

Connie Zhong

Discipline Allopathic Medicine (MD)
 Institution Harvard Medical School
 LHI Topic Clinical Preventive Services
 Title Theory-based community
 outreach curriculum
 improves skincare and foot
 care self-efficacy in Chinese-
 American older adults

Future Plans

“I will be in Boston for the next four years for residency. I am hoping to continue this sort of curriculum for either this same organization or other organizations that serve the elderly.”



你了解你的皮膚嗎?
 哈佛皮膚科醫生
 創建的免費護膚
 教程

皮膚護理和皮膚癌:
4/5/19, 1-2 pm: Hong Lok House, 25 Essex Street, Boston, MA (地下室)
4/9/19, 12:30-1:30 pm: Brighton House, 677 Cambridge Street, Brighton, MA
5/7/19, 1:30-2:30 pm: Quincy Tower, 5 Oak St West, Boston, MA

腳部護理:
4/12/19, 1-2 pm: Hong Lok House, 25 Essex Street, Boston, MA (地下室)
4/16/19, 12:30-1:30 pm: Brighton House, 677 Cambridge Street, Brighton, MA
5/14/19, 1:30-2:30 pm: Quincy Tower, 5 Oak St West, Boston, MA

BWH 有問題嗎? 聯繫 Megan Cheung 617-357-0226 X 231



Joselyn Miller

Discipline Osteopathic Medicine (DO)
 Institution Edward Via College of
 Osteopathic Medicine at Auburn
 LHI Topic Mental Health
 Title Determining a Brighter Future for
 Underserved Families

Notable Successes

“I was able to create a “Mental Health and Wellness Kit” that would plant the seed in the minds of these kids that they are special, and even in the face of the pandemic, they are still being thought about and cared for. I wanted to give them the tools needed for them to set up their own safe space in their homes. I received feedback from the director of the Boys and Girls Club that she was blown away by these kits and that the kids had loved them.”



Rachel Dennis

Discipline Osteopathic Medicine (DO)
Institution Arizona College of Osteopathic
 Medicine
LHI Topic Clinical Preventive Services
Title Increasing Vaccination Rates
 Among Pediatric Providers

Vaccination Resources

Ⓞ PAGE TITLE

1. Does your facility require childhood vaccinations to receive care?

- Yes
- No
- Other (please specify)

2. If yes, your facility requires vaccinations to receive care, how many patients would you estimate you have lost as a result of this policy? (Percentage please)

Future Plans

“I am very excited to fulfill my project. The long hours of reading books such as *The Panic Virus* and further resources have only strengthened my conviction in the importance of increasing vaccination rates. Therefore, I am committed to getting my survey produced and distributed at Naval Medical Center Portsmouth and further investigating vaccination rates throughout this coming year using the Navy Electronic Medical Record.”

5. In your opinion, rank the following reasons that parents most often delay and/or refuse vaccinations in your facility: (Most often reason = 1, least often reason = 8)

- Religious and/or cultural reasons
- Vaccines containing aborted fetus tissue and/or animal-derived gelatins (NOT as specified as against religious beliefs)
- Socioeconomic reasons (including cost of vaccines, cost of doctor's visits, lack of transportation, etc.)
- Burden on the immune system / too many vaccines provided at one time
- Vaccine ingredient exposure risk
- Lack of information about immunizations provided by the provider and/or government
- Believed lack of vaccine benefit
- Risk of adverse effects including fever and/or learning disabilities

Liz Ghandakly

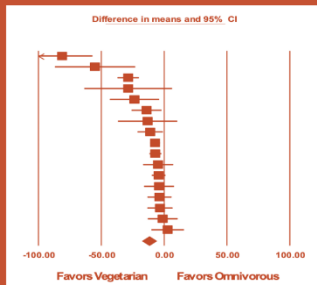
Discipline: Allopathic Medicine (MD)
 Institution: George Washington University SHS
 LHI Topic: Nutrition, Physical Activity, and Obesity
 Title: Plant-Based Nutrition Empowerment and Education Workshop

Future Plans

“When COVID-19 restrictions raise further to a level at which it is safe to resume the food education sessions, I will resume the biweekly sessions. I plan to do so for the remainder of the summer. In the fall, I will enter the assessment and evaluation phase of the project and write up the results. I plan to continue the education sessions and involve other students at GW so that this can be a sustainable project going forward.”

Plant-based diets & LDL cholesterol

Clinical trials



Yokoyama Y, et al. Lipids. Association between plant-based diets and plasma lipids: a systematic review and meta-analysis. *Nutr.Rev.* 2017;75:683-698.

