

Core Definitions of the SJSU MPH Program

Health

A multidimensional and dynamic integration of our physical, emotional, social, spiritual, and intellectual lives, and a lifelong resource for living (adapted from the World Health Organization, 1948).

Community health education

The health status of a defined population, and the field of practice responsible for the actions and conditions that promote, protect, and preserve their health (McKenzie, Pinger, & Kotecki, 2002).

Public health

Organized community effort to promote and protect the conditions necessary for individual and community health (CEPH, 1976), fundamentally an ethical enterprise (Beauchamp, 1988), and stimulating the public debate and participation at the heart of a democratic society (Wallack, 2000).

Health promotion

The combination of educational, organizational, environmental, and economic supports to foster behavior conducive to health (Green, 1994), aimed at reducing differences in current health status and ensuring equal opportunities and resources to enable people to achieve their fullest human potential (Ottawa Charter, 1986).

Health services administration

Design, coordination, implementation, and continuous quality improvement of the organizational systems designed to improve people's health, their human resources, and their relation to other social systems.

Ethics

Value-based guidelines that govern professional conduct, including the five principles of autonomy, nonmaleficence, beneficence, justice, and professional accountability, and codified in the health education professionwide code of ethics which specifies our responsibilities to the public, the profession, employers, the delivery of health education, research and evaluation, and professional preparation.

Civic Engagement

Active participation in the public life of a community in an informed, committed, and constructive manner, with a focus on the common good (Gottlieb and Robinson, 2002).

Empowerment

A social-action process that enhances individuals' and communities' control over their own health, the conditions of their lives, and their agency in their sociocultural environments.

Systems Thinking

Inquiry that allows us to see causal and connective patterns in social systems and human relations, and that encourages community understanding that our connections to each other are deep and inseparable.