



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman College of Public Health

Organization Name:

The University of Arizona Mel and Enid Zuckerman College of Public Health, The Zuckerman Family for Prevention & Health Promotion. Activate Tucson Coalition

Organization Background:

To disseminate high quality lifestyle-based prevention Health Education curriculum and programming to youth in Tucson AZ area schools and support community wellness efforts aimed at improving health and reducing disease risk. Wellness practices learned and is achieved through prevention and health promotion

Internship Project Title

Health and Wellness to reduce Childhood Obesity in schools and programs for youth in Tucson, Arizona.

Project Description:

- **Healthy Schools Tucson** is a Childhood Obesity Prevention Curriculum and Wildcat Marathoners program is to teach middle school and Elementary School Students the importance of the practice of health and wellness to help them adapt and create healthier lifestyles and environments for children and the school community.
- To test and refine this HST Curriculum and Wildcat Marathoners program. Work and collaborate with local schools and community partners to engage them who are committed to childhood health in relation to childhood obesity prevention and health promotion.
- To participate in Activate Tucson Coalition meetings.

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 – Fall 2024

☒ Spring Semester – Spring 2025

☐ 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: For both Fall and spring 2024 through 2025

☒ Two-semester internship experience

Where:

Organization Mailing Address: 3950 S Country Club Rd Suite # 330, Tucson, AZ 85713

Address where Student will work (if different from above): Saints Peter and Paul School
1436 N Campbell Ave, Tucson, AZ 85719

☐ 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

Comfortable with working with school age students by delivering health promotion lessons to middle school students while demonstrating leadership skills. Skills needed for research on content for lessons and developing and adapting lessons Taking notes for all meetings for Activate Tucson sending out emails and creating invites for the meetings. Zoom online meeting forums for weekly check-ins and community meetings from time to time to learn about health and wellness in Tucson and USA.

Level of Expertise Needed: Undergraduate public health program intern or Graduate intern

Undergraduate: The internship for undergraduates should provide an experience that allows students to incorporate classroom learning into public health practice.

Graduate: Applied experiences for graduate students should require application of advanced knowledge and skills to the solution of health problems and the production of at least two agency-based deliverables.

Both experiences prepare students for future employment.

☐ MPH

☒ Undergraduate

☒ Either

Supervision

Sabrina Plattner, M. ED

Sabrina Plattner is a Health Educator, Senior at the University of Arizona Mel and Enid Zuckerman College of Public Health, Department of Health Promotion Sciences. For the past fifteen years Mrs. Plattner has been working in Childhood Obesity prevention research in school based and community engagement program implementation. By developing, directing and coordinating select outreach programs she has been instrumental in leading childhood obesity research and programming efforts under the Canyon Ranch 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. In 2013 she created the Health Promotion Camp for Prevention in obesity related diseases at The MEZCOPH, Healthy 2B Me. Sabrina has worked to establish a student service-based learning course that directly impacts obesity prevention programming. In addition, she currently works with public health undergraduate and master's level students to deliver a school-based obesity prevention curriculum that reaches over 300 elementary students each year. The UA College of Public Health course implements an evidence-based childhood obesity prevention Health Schools Tucson (HST) in the Zuckerman Family Center for Prevention and Health **Promotion** <https://zfcphp.arizona.edu/> Sabrina earned her Master's degree in Elementary Education with an emphasis on health promotion from Lesley University in Cambridge, MA and a Bachelor's 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>. Involved with Tufts University grant Catalyzing Communities <https://catalyzingcommunities.org/> Sabrina is also Co –Chair of Activate Tucson and health and wellness collation in Tucson established in 2004 <https://www.activate-tucson.org/>

Compensation/Benefits

Student could have the opportunity to be a part of innovative Health and Wellness initiatives in Childhood Obesity Prevention. Establish relationships with like-minded professionals in Health in Wellness in the Tucson, AZ. Student will receive a UA Zuckerman Family Center Red T-shirt
Will make contacts in the Tucson community practicing Public Health Skills for carer goals.

Application Contact Information

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