**Executive Summary/Abstract**

**Project:** Empowering Community Health

**Agency:** Global Health and Education Programs, Inc.

**Preceptor :** Dr. Romuladus Azuine

**Dates:** September 5, 2022 – December 3, 2022

**Student Name:** Marilyn Murrillo

### Faculty Advisor Name: Daudet Ilunga Tshiswaka and Dr. Gregory Steele

**Submission Date:** 1/24/2023

**Title of Project:** Empowering Community Health

**Summary:** I completed my practicum work as a public health analysis fellow at Global Health

and Education Programs, Inc.’s Public Health 360 fellowship program from early September

2022 to early December 2022. GHEP is tax-exempt, non-profit organization based in Riverdale,

MD. GHEP’s mission is to eradicate health disparities by addressing the non-medical factors that

influence health outcomes, which are known as Social Determinants of Health (SDOH). GHEP’s

Health, Environmental Education and Awareness program promotes community awareness and

education on how we individually and collectively impact the environment. Public Health 360 is

a hands-on workforce development program that prepares the next generation of highly qualified

public health professionals. PH 360 is a comprehensive practice and project-based training that

bridges the gap between school-based academic theory and field-based practice. GHEP’s Healthy

Heart Program is a community participatory approach cardiovascular diseases (CVD) prevention

program that assists community members in preventing the onset of CVD and its risk factors by

providing community health services. My work at GHEP focused on researching and developing

public health programs to empower community health. Dr. Romuladus Azuine supervised my

work as my preceptor. My practicum work consisted of working in a group of four as project

director of three projects. First, we created a Diabetes Awareness Month digital online

community outreach event during November 2022. This Diabetes Awareness campaign centered

on using education to increase awareness about how exercise and healthy eating promote health

improvement and decrease risk for diabetes. Second, we created a grant proposal for the State of

Maryland to reduce lung cancer among African Americans in Prince George’s County, Maryland.

This proposal focused on best practices for creating a Lung Cancer Awareness by providing a

hybrid lung cancer awareness program combining in-person and online training. This innovative

lung cancer awareness educational program highlighted lung cancer risk factors and several

intervention strategies to reduce lung cancer and lung cancer mortality rate among African

Americans in Prince George's County, Maryland. Third, we created the Diabetes Education

YouTube Video, a recording of our Diabetes Awareness Month digital online community

outreach event held in November 2022 to provide an online, easy and free way to educate the

public with quality health information about diabetes, including the risk factors, resources, and

prevention of diabetes.

**Project Objectives**: My fellowship goals were: 1) The goal of the Lung Cancer Education Program is to provide education and awareness about lung cancer, the risk factors for lung cancer, and how to prevent lung cancer in accordance with the Competencies cited above. The GHEP Preceptor will provide ongoing evaluation to guide the appropriate manifestation of the Competencies into this Project. 2) The goal of the Diabetes Awareness Program is to provide education and awareness about diabetes, the risk factors for diabetes, and how to prevent diabetes in accordance with the Competencies cited above. The GHEP Preceptor will provide ongoing evaluation to guide the appropriate manifestation of the Competencies into this Project.

3) The goal of the Lung Cancer Education Program and the Diabetes Awareness Program is to provide me, the student, with workforce training designed to properly prepare me, the student, for meaningful roles in public health. The GHEP Preceptor will provide ongoing evaluation to guide the appropriate manifestation of the Competencies into these Projects.

**Project Activities:**

During our weekly GHEP Public Health 360 fellows’ meetings, GHEP faculty would lecture about the pressing global health issues facing different parts of the world and especially in Africa. Our group met approximately once every week on Saturday afternoons, following our weekly GHEP fellows online video meeting. We worked in a group of four GHEP Fellows researching and creating, the Lung Cancer Education through Digital Education (LUCADE) Program. All our group members worked weekly, and sometimes biweekly, to collaborate and meet our November 29, 20222 deadline on this project. We created a high-quality research-based education program to educate about and prevent lung cancer among African American adults in Prince George’s County, Maryland.

