

2017 Ambrose Scholars Community Projects



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Access to Health Services

Eberechukwu Njoku*

Discipline: Dentistry

Institution: University of Maryland School of Dentistry

Project Summary: Perceptions of Maryland Orthodontist to Third Party Payment Systems and The Impact on Access to Dental Insurance Coverage for AHS-1.2

Goals and Objectives: The project will aim to elucidate factors that are weighed as limitations for low economic patients utilizing third party payment by Medicaid and Children's Health Insurance in their differential to seek out and obtain of treatment to interceptive orthodontics and malocclusion treatment.

Number of project volunteers: 10

Number of people served by project: 100

*Final project still in progress

David Preston

Discipline: Medicine (DO)

Institution: UNTHSC TCOM

Project Summary: Student Led Healthcare Education for Refugee Populations in Fort Worth for Local refugee populations in Fort Worth, TX

Project Highlights: The goal of this project was to create a student led organization at the University of Texas Health Science Center at Fort Worth (UNTHSC) in partnership with existing local refugee aid organizations in order to provide comprehensive assistance to refugee communities in the Dallas/Fort Worth Metroplex for health promotion and reduction of barriers to healthcare access. After several iterations of project design, the final product was a student led organization called the Refugee Health Initiative (RHI) at UNTHSC. The initial group that our organization has worked with is the Chin refugees from Myanmar, who have resettled in the United States since the early 1990s, in increasing numbers in DFW in the last 4 years, now with a population of close to 3,000. Working alongside Chin Community Ministries, a local refugee aid group in Lewisville TX, RHI developed a comprehensive approach to address health education gaps and barriers to receiving healthcare that have been propagated by a deficiency of aid resources specific to their resettlement location in Lewisville, TX. The three-pronged approach developed by RHI involves monthly translator mediated health fairs catering to the specific health needs of the Chin Population, as well as health education for Chin children at after-school tutoring sessions where weekly content is guided by Healthy People 2020 Leading Health Indicators. The final prong involves an administered assessment of prior healthcare experiences for two reasons: In order to illuminate possible contributors to a historical resistance by the Chin Community to accessing healthcare, as well as to produce a report to raise the awareness of the Denton County Health Department that presides over Lewisville for the appropriation of further funds toward healthcare for the Chin Community.

There were two major challenges. The first, is that since refugee aid groups are so overwhelmed with their workload, many expressed overwhelming support for the aims of our group but did not have the ability to divert any time or resources to work with our group. It took quite a while to find an organization that was willing to dedicate time and resources to work alongside our group. Secondly, there were significant liability concerns expressed by UNTHSC at the prospect of students working closely with refugees, which required several proposal alterations.

Number of project volunteers: 5-10

Number of people served by project: Over 500

Robert Weidling

Discipline: Medicine (MD)

Institution: UMKC School of Medicine

Project Summary: Integration of Community Volunteer Opportunities into the UMKC Interprofessional Education Poverty Simulation for This project will primarily be targeting around 400 interprofessional medical field students from the University of Missouri-Kansas City school of medicine, pharmacy, nursing, and social work schools.

Project Highlights: Project aimed to implement local community health services into a pre-existing interprofessional educational poverty simulation with the express goal of increasing health provider awareness and utilization of local community health services in their encounters with underserved population.

Development of the project encompassed the vast majority of this year. Development time was primarily spent organizing the scattered community health initiatives in Kansas City. True implementation will begin late this June and culminate with the upcoming UMKC poverty simulation. This has been a huge learning process for myself trying to implement my project. I learned maintaining strong relationships with the key players of the community and health system were vital to proper implementation. In addition, I learned how to adapt when things continuously did not turn out as planned or expected.

Number of project volunteers: 1-5

Number of people served by project: Over 100

Melissa Silverman

Discipline: Nursing

Institution: Worcester State University

Project Summary: Strategies and Challenges for Youth-Friendly Health Services for Rhode Island Adolescents and Young Adults, defined as ages 10-24 years old.

Project Highlights: Adolescence is a critical period of development in the life course that brings complex challenges with a potential for lifelong health implications. The focus on adolescent health must be met with equal vigilance to the social, economic, and environmental determinants of health surrounding this population subset. Improving adolescents' capacity to access and self-manage their health is crucial to maintain good health

and well-being. The Association of Maternal and Child Health Programs (AMCHP) defines adolescent health as “...the state of optimal physical, emotional, cognitive, social, and spiritual well-being in youth, aged 10-24 years old (AMCHP, 2005, p. 5).” For the first time, adolescent health is included as a Healthy People 2020 health priority and that brings forth a renewed emphasis towards access to health services which is recognized as a leading health indicator (Office of Disease Prevention and Health Promotion (ODPHP), 2017). To address the known gap in adolescent well-child visits, this project highlights strategies and challenges in implementing youth-friendly health services. Using a descriptive analysis, a summary of findings from youth focus groups conducted in Rhode Island during Winter 2017 provides a patient-centered perspective on their perception of health, barriers they face when accessing health care, and their preferences for health information seeking. Recommendations on how to improve systemic implementation of youth-centered health service delivery will enhance local strategic planning efforts and may result in an increase in utilization rates of preventives health services by adolescents.

Email communication has been a barrier when organizing youth feedback sessions. Despite several reminder emails, I had not received confirmation for potential feedback sessions from several community agencies and RI Department of Education. We would have liked to include a wider range of ages to make the audience more diversified, but we have been limited. The weather has also been a small factor when scheduling youth groups, as we had to reschedule a large session with the Youth Advisory Council, facilitated through RIDOH, due to a snow storm. Also, due to lack of funding, we were not able to continue further sessions, but I do not consider this a major factor since we were able to generate a variety of opinions from participants.

Number of project volunteers: 1-5

Number of people served by project: 50-75

Heather Shaffer

Discipline: Pharmacy

Institution: Ohio Northern University

Project Summary: Increasing Access to Information about Health Care Services for Community members of Kenton, OH.

Project Highlights: My project originally included a health fair and updating the resource directory guides. Due to the community calendar, planning a health fair was unrealistic. The community already had one planned for the fall and other events in the spring. So, I focused just on the guide and increasing availability of healthcare information. Updating the booklet and compiling the data went well! I use my scholarship funds to hire a graphic designer to help make the booklet more appealing and easier to use. The Health department was thrilled with how they turned out! After compiling all of the responses I was able to submit an abstract and present a poster at the Ohio Pharmacist Association Annual Conference. It was difficult to get a large number of survey results and feedback. I also think my project was very ambitious to complete on top of the school year ahead and changes had to be made. The community calendar was packed and planning an additional health fair on top of the one the community already sponsored turned out to be unrealistic.

