

"Public Health Service for All": Experiences in Health Promotion and Disease Prevention

Isaiah Del Cid • Public Health Program at Cal Lutheran University • Spring 2023 Semester

UCLA CUPS Program/Being Alive LA • Cal State Implicit Bias in Nursing Training Program • Ventura County Public Health, Tobacco Policy and Cessation Program

Background

- As Sociology major minoring in Public Health and Ethnic and Race studies, I seized opportunities to explore, engage, in practical experiences to build a career in Public Health.
- My Public Health internship placements have included field experience at the non-profit organization Being Alive, Ventura County Public Health, and the CSU Chancellor's office.
- The work included, tobacco policy, tobacco cessation health education, and curriculum and content development of an implicit bias training for nurses.
- These experiences increased my understanding of health disparities the impact of public health in our communities.

Lessons Learned

- A significant challenge I encountered was time management. As different tasks were assigned, I learned to prioritize based on project deadlines and to use a daily planner to stay organized with both internship and school responsibilities.
- A challenge was learning how to navigate organizations, services, individuals, and agencies. I learned that I had to be comfortable stepping outside my comfort zone, communicate with my preceptors, and seek feedback in order to understand expectations. Effective collaboration for program development and implementation takes teamwork.

Projects/Activities

- Being Alive: I engaged in programming to improve social and wellness services for clients. This included syringe service outreach programs in Hollywood, assembling safe-sex kits, creating hygiene kits for unhoused individuals, and evaluating acupuncture and chiropractic services for HIV-related morbidities.
- CDC & the UCLA Fielding School of Public Health: Conducted research with scholars across the nation to examine the impact of the education system on the health of LGBTQ+ students.

