

# Anthropology and Public Health

Anthropology can improve health and wellbeing

## My job

As a Planner in Public Health focusing on Healthy Aging, I work with residents and organizations to improve the health and wellbeing of older adults in Ramsey County, Minnesota by:

- Bringing together service providers who work with older adults to improve services and coordination
- Co-creating interactive educational events with communities
- Educating people about inequities and disparities in diverse communities

## My career

When I graduated with a Bachelor's degree in Anthropology there were few jobs in the field. I worked in marketing, social services, customer service and organizational change. As soon as I learned that companies were hiring anthropologists and went to graduate school.



## How I use anthropology in my job

- Conduct human systems analysis
- Analyze systems from the view of people impacted by them
- Practice cultural humility
- Use perspectives and terms like “partnering with” instead of “input” or “helping”
- Listen to people and communities who have different life experiences than I do

**Julia Wolfe**

Planning Specialist, Healthy Aging  
Saint Paul—Ramsey County Public Health