

Rowan Pierson, 2022, School of Public and International Affairs Virtual Internship

Funded by CHW under the Internships in Global Health Program

Introduction

- Work closely with both the Youth Health and Wellbeing Specialist and the Maternal Newborn and Child Health Specialists
- Work to provide programming recommendations for youth obesity reduction/prevention through nutrition and physical activity interventions
- Work to highlight the achievements of EPCMD and the impact of the EPCMD agreement on individual posts

Objective of Internship

- To learn more about the work that Peace Corps does in the field of global health and to contribute to programming development for training PCVs and providing effective interventions within the different communities with which PC works

Work Profile

- Assisted the Youth Health and Wellbeing specialist and the MNCH specialists on several projects
- Reviewed existing PC materials
- Developed new PC materials
- Compiled information and resources to make it more accessible for OGHH staff, post staff, and PCVs

Reflection/Work Completed

- Carried out a literature review of best practices for adolescent physical activity, nutrition, and obesity prevention
- Developed the Stories of Change Report to highlight posts' experiences working with EPCMD
- Created an excel tool to track and compare national health curriculum content
- Conducted meetings with 11 Youth Development and Youth Health and Well-being posts to assess what resources they are currently using and what resources are needed for ATOD, youth physical activity, and youth nutrition
- Reviewed the Introductory MNCH Training Package
- Attended the IAS 2020 virtual conference
- Reviewed and proposed changes to the YSRH 10-12 Outcome Survey
- Led a Journal Club discussion on an article about the need for a social justice focus in physical education
- Attended OGHH Staff Meetings, OGHH PTE Meetings, and various CoP and FWG meetings for MNCH and Youth Health and Well-being

Stories of Change 2020

Country Highlights



Adolescent Physical Activity & Nutrition Interventions for Obesity
Prevention and Reduction: A Review of the Literature

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Intern Peace Corps Office of Global Health and HIV

Summer 2020

Looking Ahead

- Future work in Global Health and Government
- A better understanding of how PC works with countries and communities and an appreciation for the complexities involved in implementing global health interventions
- Continued mentorship from supervisors

Conclusion

- New research skills and experience creating a literature review and organizing information with excel
- Better understanding of youth health and well-being interventions, in particular, methods to reduce and prevent obesity in adolescents
- A better appreciation for the challenges of creating programming that can be used in different countries and cultural contexts

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