

Ekta Patel

Public health involves maintaining and maximizing the power of individuals, families and communities by promoting healthy lifestyles, pursuing counteracting sickness and injury, identifying and managing infectious disease, and eventually avoiding injury and illness. I want to be the part of the system that changes the society's mentalities with the intention of understanding one's own wellbeing as well as others' power as a valuable and priceless resource. I have always been a very social person who likes to work with people. After completion of my Bachelor of Science in Health with a concentration in Public Health, I will definitely be working with individuals and families to develop and use more desirable and healthy lifestyles. More specifically, I really enjoy helping others as I believe that "we must be the change you wish to see in the world" (Mahatma Gandhi).

Throughout my studies, I found that public health professionals are also engaging with people with chronic and communicable diseases, understanding how they acquire infections, alluding them to important health administrations, and educating them how not to further spread the disease. I enrolled in Certified Nursing Assistant (CNA) course during high school. During this time, I worked with lot of elderly people, assisting them with daily activities and by providing support. I really enjoyed helping them and taking care of them. Additionally, there was lot of patients with chronic and communicable diseases, infections, etc. I really enjoy working with people in special needs. As a CNA, I have worked with people with Alzheimer's to Methicillin-resistant Staphylococcus Aureus (MRSA) and Human Immunodeficiency Virus (HIV) to Diabetes. Since then, I have also become Cardiopulmonary resuscitation (CPR) certified. My job also requires learning new things about various disorders, diseases, disabilities, and syndromes. While working as a CNA, I became extremely interested in learning more about health and health disorders. Furthermore, I took biology, psychology, human anatomy and physiology, and other health science classes. During my undergraduate degree, I learned about the eight Certified Health Education Specialist (CHES) responsibilities which ties into assessing needs, planning, implementing, evaluating, research, advocacy, communication, leadership, management, and ethics and professionalism. Hence, I decided to join the public health program with an intention of going to graduate school or physician assistant studies.

By studying in this broad program, I am provided with the skills to promote healthy behaviors and prevent chronic and communicable disease while learning different methods necessary for this profession. In few years, I plan to take a CHES certification exam after the completion of my undergraduate degree. I plan to become a health educator as well as plan to enroll in Master of Public Health or physician assistant school. I believe that our quality of life is declining, and everyone has the right to make healthier decisions and be healthy. Later on, I want to make sure that my children, my family, community, society, and everyone in this world are part of an era that appreciates a high quality of life and their level of well-being more than their wealth. To do so, I will be educating and encouraging our community. I believe that giving knowledge is important, so that individuals can settle for their own informed choices. I want to have a positive effect on people's lives and support individuals with improving for their better. I will also come to a conclusion as regards the ability for our people to develop healthy lifestyles as a public health educator.