



THE UNIVERSITY OF ARIZONA

# Mel & Enid Zuckerman College of Public Health

## Community Health and Wellness Health Promotion 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:

Wellness program for afterschool programs in Tucson underserved youth. The internship opportunity is to develop a designed to prepare undergraduate students to develop skills in lifestyle and wellness including assessment of lifestyle behaviors with an emphasis on nutritional health and wellness-related programming to deliver curriculum, on healthy lifestyle as related programs to the public. Emphasis will be placed on service to diverse, lower socioeconomic communities.

### Internship Project Title

*Community Health and Wellness for After-school in South Tucson*

### Project Description:

Senior Undergraduate Interns will develop skills in developing and Students will gain an introduction to community wellness initiatives by exploring health promotion programming and outreach. Course instructors will collaborate with community leaders to present childhood obesity prevention for public health and challenges within the community. Students will gain valuable insights into health equity and community wellness, as well as having the opportunity to build healthy lifestyle habits to generate shared ideas in individual and community wellness and health education

This is an innovative, interactive and impactful internship that meets weekly to work on the curriculum development for Fall and Spring 2025-2026 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, weekly zoom meetings along with preparation for . The expected effort for this internship is an average of 8.5 hours per week for both the Fall and Spring semesters.

***Community Health and Wellness in After school*** will provide an after-school program to reduce childhood obesity and its long-term health risks. Focusing primarily on elementary school students and older to reduce health disparities.

**The Internship** aims to stem the tide of the obesity epidemic for children and families by educating children on healthy habits to create a community of health and wellness:

- Teaching youth hands-on interactive lessons in nutrition, Physical Activity and immersive art with students.
- Developing healthy school, home and community environments
- Creating an infrastructure that supports wellness programming in sustainability and replication that children can implement at home.

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

- |                                                                    |                                                                                 |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> Health Disparities             | <input type="checkbox"/> Maternal/Infant Health                                 |
| <input type="checkbox"/> Public Health Preparedness                | <input type="checkbox"/> Tobacco Use                                            |
| <input checked="" type="checkbox"/> Collaborations with Community  | <input type="checkbox"/> Injury/Violence Prevention                             |
| <input checked="" type="checkbox"/> Collaborations with University | <input type="checkbox"/> Immunization                                           |
| <input type="checkbox"/> Community health service                  | <input type="checkbox"/> Infectious Disease                                     |
| <input checked="" type="checkbox"/> Physical Activity              | <input type="checkbox"/> Oral Health                                            |
| <input type="checkbox"/> Substance Abuse                           | <input checked="" type="checkbox"/> Evaluation                                  |
| <input type="checkbox"/> Mental Health                             | <input type="checkbox"/> Policy Development                                     |
| <input type="checkbox"/> Access to care                            | <input type="checkbox"/> Program Planning                                       |
| <input checked="" type="checkbox"/> Nutrition                      | <input type="checkbox"/> Data Analysis                                          |
| <input type="checkbox"/> Reproductive/Sexual Health                | <input type="checkbox"/> Other <a href="#">Click or tap here to enter text.</a> |
| <input type="checkbox"/> Environmental Health                      |                                                                                 |

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: Spring and Fall 2025-2026\_and 2026-2027

Where:

Organization Mailing Address: 3950 S Country Club Rd Suite #330

Address where Student will work (if different from above): [Click or tap here to enter text.](#)

☐ 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 school youth to make a positive impact for healthy and happy future.

Level of Expertise Needed:

Program intern undergraduate public health program interns. This internship for Undergraduates will provide an experience that allows students to incorporate classroom learning into public health obesity prevention programming and implementation. The Junior and 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 in the social determinants of health. 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 over 20 years. Sabrina has been working in Childhood Obesity Prevention research in school based and community engagement outreach in Tucson, AZ and Southern Arizona. She has developed, directed and coordinated 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 impact 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 1,400 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 five 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. 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

Students could have the opportunity to be included in publication and evaluation. Students will receive two UA MEZCOPH Red T-shirts for outreach at school and community health events

#### Application Contact Information

Please contact **Sabrina Plattner** at [plattner@email.arizona.edu](mailto:plattner@email.arizona.edu) by sending resume and letter of interest.