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing



People with 6+ ACEs can die **20 yrs** earlier than those who have none

1/8 of the population have more than 4 ACEs

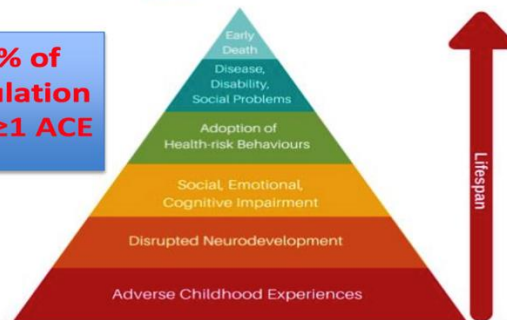
4 or more ACEs

- 3x the levels of lung disease and adult smoking
- 11x the level of intravenous drug abuse
- 14x the number of suicide attempts
- 4x as likely to have begun intercourse by age 15
- 4.5x more likely to develop depression
- 2x the level of liver disease

“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today”

Dr. Robert Block, the former President of the American Academy of Pediatrics

64% of Population had ≥1 ACE

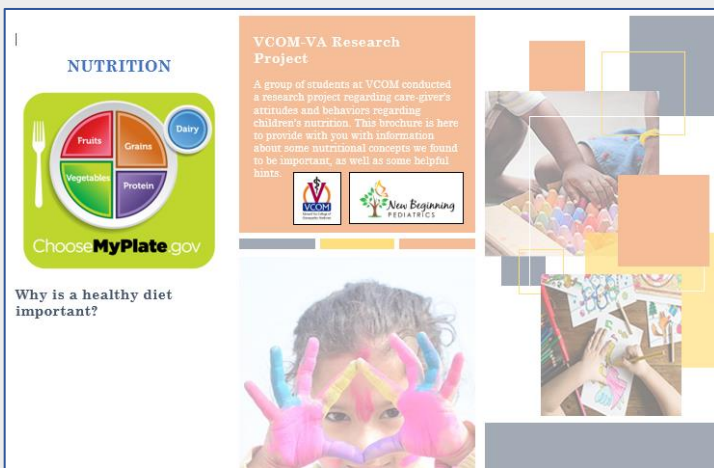


Areeka Memon

Discipline Osteopathic Medicine (DO)
 Institution Edward Via College of Osteopathic Medicine
 LHI Topic Nutrition, Physical Activity, and Obesity
 Title Attitudes and Behaviors of Parents Regarding Their Child's Health

Notable Successes

"I learned about additional social determinants of health regarding the population in Blacksburg, Va. While this is a town in Southwest Virginia, the town contains the state's largest university. This provides the town with a unique population that comprises the various individuals who attend and work for the university but also local individuals who have lived in this area for years. When compared to other areas in Southwest Virginia we found that Blacksburg did differ in statistics such as median income and home value. This educated us more about the individuals we were seeing at the clinic. Many had advanced education, and therefore knew what the appropriate strategies for healthy eating were, but some still struggled to implement these ideas in their homes."



NUTRITION

VCOM-VA Research Project

ChooseMyPlate.gov

Why is a healthy diet important?



Juice

According to the American Academy of Pediatrics, fruit juice offers no nutritional benefit to children under the age of 1.

In general, fruit juice is only good in small amounts and moderation for older children. It is not a good substitute for fresh fruit because it has more sugar and calories. Not to mention, no fiber, which will help lower blood sugar spikes in the blood.

Juice Restrictions by Age Group

- Age 1-3: 4 oz daily
- Age 4-6: 4-6 oz daily
- Age 7-8 8 oz

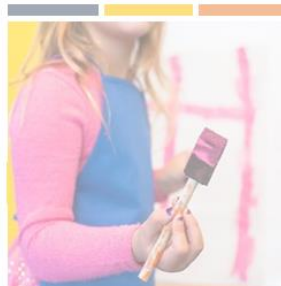
Visit aap.com for more information!



NEW BEGINNINGS PEDIATRICS STUDY FINDINGS

Caregivers appear to understand the importance & need for proper nutritional habits. However, the findings show inconsistencies between their attitudes & behaviors regarding childhood nutrition. The study also found a lack of educational resources available for parents to learn about childhood nutrition. This pamphlet is aimed at addressing this and helping parents start making changes and providing healthier meals. Here are some quick take aways:

- Portion control is key. It is important for parents to be mindful on how much their child is eating.
- A 'chubby' child doesn't mean they are 'healthy'. Talk to your pediatrician about a healthy weight for your child.
- Children who are allowed to eat whatever they want, when they want may not make the healthiest choices.



Access to Fresh Fruit and Veggies



- Any local grocery store (Kroger, Aldi, Walmart, etc.)

- Farmer's Market

April-October:
Wednesdays 12 noon – 6 p.m.