Results of the survey have been compiled into a one-page overview and has been distributed to various

organizations in Kenton, Ohio. Some of which include the Hardin County Health Department, Kenton-YMCA, the Healthy Living Coalition, and is available to any organization upon request. My mentor in very active in Kenton, Ohio and will be able to help this organizations adjust according. However, I personally have no specific follow up plans.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Marian Lyford

Discipline: Pharmacy

Institution: UMKC School of Pharmacy

Project Summary: Pharmacist-based interventions to reduce socioeconomic disparities in cardiovascular management for residents ages 35-80 years old in Stone and Taney counties in southwest MO diagnosed with chronic cardiovascular disease and uncontrolled hypertension, who are uninsured or underinsured, living below the federal poverty level, requiring at least two antihypertensive medications.

Project Highlights: Now that the blood pressure monitor library, clinic education material, and patient-friendly handouts have been developed, the project is self-sustaining because of the partnerships providing pharmacy students and residents to educate patients. After more time has elapsed to assess long-term impact, adherence can be tracked because the majority of the patients fill their anti-hypertensive medications at the on-site dispensary, come for regular clinic visits, and the clinic shares an EMR system with local hospitals to track hospital readmission rates for high-risk cardiovascular patients. We have also developed surveys for the pharmacy technicians to distribute patients who have received a blood pressure monitor to assess patient satisfaction and knowledge following receipt of the blood pressure monitors, initial education, and follow-up visits.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Clinical Preventive Service

Stephanie Tran

Discipline: Medicine (DO)

Institution: Florida State University College of Medicine

Project Summary: End of Life Care Attitudes within the Minority Faith Community for individuals older than 18 years of age who are members of several faith-based communities within Pensacola, FL and able to read, understand, and communicate through English.

Project Highlights: During one of the focus group sessions, a participant shared a particularly touching story about a younger family member going through chemotherapy and invasive medical interventions as a child. However, as he grew up to be a teenager, he realized how he just didn't want to do it anymore and the difficulty

of having that conversation with his family, but that they ultimately respected his wishes. The participant's story had a huge impact on the discussion that brought up the difficult necessity of discussing these topics at any age. Even one participant, who revealed himself as a doctor, said that his biggest worry was if his parents developed dementia or had a stroke and couldn't express their wishes anymore. He had seen many patient and family scenarios in which these sorts of issues really divided the family members. It would be all up to the family or healthcare proxy to make those hard decisions and it felt like a burden of blame if you were saying "no" to all these medical interventions.

I learned that talking about end of life care decisions, even in the comfort of one's faith community, is a difficult decision. Many people believed that their faith encouraged them to be comforted or accepting of the notion of death, but to put that into practice was easier said than done. Also, that there is a cultural taboo in talking about how one wants to prepare for a "good death" so that even though talking about the legal aspects of property and insurance was very common, talks about DNRs (Do not Resuscitate) or healthcare proxy forms weren't regularly discussed at home. Many people also had very personal experiences that initially attracted them to the research project and quite a few of the participants had jobs within the healthcare field. Overall, there was very positive reactions towards discussing these ideas in the community though many believed that there needs to be more support and structure in discussing the medical and legal aspects of end of life care before families are put in a high stress and impending situation of a loved one's immediate crisis.

Number of project volunteers: 1-5

Number of people served by project: 50-75

Yan Emily Yuan

Discipline: Medicine (MD)

Institution: University of Massachusetts Medical School

Project Summary: Investigating the Meaningful Use Potential of Group Messaging Technology to Increase Cancer Screening in Chinese Immigrant Women in the U.S.

Project Highlights: Qualitatively, participants began to self-generate content by the end of week 2. The content ranged from specific health concerns (e.g. knee pain, bumps under the eyes) to questions about health care access (e.g. how to request a Chinese interpreter in the hospital, how to request a female provider for sensitive exams). Participants also grew as an online community, as evidenced by well-wishes during the cultural celebrations of Chinese New Year. The initiation of questions by the participants in the second week and the generation of a sense of community demonstrate this platform's ability to spur important health care conversations that may be difficult to initiate in person.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Mary Kasl

Discipline: Pharmacy

Institution: Creighton University School of Pharmacy and Health Professions

Project Summary: Increasing rates of counseling on colorectal cancer screening at a community based center in Omaha, NE for Heart Ministry Center clients--Men and women 50 years old and older, with additional outreach to high-risk populations and those with barriers to screening.

Project Highlights: The Healthy People 2020 Objective is for 70.5% of the population aged 50-75 to have received an up-to-date preventative colorectal cancer screening through either a “Fecal Occult Blood Test” (FOBT) within the last year, a flexible sigmoidoscopy in the last 5 years with a FOBT in the last 3 years, and/or a colonoscopy in the last 10 years” (Cancer Objectives, 2016). Based on preliminary survey data of the underprivileged clients of the Heart Ministry Center and Porto Clinic, only 46.9% of those 45-64 years old and only 62.5% of those ≥ 65 years old have up-to-date colorectal cancer screenings. With rates of colon cancer increasing in select patient populations, there is a need for increased education about colorectal cancer screenings and increased access to screenings in the clients of the Heart Ministry Center. To address this need, the project team is developing educational materials for students and patients about colorectal cancer screening and resources in Omaha, NE to increase the number of adults at the Heart Ministry Center who have been counseled on colorectal cancer screenings. These educational materials will be used to train health professions students at Creighton University to effectively counsel clients at the Heart Ministry Center and other sites about the need for and process of colorectal cancer screening in Omaha, NE.

Number of project volunteers: 5-10

Number of people served by project: Over 100

Environmental Quality

Alina Kraynak*

Discipline: Nursing

Institution: University of Illinois at Chicago

Project Summary: Environmental Health Education for Children in Chicago and their parents to better understand how to best create a healthy environment to live and grow in.

