

Organization Name:

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

Organization Background:

Public Health for School and Community Based Childhood Obesity Prevention Programming was established in fall of 2018. The internship opportunity is to administer and evaluate a ten lesson evidence based curricula on obesity prevention to Middle School students at Saints Peter and Paul Catholic School. This project helps to engage the students, teachers, and faculty and school community in healthy lifestyle best practices.

Internship Project Title

Project Healthy Schools

Project Description:

Undergraduate and graduate Interns will develop skills in adapting and implementing an evidence-based, school-based obesity prevention lifestyle and wellness program, *Project Healthy Schools*. 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 ***Project Healthy Schools (PHS)*** program. Interns will collaborate school 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 school wellness.

This is a fun, interactive and impactful internship that meets weekly to work with Middle School students at our community partner site, Saints Peter & Paul Catholic Middle School. Located across the street from MEZCOPH (1436 N. Campbell Avenue, Tucson, AZ 85719) on **Tuesdays from 1:15-3:15 PM**. In-person service hours are required. The minimum requirement for in-person service hours is two hours weekly. The expected effort for this internship is an average of 8 hours per week.

Project Healthy Schools provides a school-based ten lesson program to reduce childhood obesity and its long-term health risks. Focusing primarily on sixth grade and middle school students.

PHS aims to stem the tide of the obesity epidemic by:

- teaching youth healthy habits
- developing healthy school environments
- creating an infrastructure that supports program sustainability and replication

Healthy youth who continue to practice healthy lifestyles will grow into healthy adults with fewer risk factors for cardiovascular disease, diabetes and other chronic illness. ***PHS*** is one

of the few obesity prevention school-based programs that have demonstrated significant improvements in both health behavior and cardiovascular risk factors, such as reductions in:

- total cholesterol,
- LDL cholesterol (bad cholesterol)
- triglycerides
- blood pressure

In addition there will be two to four health related initiatives and events at the school and in the community that will be required to attend during the school year.

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
- ☒ 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: (1436 N. Campbell Avenue, Tucson, AZ 85719

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 middle school youth to make a positive impact for healthy future.

Level of Expertise Needed:

MPH program intern or an undergraduate public health program interns. This internship for Graduate and undergraduates will provide an experience that allows students to incorporate classroom learning into public health obesity prevention programming and implementation. Graduate student intern will be involved in adapting and creating evaluations for program as

well as administering the lessons to the students. Graduate students 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, 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 120 elementary students each year. The UA College of Public Health course implements an evidence-based childhood obesity prevention program published by the University of Michigan, Project Health Schools (PHS). 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>

Compensation/Benefits

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

Application Contact Information

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