone project analyzing a public health issue.

Concurrent Programs

- Medical students at Upstate can obtain a dual MD/MPH degree in as little as five years.
- CNYMPH students may pursue a concurrent Certificate of Advanced Study in Health Services Management & Policy at the Maxwell School of Syracuse University without lengthening their two-year course of study.
- Students at SUNY Environmental Science & Forestry can take advantage of a concurrent graduate degree program with us and earn two master's degrees in three years instead of four.

Diverse Classes, Professional Atmosphere

Our students and degree holders include recent college graduates, nurses, lawyers, administrators, physical therapists, medical students and physicians. Classes and group projects are greatly enriched by these unique perspectives.

In addition to gaining a solid foundation in public health principles, research methodology and real-world application, our students choose a topic they are passionate about and devote considerable time to it in their capstone project.

If you can envision yourself in this enriching environment, we encourage you to apply. It will take the best and brightest minds to protect and improve the public's health.

Syracuse, NY is an Ideal Place to Earn an MPH

Syracuse is New York's fourth largest city and is in the scenic center of the state. The CNYMPH program is located right in the heart of this college town, on University Hill.

Syracuse has a rich heritage and boasts numerous ethnic festivals and events throughout the year. There are numerous restaurants, shopping and nightlife fun, all within easy walking distance of the campus, and athletic events at Syracuse University.

The Central New York region has four distinct seasons and plenty of opportunities to enjoy them. The area's numerous parks, lakes and mountains are popular among boaters, hikers, rock-climbers, skiers and runners.

Our accredited Master of Public Health program is a graduate level opportunity for students with a bachelor's degree or above.



Things to Know about our MPH Program

- State University of New York tuition
- CEPH-accredited MPH program
- Expert faculty from two universities
- Solve problems through public health practice and policy
- Earn your MPH in 24 months

MEET SOME OF OUR FACULTY

Our Master of Public Health graduate program boasts a multidisciplinary faculty designed to support the program's mission, goals, and objectives. Core faculty members

share a primary responsibility for the program, and are complemented by affiliated faculty from other programs and departments at Upstate Medical University, Syracuse University or

affiliated universities. All faculty support the program through teaching, research, or service collaborations, with an impressive list of public health achievements that grows each year.

Improving Outcomes for Moms and Babies

CNYMPH Director Martha Wojtowycz, PhD, has been on the faculty of the program since it began in 2009. She's been at Upstate 20 years and also is affiliated with the Department of Obstetrics and Gynecology.



Martha Wojtowycz, PhD

"I love working with students on any project – policy-oriented, maternal/child health, economics and public health, and program evaluation," Dr. Wojtowycz said.

As an evaluator for Syracuse Healthy Start, a federal program aimed at reducing health disparities, Dr. Wojtowycz, Associate Professor of Public Health and Preventive Medicine, blends research and clinical practice.

"Much of the work I've done as it relates to public health is in maternal and child health, but it's not limited to that," she said.

Dr. Wojtowycz serves on the community-wide perinatal substance abuse committee that researchers best practices, makes policy recommendations and provides information to health care and human services providers and public health practitioners on pregnant women and smoking, drugs and alcohol use.

She's part of a team researching and evaluating data, enlisting new community partners, monitoring and measuring progress toward the ultimate goal "to improve outcomes for moms and babies."

A Focus on Research

Christopher Morley, PhD, is Interim Chair of the Department of Public Health & Preventive Medicine; Vice Chair for Research, Department of Family Medicine; Associate Professor of Public Health & Preventive Medicine, Family Medicine, and Psychiatry.

Dr. Morley is a medical social scientist with principal interests in health disparities, particularly those that occur in primary care settings. His work recently has been largely

focused on health workforce development, systemic primary care practice improvement (workflow, preventive care), the use of large data derived from electronic health records.

In particular, he studies how learners make choices about working as health care providers in underserved areas and in under-recruited areas of medicine and health, such as primary care and public health.

He has also been active in mental health research, including a study of how social factors such as race, gender, and insurance status affect the diagnosis and treatment of ADHD in primary care. Dr. Morley has worked for a number of years on projects examining the genetics of Schizophrenia, Bipolar Disorder, and ADHD, and was the Co-PI of an NIH grant to collect the largest population sample of schizophrenia patients and health cases ever assembled, for the purposes of a Genome-Wide Association Study, from 2008-2013.