Project Highlights The goal of this environmental program is to address Healthy People 2020 Leading Health indicator of environmental quality. The purpose of this project is to reach out to a primarily Hispanic population in Chicago, to provide education on environmental health, a topic rarely discussed in schooling. The project will work with preschool aged children and their families, focusing on air quality, safe play environments, and lead particularly in water and homes. Living in a busy city, it will be beneficial to aid in the education of this topic for this population, providing material so they can live their lives in a safe, clean environment

Number of project volunteers: 5

Number of people served by project: 50

*Final project still in progress

Injury and Violence

Christy Adams

Discipline: Nursing

Institution: UC Davis Betty Irene Moore School of Nursing

Project Summary: Improving Access to Fall Prevention Resources for Older

Project Highlights: The purpose of this project has been to increase availability and access to fall prevention resources for community dwelling older adults. The original goals were one to collaborate with local 211 online resource directory to develop a page for senior fall prevention resources. Goal two is to embed links and information for the CDC STEADI Toolkit onto the 211 resource page. The third goal is to collaborate with StopFalls Sacramento coalition members to develop ongoing updates to the 211 fall prevention webpage as resources develop. Finally, the fourth goal is to collaborate with injury prevention colleagues from Sacramento's four major health systems to educate primary care physicians on the 211 senior fall prevention resource site.

Number of project volunteers: 5-10

Number of people served by project: Over 100

Maternal, Infant, and Child Health

Kalyca Seabrook

Discipline: Nursing

Institution: Columbia University

Project Summary: Baby Steps for first-time low-income, African American moms in neighborhoods surrounding Columbia University, including but not limited to Harlem and Washington Heights.

Project Highlights: The project focuses on outreach and awareness that engages low-income pregnant women in early prenatal care and connects them with the appropriate existing community resources. It was to be a community-driven and culturally-sensitive. An informational and resource pamphlet was developed with the intention of being disseminated to local community-based organizations and health clinics serving pregnant African American women.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Rebecca Mance*

Discipline: Nursing

Institution: George Washington University

Project Summary: Education Intervention: Preterm Delivery Prevention for African American childbearing women aged 15-50 in S.E., Washington, D.C. (Wards 6, 7, and 8).

Project Highlights:

Short Term Goals:

- 1) Identify recruitment source of child bearing and antepartum women living in SE Washington, D.C. by September 1, 2017.
- 2) Create preterm delivery prevention education materials by September 1, 2017.
- 3) Identify and interview 2 active clinical women's health stakeholders in SE Washington, D.C. (Wards 6, 7, and 8) by September 1, 2017.
- 4) Identify and interview 2 foundation/non-profit/organizational stakeholders in SE Washington, D.C. (Wards 6, 7, and 8) by September 1, 2017.
- 5) Identify and complete site visits of 5 potential physical locations for preterm delivery prevention education by September 1, 2017.
- 6) Identify and apply for 1 grant to subsidize printing, food incentives, and giveaways for education participants by October 1, 2017.

Long Term Goals:

- 1) Decrease pre-term delivery rate of African American women in SE Washington, D.C. by 1% by December 31, 2019.
- 2) Secure 2 year agreement of financial support from clinical and/or foundation/non-profit/organizational stakeholder for continuing education project beyond May 2018.
- 3) Secure 2 year agreement for physical space(s) in which preterm delivery education will be conducted by May 2018.

Number of project volunteers: 2

Number of people served by project: 150

*Final project still in progress

Stan Sonu

Discipline: Public Health

Institution: Northwestern University

Project Summary: Equipping Pediatric Housestaff to Address Childhood Adversity in the Primary Care Setting for Urban, Low-income families, large minority and undocumented patient population.

Project Highlights: In recent decades, a growing body of evidence has reported on how adverse childhood experiences (ACEs) are strongly associated with a wide array of negative health, behavioral, and social consequences throughout the life course. ACEs include, but are not limited to, interpersonal abuse, neglect, and various forms of stress encountered in the home before the age of 18, such as: substance use disorders, mental illness, incarceration, domestic violence, and parental separation/divorce. ACEs promote disease and disability through disruption of the body's physiologic stress response, known as toxic stress. Toxic stress negatively impacts normal brain development and predisposes individuals to metabolic disease (e.g. heart disease, stroke, diabetes, obesity) through dysregulation of stress hormone homeostasis. Despite the abundance of data on the long-term effect of childhood adversity, most pediatric trainees are unaware of ACEs, and few pediatric residency programs have incorporated any type of dedicated training on this topic. The American Academy of

Pediatrics recommends screening for ACEs as part of routine pediatric care; however, few clinics have developed and implemented such a program. Thus, the purpose of this project was to develop, implement, and evaluate a longitudinal pilot curriculum for pediatric house staff in addressing ACEs and toxic stress in the general pediatrics clinic.

We developed and delivered six seminars covering various topics related to ACEs (see accompanying poster) between September 2017 and May 2018. Seminars were given during Noon Conferences and were designed to be highly interactive and engaging. Didactics were limited to no more than 15 minutes. Trainees were typically divided into small groups; activities included case-based discussions, mock encounters, and application of learned skills and strategies. Final evaluation of this curriculum is pending. Post-seminar evaluations have consistently shown overall acceptance and appreciation of the curriculum. Limitations of the project include lack of pre-program evaluation and variable attendance.

Number of project volunteers: 3

Number of people served by project: 25

Mental Health

Srutika Sabu

Discipline: Medicine (DO)

Institution: Touro College of Osteopathic Medicine

Project Summary: Mental Health Literacy for South Asian parents/guardians/caregivers who have children with mental illness such as major depressive disorder, bipolar disorder, schizoaffective disorder etc.

Project Highlights: This is a research project assessing the efficacy of an adolescent depression mental health curriculum in teaching first generation South Asian immigrant adults about the depression among South Asian American youth who grew up in the US. The curriculum is a two-hour interactive workshop discussing the importance of depression literacy and how it can be caused by culture, sexuality, social life, academics etc. As well as from cultural differences that arise from growing up in the US compared to growing up in South Asia. The workshop will discuss aetiology and treatment options and address common and harmful misinformation about mental health among the South Asian communities. The efficacy of the workshop is assessed using a pre- and post-workshop evaluation consisting of two clinical vignettes. The workshops were initially to be conducted in cultural and religious centres of the South Asian communities.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Hayley Golek*

Discipline: Medicine (DO)

Institution: Midwestern University

Project Summary: Mental Health Issues Among 3rd and 4th Year Medical Students at the Midwestern University - Glendale campus.

Project Highlights: The short-term objective of this project are to establish the mental health issues or concerns that are present among current third and fourth year (class of 2018 and 2019) medical students at the Midwestern University - Glendale campus. This will be measured by a survey disseminated via school-associated email addresses with a goal of a 50% response rate for an approximate sample size of 500. Long term, the objective is to address these issues by developing an intervention that will be accessible to all students on campus. The intervention could then be evaluated directly by specific survey from those students who participate as well as indirectly by disseminating the original survey to students in their third and fourth year of medical school who participated in or had access to the intervention in their first or second year.

