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# BYU Public Health

## ADVISING

**7 Oct 2020**

If you have questions regarding this major, the new curriculum, mapping out your classes, or have questions in general about what is expected of you, please feel free to make an appointment with a Public Health department advisor by calling 801-422-3386.

For the time being PLEASE CONTACT [BETH.LIECHTY@BYU.EDU](mailto:BETH.LIECHTY@BYU.EDU) DIRECTLY TO MAKE AN APPOINTMENT

### **\*\*ADVISING APPOINTMENT HOURS\*\***

Stephanie and Beth are happy to chat via email, phone conversations, FT, Skype, Google Hangout, whatever works best for you. You may still make an appt by calling the number above or you may email Stephanie or Beth directly.

**Stephanie Lutz (Internship Coordinator)**  
**T/TH in person appts**  
**M/W Zoom appts**  
**9-2pm**

**Beth Liechty (Class planning)**  
**9-2pm M-Th Zoom appts**

Before meeting with Stephanie about internship questions, please read the entire internship manual, make a list of questions, and outline your internship plans. The manual will answer many of your questions. By preparing for your appointment, your time with Stephanie will be much more efficient.

*Just a reminder that the Department of Public Health has a Facebook page where you can find current news and event information!*

*Find us at **BYU Public Health***

*You may also find department news on our website: **PH.BYU.EDU***

## **ADVISEMENT ANNOUNCEMENTS**

Winter 2021 Course Catalog is now open! Please make sure to fill up your [registration cart](#) and submit it by 6 p.m. MT the day before your priority registration date. Priority registration begins Oct 19. Find your date [here](#)

The BYU Public Health Association is beginning a mentorship program where students have the opportunity to be a mentor or

be mentored. Use the QR code below or [this google doc link](#) to sign up!

Want to be  
involved in the  
mentorship  
program with  
BPHA?



## CHECK OUT THESE MOVIES MADE FOR YOU



Go to [www.byuglobalhealth.org/watch-these-movies](http://www.byuglobalhealth.org/watch-these-movies) to catch these movies and see what is like to go to Greece, Thailand, Uganda, and elsewhere. Catch the culture, the health experiences, and the adventure in 2021. Sign up for info meetings which start on October 16



*Want to go to England, Belgium, Netherlands, Germany,  
Luxembourg, France, Denmark, and Sweden?*

**Come Join us on the Europe Public Health Study Abroad!**



Students will be immersed in the local culture as they experience European environments and lifestyle. Students will experience the impact of social and built environments (culture) on their own and others' behaviors. Students will observe how public health programs and policies in Europe contribute to the overall health of populations. They will learn innovative approaches to tackling public health challenges such as obesity, diabetes, heart disease, and other chronic conditions.

We are currently accepting students for Summer 2021, June 22<sup>nd</sup>-July 23<sup>rd</sup>. Applications will be received until spots are filled, or until December 20th.

Apply on the Kennedy Center's website: <http://kennedy.byu.edu/europe-public-health/>

For more details or questions contact:

Josh West, 422-3444, [josh.west@byu.edu](mailto:josh.west@byu.edu)

Ben Crookston, 422-3143, [benjamin\\_crookston@byu.edu](mailto:benjamin_crookston@byu.edu)

Cougar Hall, 422-5656, [cougar\\_hall@byu.edu](mailto:cougar_hall@byu.edu)

or visit LSB 2138/2139

Instagram: [byupublichealtheuro](https://www.instagram.com/byupublichealtheuro)

**LOOKING FOR SOMETHING TO DO DURING  
YOUR A GAP YEAR?**



# PROJECT HORSESHOE FARM

Project Horseshoe Farm is a 501(c)3 non-profit organization with sites in Greensboro and Marion, Alabama and Pomona, California. HSF offers service and support programs to improve the health and quality of life of adults and children in our partner communities.



## COMMUNITY HEALTH FELLOWSHIP



Horseshoe Farm offers an intensive gap year (13 month) Community Health Leaders Fellowship, which includes housing and an educational stipend. It is geared toward top recent college graduates from around the nation interested in **community health and education, non-profit and organizational management, and community service leadership**. The competitive Fellowship is a unique opportunity for high levels of responsibility and to help **shape community health** locally. Its ultimate aim is to prepare **citizen service leaders** needed for tomorrow's communities.

In addition to our gap year fellowship, Horseshoe Farm offers internships to undergraduate students (Fall, Winter, Spring, and Summer) and elective rotations for medical students, medical residents, health professions students, and other graduate students.