Dr. Morley has a strong history of scholarship. He is published in a number of areas, including tobacco control, mental health, psychiatric genetics, public health, medical education, and ethics. In addition to his primary faculty appointments and roles, he is also affiliated with the Center for Bioethics & Humanities and the Center for Global Health Studies at Upstate, the Maxwell School of Syracuse University, and the New York State Area Health Education Center System.

Real-life Public Health

Cynthia Morrow MD, MPH, is the Lerner Chair for Public Health Promotion and Professor of Practice in Public Administration and International Affairs in the Maxwell School at Syracuse University. She also holds a joint appointment as assistant professor in

the Department of Public Health and Preventive Medicine and the Department of Bioethics and Humanities at Upstate, and is a core faculty member of the CNYMPH program. Dr. Morrow previously served as Onondaga County's Commissioner of Health from 2005 to 2014.

The wide range of public health disparities in Central New York make the region an ideal training ground for students in the CNY Master of Public Health program, Dr. Morrow said.

"We have urban disparities and rural disparities, and we have opportunities to intervene and train people in real-life public health," said Dr. Morrow. "Not many institutions can offer both."

Students in the MPH program also benefit from the public-private partnership of Syracuse University and Upstate – at state tuition levels -- and the fact that Central New York isn't saturated with people who have MPH degrees. That translates to more chances to explore new areas of public health concerns.

There are many definitions of public health, Dr. Morrow said, including the Institute of Medicine's "fulfilling society's interest in assuring conditions in which people can be healthy" and the World Health Organization's "all organized measures (whether public or private) to prevent disease, promote health, and prolong life among the population as a whole."

However it's defined, she said, public health is everyone's responsibility – government agencies, employers, corporations and small business owners, who should provide healthy "defaults" such as providing healthy food options at the same (or lower) cost as unhealthy options at work sites, schools, restaurants and stores.



Christopher Morley, PhD



Cynthia Morrow, MD, MPH

MEET SOME OF OUR STUDENTS

Our MPH students are a diverse group that includes public health professionals, physicians and other

clinicians, medical students and members of the Central New York community with a passion for

improving public health. The eclectic mix makes for lively discussions in class and a variety of research interests.

2015 Paul Ambrose Scholar

While an MPH student, Kyle Plante was one of 40 student scholars from across the country selected as a 2015 Paul Ambrose Scholar.



Kyle Plante

Kyle joined Upstate medical student Simone Arvais-Anhalt, who was also selected as an Ambrose Scholar. The pair attended a Student Leadership Symposium in Washington, DC.

"I am both honored and excited to be selected as a Paul Ambrose Scholar," Kyle said. "This program is a great opportunity to obtain first-hand experience in the process of planning and implementing public health programs."

Family Physician Foundation Scholar

The American Academy of Family Physicians selected Lizzy Wei McIntosh, an MD/MPH student at Upstate, to be the student representative to the American Academy of Family Physicians Foundation board of trustees, the academy's philanthropic arm.

Lizzy also is one of 30 students and medical residents selected to receive an AAFP Foundation scholarship. She's on track to receive her MD and MPH degrees in 2017.

"We currently have a shortage of primary care and mental health providers in the United States that is projected to get even larger over the next decade," Lizzy said. "A lot of that has to do with the current fee-for-service system and differences in Medicare reimbursement for



Lizzy Wei McIntosh

different kinds of work. My MPH training has helped me to understand more of that picture, and where the opportunities are for change in this area."



Michael Rosenthal

Ronald McDonald House Volunteer Leads to Field Placement

MPH student Michael Rosenthal started volunteering in the kitchen at Syracuse's Ronald McDonald House, where families can stay while their children are undergoing extended medical treatments.

"They really liked my cooking and word got around," Michael said. "Suddenly, Lee Wilder, the house manager, asked if I would like to be a weekend manager."

Michael enjoyed being at Ronald McDonald House so much, he asked if he could do his MPH field placement there as well. He spent several days a week helping the house extend its mission to families and physicians in neighboring counties.

Volunteering with social service agencies was a major part of Michael's busy schedule. He volunteered at the Salvation Army's Booth House, a respite for runaway and homeless teens, and helped out at the Rescue Mission, Safe Kids Coalition and Upstate Golisano Children's Hospital.

"My work is out there," he added, motioning toward the city's streets. "It's hard to balance, but being a student here has opened up a lot of doors these past few months."

Internship Focused on Global Malaria

Jean Fidele Munezero spent the summer putting his public health training to good use, analyzing and disseminating malaria data for USAID in Washington, D.C.