Number of project volunteers: 1

Number of people served by project: 250

*Final project still in progress

Nutrition, Physical Activity, and Obesity

Rachael Proumen

Discipline: Medicine (DO)

Institution: Lincoln Memorial University-DeBusk College of Osteopathic Medicine

Project Summary: Assessing the Impact of a Community Group-Based Exercise Program (Walk With a Doc©) on Perceived Stress and Institutional Connectedness of Professional Students for Lincoln Memorial University (LMU) students: specifically, professional students: graduate, physician assistant, nursing, veterinary, and osteopathic medical students.

Project Highlights: Abuse and lack of knowledge of the proper disposal of prescription medications is a growing problem in the United States. The aim of this project was to assess the need for education on the proper disposal of these medications in Virginia's tidewater region. Surveys were distributed amongst Family Practice offices in Virginia Beach, Newport News and the Eastern Shore. The survey inquired if patients had leftover prescription medications, knew of a local disposal site and how likely they would be to use it, as well as if their physician ever informed them what to do with leftover medications. The survey was available in both English and Spanish. The results demonstrated that an overwhelming number of participants (90%) indicated they had never received education from their physician regarding the proper disposal of leftover medications. However, 57.8% of respondents stated they would be likely to use a disposal site if one was available in their area. An additional 21% of participants were neutral to the idea of utilizing a local disposal site, which indicates that a significant portion of the tidewater region may benefit from education regarding the proper destruction and disposal of prescription medications.

Our data also revealed that roughly half of respondents had leftover prescription medications at home and the majority either disposed of them via trash (53%) or flushed down the toilet (27%). This has far reaching

implications, as some medications may be harmful to the environment if they are flushed. Similarly, placing medications in the trash allows others to potentially obtain them, misuse them, or allow them to be accessible to vulnerable populations including children. The results exhibit the community could benefit from an educational handout distributed throughout local physician offices to inform patients of the proper disposal of prescription medications and disposal sites in the area.

Number of project volunteers: 1-5

Number of people served by project: Over 100

Ian Coker

Discipline: Medicine (DO)

Institution: Arizona College of Osteopathic Medicine

Project Summary: Nutritional Education Supplemented by Community Gardens for elementary and middle school students in the greater Phoenix area.

Project Highlights: This project established a chapter of the Nutrition and Health Awareness group at Midwestern University and partnered this chapter with Desert Sky Middle School in Glendale Arizona. Lessons were taught on a variety of health topics, including how to interpret nutrition labels, what outcomes poor nutrition can have on one's health and social determinants of health. Lessons were taught by Midwestern University students from the Osteopathic Medicine and Physician Assistant programs. These students were tasked with teaching complex subjects to students and using engaging activities to help communicate these concepts. At this time, research planning is in preliminary stages, but a healthy partnership has been established between MWU-AZCOM and Desert Sky Middle School A garden initiative is also in the planning stages to tie lessons about nutrition to practical lessons about gardening and sustainability. At this time, the nutrition education initiative has been established with strong leadership in place to continue this initiative; further endeavors with this project will hopefully be undertaken in the near future.

Number of project volunteers: 10-20

Number of people served by project: Over 300

Marissa Tan

Discipline: Medicine (DO)

Institution: UNT Health Science Center

Project Summary: Serving up MyPlate in RGV for 5th and 6th grade children in Lower Rio Grande Valley and their immediate families.

Project Highlights: This program's overall goals are to decrease obesity among children and adolescents (NWS-10.4), increase mean daily intake of total vegetables (NWS-15.1), and increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity (PA-3.1).

SMART goals are the following: 5% increase in knowledge of nutrition, physical activity, and tools to eat healthy; positive net change in attitudes toward physical activity and healthy eating; and acquiring 1 additional skill to meet nutrition and physical activity recommendations.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Andrew Bergloff*

Discipline: Medicine (DO)

Institution: Pacific Northwest University of Health Sciences

Project Summary: Insulin Pump and Continuous Glucose Monitoring Device Attitudes and Proficiency among Health Care Providers Serving Rural and Underserved People with Diabetes for Healthcare providers (nursing staff, pharmacists, dietitians, physicians, physician assistants, advanced practice nurses) and their support staff (e.g., office managers, medical assistants) throughout the northwest region (Washington, Oregon, Idaho, Alaska, and Montana).

Project Highlights: With so many factors influencing rural health care providers and support staff on how best to manage patients with diabetes, it is useful to obtain views of the providers and support staff themselves, which is currently lacking in the literature. Therefore, the specific aims of this study are to: 1) understand the attitudes and behaviors of providers in rural areas who manage patients with diabetes; 2) why or why not they choose to pursue insulin pumps and continuous glucose monitoring systems; and 3) the barriers they encounter in using these technologies with their patients.

Number of project volunteers: 500

Number of people served by project: 150

*Final project still in progress

Anne Drolet*

Discipline: Medicine (MD)

Institution: Michigan State University College of Human Medicine

Project Summary: Health Discussions and Cooking Classes in Flint, MI for lower-income women living in Flint, MI.

Project Highlights: The goal of this program is to not only teach participants how to cook a low-cost healthy meal, but to also teach them about health topics they find important. In a meeting with the Community Ethics Research Board (CERB) we discussed teaching classes focused on using bottled water instead of taps, and understanding the cultural roots to certain food choices when trying to make healthy changes.

Number of project volunteers: 5

Number of people served by project: 10

*Final project still in progress

Dawn Vanruler

Discipline: Nursing

Institution: South Dakota State University/Winona State University

Project Summary: Health Risk Screening plus Motivational Interviewing to Improve Physical Activity in Mentally Ill for Seriously mentally ill individuals, aged 18-64 years of age. Individuals will be those receiving treatment with medications for mental illnesses of Schizophrenia, Bipolar Disorder, Major Depression, and Schizoaffective disorder.