### FELLOWSHIP APPLICATION DEADLINES

Fall Deadline: Sunday, November 15th, 2020 @ 11:59pm (CDT)

Winter Deadline: Sunday, February 21st, 2021 @ 11:59pm (CDT)

Website: [projecthsf.org](http://projecthsf.org)  
Instagram: @projecthsf



Email: [apply@projecthsf.org](mailto:apply@projecthsf.org)  
Phone: (205) 710-6372

## UPCOMING EVENTS



## AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Utah Chapter

Learn about the BYU section of The American Society of Safety Professionals

Find out **WHO** we are, **WHAT** we do, and **HOW** you can get involved!

Come join us in our first meeting on Wednesday the 7<sup>th</sup> from 3:30-4:30

It will be held over Zoom, you can access the meeting with the link below.

[Learn about BYU ASSP](#)

Zoom link address below:

<https://byu.zoom.us/j/94257380302>

International expert in obesity treatment and research

**Nikhil Dhurandhar**  
College of Life Sciences Seminar

**“We need obesity  
management. Not just  
weight loss”**



SCAN TO  
JOIN THE  
MEETING

Thursday, November 12, 2020  
11:00 a.m. - 12:00 p.m.  
Via Zoom

**BYU Public Health**



# CPR & First Aid

## BLS/CPR Training and First Aid

If you are needing **CPR recertification**, **first-time CPR instruction**, and/or **First-aid**, the following dates are available for these classes:

\*October 12 (Full BLS-CPR for those who have never taken a BLS CPR class before)

\*October 26 -- CPR recertification

\*November 7 (Saturday -- Full BLS-CPR class for those who have never taken a BLS CPR class before)

\*November 9 -- CPR recertification

\*November 16 -- CPR recertification

If you need First-aid, it will be offered on the CPR recertification days only.

Please email Elle at [emsconference@msn.com](mailto:emsconference@msn.com) for class details.

## VOLUNTEER



# Help the Homeless in Provo! Donate your stuff.

10/5/20 – 10/16/20

Drop items off in the boxes outside of either Dr. Johnston's office (2045 LSB), Dr. Glenn's office (2032 LSB), or Dr. Spruance's office (2149 LSB)

Times are hard and we need your help!

See your many options on the next page 😊

## -Urgent Needs are Bolded-

### Kitchen

- Styrofoam Hinged Lid Containers
- **33 & 55 Gallon Trash Bags**
- Disposable Gloves (Medium & Large)
- Bottled Water
- Disposable Napkins
- Plastic Forks

### Facility

- Home Depot Gift Cards
- Glade + Airwick Air-freshener Refills.
- Bike Locks

### Hygiene

- Full-size Shampoo & Conditioner
- Full-size Lotion
- Bars of Soap
- Shaving Cream
- Combs
- Flss
- Razors
- Hand Sanitizer
- Foot Powder
- Wet-wipes
- Deodorant
- Band-aids
- Toothbrush
- Handwarmers
- Warm Winter Coats (can be gently used, if laundered prior to donating)

### Residential

- Large Men's and Women's Flip Flops
- Twin-size Mattress Covers
- Lysol Disinfectant Spray
- Liquid Laundry Detergent
- Medium and Large Men's Underwear
- Liquid Dish Soap
- Toilet Plungers
- Small Garbage Cans
- Rid Lice Shampoo

Donations are going to the Food and Care Coalition in Provo

# DOMESTIC INTERNSHIPS



# **ATTENTION FALL INTERNS:**

**DUE TO COVID- 19 CIRCUMSTANCES,  
THE DEPARTMENT WILL BE CONTINUING  
THE ALTERNATIVE ASSIGNMENT FOR  
STUDENTS UNABLE TO SECURE A  
REMOTE OR IN-PERSON  
INTERNSHIP FOR FALL 2020.**

**PLEASE CONTACT STEPHANIE LUTZ WITH QUESTIONS  
STEPHANIE\_LUTZ@BYU.EDU**

Please refer to the current Internship Manual to find answers regarding your internship. Please read the manual prior to attending your mandatory internship meeting (see above for dates/times)

[Internship Manual](#)



Those interested in applying for the Y Be Fit internship for **Winter 2021** are strongly encouraged to attend one of the following Zoom information meetings:

**Tuesday, October 13th**

**@ 1:00 pm, <https://byu.zoom.us/j/99955831293>**

**Wednesday, October 14th**

**@ 5:00 pm, <https://byu.zoom.us/j/95183683850>**

The Y Be Fit internship is a paid internship and provides meaningful experience to students seeking careers in work-site health promotion, personal training, health coaching, and other health-related fields.

Each info meeting will last approximately 30 minutes. The purpose of the meetings is to acquaint students with the internship responsibilities, application process, and frequently asked questions. If you are unable to attend, email [ybefitdirectors@gmail.com](mailto:ybefitdirectors@gmail.com) for a recording of the meeting.