USAID (United States Aid for International Development) is the lead U.S. Government agency that works to end extreme global poverty.

Jean Fidele's eight-week internship with USAID was his field placement in the CNYMPH program.

Jean Fidele said he's always been interested in infectious diseases, in part because he grew up in countries that were affected by malaria and other diseases.

He was born in Rwanda, and at age 4 fled the civil war and genocide with his family, moving at first to the Congo (then known as Zaire) and Kenya before settling in Togo, in West Africa.

He and his parents and four siblings came to the United States in 2008 through the Department of State's Refugee Resettlement program, and ended up in Buffalo.



Jean Fidele Munezero

Jean Fidele earned a biology degree from Canisius College in Buffalo and came to Upstate in 2015.

"I like the way public health approaches issues, by taking a look at the bigger picture," Jean Fidele said. "It's good to provide treatment to individuals, but sometimes addressing health issues on a population level makes a big difference; I want to have a wider perspective as a future physician."

MEET SOME OF OUR ALUMNI

Graduates of our MPH program go on to exciting careers in public health that are tailored to their passion.

Through our specialized focus on public health policy and practice, they assume leadership roles in efforts to

reduce preventable diseases and correct health disparities.

Making Community Connections

Roberto Martinez has “a true passion for public health” that was evident from his first day on the Upstate campus, according to Simone Seward, MPH, Director of the Center for Civic Engagement.

Roberto came to Upstate in 2013 from his native Nicaragua to pursue a degree in Public Health and a certificate in Health Services Management and Policy. He earned his medical degree from the UNAN Medical School in Managua, the country’s capital, in 2010.

In Nicaragua, Roberto worked as the medical program coordinator for the AMOS Health and Hope agency (<http://www.amoshealth.org>). He led a 10-member health team providing primary care and other services to 13,000 people living in rural areas.

In Syracuse, Roberto served as project coordinator of a county-wide collaborative effort that aims to reduce substance abuse among pregnant women. It was the essence of his required capstone project for the MPH degree.

The goal of the project, funded in part by the New York State Health Foundation, is to identify and mentor “Community Connectors” in neighborhoods affected by prenatal substance abuse, Roberto said.

Those connectors can be a bridge to health care services and provide peer-to-

peer education to young pregnant women. Healthy Families, a program of the Onondaga

Roberto Martinez, MD, MPH



County Health Department, is providing mentorship and organization.

“It’s a tough task, but so far we have a big team, a broad list of partners to help identify Community Connectors,” Roberto said. “We’ll aim for 20, and I hope we get five or six. It’s about relationship building.”

Roberto feels strongly that medical students and public health students should have contact with community health workers, both in the U.S. and abroad.

“They’ll be able to see the amount of change these humble people can produce in a community,” Roberto said. “They have so much power for good. My encounters with them have shaped my desire to work in public health.”

Globetrotting with MPH Degree

Lisa Kotyk, who graduated from the CNYMPH Program in 2011, has worked for Department of Defense contractors since obtaining her MPH degree.

She has supported the Department of Defense’s efforts to reduce global health security risks by promoting best practices in biological safety and security, improving partner countries’ capacities to safely handle outbreaks and focusing on select agents and toxins.

Lisa, as a national security analyst, administered two biosecurity web portals. One portal provided a platform on which G8 Global Partnership nations and organization can share information

about international biosecurity programs, current engagements, research projects, and upcoming events. It is also a means of secure communication.

In 2014, Lisa traveled with the U.S. delegation to Russia and Germany and participated in the Global Partnership biosecurity meeting in Berlin. She also traveled to UN Headquarters in Switzerland, where she gave presentations to groups including representatives from the World Health Organization. Her team was invited to INTERPOL Headquarters in France to deliver a similar presentation.

She is currently Team Lead supporting biosurveillance, biosafety and biosecurity in the Philippines. She works with the Philippine government, local and international contractors, the Department of Agriculture/Bureau of Animal Industry and the Philippine Research Institute of Tropical Medicine.

“It has been on the coattails of work travel that I’ve been able to experience amazing places like Berlin, Cape Town, Islamabad and Phnom Penh,” said Lisa. “It was the MPH degree that opened the door to defense contracting, and every time I experience a little bit more of the world I’m so thankful to the CNYMPH Program!”

Lisa Kotyk, MPH





Public health affects many aspects of daily life in communities ranging from rural villages to bustling urban centers. Public health encompasses concepts such as food safety; health education; infectious disease control, environmental health; disaster preparedness; injury prevention; and public safety legislation.