Project Highlights: Morbidity and mortality affect those with mental illness disproportionately. Individuals with mental illness are less physically active (PA) and engage in less vigorous PA than those without mental illness (Daumit et al., 2005). Lack of PA results in excessive cardiovascular care costs and needs (American Heart Association, 2016). The educational descriptive study targets the Healthy People 2020 leading health indicator of PA. There is a critical need for community-based, standardized, effective interventions to improve PA and reducing health consequences and costs in individuals with SMI (Vancampfort et al., 2013). This educational descriptive study describes feasibility and acceptability of education of individuals with mental illness in use of pedometers and activity logs to document physical activity. The aim is to develop understanding of educational and logistical aspects of the use of pedometers and self-report logs to document physical activity levels in individuals with mental illness over 7 days. A secondary objective was to improve quality assurance (internal reliability or fidelity) for future study of physical activity in individuals with serious mental illness. The Self-Determination Theory (SDT) was used which (Patrick & Williams, 2012) maintains that self-efficacy (autonomy) relates to choices to change behaviors, like PA (Fortier, Duda, Guerin, & Teixeira, 2012). There was a lack of relationship between pedometer step counts and the self-efficacy scales, likely related to small numbers. There was a significant negative relationship between employment status and perceived health risk. The main finding high difficulty for SMI to consistently using pedometers. Future study would need to provide intense assistance to provide effective interventions to improve physical activity in SMI. Understanding the use of objective measures of PA (pedometers) in individuals with SMI is innovative and targets standardization of PA interventions. The project is relevant to public health as PA is difficult to increase in individuals with SMI.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Mallory Bejster

Discipline: Nursing

Institution: Rush University

Project: 5-4-3-2-1 Go! Healthy Behaviors Messaging Program for the Washington Elementary school community including students, teachers, and parents.

Project Highlights: A 5-week nutrition and physical activity program was implemented at a K-5 elementary school. The program utilized the Consortium to Lower Obesity in Chicago Children's 5-4-3-2-1 Go! message that focuses on 5 healthy behaviors that can promote child health and prevent childhood obesity: 5 servings of fruits and vegetables a day, 4 servings of water a day, 3 servings of low-fat dairy a day, less than 2 hours of screen time a day, and more than 1 hour of physical activity a day. These program messages were disseminated within

the school using multiple methods including teacher and parent education, posters and other printed materials hung up in the school, daily announcements, and weekly take-home activities. The take-home activities were sent home with 597 students in classrooms where teachers volunteered to participate in this portion of the program.

Number of project volunteers: More than 20

Number of people served by project: Over 500

Christina Baughn

Discipline: Nursing

Institution: University of South Alabama

Project Summary: Culinary Medicine for health profession students (nursing, medicine, and physical therapy) and community members to learn and practice meal planning and preparation that is both nutritious and affordable.

Project Highlights: In the Southeastern United States obesity, cardiovascular disease, hypertension, and diabetes are particularly prevalent. Culture, ethnicity, and socioeconomic status may predispose individuals to dietary habits that increase lifetime risk for comorbid conditions. Health care providers have a unique opportunity to assess patient nutritional status and needs. Moreover, the relationships developed between patient and healthcare provider facilitate teachable moments for improved patient health habits. The goal of this project was to expand on an existing collaboration between the University of South Alabama, Bishop State Culinary Arts Institute, and the Mitchell Cancer Institute to provide an experiential educational opportunity for health professional students that would allow them to better serve their future patients. Participants took part in four, 3 hour long didactic and culinary environment experiences that included a topical review, food preparation, a tasting, and nutritional analysis and comparison. Meal planning focused on nutrition, affordability, and flexibility to suit a variety of taste preferences. Coursework included assignments to share new recipes or food substitutions with family, friends, or patients. The 4-week session culminated with a community cooking demonstration and tasting performed by the course participants. The focus of this project was integration of the concepts of nutritious food and meal planning into the skillset of health profession students who can incorporate this knowledge into every patient interaction to educate patients on easy, affordable ways to prevent and reverse the devastating sequelae of chronic disease partially attributable to poor nutritional choices, and to share that knowledge from personal experience.

Number of project volunteers: 25-50

Number of people served by project: 50

Editha Setiawan

Discipline: Physician Assistant

Institution: Yale University

Project Summary: Latin LEAN: lifestyle, exercise, and nutrition intervention for Hispanic/Latina breast cancer survivors living in the Northeastern US, specifically within the Smilow Cancer Hospital and St Francis Hospital catchment areas.

Project Highlights: Obesity increases breast cancer risk and contributes to poor breast cancer outcomes, increasing both cancer-specific and all-cause mortality. Compared to non-Hispanic white women, Hispanic women with a history of breast cancer are more likely to be obese and less likely to meet guidelines for diet and physical activity. However, to date the majority of weight loss intervention trials have been conducted among non-Hispanic white populations. The following is a proposal of a randomized controlled trial of a culturally adapted, remote behavioral intervention to promote weight loss among Hispanic breast cancer survivors. Spanish-speaking Hispanic women recently diagnosed with Stage 0 to III breast cancer will be randomly assigned to either a telephone and internet-based counseling program targeting diet and physical activity or a usual care control group. The primary endpoint in this study will be weight loss, measured as percentage change in weight from baseline. Findings from this study will inform public health strategies for survivorship care in a previously understudied population that is at-risk for comparatively worse cancer outcomes.

Number of project volunteers: 1-5

Number of people served by project: 25-50

Jacob Moran

Discipline: Public Health

Institution: The University of Texas Medical Branch at Galveston

Project Summary: The HOPE Mile for adults 18 years of age and older who seek care at St. Vincent's clinic. This is a free clinic for individuals who are uninsured and underinsured. The focus will be on individuals who should engage in physical activity as a measure to prevent further complications from chronic illnesses like diabetes and hypertension.

Project Highlights: This project aimed at developing a weekly walking group in partnership with a local student run free clinic to promote exercise and healthy living. Volunteers meet twice a week with community member to walk around the community as a group for approximately 30 minutes. Group members generally walk about a mile per session.

The project began in conjunction with an annual health fair held in November 2017. The project has become a part of the organizational structure of the free clinic and will be sustained in the foreseeable future by the leadership team there. We have a branch our team specifically responsible for maintaining the volunteer efforts of this program and others like it. Recruiting community members for any ancillary program at the clinic has proven challenging. We have found that the best approach is to choose a time to host the event that works for our volunteers and remain committed to being present during every scheduled session.

Number of project volunteers: 5-10

Number of people served by project: 25-50

Oral Health

Mindy Truong

Discipline: Dentistry

Institution: Harvard School of Dental Medicine

Project Summary: Oral Hygiene Education at a Student-Run Pediatric Dental Clinic in a Safety Net Community Health Center for disadvantaged youth in the Boston-Cambridge area who are at risk for poor oral health outcomes, 99% of which qualify for MassHealth.

