



EXPLORATORY WORK EXPERIENCE FALL  
2018-2019

# UCSD CENTER FOR COMMUNITY HEALTH

By Nirvana Ortiz-Martinez & Andrew Lu



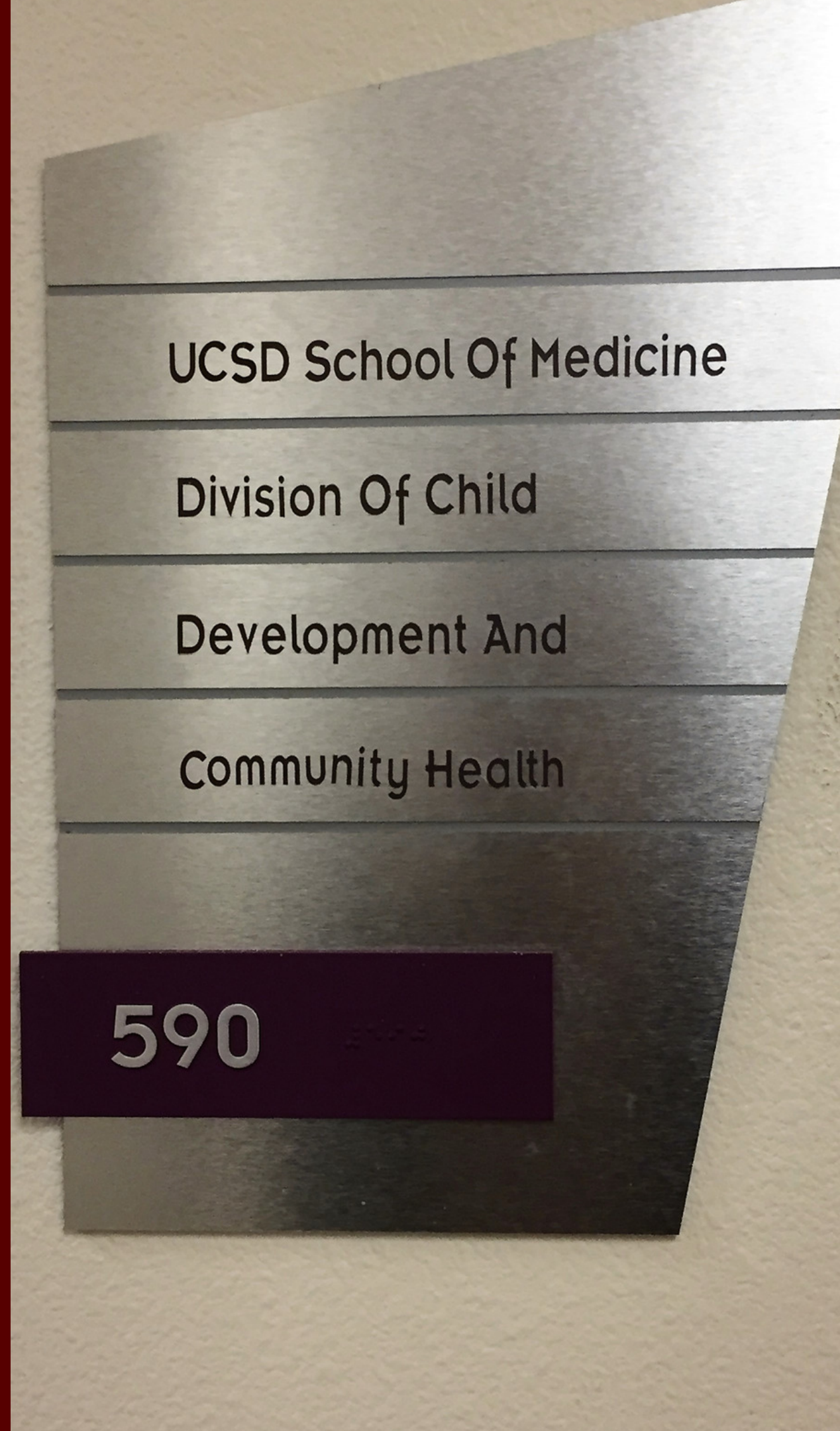
# COMPANY OVERVIEW

## WHAT UCSD CCH IS ABOUT

"We are dedicated to improving and promoting health and wellness in communities where people live, work, learn, play and worship."