**Additional information about the online application process, including application deadlines, is available on our website under the “Internship” tab. Note that the application deadline is Friday, October 30th at 11:59 p.m**

**MAG**

Expert Resources. Enriching Lives.

**LOVE YOUR  
LATER LIFE**

## Nutrition Program Internship

You are invited to apply with our Mountainland Nutrition Program Internship. We would be delighted to have you as part of our team this semester. Our goal is to make this internship as beneficial to you as it is to us.

### Internship Duties

The internship will give you an inside look at the running of a public health program in Utah County. The duties include, but are not limited to:

- Complete new client assessments and annual re-assessments for seniors who are receiving Meals on Wheels. You would visit their home and complete a nutritional evaluation and then enter that information into our online database.
- Data entry for local senior center recipes in ESHA, a state food processor software
- Deliver meals on our volunteer routes
- Assist with menu planning for our monthly menu. This includes attending our quarterly dietary meetings and visiting with the cooks at the Security Center (where meals are prepared)
- A variety of event preparations and execution (depending on the semester)
- Assist with volunteer management
- Other duties as assigned

### Internship Salary

This is an unpaid internship. However, we will reimburse the mileage used while driving for us.

### Internship Hours

The internship is a minimum of 15 hours a week but can be more. Specific hours will be arranged with the supervisor. The schedule is flexible.

Apply at: [www.mountainland.org/volunteermow](http://www.mountainland.org/volunteermow)

And send a resume to: [jgolding@mountainland.org](mailto:jgolding@mountainland.org)

Please contact us if you have any questions:

### Jimmy Golding

Volunteer Program Coordinator, Meals on Wheels  
Mountainland Association of Governments  
Office: 801-229-3821  
[jgolding@mountainland.org](mailto:jgolding@mountainland.org)

### Jeremy Pehrson

Nutrition Program Manager, Meals on Wheels  
Mountainland Association of Governments  
Office: 801-229-3803 Cell: 801-227-9282  
[jpehrson@mountainland.org](mailto:jpehrson@mountainland.org)



# INTERNSHIP

## WEBER-MORGAN HEALTH DEPARTMENT

Our interns work within the Division of Health Promotion. They complete objectives in various program areas, obtain hands-on experience in CHES competencies, and better learn what it means to get real-life experience as a Community Health Educator.



### Benefits

Most internships provide an intern with experience in only one program area, while we provide students with experience in **ALL** of our health promotion programs.

Students will work in the following areas:

- **Physical activity, nutrition, and obesity prevention**
- **Teen Health and teen pregnancy prevention**
- **Tobacco Prevention**
- **Injury Prevention**



### Qualifications

- Must be pursuing a degree in Health Education
- Must have completed or be enrolled in a program planning class
- Must be eligible to begin earning internship credits
- Must be able to complete 200 hours
- Must be dependable, computer-literate, organized, self-motivated, and nicotine-free
- Must have reliable transportation as program activities require intern to travel to multiple locations

## Now Recruiting Interns!

Accepting Applications for 2021 Spring Semester Internships (January- April)

**Deadline - Oct. 16, 2020**

For more information and to apply, visit

<http://www.webermorganhealth.org/internships/>  
or contact

**Bethsa Becerra** at (801) 399-7192 or  
[wminterncoordinator@co.weber.ut.us](mailto:wminterncoordinator@co.weber.ut.us)



477 23rd St. Ogden, UT 84401

Health Promotion

Third Floor



# HELP ME GROW UTAH

## Care Coordination Internship Winter 2021

Apply online here: <https://www.helpmegrowutah.org/who-we-are/join-our-team>

Help Me Grow Utah is a free pregnancy and child development helpline where families and providers can connect to developmental screenings, community resources and information. Care coordination interns share responsibilities similar to our Parent Support Specialists including:

- Helping families enroll with Help Me Grow by email, text, or phone
- Interpreting and giving results of child development questionnaires to parents
- Researching community and informational resources to provide to families as applicable
- Following up with families to see if resources have worked for them
- Writing blog posts about child development topics of interest to you
- Other office tasks as necessary

Interviews will be held virtually. The entire internship experience can be completed remotely, though intern must be able to pick up/return their office phone and other training equipment as necessary. Our office is located in Provo, UT. A minimum commitment of 15 hr/week is required throughout the semester.

Help Me Grow Utah is proud to be an initiative of the United Way of Utah County.





