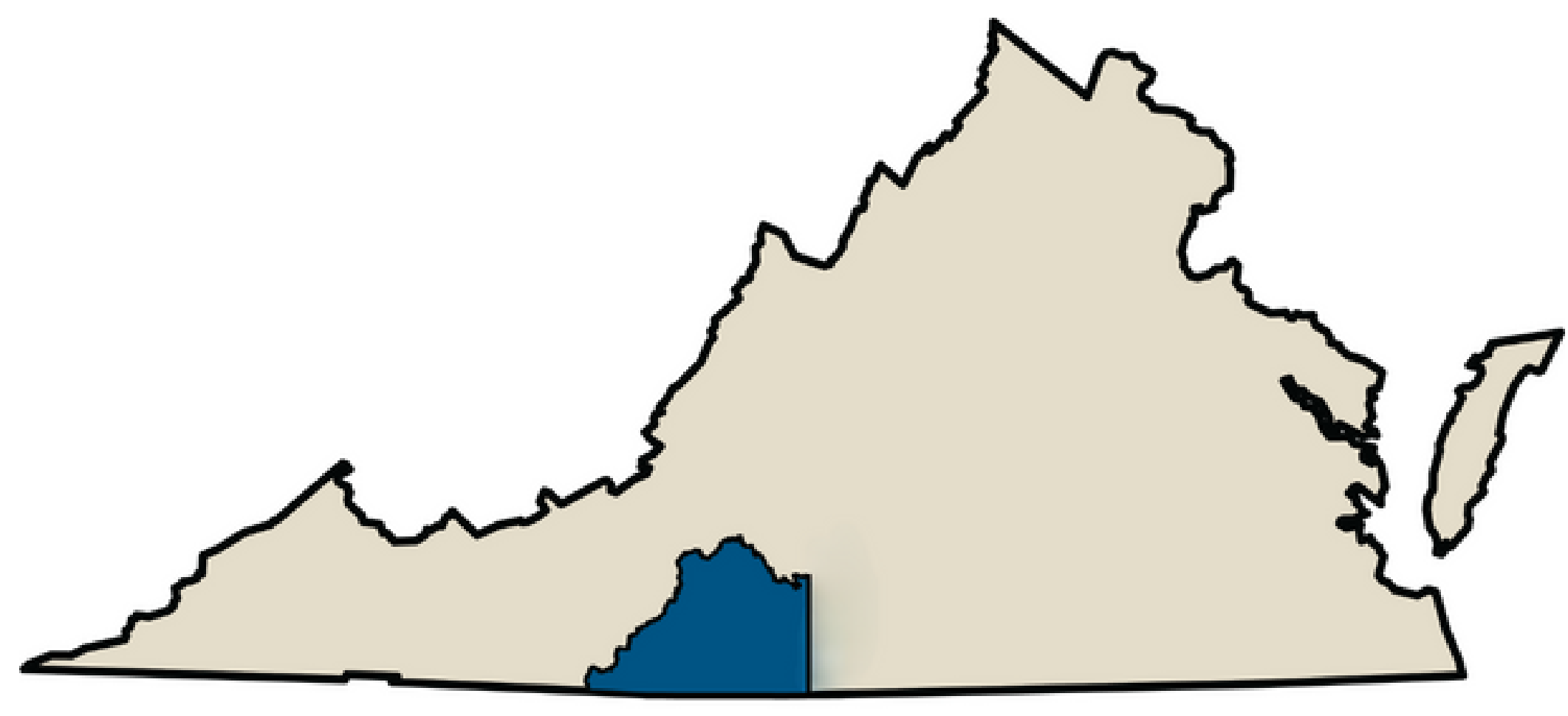


Project Summary & Importance of Equity Study: Working collaboratively with marginalized citizens, community leaders, and policy makers to affect issues and solutions is powerful. Much of rural Virginia is unaware of equity, its definition, and applications. This study is to find how equitable the social determinants of health are within the district. Undisputable data and rapport built through extensive time in each area of the study are used to present education and understanding of resources. Then, we collect local survey results to represent community perspectives in the data as comparisons to secondary data. To ensure the community feels heard, their opinions are used alongside vetted data to build an implementation plan to fill resource gaps and necessary changes to close the gaps of health outcomes for vulnerable populations all with an equitable lens.

