Keeping UC Health Promotion and Education Students Up to Date.

Enhancing your education at UC with volunteer experiences and involvement in health-related organizations can drastically increase the likelihood of landing the job you want after graduation!

Upcoming Events

Gotcha Covered Training
Thursday, Jan. 31
4:00-5:00pm, 681 Steger
By becoming a Gotcha Covered representative, you will be a safe site for students to get condoms without embarrassment. For more information, email Regan Johnson: regan.johnson@uc.edu

Eta Sigma Gamma: New meeting time!
Every other Monday, 7pm
CRC Classroom 3230
Eta Sigma Gamma is a student organization focused on Health Promotion and Education. The group volunteers at events and plans health programs for the UC and greater Cincinnati area. Email president Asia Harris: harri2a2@mail.uc.edu

Depression on College Campuses Conference: FREE for Students
Feb. 26-27, Univ. of Michigan
This two-day conference focuses on mental illness and promoting mental health on a college campus. Students must pay for travel and lodging, but registration is free. Contact Amanda Lynch for more information: amanda.lynch@uc.edu

Mercy Health Heart Mini Marathon & Walk
Sunday, March 17th
Downtown Cincinnati
Participate in the 5K or 10K Heart Walks or the 5K, 15K, or 1/2 Marathon Heart Runs. You could also volunteer at the event or fitness expo. For more information, please visit www.heartmini.org.

Alumni Spotlight: Robert Pabst
Robert is a 1996 graduate of the Health Promotion and Education program, and has been working in Tri-Health’s corporate health program since he began there as a student intern. He has served in a variety of different roles at Tri-Health, including the Tri-Health Fitness Pavilion, General Electric Fitness Center, and the Proctor and Gamble Fitness Center at the International Headquarters. A recent highlight of his career was completing a cost effectiveness study and presenting the information to P&G leadership. Currently, Robert manages two of the largest P&G Fitness Centers, with 6 fulltime staff members and 14 part-time staff. He also manages the internship program for his department and leads the Corporate Health Diversity Team. Additionally, he has been featured in two editions of the textbook Principles and Foundations of Health Promotion and Education, in which he provided a “Practitioner’s Perspective.” Outside of work, Robert enjoys spending time with his wife and children, as well as exciting physical challenges. For his 40th birthday, he climbed Pikes Peak in Colorado, scaling over 14,000 feet! He has even tried out for the tv shows Survivor and Unbreakable. Finally, Robert is a proud Bearcat alum and continuously supports UC in whatever way he can.

Deadlines

Summer Internship Paperwork due by Monday, March 18th
Internship forms and resources can be found on the Health Promotion & Education Blackboard page. If you have questions, please email Dr. Bernard. amy.bernard@uc.edu.
UC HPE Students Step Out to Make a Difference

Eta Sigma Gamma volunteers at the American Diabetes Association’s Step Out to STOP Diabetes Walk on Saturday, November 3rd.

Step Out: Walk to Stop Diabetes is the signature fundraising walk of the American Diabetes Association. For over 20 years, the annual fundraising event has helped raise over $150 million in an effort to stop diabetes. On November 3rd, 150,000 participants and sponsors participated in this year’s event which took place in 130 different cities across the country.

UC’s own Eta Sigma Gamma (ESG), the health promotion and education student organization, proudly volunteered at the 5K walk/run event at Cincinnati’s Great American Ballpark. Their support is helping to change the future and make a positive impact in the lives of those affected by diabetes. Thanks, ESG!

The American Diabetes Association is a nationwide non-profit organization dedicated to preventing, managing, and finding a cure for diabetes. The organization prides itself on providing credible information on the disease and advocating for those living with diabetes. Approximately 26 million people in the U.S. have diabetes, a disease where the body does not produce or properly use insulin. For more information about the American Diabetes Association go to diabetes.org, or to take a diabetes risk test, click here.

DID YOU KNOW

The Student Wellness Center helps students Party Smart!

The Student Wellness Center’s Party Smart initiative encourages students to have a safe and fun college experience. Social norms messages promote the fact that most UC students choose to drink responsibly. In addition, free Party Smart kits are available through the Student Wellness Center to help students hold safe parties!

Undergraduate Student Spotlight: Shakeyrah Elmore

Hometown: Columbus, Ohio
Focus: Community Health

Shakeyrah graduated from Whitehall-Yearling High School and received an Associate of Arts degree from Columbus State Community College in 2011. In addition to her Health Education major at UC, she is also working towards a minor in psychology and a certificate in substance abuse prevention. Her areas of interest include substance abuse, minority health, sexual health, obesity and school health. Shakeyrah is currently working on two research studies on childhood obesity and has volunteered with a variety of health organizations throughout the tri-state. On campus, she is a member of Alpha Lambda Delta and the secretary of Eta Sigma Gamma. Shakeyrah will graduate from UC next fall after completing an internship in Nairobi, Kenya. In the future she plans to pursue a PhD in Public Health and hopes to work for the Centers for Disease Control and Prevention, as well as start a nonprofit organization that raises awareness of sexual and reproductive health in the African American community.

Graduate Student Spotlight: Sara Fehr

Hometown: Austin, Texas
Focus: Community Health

Sara was born and raised in Austin, Texas. She received her Bachelor of Science in Health from Texas A&M University in 2009. It was there that she developed a passion for both women’s health and human sexuality. In her final semester as an undergraduate, Sara completed an internship at the Texas Freedom Network in Austin, TX where she assisted in leading the youth council in advocating for responsible sexuality education in Texas schools. She also assisted in promoting a report created by the Texas Freedom Network, which addressed the current state of sexuality education in Texas. Upon completion of her Bachelors degree, Sara began her graduate degree at Texas A&M University where she earned a Masters in Health Education in 2010. Once she began her Masters degree, she decided to focus her research on human sexuality and the prevention of unintended teenage pregnancy. Presently, Sara is a first year PhD student in Health Education at UC and a graduate assistant teaching Introduction to Public Health. This spring, she will travel to Belize with the Health Education department as part of a study abroad program where they will examine the health issues of the country and gain a better understanding of the unique characteristics that impact the health of Belizeans. In the future, Sara hopes to become a college professor and to continue her research in the areas of human sexuality and women’s health.