



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman College of Public Health

Healthy Habits Tucson; Intergenerational Health Promotion Program Internship Opportunity for 2025-2026

Organization Name:

The University of Arizona Mel and Enid Zuckerman College of Public Health, The Zuckerman Family Center for Prevention & Health Promotion

Organization Background:

Intergenerational wellness program for afterschool programs in Tucson underserved youth. The internship opportunity is to develop an intergenerational wellness curriculum and deliver, administer and evaluate lessons evidence-based curricula on wellness and obesity prevention to underserved after school programs. This project helps to engage the Senior Citizens, students, teachers, and faculty and school community in healthy lifestyle best practices.

Internship Project Title

Healthy Habits for Tucson

Project Description:

Graduate Senior and or Senior Undergraduate Interns will develop skills in developing and implementing an evidence-based, school-based obesity prevention lifestyle and wellness program, *Healthy Habits for Tucson*. This opportunity will enhance knowledge of and skills in assessment of lifestyle behaviors with an emphasis on diet and physical activity as well as school-based wellness curriculum adaptation for the local students. Student Interns will gain an introduction to childhood obesity prevention in school-based wellness initiatives by exploring the *Healthy Schools Tucson* program. Interns will collaborate with afterschool community partners on school wellness policy goals and challenges within the school community. Program goals will include childhood obesity prevention programming in nutrition, physical activity and community wellness to generate shared ideas in health education materials/programming for community wellness.

This is an innovative, interactive and impactful internship that meets weekly to work on the curriculum development for Healthy Habits Tucson to be rolled out for the Spring of 2024 and deliver to after school programs in South Tucson and underserved areas of Tucson, AZ. The minimum requirement for in-person service hours is two hours via zoom and in-person weekly. The expected effort for this internship is an average of 8.5 hours per week for both the Fall and Spring semesters or 17 hours a week for Fall semester to create the *Healthy Habits Tucson* curriculum.

Healthy Habits Tucson will provide an after-school intergenerational program to reduce childhood obesity and its long-term health risks. Focusing primarily on elementary age school students and older adults to reduce health disparities.

Healthy Habits Tucson aims to stem the tide of the obesity epidemic for children and adults by:

- Teaching youth hands on interactive lesson in healthy habits with student and Volunteer Senior Citizens
- Developing healthy school, home and community environments
- Creating an infrastructure that supports program sustainability and replication.

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

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

☒ Fall Semester **Monday & Thursday afternoons from 3:30 to 4:45 pm**

☒ Spring Semester **Monday & Thursday afternoons from 3:30 to 4:45 pm**

☐ 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: Fall and Spring 2025-2026

Where:

Organization Mailing Address: (1436 N. Campbell Avenue, Tucson, AZ 85719)

Address where Student will work (if different from above): **Monday afternoons from 3:30 to 4:45 pm** The Jim and Vicky Click Boys and Girls clubhouse 1935 S Columbus Blvd, Tucson, AZ 85711 **Thursday afternoons from 3:30 to 4:45** The Roy Drachman Boys and Girls Clubhouse 5901 S Santa Clara Ave, Tucson, AZ 85706

☐ 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:

Intern applicants should be comfortable presenting in classroom while working interactively with middle school youth to make a positive impact for healthy future.

Level of Expertise Needed: intern undergraduate public health program interns. This internship for undergraduates will provide an experience that allows students to incorporate classroom learning into public health and wellness in obesity prevention programming and implementation. The Senior Undergraduate student interns will be involved in developing a new curriculum in health and wellness and creating evaluations for the program as well as administering the lessons to the students. The student interns will be required to apply advanced knowledge and skills to the solution of health problems. Both experiences prepare students for future employment.

☐ MPH

☒ Undergraduate

☐ Either

Supervision

Sabrina Plattner is a Health Educator, Senior and Certified Health Coach at the University of Arizona (UA) Zuckerman College of Public Health, Department of Health Promotion Sciences in Tucson, AZ. For the past nineteen years, Sabrina has been working in Childhood Obesity Prevention research in school based and community engagement outreach. She has developed, directed and coordinate select outreach programs and has been instrumental in leading childhood obesity school-based research and programming efforts under The UA Zuckerman Family Center for Prevention and Health Promotion throughout Southern Arizona. From 2004 to 2014, she created and developed a Cancer and Diabetes prevention program called Healthy children Arizona that reached over 25,000 pre- school and elementary age children in Arizona. Sabrina has worked to establish two student service-based learning courses that directly impacts obesity prevention and community wellness programming which currently works with UA Public Health undergraduate and master's level students to deliver *Healthy Schools Tucson* a course that implements an evidence-based childhood obesity prevention curriculum and reaches over 150 elementary and middle school students each year currently totaling 1,600 students. Sabrina is also the instructor for the Health Promotions Sciences Course; 497/597E Community Health and Wellness that works with underserved afterschool programs in South Tucson. She has been the Co-chair of Activate Tucson for 4 years. Activate Tucson is a collation that works to influence policy, systems and environmental change to have a positive impact on the health and wellbeing of the Tucson community <https://www.activatetucson.org/> She is Involved with Tufts University grant Catalyzing Communities <https://catalyzingcommunities.org/> Sabrina earned her M.Ed. with an emphasis on health promotion from Lesley University in Cambridge, MA and a Bachelor of Science from Northern Arizona University in Flagstaff, AZ. Sabrina is the first Author on the Publication, *Healthy Children Arizona: Early Intervention for Prevention*, **Open Journal of Prevention Medicine, 2014, 4, 689-698**, Published Online August 2014 in SciRes. <http://www.scrip.org/journal/ojpm> <http://dx.doi.org/10.4236/ojpm.2014.48078>

Compensation/Benefits

Student could have the opportunity to be included in publication. Student will receive a UA MEZCOPH Red T-shirt and community contacts in Southern Arizona

Application Contact Information

Please contact **Sabrina Plattner** at plattner@email.arizona.edu by sending resume and letter of interest.

