



APHA

STUDENT
ASSEMBLY

April 2026 Newsletter • National Public Health Week Edition

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A Note from Your Newsletter Editor

Hello everyone, wishing you all a very Happy National Public Health Week!

I am so proud to be celebrating the amazing, impressive, and inspiring work we, the public health community, are doing throughout the country! This week, there are hundreds of events hosted across the nation, which you can explore on the Events page of the [APHA NPHW](#) website.

In this newsletter, you will find all the APHA-hosted events happening in April for NPHW, along with upcoming webinars and events scheduled after NPHW. We are also spotlighting an incredible abstract and poster from a student who presented at the APHA 2025 Annual Conference. And finally, in our "Meet Your Leaders" section, you will be introduced to me and our Secretary-Elect, continuing the series that began with our Chair and Past Chair in the March newsletter.

Happy reading!!!

National Public Health Week 2026

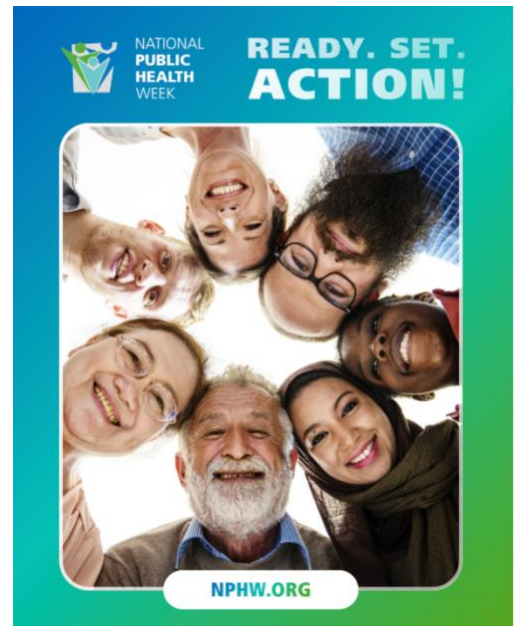
Theme: *Ready. Set. Action!* | April 6–12, 2026

For more than 150 years, public health has reshaped what's possible in the United States, adding decades to life expectancy and dramatically improving quality of life. These achievements were the result of community health workers, medical professionals, scientists, and advocates pushing for policies grounded in evidence and focused on equity.

NPHW 2026 invites all Americans, especially public health students like you, to renew your commitment to strengthening the systems, science, and community partnerships that keep our communities healthy. Because one truth guides it all: Good health doesn't just happen.

[!\[\]\(c50c8b7b2cc2cf9ff925edec0ee94c0d_img.jpg\) **Browse APHA's NPHW Events**](#)

[!\[\]\(6a9b39b98eb945faa14c645ec99e4eaa_img.jpg\) **View Local Partner Events Near You**](#)



NPHW & April Events for Students

#NPHW Social Media Activation -- "Flood the Feed"

Ready. Set. Action! — Flood the Feed

Wednesday, April 8, 2026 | 1 PM, 2 PM & 3 PM ET

Show up loud and proud for public health on social media! Join a coordinated, campus-wide and community-wide social media push using the hashtag #NPHW. Here's how student voices can lead the charge:

1:00 PM — **READY:** Post about why public health matters to you as a student. What drew you to this field?

2:00 PM — SET: Post about collaboration -- your school, your classmates, your community partners.

3:00 PM — ACTION: Post a call to action. What can people do to support healthier communities?

APHA will provide a free digital toolkit with sample posts, video scripts, and graphics for LinkedIn, Instagram, Facebook, Threads, and BlueSky. This is your moment to amplify the student voice in public health -- don't miss it!

 [Get the Social Media Toolkit](#)

Webinar: Building Well-being and Community Connections

Building Well-being, Promoting Community Life, and Supporting Neighbors

Thursday, April 9, 2026 | 1:00 PM – 2:00 PM ET (Virtual)

As public health students, mental health and community well-being are central to the work you'll do. This free webinar explores how individuals and communities can nurture mental health, support one another, and strengthen social connections -- even in the face of life's challenges.

Panelists will share the connection between personal wellness and thriving communities, and offer practical, real-world actions you can take to support yourself and your neighbors. This is especially relevant if you're studying health behavior, community health, or social determinants of health.

 [Register for Free](#)

APHA's Keep It Moving Challenge

APHA Keep It Moving Challenge -- Join Before April 12!

Active Now | Register by April 12, 2026

Make movement part of your NPHW! APHA's Keep It Moving Challenge encourages healthy behaviors and physical activity in your campus community. Whether you're studying late or on a tight schedule, every step counts.

Download the free APHA Keep It Moving app to track your progress, build a team with classmates, and earn points as you go. Perfect for SPH students looking to practice what they preach! Remember: you must download the app and register each year.

 [Download the App & Register](#)

Health Equity Leadership Virtual Conference (8 CE Credits)

Health Equity Leadership Virtual Conference

April 11–12, 2026 | Virtual (8 CE/PD Credits Available)

This is a must-attend event for graduate and undergraduate public health students interested in leadership and equity! Hosted by United Against Inequities in Disease (UAID), this two-day virtual conference brings together diverse voices to explore real-world leadership challenges and emerging public health issues.