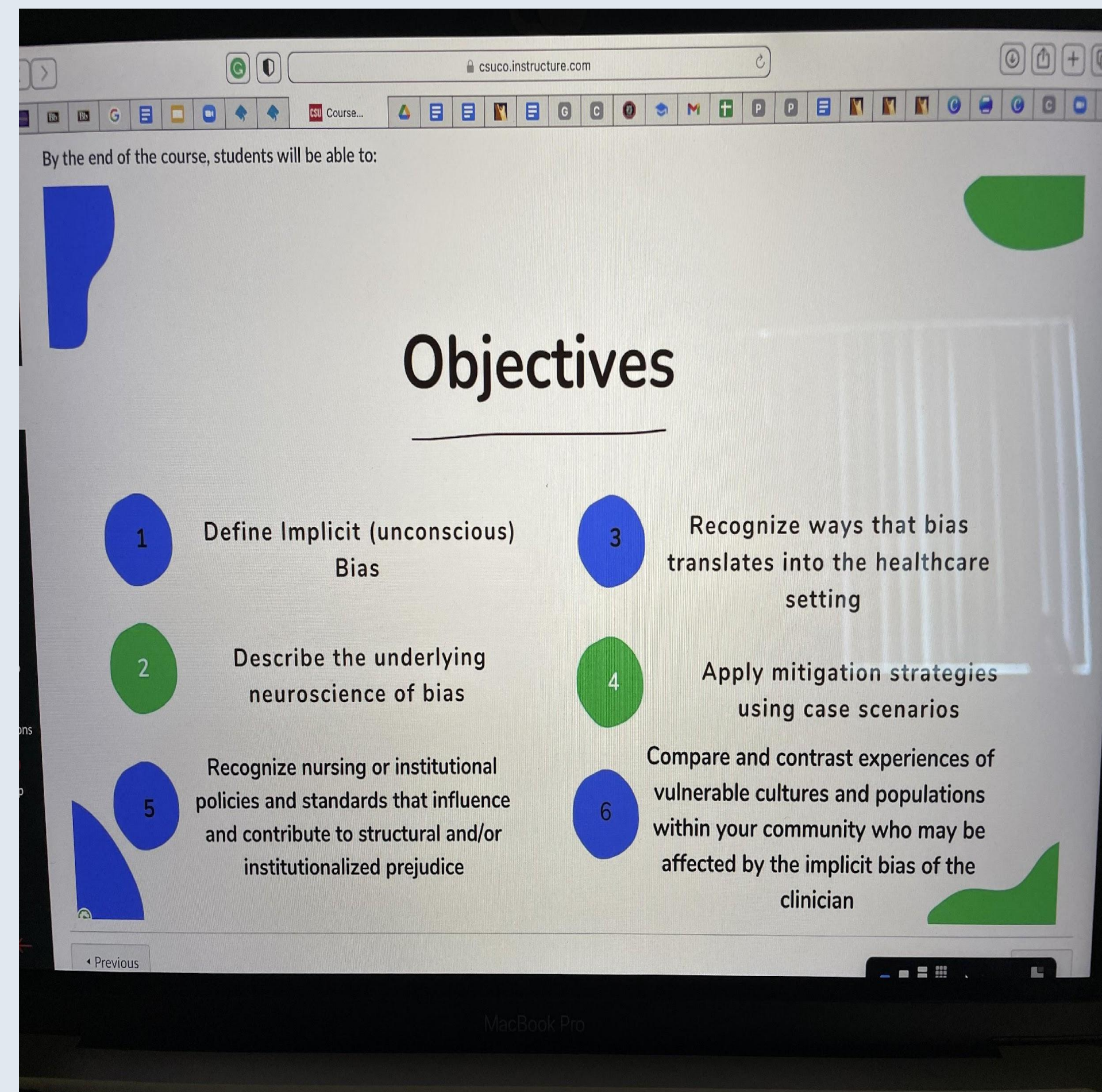


Figure Caption 1. Cal State Implicit Bias in Nursing Training Program

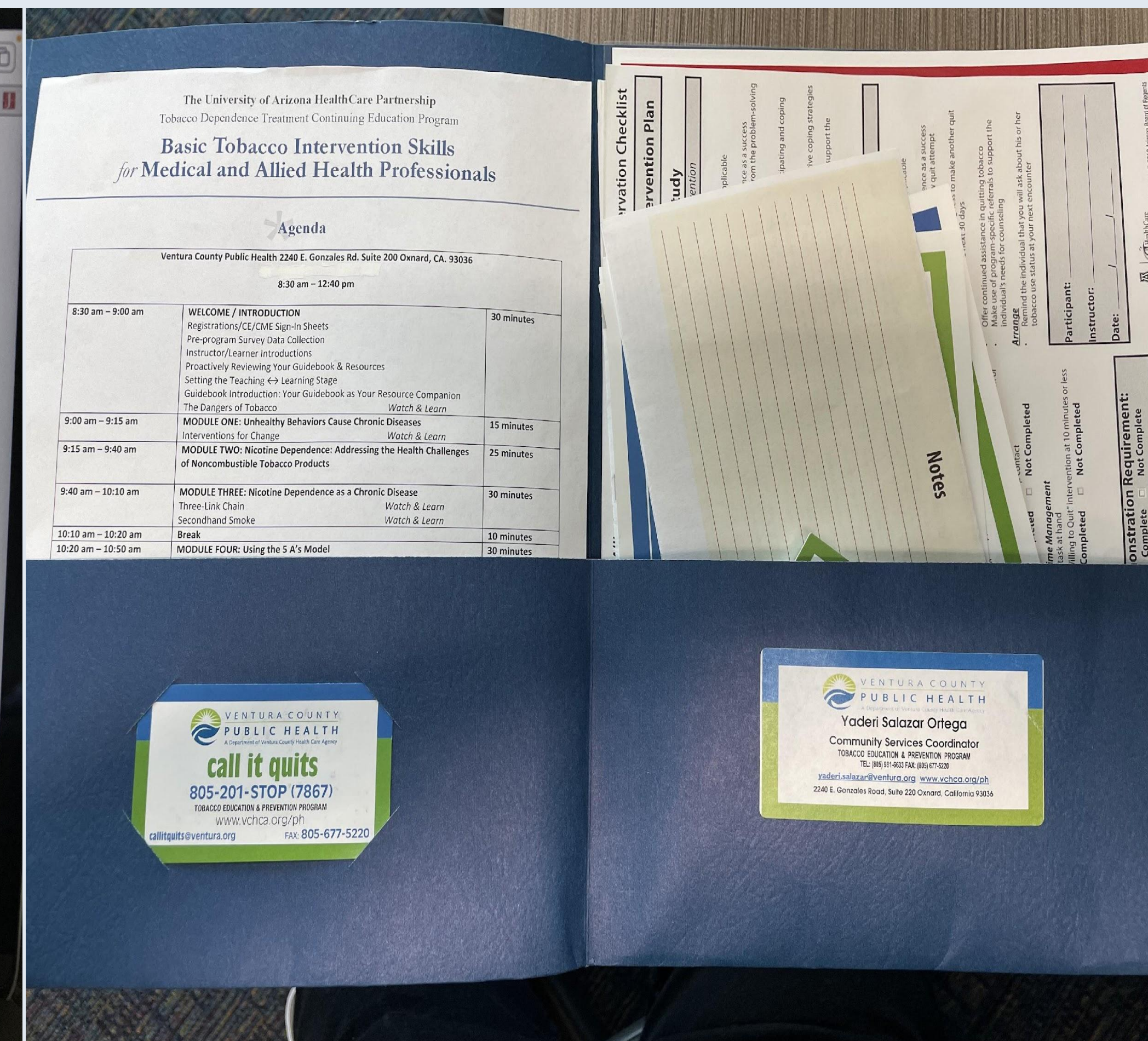
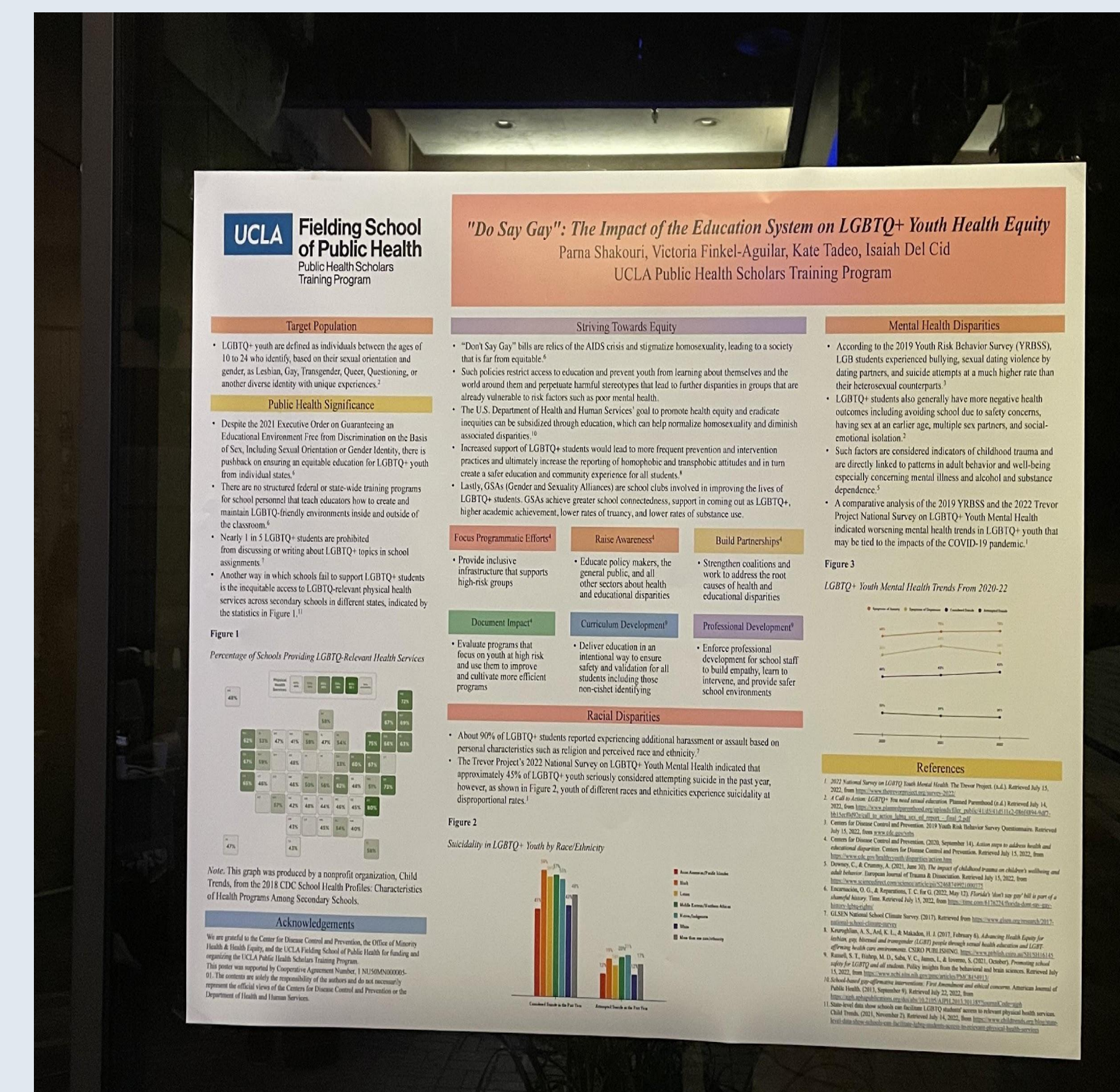


Figure Caption 2. VCPH, Tobacco Policy and Cessation Program



Figure Caption 3. UCLA and CDC Public Health Scholars Training Summer Program/Being Alive LA



Projects/Activities

- CSU Chancellor's Office: Develop curriculum and content for an Implicit Bias Awareness and Mitigation training for Nursing students.
- Ventura County Department of Public Health: Tobacco Policy and Cessation Program: Assemble tobacco prevention training materials to reduce the use of tobacco flavored-products among adolescents, conduct key-informant interviews, analyze evidence-based tobacco education for monthly newsletter, and conduct compliance checks in local smoke shops.

Community Impact

- Provided culturally appropriate sexual health education and resources
- Contributed in services centered around educating unhoused populations with safety procedures on how to reverse an overdose
- Assisted in the development of an academic curriculum to teach current nursing students about the complexities of implicit bias and how that affects the care of patients from diverse backgrounds.
- Developed programming that allow for stricter smoke-free policies in residential and community settings by reducing the proportion of adolescents that use smoked flavored-tobacco products, while educating the general public about the negative health effects that arise in smoking tobacco products.

Acknowledgements/QR Code

- Thank you Kaiser Permanente for allowing me to engage in this work with the Spring 2023 Public Health Scholarship

