



2008 FEATURED INTERNSHIPS



Karen Summers
MPH, Community and Behavioral Health

Organization:
Cedar Rapids Area Community School District
Cedar Rapids, IA

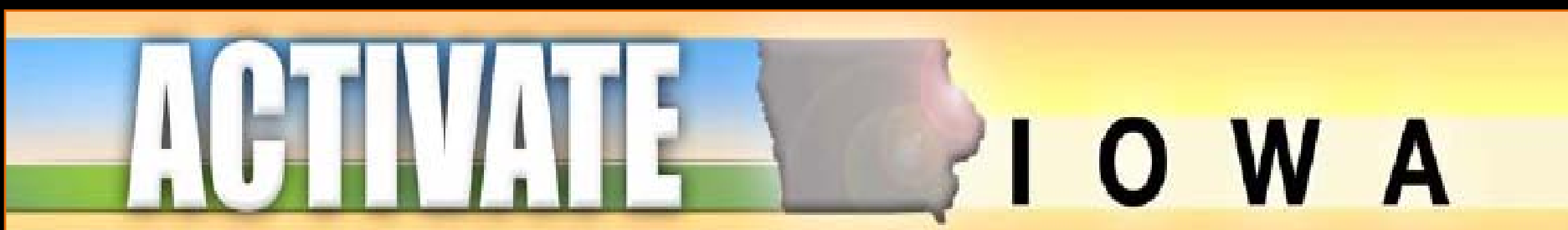
- Activities:
- Compiled a resource binder about creating wellness teams and wellness programs;
 - Reviewed community organizational options for inclusion in the wellness program; and
 - Compiled a report and presented findings to the Cedar Rapids Community School District Wellness Committee.



Maria Osterhaus Scott
MPH, Nutrition and Exercise

Organization:
Iowa Sports Foundation/ Lighten Up Iowa/ Live Healthy Iowa
Des Moines and Ames, IA

- Activities:
- Analyzed survey results from End-of-Program and Community Grant Survey;
 - Made edits and revisions to a previous Community Grant Application for the 2009 Grant program;
 - Wrote and edited bi-weekly tips for 2008 Lighten Up Iowa/ Live Healthy Iowa participants; and
 - Collected information to identify potential collaborator for 2009 Live Healthy Iowa program.



An initiative of the Iowa Health System, Mercy Health Network, the University of Iowa College of Public Health, and Wellmark Blue Cross-Blue Shield.



2009 FEATURED INTERNSHIPS

Student: Nicole Pearson
MPH, focus in Global Health



Organization: Allen Memorial Hospital, Waterloo, IA

This internship focused on community wellness in the Waterloo area. In particular, Nicole supported the efforts of the Community Advisory Committee at the hospital. Projects included performing a deeper analysis of statistical community assessment data; evaluating community impact of wellness offerings; determining “best practices” for community wellness efforts; and preparing materials for future campaigns and hospital outreach projects.

Student: McKaylee Robertson
MPH, focus in Epidemiology



Organization: Healthy Linn Care Network, Cedar Rapids, IA

This internship focused on community wellness in the Cedar Rapids area. McKaylee organized health forums for wellness and substance abuse, and designed handouts for “uninsured week.” She also developed a questionnaire and used it to survey Linn County residents about substance abuse in their community. Through this experience, McKaylee was able to work with various partners and coalitions affiliated with Healthy Linn Care Network.

Student: German Ellsworth
MPH, focus in Epidemiology



Organization: Baum Harmon Mercy Hospital, Primghar, IA

German worked at Baum Harmon Mercy, a 14-bed critical access hospital. During his internship, German assisted with strategic planning, network relations, a research project, and rural health projects.



HISTORY

In 2002, Wellmark Blue Cross-Blue Shield and the University of Iowa College of Public Health (CPH) established the Wellmark-CPH Community Health Initiative to provide a framework for projects and activities of mutual interest, such as the Educational Outreach Series. Beginning in FY 2008, additional partners including Iowa Health System and Mercy Health Network made three-year pledges to fund and support a public outreach series in conjunction with Wellmark and The University of Iowa CPH. This initiative evolved into what is now Activate Iowa.

MISSION

The Activate Iowa program is dedicated to **connecting students and professionals** in public health and health care to improve the wellness of citizens across the state of Iowa.

GOALS

In 2008, the partners decided to focus on **identifying internships** to support community-based initiatives in Cedar Rapids, Des Moines, Dubuque, Mason City, Sioux City, and Waterloo. They also developed three strategic goals to support this initiative:

1. Improve the health of Iowa's communities through citizen-focused educational programs;
2. Identify grassroots resources to enhance and benefit community-based initiatives; and
3. Promote a collaborative, linked, and sustained approach, based on a three-year commitment time-frame.