Stephen Maheux, MPH

A Career in Public Health Preparedness

Following graduation Stephen Maheux, MPH, put many of his public health skills to test. He was a regional public health preparedness coordinator in Connecticut covering 30 towns and about 750,000 residents. Stephen worked with health directors, preparedness coordinators, first responders, emergency management officials and volunteers.

He was responsible for ensuring that the towns within that region were ready to respond to a variety of public health threats, including natural disasters and terrorist threats. He was involved with the emergencies that resulted from Hurricane Sandy in 2012.

"In the CNYMPH Program, I had the opportunity to get involved in public health preparedness at the county level," Stephen said. "I worked with a county health department to update their mass dispensing plan and improved their plan's score -- an indication of improved dispensing operations."

Stephen works for a non-profit as a senior program analyst in Washington, DC. He continues to work in the area of public health preparedness, conducting research and running pilot projects. His organization acts on behalf of local health departments and serves as a liaison with the federal agencies.

Ian Grant, MPH, CPH

Bringing Partners to the Table

Two years after graduating from the CNYMPH program, Ian Grant said he never would have imagined that he'd be managing an annual budget of \$1.5 million in state grants for population health.

But that's what he's doing as population health program manager for the Fort Drum Regional Health Planning Organization in northern New York.

"My role is identifying health needs and leveraging resources to address those needs through partnership," Ian said during a visit to Upstate to speak at Grand Rounds. "We're really bringing a lot of new partners to the table to address public health in an interesting and innovative way."

The organization's three-county service area includes the U.S. Army base at Fort Drum, family members of the soldiers, and the surrounding communities -- most of them rural.

Compared to urban populations, residents of rural areas tend to be older, poorer, sicker and more likely to be uninsured, Ian said. According to state health statistics, North Country residents have higher rates of adult and child obesity, binge drinking, diabetes, smoking and suicide.

Ian works with nine hospitals, three public health agencies and several community based organizations to protect and improve the health of more than 250,000 residents.



A Focus on Eating Disorders

Nicole Cifra's passion for adolescent medicine earned her a 2015 United States Public Health Service Excellence in Public Health Award.

She was one of only 57 medical students nationwide to earn the USPHS award that recognizes a commitment to public health leadership.

Nicole earned a dual MD-MPH degree from Upstate in 2016, and is a pediatrics resident at the University of Rochester's Strong Memorial Hospital.

"Many of the challenges adolescents face are deeply rooted in public health, which I didn't have an appreciation for prior to the public health curriculum," Nicole said. "In particular, I narrowed in on the field of eating disorders."

Eating disorders represent a severe distortion of body image and an inability to make changes, Nicole said. "The mind plays tricks on you. It's similar to alcoholism and its 'repeated use, despite harm.' It's a scary illness."

Nicole's passion for public health has gotten her involved at the national and international levels, as well as in the local community.

"A lot of public health initiatives focus on nutrition, obesity prevention and exercise," Nicole said. "Eating disorders get forgotten. Adolescence is important. A lot of habits are formed in that time."



Nicole Cifra, MD, MPH



Example of Job Titles That Our Graduates Hold

External Affairs Associate
 Disease Specialist
 Environmental Specialist
 Health Educator
 Population Health Analyst
 Project Coordinator
 Community Educator
 Senior Program Analyst for Disaster Preparedness
 Social Science Research Analyst
 Quality Coordinator
 Director, Bureau of Health Promotion & Disease Prevention
 EHR (Electronic Health Record) Implementation Specialist
 National Security Analyst
 Compliance Officer
 Program Director
 System Process Data Analyst
 Community & Social Services Specialist
 Nutrition Coordinator
 Care Ambassador
 Senior Research Specialist

Interested in the Exciting Field of Public Health?

Go to www.upstate.edu/cnymph to learn more about:

- Admission Requirements
- Courses Offered
- Faculty & Staff
- Concurrent Degree Programs
- Students & Graduates
- Public Health Careers
- Open House Events
- And most important...How to Apply

Application deadline is April 30

**Contact us by phone or e-mail
(315) 464-1700 or (315) 464-4570**

**cnymph@upstate.edu or
admissfa@upstate.edu**

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and online application:
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**Office of Student Admissions | SUNY Upstate Medical University
1215 Weiskotten Hall, 766 Irving Avenue, Syracuse, NY 13210**