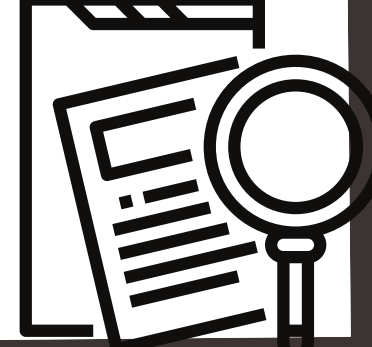


My Role in Project: For the health and equity study, my role has been to identify the data from each of the provided sources while getting to know the community. The equity collaborative will use a cumulation of my work and their own to develop an equitable implementation plan to create policy change and provide better access to resources across the Henry/Martinsville area of the district.



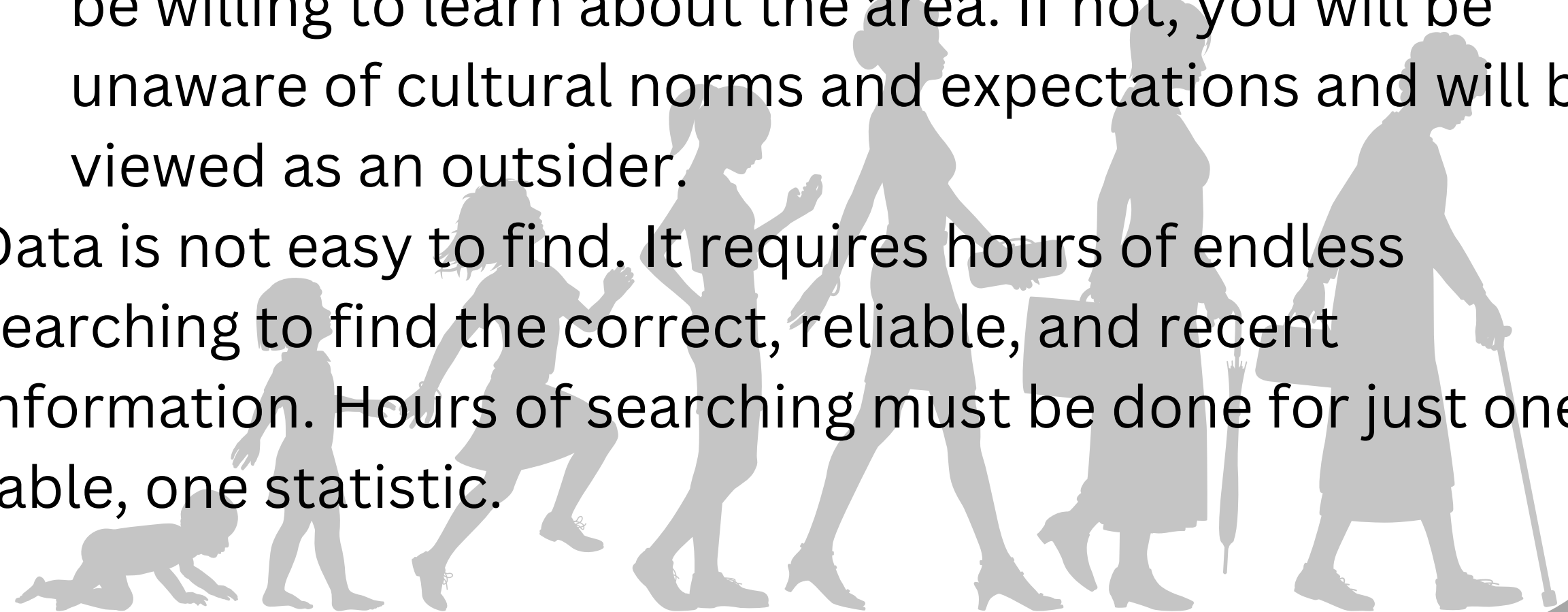
Project-Related Experiences:

- Investigating numerous sources for raw data collection
- Analyzing data
- Data presentation to community stake holders
- Facilitated community stakeholder conversation for Healthy Patrick County
- Participated and mediated Equity Collaboration meetings




Lessons:

- No one program at the department of health affects one stage of life.
- When creating policies, you must meet your community where they are at.
 - Policies created in Richmond Central Office will not work in West Piedmont. The goals must be broken down from different starting points to help develop rural areas.
- The only way to help a population is to know a population.
 - Even if you are not from an area, you must sit down and be willing to learn about the area. If not, you will be unaware of cultural norms and expectations and will be viewed as an outsider.
- Data is not easy to find. It requires hours of endless searching to find the correct, reliable, and recent information. Hours of searching must be done for just one table, one statistic.

