

Mariposa Community Health Center

“La Vida Buena” Childhood Obesity Program Intern

Organization Name:

Mariposa Community Health Center

Organization Background:

Mariposa Community Health Center (MCHC) is a federally qualified community health center in Santa Cruz County. Established in 1980, MCHC is the largest provider of medical, dental, disease prevention and health promotion services in Southeast Arizona. As a patient-centered health care home, MCHC uses an integrated approach to patient care that focuses on addressing all the factors involved with achieving and maintaining a healthy, productive life.

Platicamos Salud (Let's Talk Health) is the Community Health Services Department of MCHC. Platicamos Salud utilizes highly trained community health workers to reach the under-served populations in Santa Cruz County by offering an array of outreach, education, practical instruction, personal assistance and referral services for county residents of all ages in a manner that is language and culture-appropriate. MCHC was recognized as the outstanding rural health program in 2014 for its innovative use of Community Health Workers and its multiple cross-sector collaborations.

Santa Cruz County is a low income, rural county that borders Sonora, México. The majority (83%) of residents are Hispanic/Latino, 24% of residents live below 100% of the federal poverty level and 38% of children live in poverty. More than one third (38%) of residents are foreign born and 81% of residents use a language other than English at home.

Mariposa Community Health Center Website: <http://mariposachc.net/>

Internship Project Title

“La Vida Buena” Childhood Obesity Program Intern

Project Description:

La Vida Buena (The Good Life) is an 8-week family-focused, community-based program with overweight and obese pediatric patients 5-8 years old and their caregivers. A team of adult CHWs and adolescent teen health facilitators provides services. The University of Arizona Prevention Research Center is evaluating the effectiveness of the La Vida Buena Program, employing a quasi-experimental design with an intervention group in Nogales and a comparison group in Rio Rico, 10 miles north of Nogales.

The intern will support project activities, curriculum design and dissemination, and evaluation activities for the La Vida Buena Program. The intern will work with the Health

Promotion Manager at Platicamos Salud, the La Vida Buena coordinator and facilitator, and the evaluation team.

The intern will work with the La Vida Buena staff and gain experience in health education, program planning, evaluation and research. The intern will have the opportunity to work directly with program staff and participants in a fun and supportive learning environment.

The internship activities include:

- Create a “La Vida Buena” toolkit including curriculum materials, handouts, recipes, and evaluation material.
- Coordinate and implement a family-friendly health maintenance activity for the families who have participated in La Vida Buena
- Support qualitative and quantitative evaluation activities including focus groups, guided activities with children and data collection and analysis
- Create a kid-friendly healthy cookbook and test recipes during the class food demonstration
- Translate the English curriculum into Spanish

The internship activities are flexible, and program staff can accommodate the interests and skills of the intern.

This internship will require frequent trips to Nogales. The intern can travel in a university car with the evaluator. The preceptor is located in Nogales and is available for weekly phone calls, but the program evaluator can serve as a point of contact in Tucson. Most internship activities can be completed remotely.

Special Skills

- Proficiency in Spanish

Internship project keywords (check all that apply). These keywords help students search for internships in our database based on their areas of interest:

- | | |
|--|--|
| ☒ Health Disparities | ☐ Environmental Health |
| ☐ Public Health Preparedness | ☐ Maternal/Infant Health |
| ☒ Collaborations with Community | ☐ Tobacco Use |
| ☒ Collaborations with University | ☐ Injury/Violence Prevention |
| ☒ Community health service | ☐ Immunization |
| ☒ Physical Activity | ☐ Infectious Disease |
| ☐ Substance Abuse | ☐ Oral Health |
| ☐ Mental Health | ☒ Evaluation |
| ☐ Access to care | ☐ Policy Development |
| ☒ Nutrition | ☒ Program Planning |
| ☐ Reproductive/Sexual Health | ☐ Data Analysis |

☒ Other Childhood Obesity

When: When do you want the work done? Check all that apply.

☒ Fall Semester

☒ Spring Semester

☒ Summer Term

☒ I want this listing to remain active indefinitely and we will accept applications from students for any upcoming semester.

☐ This listing is only for a specific semester/term: _____

Where:

Organization Mailing Address: 825 N. Grand Ave. Ste. 100 Nogales AZ 85621

Address where Student will work (if different from above): 1852 N Mastick Way Nogales AZ 85621

☒ Check here if the student may have the option to work remotely from a site not listed above for all or part of this project.

Student Characteristics:

We are seeking a self-motivated and proactive student with an interest in nutrition, childhood obesity prevention and community health programs. The ideal candidate is a creative and bilingual student with experience in health education and curriculum design.

Level of Expertise Needed:

☐ MPH

☒ Undergraduate

☐ Either

Supervision

Rosie Piper, a native New Yorker who has lived in southeastern Arizona for the past 30 years, has worked in the public health arena for most of that time. Rosie is employed as a Manager at the Mariposa Community Health Center's Community Health Services Department, and oversees a variety of health programs, including oral health, cardiovascular disease prevention, and a childhood obesity prevention research project. Rosie's multi-cultural background and fluency in Spanish has enabled her to connect easily with the US/Mexico border community in which she works. Personal wellness has always been a priority for her, both professionally and personally. As she says: "I get great satisfaction from knowing that the health promotion work I do helps our community better understand what it takes to attain and maintain good health".

Compensation/Benefits

Travel to and from Nogales will be provided with program staff. The intern will have the opportunity to gain direct experience working in health education, program planning and

evaluation. There may be an opportunity for the intern to be included in a peer-reviewed scientific publication, depending on his/her interests.

Application Contact Information

Interested applicants should send a resume and cover letter to RPiper@mariposachc.net. In the cover letter, please outline any relevant experience and your interest in the position.