All our group members worked weekly, and sometimes biweekly, to collaborate researching and creating APE #1 project, the Diabetes Awareness Program. We created a high-quality research-based education program to educate about and prevent Diabetes among the Global Population. The CEPH MPH Foundational Competencies covered for this activity was Planning & Management to Promote Health [C8] Apply awareness of cultural values and practices to the design or implementation of public health policies or programs. This project met this foundational competency because our Diabetes Awareness Program increased cultural awareness of diabetes prevention and treatment by highlighting the health disparities faced by African Americans. Also, another CEPH MPH Foundational Competency covered by this activity was [C7] Assess population needs, assets and capacities that affect communities’ health. This project met this foundational competency because we researched and assessed African Americans risk and incidence of diabetes and worked to increase community understanding of diabetes awareness. Another CEPH MPH Foundational Competency covered by this activity was [C9] Design a population-based policy, program, project or intervention. This project met this foundational competency because we created a diabetes awareness program to promote healthy behaviors and improve public health. Also, CEPH MPH Foundational Competencies covered for this activity was Communication [C-19] Communicate audience-appropriate public health content, both in writing and through oral presentation. This project consisted of a written researched PowerPoint presentation report and oral presentation. The other CEPH MPH Foundational Competencies covered for this activity was Interprofessional Practice [C-21] Perform effectively on inter-professional teams. This project met this foundational competency because our group of four PH 360 fellows worked together and met online via Zoom technology to collaboratively create this program.

Furthermore, the following MPH Generalist concentration competencies covered for this activity was [PG1] Incorporate biological and scientific information to design and deliver an educational product for promoting health and wellness in a community setting. This competency was met because this projected consisted of researching biological and scientific information about diabetes and how diabetes impacts the human body. The other MPH Generalist concentration competency for this activity was [PG2] Describe how evidence from data, analysis, findings reported in peer-reviewed literature is used in public health planning/decision-making. This competency was met because this project consisted of researching appropriate data gathering, data analysis, and findings related to diabetes and included risk factors and behavior changes to improve public health.

We also worked in a group of four GHEP Fellows weekly to practice online presentation skills via Zoom web conferencing to produce a well-rehearsed APE #2 project, the Diabetes Education YouTube Video. We worked together to create a high-quality research-based online education video to educate about and prevent Diabetes among the Global Population by our deadline. This video included discussion of risk factors, resources, and prevention of diabetes. Furthermore, this content-rich Diabetes Education YouTube Video will be added and hosted on GHEP's online resource called HELP--Health Education Literacy Portal. This portal provides vetted health information to members of the public and will share information on the risk factors and preventative lifestyle modifications for diabetes.The availability of this resource will support GHEP's mission to make validated health information available to the poor and underserved. The CEPH MPH Foundational Competencies covered for this activity was Planning & Management to Promote Health [C8] Apply awareness of cultural values and practices to the design or implementation of public health policies or programs. This project met this foundational competency because our Diabetes Education YouTube Video increased the public’s awareness of diabetes risk factors and ways to prevent diabetes and raise cultural awareness of diabetes prevention and treatment by highlighting the health disparities faced by African Americans. Furthermore, because this Diabetes Education YouTube Video is freely available to the public online, this project has the capacity to reach a large audience interested in learning how to improve the health of those at risk for diabetes.

Also, CEPH MPH Foundational Competency covered for this activity was Communication [C-19] Communicate audience-appropriate public health content, both in writing and through oral presentation. This project consisted of an oral and written researched presentation that was captured by video and will be freely accessible online for the public to watch and review online to increase diabetes education and prevention.

Furthermore, the following MPH Generalist concentration competencies covered for this activity was [PG1] Incorporate biological and scientific information to design and deliver an educational product for promoting health and wellness in a community setting. This competency was met because this projected consisted of conducting scientific research about how diabetes impacts the human body and how to prevent and treat diabetes. The other MPH Generalist concentration competency for this activity was [PG2] Describe how evidence from data, analysis, findings reported in peer-reviewed literature is used in public health planning/decision-making. This competency was met because this project consisted of researching publicly available data and performing data analysis to generate findings about the causes, risk factors, and behaviors that describe diabetes and what changes can be made to improve public health.

My complete APE products have been placed in the appropriate Canvas LMS drop boxes and uploaded to my eportfolio (https://marilyninnovation.wixsite.com/marilyn-murrillo).