

USPHA NEWSLETTER

Summer Service Stories

Undergraduate Public Health Students Share Their Stories of Public Health Related Summer Experiences

This story is by Sarah Dawson,
Senior: Public Health & Spanish.

This past summer I returned home to Thailand and was able to travel across the border into Burma (Myanmar). There, I helped to train medics; treat patients; and give hope and love to people suffering under the control of the current military regime. It was amazing to be able to teach the new medics about public health issues and epidemiology.

In August, I worked with a program called Child Family Health International. With this organization, I was able to travel to Puerto Escondido, Mexico to work in low resource clinics across the city. My focus was on women's reproductive care and pediatrics, as well as Dengue Fever. This project focused on treating patients; educating the community on transmission and prevention; and also spraying for mosquitos in areas of infestation.

The UW Department of Public Health has wonderful

faculty and classes that prepared me to take part in these programs abroad. It is truly an amazing field of study and a great department to be involved with.

This story is by Majot Kaur, Senior:
Public Health & Sociology

I went to Punjab, India this summer after 13 years to visit my family and work in village health clinics. I was able to talk to the doctor appointed to work at the dispensary in our village. He was a very open while discussing the issues he noticed in the Indian health system. Overall, just being able to learn more about the healthcare of being provided; discuss the differences between the healthcare systems in the US and India; and being able to observe patients was a very rewarding experience.

This story is by Kimberly Yee, Junior:
Biology w/ minor in Global Health

I interned with the *Familias Sanas y Activas* (Healthy & Active Families) project run by IBACH...

Continued on Page 2

Advice for prospective Majors

If you're interested in Public Health, why not take a public health core course such as: Global Health 101; HSERV 100 or Geography of Health.

Get involved! Attend an USPHA meeting or event and learn more about public health and health activism on the UW campus. You can learn more by going to our website and contacting an officer.

Ask questions! If you're wondering who to get in touch with, start with USPHA Officers and other Undergraduate Major Program Staff. Another good resource is the Global Health Resource Center in Mary Gates Hall! Email us, uspha2@uw.edu

Know why you want to join the Public Health Undergraduate Major and be able to articulate your passion for the major in your personal statement. Believe it or not, people read those things!

Upcoming USPHA Events!

RSO Fair in Red Square: September 28 & 29th, 2011

USPHA Kickoff Event! Oct. 25th at the UW Tower!

Movie Night & Information Session on Nov. 7th!

Summer Public Health Stories Continued...

(Institute for Behavioral and Community Health) at San Diego Prevention Research Center. This was a program that provided free exercise and health classes for the Latino community at local health centers. It was a great way to experience public health in the community and outside of the classroom. I will continue to look for ways to apply what I learn about the bigger picture to eventually practice primary care as a family nurse practitioner to the best of my ability.

This story is by Todd Lien, Senior:
Biochemistry & Chemistry

I studied abroad in Rome, Italy focused on cancer research technology and therapy. Students were exposed to recent technology used in cancer research, as well as current and future methods of prevention & treatment in cancer therapy. I also interned at Seattle Children's Research Institute as an unpaid research assistant on renal diseases and volunteered with Side-By-Side Family Support Program. This program provides assistance to families with terminally ill children. Towards the end of the summer, I developed a new substance abuse program for the University Health Education Leadership Program (UHELP). I worked with the UW School of Pharmacy, and put together a presentation on this Substance Abuse program.

This story is by Nicole Rover, Junior: Public Health & Dance

I just got back from a UW Exploration Seminar! I went with the Nursing Department to India to study healthcare in a developing country. We visited Christian Medical College, Vellore and Sri Ramachandra University in Chennai. I had the opportunity to be placed in a variety of clinical settings such as observing a C-Section and going to community health clinics. Some of my favorite memories are home visits with the Nursing Community Health Outreach. I was able to learn so much from the nurses; local students; and the villagers themselves.

This story is by Katherine Howe, Senior:
Individualized Studies - Health

This summer, I interned at Unite For Sight, a global health non-profit organization dedicated to eliminating patient barriers to eye care, at the headquarters in New Haven, Connecticut. I helped develop courses for Unite For Sight's Global Health University. I initially heard about Unite For Sight as a freshman when I learned that 80% of blindness is preventable or curable and that 36 million people are needlessly blind. I have since been actively involved with the UW Chapter as a volunteer and current President. The volunteers of the UW Chapter fundraise and hold global events and activities. 100% of donations go directly to

restoring sight and eliminating preventable blindness among those living in extreme poverty in developing countries.