Project Highlights: Dental caries is the most common chronic childhood disease and is five times as common as asthma. As a dental student with an interest in community and public health, I have witnessed the negative impact that dental decay can have on a child's well-being and their trust in dental providers. Prevention and education early in a child's dental experience can mitigate these challenges. The aim of this project is to implement and evaluate a revised oral hygiene pediatric education model at a safety net dental clinic. ACTION, which stands for Action for Children and Teens in Oral Health Need, is a student-run volunteer clinic that is run monthly at the Cambridge Health Alliance Hospital. Dental students from the Harvard School of Dental Medicine volunteer as providers, assistants, and managers of the clinic, and are overseen by an attending dentist. Nearly 100% of patients seen at ACTION are eligible for MassHealth, enabling long-term stability of the clinic in providing dental care at no cost to the families served. The educational model will utilize new educational pedagogy including visual media, teach-back methodology, and individualized oral hygiene goal-setting. The efficacy of the program will be evaluated by two methods. Firstly, caries incidence will be calculated over the study period. Secondly, pre-tests and post-tests will be administered to assess oral hygiene knowledge from before and after implementation of the new model. If successful, this education model will improve the oral health outcomes of our patients, as well as provide a framework for successful patient education in other pediatric dental clinics in the future.

Number of project volunteers: More than 20

Number of people served by project: Over 100

Reproductive and Sexual Health

Pratishtha Chhabra

Discipline: Medicine (DO)

Institution: Lincoln Memorial University-Debusk College of Osteopathic Medicine

Project Summary: Healthy Choices, Healthy Lifestyle: A sexual literacy mentorship program for low-income adolescents, ages 15-18, in Claiborne, Scott, and Union counties who are part of the CORE program.

Project Highlights: It is widely recognized that there are tremendous disparities in the health status of Americans as defined by their geography, race/ethnicity, socio-economic status and other factors. Harlan County, Kentucky is ranked 116 out of 120 counties [2017 County Health Rankings (RWJF)] with a teen birth

count of 83 compared to the state of Kentucky's number of 44. Forty-eight percent of children in the county live in poverty, with 34% being in single parent homes. Teenage pregnancy is more common among young people who have been disadvantaged in childhood and have low expectations of education or the job market, which fits the Harlan County profile. This project seeks to:

1. Provide understanding of the prevalence of teen sexual activities & behaviors.

2. Kentucky state law requires sexuality education. Local school boards decide which subjects this education must cover and the grade level in which topics are introduced. Abstinence must be covered as the only completely effective protection against unplanned pregnancy, sexually transmitted diseases, and HIV/AIDS. Teaching about contraceptives, such as condoms, the Pill, or the Patch, is not required. Kentucky received federal funds for "abstinence-only-until-marriage" programs.

3. Encourage community collaboration.

Parents, neighborhood organizations, schools, health providers, and youth agencies become involved to provide the critical support during in community educational process including below:

- a. Provide culturally appropriate program activities. Activities should be relevant to young people and should reflecting an understanding of the cultural backgrounds of participants.

- b. Messages to target both young women men. Emphasize joint responsibility, sexual communication, assertiveness, and refusal skills. Either gender-specific or coed programs can reach both young women and men.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Jordana Gilman

Discipline: Medicine (MD)

Institution: SUNY Upstate Medical University

Project Summary: LGBT Women's Preventive Health Care Access in Upstate NY for LGBT women in Upstate NY, medical students in the Rural Medicine program at Upstate Medical University, family medicine and general surgery preceptors for the Rural Medicine program throughout Upstate NY.

Project Highlights: A class session was developed to educate first and second year medical students about the issues facing transgender individuals in the healthcare system and better prepare them to treat transgender patients in the clinical setting. The program aimed to answer the questions: What are the gaps in knowledge and interest of first- and second-year medical students relating to trans healthcare, and how can we address those gaps? A 2-hour evening class session was devoted to trans healthcare. 78 students participated. Six transgender individuals from the community, one transgender medical student, four cisgender 3rd and 4th year medical

students, and one endocrinologist facilitated interactive stations through which the students rotated. Pre- and post- class session surveys using a 5-point Likert scale were collected to assess student beliefs and knowledge. Independent sample t-tests were conducted in SPSS.

Means from pre-survey data were compared to means from post-survey data. For every survey question, post-survey means were statistically significantly higher than pre-survey means, indicating that students felt they gained knowledge during the class session, would feel more comfortable treating a transgender patient, would speak up if they witnessed mistreatment of a transgender patient, and feel more familiar with the issues facing transgender patients in the healthcare setting following the session. Students felt the session was worthwhile and should be shared with their medical school colleagues. Introducing the topic of healthcare for transgender patients in an interactive session during the first and second years of medical school provides the opportunity to alter medical student beliefs and knowledge regarding transgender care.

Number of project volunteers: 10-20

Number of people served by project: 75-100

Charlene Gaw

Discipline: Medicine (MD)

Institution: Mayo Clinic School of Medicine

Project Summary: Sexual Health Education for Rural Underserved Adolescents living in the Dodge Center, MN area who are connected with The Center Clinic (free clinic for the underserved and underinsured).

Project Highlights: Minnesota law requires public schools to teach “comprehensive, technically accurate, and updated curriculum that includes helping students to abstain from sexual activity until marriage.” Abstinence only education has been proven to be ineffective in preventing teenage pregnancy and sexually transmitted infections (STIs). Meanwhile, formal community-based intervention programs have proven to be effective at reducing teen pregnancy, STIs, and behavioral risks. My goal was to provide comprehensive sexual health education for underserved, Hispanic adolescents in partnership with The Center Clinic in Dodge County, Minnesota. The Center Clinic is a volunteer-based, nonprofit clinic that serves low-income, underserved women and their children and partners. This largely includes the immigrant Hispanic/Latino population, the fastest growing population in Minnesota. Hispanic teenagers have a two-fold greater rate of teen pregnancy as compared to their non-Hispanic white counterparts.

My classmate and I organized, hosted, and established a longitudinal committee for sexual health education at The Center Clinic called the Pre-Teen Sexual Health Advisory Committee (PSHAC). This consisted of monthly discussion-based and interactive classes. The curriculum was built off the students' requests and collaboration with The Center Clinic coordinator, a community leader who runs the clinic and lives in the community. Topics included in comprehensive sexual education encompass goal-setting, family planning, STIs, basic anatomy, appropriate social media use, and LGBTQ awareness, among other topics. This reflects the Center for Disease Control's guidelines for schools' sexual education topics. Specifically, this targets the LHI goals for greater awareness of HIV infections and increased utilization of reproductive health services in the community. The

classes were received well by students in the community, their family, our medical school, and The Center Clinic. The effectiveness of our classes was shared with others at regional and national conferences. The classes have transitioned to other students and continue to do well.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Kari Whitney*

Discipline: Nursing

Institution: Umass Medical School Graduate School of Nursing

Project Summary: Don't Be Afraid To Talk To Us: Adolescent Sexual and Reproductive Health In Worcester, MA for nurses, nurse practitioners, and health teachers that work in the Worcester public high schools.