Saturdays 8 a.m. – 2 p.m.

November-December:
Wednesdays 12 noon – 6 p.m.

Saturdays 9 a.m. – 2 p.m.

January-March:
Saturdays 10 a.m. – 2 p.m.

Visit blacksburgfarmersmarket.com for more information!

Micah Brainerd

Discipline Allopathic Medicine (MD)
Institution Michigan State University College
 of Human Medicine
LHI Topic Reproductive and Sexual Health
Title Increasing serostatus knowledge of
 HIV for Flint, MI Residents

Future Plans

“My plan is to return next year to volunteer for the event. I have requested with my residency program to ensure that I have the weekend off that month, and the chief residents have agreed. Now it's just waiting to see that this will be able to occur.”



MICHIGAN STATE
UNIVERSITY COLLEGE
OF HUMAN MEDICINE

HEALTH FAIR

SATURDAY, APRIL 11
9AM TO 5PM AT Sylvester Broome
Empowerment Village
4119 Saginaw St. Flint, MI 48505

*Everything You Need to Know about
Your Physical Health*

GET A FREE HEALTH CHECK-UP:
BLOOD PRESSURE CHECK
BLOOD SUGAR CHECK
HIV SCREENING
HEPATITIS A VACCINATION
GONORRHEA/CHLAMYDIA SCREENING
DEPRESSION AND ANXIETY SCREENING
AND MUCH MORE...

*In partnership with Wellness Services, Genesee Health
System, Healthy YOUTH, MSU Extension, and Genesee
County Health Department*

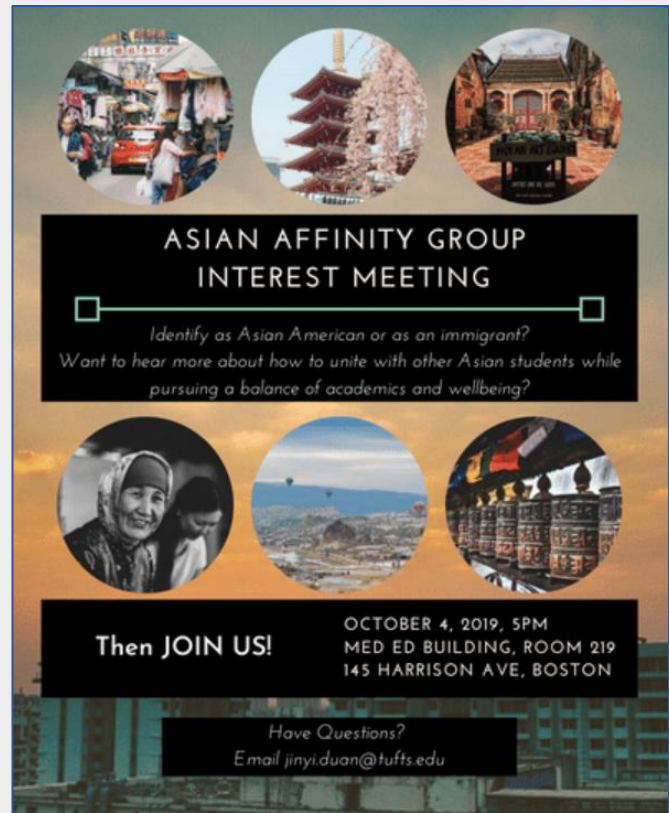
Madover Power MyWellness

Jinyi Duan

Discipline	Public Health
Institution	Tufts University
LHI Topic	Mental Health
Title	Asian American Mental Health Awareness Group

Notable Successes

“I learned the different ways to categorize social emotional learning, the various implications of mental health on Asian American students, how we have to consider what is "Asian American" (we decided to go with self-identification, for example, someone who is racially White/European could be considered Asian if they identify with the culture) and what severity of mental health to draw the line at. In creating such a sensitive group, we had to think of phrasings and wording, how to address people in a polite and non-stigmatizing way, while keeping the group focused and non-exclusive.”



ASIAN AFFINITY GROUP INTEREST MEETING

*Identify as Asian American or as an immigrant?
Want to hear more about how to unite with other Asian students while pursuing a balance of academics and wellbeing?*

Then JOIN US!

OCTOBER 4, 2019, 5PM
MED ED BUILDING, ROOM 219
145 HARRISON AVE, BOSTON

*Have Questions?
Email jinyi.duan@tufts.edu*

Multi-Asian Student Alliance

CONTACT Jinyi Duan (jinyi.duan@tufts.edu) or 510-356-7539

Come and join us to unite to connect and meet with your fellow peers!

- To promote our culture(s) collectively.
- To work towards individual goals.
- To improve our wellbeing in balance with academics.