For more information and to join the UW Chapter of Unite For Sight, please send an email to: ufsuw@uw.edu.

This story is by Joie Hsu, 2011 Graduate: Public Health & Sociology

After graduating in June, I was offered a position as a Community Outreach Intern with The Hope Heart Institute in Bellevue, Washington, a non-profit that is dedicated to serving humanity through cardiovascular research and education. A position opened while I was interning and so I decided to apply. Now I am the newly hired Volunteer & Outreach Coordinator. I am so excited to partner with local communities to help alleviate the risk of heart disease through education & outreach and to spread heart-health awareness

This issue of the USPHA Newsletter was brought to you by the USPHA 2011-2012 Officers! A big thank you goes out to new Director, Dr. Sara MacKenzie and Caitlin Ormsby, our 2011-2012 President. Also, a huge thank you to all the students who shared their summer stories!

ISSUE 1 | Autumn 2011

Created by USPHA Secretary
Helen Olson, Junior Public Health
and Geography

Name: Julia Olson

Year: Junior

Major: Public Health & Biology

My name is Julia Olson, a Junior majoring in Public Health and Biology, and I am working with Marina Fitzpatrick, a Sophomore majoring in International Studies with a focus in Development, on building up the UW chapter of GlobeMed. GlobeMed is a non-profit, student run organization composed of 46 chapters across the country who each partner with a grassroots organization around the world to develop long term sustainable relationships as we seek out a model to best work in solidarity for global health equity. We are all brought together by the belief that health is a human right, and as students we will use our resources to improve the health and quality of life of people living around the world.

Our partner at the University of Washington chapter is the Women Development Association in Phnom Penh, Cambodia. Their mission is to strengthen the capacity of community-based people and garment factory workers to function self-help structures for community organizing, community development, primary health care education, STD & HIV/AIDS prevention & Reproductive Health Education, Vocational skill training, child-educational promotion & campaigns, women & children rights, peace building for out-school youths, research with different topics, Gender promotion, and advocacy towards a long-term sustainable community development.

Together over this next year, and years to come, we will collaborate on specific projects, fundraising, fostering a global health discussion on campus, and lead trips to work with our partner in Cambodia.

Name: Sarah Dawson

Year: Senior

Major: Public Health, Spanish

This past summer I was blessed with two amazing opportunities to travel overseas and put what I have learned in the classroom to good use. In June/July, I returned home to Thailand and was able to travel across the border to Burma (Myanmar). Here I worked to help train medics, treat patients, and give hope and love to people suffering under the brutal control of a Military Dictatorship. It was amazing to be able to teach the new medics about public health issues and epidemiology. I would not have been able to do this without the education I have received in the Public Health program at UW.

In August I worked with a program called Child Family Health International. I was able to travel to Puerto Escondido, Mexico to work in low resource clinics around the city. My focus was on women's reproductive health care and pediatrics, but I was also able to work on a Public Health project outside the city in a village with an outbreak of Dengue Fever. This project focused on treating patients, educating the community on transmission and prevention, and also spraying for mosquitoes in areas on infestation. The University of Washington department of Public Health has amazing faculty and classes that prepared me to take part in these programs abroad. It is truly an amazing field of study and a great department to be involved in.

Manjot Kaur

Year: Senior

Majors: Public Health & Sociology

What I did: I went to Punjab, India this summer after 13 years to visit my family. My two main goals for this trip were to 1) visit all my relatives and 2) visit health clinics in villages. Fortunately, I was able to accomplish both of my goals. I was able to talk to the doctor appointed to work at the dispensary in our village. He was very open while discussing the issues he noticed in the Indian health system. The most important factor that contributes to the poor health system in villages is corruption at every level of administration. During one of my visits, a patient needed to get her hemoglobin level checked but was unable to since the clinic didn't provide this service. The service provided at these clinics is very minimal, yet it's there because something is better than nothing. When I asked what I could do to help, he said "nothing, because you are from America and will become very frustrated with the system if you try to work here." Overall, just being able to learn more about the healthcare being provided, discuss the differences between the healthcare systems in the US and India, and being able to observe patients was a very rewarding experience.