Open to students, professionals, researchers, policymakers, and community advocates. Earn 8 hours of continuing education or professional development credit -- a great addition to your CV or résumé.

Note: Abstract submissions for presenters closed March 15. Attendee registration is still open!

 [Register for the Conference](#)

Webinar Series: Disability Justice & Public Health

Disability Justice: Public Health for Collective Liberation

April 13, 2026 (Part of a 4-Part Webinar Series) | Virtual

Disability Justice is not an add-on to equity work -- it is essential to building public health systems that are accessible, accountable, and life-affirming for everyone. This four-part professional development series is designed specifically for public health and health care professionals committed to equity, accessibility, and systems change.

Hosted by the APHA Center for Public Health Policy, this series centers the leadership, lived experience, and expertise of disabled people -- particularly disabled people of color. It moves beyond mere compliance toward collective care, accountability, and liberation.

For students studying health equity, social determinants, or health policy, this series offers an essential framework you will use throughout your career.

 [Register for the Series](#)

Be a Part of APHA 2026 -- Public Health Film Festival

The Calls for Films and Film Reviewers for the APHA 2026 Public Health Film Festival are open! Films from all disciplines of public health will be considered, and films related to the 2026 conference theme are highly encouraged. Deadline: Friday, April 10.

 [Submit a Film](#) |  [Become a Film Reviewer](#)

Upcoming Events After NPHW

LGBTQ+ Health Caucus -- Student Mentorship Program

LGBTQ+ Mentorship Program -- Sign Up Now

Sign-up Form Open till April 17

Are you a public health student with an interest in LGBTQ+ health? The APHA LGBTQ Health Caucus Mentorship Program connects students with experienced professionals for meaningful career guidance and community building.

As a mentee, you'll have the opportunity to learn from seasoned public health professionals and receive tailored advice for advancing in your studies and career. As a mentor (for graduate students and early career professionals), you can share your journey to support the next generation of LGBTQ+-affirming public health leaders.

Questions? Contact Katherine Buchman (she/her), Professional Development Chair, at studentchair@aphalgbtq.org

 [Sign Up as a Mentor or Mentee](#)

APHA LGBTQ Caucus Mentoring Advertisement

We are pleased to announce that the sign-up form for the 2026 APHA LGBTQ Health Caucus Mentorship Program is now available! This program aims to connect LGBTQ+ students and early career professionals or those interested in LGBTQ+ public health with LGBTQ+ professionals and researchers at all levels of their careers, with the goal of connection and learning through mentorship. We hope you'll consider being a mentor or mentee this year!

Details of the Student Mentorship Program:

Who? Both students (undergraduate, graduate, and certificate programs) and early career professionals in the field of public health who identify as LGBTQ+ and/or are interested in LGBTQ+ health. Mid-career professionals are encouraged to be mentors, as many at this stage have experience with job searches, applying to and engaging in graduate study, etc.

What and When? The Mentorship Program spans from May through the APHA Annual meeting in November 2026. Expect to dedicate an average of at least an hour each month to connecting with your mentor or mentee. Both mentors and mentees are encouraged to communicate via email, phone, Zoom, or other media that works for the pair. Topics of discussion can vary, and we hope that each pair communicates goals for the mentor relationship. The Professional Development Chair of the caucus will send out monthly reminders and guidance for possible discussion points. However, pairs are encouraged to connect in ways that work best for them.

Where? All communications will occur virtually. We welcome participants from all regions.

Why? Participants in the Mentorship Program should hope to form meaningful connections with others with interests relevant to LGBTQ+ public health. As a potential mentor, you have the opportunity to share your experiences in ways that will support future public health professionals. As a student or early career professional, you have an opportunity to learn from others and receive advice for advancing in your studies and/or career.

The link to sign up as either a mentor or mentee can be found [here](#). The sign-up form is open until April 17, 2026.]

We greatly look forward to your participation! Please don't hesitate to reach out to Katherine Buchman (she/her), the Professional Development Chair of the LGBTQ Health Caucus, at studentchair@aphalgbtq.org with any questions.

APHA Policy Action Institute - Advocate for Public Health

APHA Policy Action Institute

June 9-10, 2026 | Arlington, VA & Virtual (Optional Hill Day: June 11)

Registration is now open for one of the most impactful learning opportunities for public health students! The Policy Action Institute will equip you with the skills to navigate funding cuts, influence policy, and secure critical resources for public health initiatives.

Through hands-on workshops, panels, and networking sessions with top public health policymakers, you will gain practical advocacy skills that go far beyond the classroom. The optional Hill Day on June 11 gives you the chance to bring your public health voice directly to Capitol Hill.

This is an incredible résumé-builder for students interested in health policy, advocacy, and government.