Project Highlights: By September 1, 2017 25% of Worcester Public School nurses and teachers will participate in a sexual and reproductive workshop so that they can have the most up to date evidenced based information to start the new school year. Listed below are my short-term goals:

1. Meet with WPS nurse coordinator and supervisor to discuss summer training.
2. Meet with Planned Parenthood to discuss the Let's Be Honest training material.
3. Invite 8-10 parents to a Let's Be Honest training to see how it is run.
4. Create the training manual for the nursing and teacher training.
5. Run at least one training for nurses and teachers before the school year starts.
6. Administer pre and post test to the participants of the training.
7. Speak to two nurse practitioners to see what their needs are as the school year winds down and the new school year approaches in regard to the new reproductive and sexual health services.
8. Disseminate a questionnaire to the nurse practitioners at the Edward M Kennedy run school based health centers to ask questions regarding how many sexual and reproductive health services they offered to teens at the school this year.
9. By June 1, 2018 50% of Worcester Public School nurses and health teachers will be trained in adolescent sexual and reproductive health topics so that they can be fully prepared to provide and/or discuss these new services to the students at all six high schools in the city of Worcester.

Listed below are my long-term goals:

1. Run at least two more trainings during the school year for nurses and teachers and other adults in the school system.
2. Follow through with the nurse practitioners to see if they are administering more sexual and reproductive health services than they did last year. Provide the same questionnaire from the summer.

Number of project volunteers: 2

Number of people served by project: 25

*Final project still in progress

Jesus Gracia

Discipline: Pharmacy

Institution: Rosalind Franklin University of Medicine and Science

Project Summary: Spanish HIV Educational Program for Spanish-speaking Hispanic/Latino(a) youth (15-25), parents, and adults.

Project Highlights: This project focuses on the education of HIV prevention and knowing one's status. The project aims to establish a Spanish HIV outreach program at high schools in the Chicagoland area and its suburbs, with a focus on Hispanic/Latino communities. With English as a second language, Spanish-speaking communities have been found to be generally less educated on healthcare when compared to those with English as a first language. More so, HIV education or serostatus is most likely under addressed in this community due to the language barrier, sensitivity of the subject, cultural beliefs, and stigma. The program itself would run in a classroom setting with an interactive 1-hour presentation. The presentation would be led by a group of 3-5 Spanish-speaking pharmacy students. Subject matter would include HIV education covering background, pathophysiology, transmission, and overview of treatment. There will be a focus on the importance of safe sex and prevention. Students will also be educated on where to get tested, the importance of knowing your status, and where to specifically go if they want to learn more or seek treatment. Ideally, mainly Spanish presentations will be conducted, but an English version will also be offered. The establishment of connections to schools and interest in the outreach program would be continued as appropriate or feasible.

Number of project volunteers: 1 to 5

Number of people served by project: 25 to 50

Social Determinants

Ashruta Patel

Discipline: Medicine (DO)

Institution: PCOM

Project Summary: Implementation of community-based programs for underserved chronic disease patients in Georgia for adults and geriatric populations.

Project Highlights: I will continue to work with free clinics in Georgia to reach out about improving educational interventions for the public. In addition, we will work with other community partners to determine what interventions need further improvement to target a large group of individuals. We also hope to use medical students and residents from around the community to help with this.

Number of project volunteers: 1 to 5

Number of people served by project: 25 to 50

Austin Hilt

Discipline: Medicine (DO)

Institution: Northeast Ohio Medical University

Project Summary: Understanding the Perceived Nutrition Environment in Youngstown, Ohio through a City-Wide Survey .

Project Highlights: This project was a continuation of previous community research in Youngstown and has its primary focus in practical application to community interventions on food access. Utilizing the PRECEDE-PROCEED model, this project aimed to identify additional predisposing, reinforcing, and enabling factors for healthy and unhealthy food consumption. A major goal for this focus area is the crafting of a Food Access Action Plan as an initial step towards holistically addressing health disparities related to the social determinants of health.

From the initial draft of the Youngstown Food Access Action Plan, 2 objectives were identified for this project:

1. Perform Community Food Assessment to gather information on food environment and consumer behavior.
2. Identify and better serve populations with food insecurity

To meet these objectives, a city-wide survey was conducted. A questionnaire, developed using the Nutrition Environment Measures Survey, was disseminated through an online link, drop-off sites, community events, and neighborhood action groups. From these locations, 224 responses were collected. Preliminary analysis of survey results indicated that 40.9% of respondents are experiencing low to very low food security. A majority of respondents get most of their food at a supermarket or grocery store, which tended to be located outside of the City of Youngstown. Most respondents (92%) drive to the store they get most of their food and 80.4% estimated it would take greater than 20 minutes if they walked there. When asked about who should make healthy foods accessible, most respondents mentioned personal responsibility, local government, and community leaders. Overall, the results of this project provide more specific information about shopping behaviors of Youngstown and Northeast Ohio residents. These results will support the work of the Health Community Partnership and further action on food insecurity in Youngstown and Northeast Ohio.

Number of project volunteers: 1 to 5

Number of people served by project: Over 100

Nicholas Snow

Discipline: Medicine (DO)

Institution: Edward Via College of Osteopathic Medicine - Virginia Campus

Project Summary: Outpatient Antibiotic Stewardship: a model for primary care-based efforts to combat antibiotic resistance for physicians and nurses at Academic Primary Care Associates, a local PMCO and family medicine clinic.

Project Highlights: The aim of this study is to initiate a quality assessment-quality improvement project regarding the appropriate prescribing of antibiotics by establishing an Outpatient Antibiotic Stewardship Program at a Patient-Centered Medical Home (PCMH), family medicine resident clinic, in Blacksburg, Virginia. The primary objective is to improve appropriate antibiotic prescribing in commonly seen infectious diseases of primary care. Specifically, urinary tract infections (UTIs) and skin/soft tissue infections (SSTIs) were targeted. Baseline data were obtained utilizing the electronic health record on both the prevalence of UTIs and SSTIs as

well as antibiotic prescribing practices including Prescribing Therapeutic Regimen (PTR). Then, the data were presented to clinic physicians to identify opportunities and challenges for improving antibiotic stewardship. These insights were integrated with national guideline recommendations in order to establish novel interventions at the clinic to facilitate antibiotic stewardship. Six months after the forum, antibiotic prescribing practices are being re-assessed, and a second forum will be held with the physicians to discuss successes and challenges.