Name: Kim Yee

Year: Junior

Major: Biology

My name is Kimberly Yee, and I'm a junior majoring in biology and minoring in global health. Upon arriving in San Diego for the summer, I found an internship with the *Familias Sanas y Activas* (Healthy and Active Families) project run by IBACH (Institute for Behavioral and Community Health) at SDPRC (San Diego Prevention Research Center). This was a program which provided free exercise and health classes for the Latino community at local health and recreation centers. It was a great way to experience public health in the community and outside of the classroom. I became familiar with how to enter, check, and organize data. I made connections with other interns and public health professionals, exchanging experiences on a local to global scale, and perspectives on job outlooks and developments in public health. Because health is an all-encompassing field, it is important to have the adaptability to apply one's different kinds of academic or work experiences to one's current work. I am very thankful for the opportunity to have been a part of one of many diverse studies at SDRPC through my internship, and I will continue to look for ways to apply what I learn about the bigger picture to eventually practice primary care as a family nurse practitioner to the best of my ability.

Name: Joie Hsu

Year: 2011

Major: BS Public Health, BA Sociology

What I did: After graduating this June I was offered a position as a Community Outreach Intern with The Hope Heart Institute in Bellevue, Washington. The Hope Heart Institute is a 501(c)(3) nonprofit that is dedicated to serving humanity through cardiovascular research and education. I was so impressed with the depth of the outreach that The Hope is able to accomplish that I immediately hoped that I would be able to stay beyond my internship--either through a job opportunity or to remain connected through volunteering. As it turns out, a position opened while I was interning and so I decided to apply. Now I am the newly hired Volunteer & Outreach Coordinator and I am so excited to partner with local communities to help alleviate the risk of heart disease through education and outreach and to spread heart-health awareness.

Name: Nicole Rover**Year: Junior****Major: Public Health, Dance**

I just got back from a UW Exploration Seminar! I went with the Nursing Department to India to study Health Care in a Developing Country. We visited Christian Medical College, Vellore and Sri Ramachandra University in Chennai. I had the opportunity to be placed in a variety of clinicals- observing OBGYN, a C-Section in Surgery, and the Community Health clinics. Some of my most favorite memories are home visits out in the village with the Nursing Community Health outreach. I was able to learn so much from both the nurses and students, and the local villagers. It was quite an adventure to travel in India! I am very grateful for such an opportunity. Hi! I am Todd Lien, a pre-med senior majoring in Biochemistry and Chemistry with minor in Spanish and Music. This summer has been eventful with a lot of traveling, study abroad, volunteering, medical school primary and secondary applications, and internship.

Name: Katherine Howe**Year: Senior****Major: Individualized Studies - Health**

Summary: This summer, I had the opportunity to intern at Unite For Sight, a global non-profit organization dedicated to eliminating patient barriers to eye care, at the headquarters in New Haven, CT. Working alongside personal role model Jennifer Staple-Clark and amazing staff, I helped develop courses for Unite For Sight's Global Health University and learned about global health and best practices in public health. I initially heard about Unite For Sight as a freshman when I was shocked to learn from their brochure that 80% of blindness is preventable or curable and 36 million are needlessly blind and was curious to learn more about eye health/care. For the past four years, I have been actively involved with the UW chapter as a volunteer and current President. The volunteers of the UW chapter of Unite For Sight fundraise and hold global health events and activities. 100% of donations goes directly to restoring sight and eliminating preventable blindness among those living in extreme poverty in developing countries. I would like to invite you to join the University of Washington chapter for the 2011-2012 academic year. For more information, please send an email to uwsuw@uw.edu.

Name: Todd Lien**Year: Senior****Major: Biochemistry and Chemistry. Spanish and Music Minor**

In early July, I studied abroad in Rome, Italy through a program with Georgetown and George Mason Universities. The course was primarily focused on the cutting-edge cancer research technology and therapy. The students were not only exposed to the recent technology used in cancer research, but also to the current and future methods of prevention/treatment for cancer therapy. During the time in Seattle, I not only interned at the Seattle Children's Research Institute as a research assistant on renal diseases, but also volunteered with the Side-By-Side Family Support Program that provides assistance to the families with terminally ill children. Towards the end of the summer, the project of developing a new substance abuse program for University Health Education Leadership Program (UHELP) was finally at the final stage of planning and development. Through the partnership with the professor and graduate students at UW School of Pharmacy, we were able to put together a presentation for Substance Abuse presentation and future partnership on other projects related to the same subject. The presentation will be available to all campus groups, including the Freshman Interest Groups, Greek Community, Student Organizations, etc. More information about our program can be found on UHELP website, starting this fall quarter.