 [View the Agenda & Register](#)

Student Spotlight: APHA 2025 Annual Conference

Each month, we highlight the outstanding research and scholarship of APHA Student Assembly members. This month, we are proud to feature work presented at the APHA 2025 Annual Meeting in Washington, D.C.

Featured Abstract

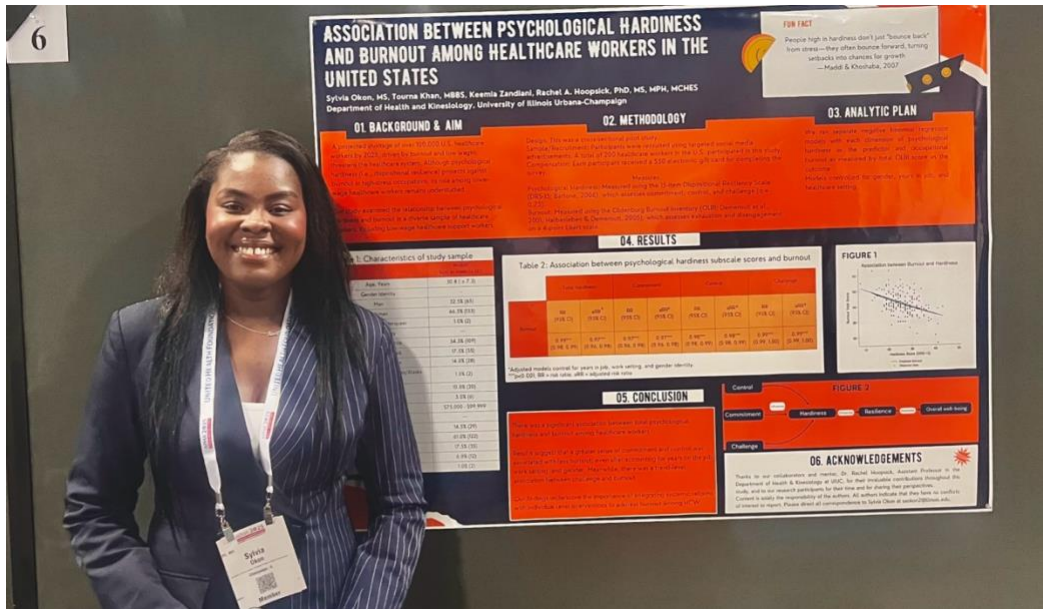
Association Between Psychological Hardiness and Burnout Among Healthcare Workers in the United States

This study examined whether psychological hardiness functions as a protective factor against burnout among a diverse sample of healthcare workers, with particular attention to low-wage healthcare support staff. Using cross-sectional survey data from 200 healthcare workers recruited via social media, findings revealed that higher levels of psychological hardiness — especially the dimensions of commitment and control — were associated with a significantly lower risk of burnout.

This research has important implications for healthcare workforce wellness policies and for public health students entering clinical and community health settings.

About the Researcher

Sylvia Okon is a third-year Ph.D. student in Community Health at the University of Illinois Urbana-Champaign. Her research sits at the exciting intersection of mental health and artificial intelligence, leveraging data-driven insights to promote health equity and address population-level disparities. We are so proud to feature Sylvia's work -- congratulations!



Know a student who deserves a shout-out?

Have an abstract accepted for APHA (or presented last year and want your work featured)? The APHA Student Assembly would love to highlight innovative, impactful student public health work.

Contact: Ankita Gupta, MPH, PT, a-IPC -- secretary@aphastudents.org

Meet Your Student Assembly Leaders

Each month, we introduce you to the leaders who make the APHA Student Assembly run. In March, we featured our Chair: Anas Nabil, and Past Chair: Veena. This month, meet our Secretary and Secretary-Elect!

Ankita Gupta

Secretary & Newsletter Editor, APHA Student Assembly

Ankita serves as the Secretary of the APHA Student Assembly and is the editor behind the APHA-SA newsletters! She is passionate about public health, epidemiology and physical activity, and dedicated to keeping students informed, connected, and engaged across the APHA community.

When she is not compiling newsletters, she works in public health research and evaluation, contributing to projects related to epidemiology, community health, and program improvement. Her work reflects a strong interest in using research, data, and communication to support meaningful public health impact.



Shaba Damilola

Secretary-Elect, APHA Student Assembly

Shaba is the Secretary-Elect of the APHA Student Assembly, bringing a global perspective rooted in her journey from Nigeria to becoming a public health leader in the United States. She holds an undergraduate degree in Health Information Management and is completing her Master of Public Health in Environmental Health at the University of Illinois Springfield. Her work sits at the cutting edge of public health leveraging artificial intelligence and data-driven tools to strengthen community health systems, predict health crises, mental health issues, and close gaps in environmental health surveillance.

When she is not advancing her research, Shaba channels her passion into mentorship and student empowerment ensuring that every student, regardless of background, finds their footing and their voice within the public health community. She is committed to building a future where innovation and equity go hand in hand.



Stay Connected with APHA Student Assembly

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Use #NPHW and #APHASStudents to join the conversation this week!