

MONIQUE A. DOWARD

Public Health | Epidemiology | Social Services | Health Policy | Community Health

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PROFESSIONAL PROFILE

Public Health Epidemiology doctoral candidate and community-based social services professional with experience in population health analysis, case management, program development, policy engagement, and health equity. Skilled at translating public health data into practical program and policy recommendations, coordinating services across community systems, and communicating with healthcare, government, academic, and community partners. Seeking opportunities in public health, healthcare administration, research, program coordination, health policy, community health, or adjunct teaching.

CORE COMPETENCIES

Epidemiology & Public Health	SPSS & Data Analysis	Case Management
Health Equity & Disparities	Health Policy & Government	Program Development
Population Health Research	Community Outreach	Care Coordination
Long COVID Research	Online Instruction	Global Health

PROFESSIONAL EXPERIENCE

Executive Director | *Minnesota Long COVID Public Health Institute* | Kettle River, MN | 2026-Present

- Founded and lead a public health institute focused on Long COVID research, advocacy, and policy development.
- Develop strategic partnerships across healthcare, research, government, and community sectors.
- Guide research interests related to cardiovascular outcomes, post-viral conditions, and health disparities.

Social Worker | *Fond du Lac Human Services Division* | Cloquet, MN | 2025-Present

- Provide community-based social services, assessments, and case management for individual and families.
- Coordinate with interdisciplinary partners to address social determinants of health and client service needs.
- Support service planning, documentation, referrals, and care coordination for vulnerable populations.

Public Health Analyst | *Rose International* | St. Paul, MN | 2020-2025

- Conducted epidemiological and population health data analysis to support policy and program decision-making.
- Supported public health reporting, surveillance initiatives, data interpretation, and program development.
- Translated complex datasets into actionable insights for public health stakeholders and service systems.

GOVERNMENT, POLICY & COMMUNITY LEADERSHIP

Advisory Council Participant | *Minnesota Department of Children, Youth, and Families (DCYF)* | 2026

- Contributed public health and community-based perspectives to state-level policy discussions affecting children and families.
- Collaborated with stakeholders to support programs, systems, and equity-focused decision-making.

EDUCATION

Doctor of Philosophy (DrPhD), Public Health - Epidemiology | *Walden University* | 2024-Present

Master of Science, Biology | *Bemidji State University* | 2024

Bachelor of Science, Public Health | *University of the Cumberlands* | 2022

RESEARCH, TEACHING & PROFESSIONAL DEVELOPMENT

- Ongoing research interest: Long COVID and cardiovascular disease, post-viral conditions, and epidemiological trends.
- Teaching interests: Epidemiology, public health, biostatistics, health policy, global health, community health, and health equity.
- Professional engagement: World Health Summit participant (2025); World Health Expo participant (2026).
- Certification in Infection Control - Candidate / pending completion.

A STRONGER, SAFER, MORE AFFORDABLE DISTRICT 11

Accountable to District 11 communities—not a party caucus.

SAFE COMMUNITIES & ACCOUNTABLE LAW ENFORCEMENT

Support law-enforcement staffing, training, mental-health response, fair enforcement, transparent complaint systems, and stronger partnerships with local communities.

RURAL HEALTHCARE THAT STAYS OPEN

Create an early-warning system to protect vulnerable rural services before they close and help healthcare workers build long-term careers through childcare, housing, training, and service-based retention incentives.

LIBRARIES AS ESSENTIAL COMMUNITY HUBS

Provide stable funding for rural libraries, broadband and technology access, workforce resources, literacy programs, and safe, welcoming spaces for every age.

STRONG PUBLIC SCHOOLS & RESPECTED EDUCATORS

Increase classroom support, strengthen special education, improve school safety, retain educators and support staff, and reduce unfunded state mandates.

NO MEGA DATA CENTERS IN DISTRICT 11

Oppose projects that consume excessive water and electricity, shift costs to residents, or threaten farmland and community resources. Local residents must have a real voice.

TRANSPORTATION & RURAL ECONOMIC GROWTH

Restore funding and momentum for the Northern Lights Express, move the Duluth-to-Twin Cities passenger-rail project toward construction, and use better transportation connections to grow local businesses and family-sustaining jobs.

AFFORDABLE, HEALTHY FOOD & STRONG LOCAL AGRICULTURE

Lower household food costs by strengthening rural grocers, local farmers and food supply chains; expand access to fresh, nutritious food; and grow farm-to-school and community food partnerships.

MMIW/MMIR ACTION & MISSING-PERSON RECOVERY

Strengthen prevention and response for Missing and Murdered Indigenous Women and Relatives, modernize statewide search coordination, improve alerts and case communication, and expand rural search-and-rescue resources.

UNION RIGHTS & FAIR WORKPLACES

Defend collective bargaining, prevailing wages, safe staffing, workplace safety, retirement security, and the right of workers to organize without retaliation.

UNIVERSAL CHILDCARE PILOT FOR DISTRICT 11

Launch a state-funded pilot for children ages 6 weeks through 10 years with no family income cap, direct provider reimbursement, workforce expansion, and options for evening and overnight care.

FIREFIGHTERS, EMS & EMERGENCY READINESS

Close retirement and health-benefit gaps for volunteer, paid-on-call, and EMS-only responders; modernize aging equipment; and provide fair, accessible grants for small rural departments.

CLEAN WATER, HONEST GOVERNMENT & ACCOUNTABILITY

Protect drinking water and lawful utility service, strengthen fraud prevention and independent investigations, require transparent public records, and hold elected officials accountable when they knowingly break the law—regardless of party or position.

DIGNITY FOR SENIORS, VETERANS & PEOPLE WITH DISABILITIES

Eliminate Minnesota state income tax on Social Security benefits for all seniors while protecting home- and community-based services, accessible transportation, caregiver support, veterans' resources, and independent living.

YOUR VOICE SHOULD SHAPE THE WORK AT THE CAPITOL

Share your priorities: monique@dowardforsenate.com

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