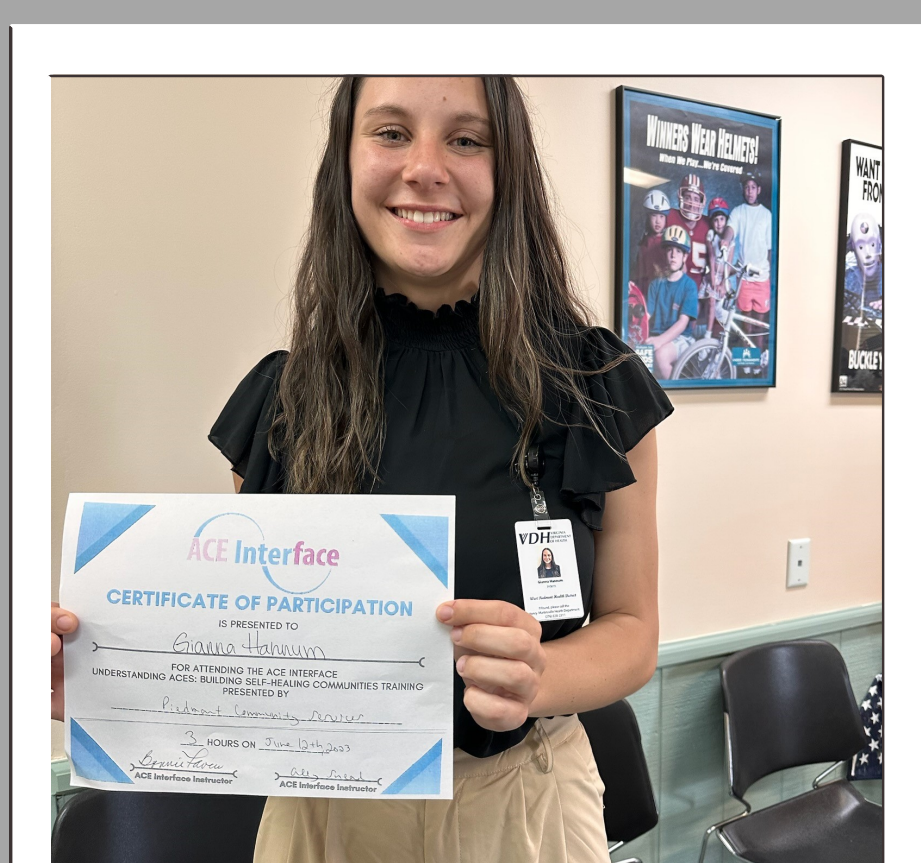


Other Experiences:

- Dairy plant sampling at Homestead Creamery
- Sampler evaluations at Homestead Creamery
- Restaurant inspections
- Nursing home screening visits
- Shadowing experience with epidemiology
- Participant in Re-Entry Council Meetings
- REVIVE Trainings in Henry County
- VaTECH Grad. Program Exchange
- PHV Impact Collaborative Meeting
- Opioid Task Force Meeting
- Patient collection for STD Clinic
- Piedmont Service CSB trainings
- ODMAP training
- Grant writing
- Volunteer at food bank
- REVIVE Train the Trainer
- ACES Training



Homestead Creamery



ACES Training

My future goals:

- Finish senior year at Roanoke College obtaining a Bachelor's in the Arts of Public Health with minors in Spanish and Sociology
- Post-graduation, I am considering two options: going directly to graduate school or getting a job with the Virginia Department of Health.
 - I would like to get my Masters in Public Health with focus in Policy at some point.
- Career goals: create policies that promote equitable health for all communities- urban and rural, push policies towards universal health care system, and rid health disparities caused from social determinants.