Number of project volunteers: 5 to 10

Number of people served by project: 25 to 50

Gerald Gibbons

Discipline: Medicine (MD)

Institution: Sidney Kimmel Medical College at Thomas Jefferson University

Project Summary: Jefferson Student Interprofessional Hotspotting Program (JSIHP). The first population is typically described as "super-utilizers". They are the small percentage of patients who account for a large portion of healthcare costs. These patients typically have significant, complex medical needs along with a high burden of negative social health determinants. The second population is senior level students at Thomas Jefferson University (TJU) who will gain significant experience working as inter professional teams serving complex, super-utilizing patients.

Project Highlights: Super-utilizers, patients who have five or more hospital admissions in the past twelve months, account for half of all healthcare expenditures and present a significant financial burden to our healthcare system. In 2016, in Pennsylvania super-utilizers resulted in 10% of all hospital payments, totaling \$1.25 billion of healthcare spending dollars. Philadelphia has the highest number of super-utilizers in the state (PHC4, 2016). To address this crisis, Thomas Jefferson University, in Philadelphia, serves as one of four new national hubs for the Interprofessional Student Hotspotting Learning Collaborative (ISHLC). Teams of interprofessional health professions students along with faculty and staff advisors enroll super-utilizers and provide targeted interventions to address social determinants of health, reduce hospitalizations and improve patient outcomes.

To examine the impact of this program on enrolled patients, a mixed methods approach will be used to measure healthcare outcomes, self-efficacy/confidence, and health-related locus of control. The quantitative portion of the analysis will use the Multidimensional Health Locus of Control (MHLC) scales, investigating three sub-scales: Internal, Chance, and Powerful Others. Pre-post changes in locus of control will be examined along with the relationship between each subscale and other patient outcomes. Objective healthcare outcomes will be obtained from EPIC and the Health Systems Exchange (HSX) from one year prior to the ISHLC intervention, during the intervention, and six months following the end of the intervention. A cost per patient as a result of in and out-of-network utilization will be calculated pre-/post-intervention. Retrospective data will also be collected for a matched control group of non-program participants. Qualitative data will be collected via free-listing interviews, in which enrolled patients can freely respond to limited prompts about their perception of

healthcare at the end of the ISHLC intervention. Interviews will be transcribed and coded inductively by the research team to determine any themes emerging across participants.

Number of project volunteers: More than 20

Number of people served by project: 1-25

Substance Abuse

Jeffrey Bell

Discipline: Nursing

Institution: University of Cincinnati

Project Summary: Serial Inebriates: Substance Use in Nursing for current registered nurses practicing in a hospital setting.

Project Highlights: More than 2 million Americans abused or were dependent on prescription opioids in 2014, and every day over 1,000 people are treated in emergency departments for misusing opioids. Nurses react to and understand patient behaviors based on their own personal perceptions of substance use disorders, however nursing education on substance use disorders is lacking and nurses tend to have negative perceptions of patients with an opioid addiction. The purpose of this project was to determine if a one hour continuing education session incorporating a personal story of addiction could educate registered nurses as to the disease process of substance use disorders and increase their empathy towards afflicted patients. Six education sessions were held at three regional health systems with a combined session attendance of 62 participants. Data was collected with identical pre and post session surveys to measure change in participant knowledge and empathy. Results showed that the education session had a significant impact on participants' ability to elicit empathy by being able to experience the same emotions, visualize things from the perspective of, and picture themselves in the same situation as someone afflicted with a substance use disorder. Additionally, participants' knowledge of the disease process of substance use disorders significantly increased. These results indicate that the incorporation of a personal narrative in substance use disorder education significantly impacts generally understanding of the disease process and increases provider empathy. The hope is that this increased provider knowledge and empathy will lead to improved patient care and outcomes.

Number of project volunteers: 1-5

Number of people served by project: 50-75

Jasmine Sardar*

Discipline: Pharmacy

Institution: Chapman University School of Pharmacy

Project Summary: Preventing Opioid Abuse and Misuse in the Local Community for health professions students (including pharmacy, physical therapy, communication science disorders and physician assistants) and local licensed pharmacists.

Project Highlights:

1. Demonstrate and emphasize the importance of team-based approaches to treating patients with chronic pain by utilizing case study examples and scenarios that foster effective communication and coordination of care.
2. Develop strategies for aspiring health professionals and licensed pharmacists to improve awareness of opioid misuse and empower proactive engagement in preventing opioid abuse.
3. Implement the objectives of national health standards to help reach the Healthy People 2020 goals.

Number of project volunteers: 10

Number of people served by project: 250

*Final project still in progress

Fatima Ali*

Discipline: Pharmacy

Institution: University of the Sciences

Project Summary: High School Students' attitude toward Substance Abuse and Naloxone students ranging from the ages of 14-19 years old.

Project Highlights:

1. Educate high school students about substance abuse and train them to use Naloxone
2. Mentor high school students and guide them in creating an interactive presentation for their classmates
3. Engage students and teachers at Olney Charter High School in seeing the impact of Naloxone training for the community
4. Encourage students to take their knowledge of Naloxone and educate their friends, family and peers about Naloxone

Number of project volunteers: 5

Number of people served by project: 30

*Final project still in progress

Tobacco

Jason Hirshberg

Discipline: Medicine (DO)

Institution: Midwestern University AZCOM

Project Summary: School-based tobacco prevention via Peer Educator-led jeopardy formatting of the Surgeon General's Executive Summary of the Health Consequences of Smoking for Phoenix adolescents in grades 9-12 from African American and multicultural backgrounds at risk for lifetime tobacco use.

Project Highlights: Create and implement a peer education program to discourage tobacco and E-cigarette use by Arizona youth. Continue working with MCDPH to implement pre- and post-test evaluation and long-term follow-up. My project changed to address the need of schools wanting more material on E-cigarettes. As the project moved forward, it was invigorating to see High School students get excited about tobacco prevention

Ultimately I want to reduce reported tobacco use by adolescent African Americans residing in the greater Phoenix area from 21% (latest available YRBS data, 2011) to 16% in accordance with the Healthy People 2020 LHI TU-2.2 guidelines.

Number of project volunteers: 5-10

Number of people served by project: 25-50