*Health Promotion Internship  
Winter 2021 (Unpaid)*

INTERNSHIP RESPONSIBILITIES:

- Assist with youth coalition projects, public awareness campaigns and events as they relate to tobacco prevention and community/public health.
- Participate with Utah Valley Drug Prevention Coalition.
- Conduct outreach and tabling at community events and assist in educating the public of the dangers of smoking/e-cigarettes and exposure to secondhand smoke.
- Help strengthen and increase our statewide network, "Déjelo Ya," (includes the Latinx community, vested individuals, and relevant organizations).
- Maintain social media updates by promoting Déjelo Ya activities, accomplishments, educational information and raise awareness of the quitline and [dejeloya.org](http://dejeloya.org)
- Help in any requested translations by the local health departments or Hispanic-serving agencies

OTHER PUBLIC HEALTH RESPONSIBILITIES:

- Organize and advertise community/public health events to invite members of the community (opinion leaders, coalition members and the local Hispanic population etc.)
- Assist in teaching health related curriculum to adolescents
- Create social media posts
- Participate in grant writing
- Compile monthly and quarterly health reports
- Assist team with intervention responsibilities
- Offer assistance with other administrative work and intervention responsibilities
- Collaborate in planning and implementing community events and attend those events (Can include Saturdays and weeknights)
- Program activities may require Intern to drive to multiple locations; mileage will be reimbursed

QUALIFICATIONS:

- Pursuing a degree in Community/Public Health, Health Education, or related field
- Must be dependable, organized, and self-motivated
- Exceptional writing skills
- Bilingual English/Spanish preferred

\*A \$300 stipend may be available by the end of the internship.

Interested applicants, please send a resume and cover letter to Abraham Hernandez ([abrahamh@centrohispanouc.org](mailto:abrahamh@centrohispanouc.org)) by **5pm on Sunday, October 11.**

**NOTE: Interviews will be held October 19-23. Internship will start when winter semester begins.**

**INTERNATIONAL  
INTERNSHIPS**

## CHECK OUT THESE MOVIES MADE FOR YOU



Go to [www.byuglobalhealth.org/watch-these-movies](http://www.byuglobalhealth.org/watch-these-movies) to catch these movies and see what is like to go to Greece, Thailand, Uganda, and elsewhere. Catch the culture, the health experiences, and the adventure in 2021. Sign up for info meetings which start on October 16





# BYU Global Health Internship Program

*The World is Our Classroom*



## **Announcing Programs for Spring & Summer 2021**

- Fiji (new in 2021!) – Mental Health Promotion or Youth Empowerment
- Thailand (new in 2021!)
- Greece – two program options
- Spain – new location Seville
- Portugal – new location Coimbra
- Ghana
- Uganda
- Argentina/Ecuador – new opportunities in Ecuador
- Mexico

More info: Contact Dr  
Randy M Page  
[randy\\_page@byu.edu](mailto:randy_page@byu.edu)

Check these opportunities at [www.byuglobalhealth.org](http://www.byuglobalhealth.org)  
You can sign up for upcoming info meetings on this site



# JOB OPENINGS



USOPHE is a great resource for job openings. Please follow USOPHE on Facebook for current job listings.



UTAH PUBLIC HEALTH  
LABORATORY

Public Health and Bioinformatics majors: Utah Public Health Laboratory is hiring and Intern to help do whole-genome sequencing, search for antimicrobial resistance genes and organize that information for weekly reports to local epidemiologists. For more information see job #4051621 on [Handshake](#).





DEPARTMENT: Health Department

POSITION: Health Educator I – Grant Funded  
-May underfill as a Health Ed Technician

OPEN: September 24, 2020

CLOSES: Open until filled  
-First review of Applications Oct 8, 2020

NOTES: Three Full Time Grant Funded Positions Available

To apply for this position, go to the Utah County website: [www.utahcounty.gov/jobs](http://www.utahcounty.gov/jobs) Select "Apply Now" and select the Health Educator I R0000429 job announcement. If you are a current Utah County employee and have access to Workday, you can enter "Find Jobs" in the search bar, and select the Health Educator I R0000429 job. You may need to update your profile.

**MPH NEWS**

# CLUBS

**Have you been wondering how to get involved? Here are a few student clubs that might be of interest to you depending on your emphasis and educational goals:**

The BYU Homeless Alliance

Y-Serve Refugee

\*BYU Public Health Association (BPHA)

\*Rotaract

\*Allied Health Club

\*Healthcare Management Association

\*Healthcare Industry Association (HIAu)

\*BYU Physical and Occupational Therapy Club

\*Nonprofit Management Student Association

\*Master of Public Administration Association

\*Changemaker Club

\*Refugee Empowerment Club

\*Team HBV

BYU American Society of Safety Professionals (ASSP) <https://www.assp.org>



**Our mailing address is:**

[public-health@byu.edu](mailto:public-health@byu.edu)

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You can [update your preferences](#) or [unsubscribe from this list](#).

