



## GRADUATE PROFILE

**Shabnam Imam**

*BHSc Public Health 2018*

I am working with Alberta Health Services, Fort McMurray with the Wildfire Recovery team as a Health Promotion facilitator. I communicate and interact with residents of Wood Buffalo and Fort McMurray to inquire about their health and wellbeing. I link them with relevant resources and support services present within the community. **I collaborate with community stakeholders in accessing, planning, and implementing of health promotion strategies and work together towards improving the health of individuals and the community.**

My undergraduate degree in public health broadened my understanding of health from a non-clinical perspective. **I gained a better understanding of concepts like the social determinants of health, equity and equality, need assessments, accessibility to health services, and population health.** I learned that cultural, social, political and geographical factors together contribute to health outcomes. Hence, as a health promotion facilitator, I consider these factors and apply the concepts of public health when planning or implementing the health promotion strategies to address the needs and concerns of individuals or population belonging to diverse backgrounds.

I am passionate to work towards promoting maternal health. It is not just the clinical care that needs to be addressed, but also the non-clinical aspects of prenatal and postnatal care that needs to be given consideration. Despite the advancement of medical technologies, women globally suffer from the complication of pregnancies and reproductive health many of which can be avoided by simple measures like better support and accessible services. **I want to work towards improving the awareness of the social, emotional and physical support that could be given to women to help them have a positive and fulfilling experience of motherhood.**

Public health is a broad field overarching many subfields. Going out in the field and getting hands-on experience gives a chance to explore what aspect of public health interests you more. It will also offer an opportunity to interact with populations of different backgrounds making you ready to work as a public health professional.