"Transforming health and wellness in diverse communities by improving health equity"

<https://ucsdcommunityhealth.org/>



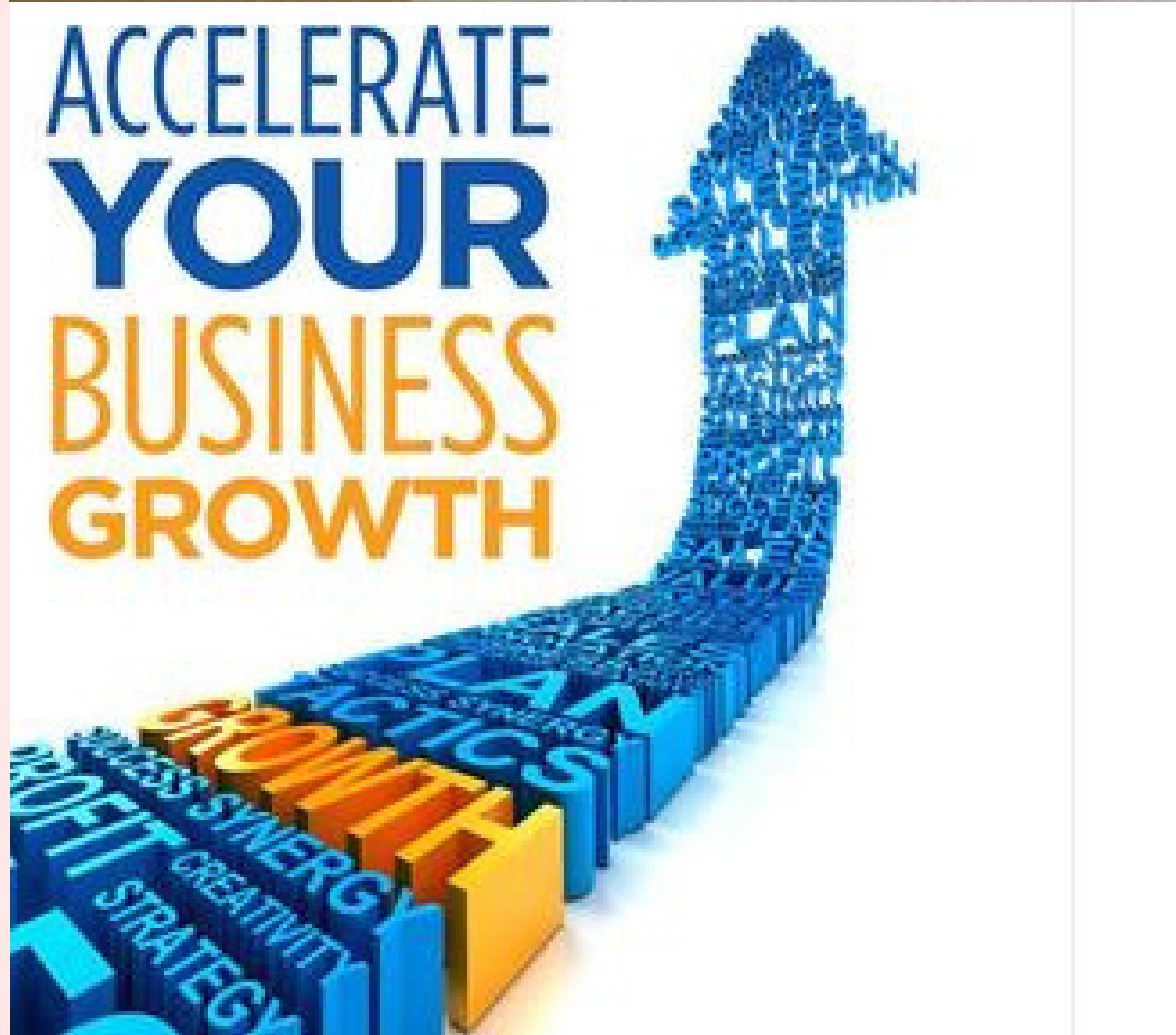
# Public Health Industry



**Public Health**  
Prevent. Promote. Protect.

”





# HOW THEY STARTED

## PHIL NADER

- ~Founder
- ~In 2010, published a guide for parents, "You Can Prevent Childhood Obesity: Practical Ideas from Pregnancy to Adolescence"
- ~He co-founded and co-led a foundation, Legacy of Health
- ~Dr. Phil Nader passed away on April 21, 2017

## START UP

- ~Researched work for child obesity
- ~They evolved to looking at Public Health changes as Public Health evolved



# Basic Info



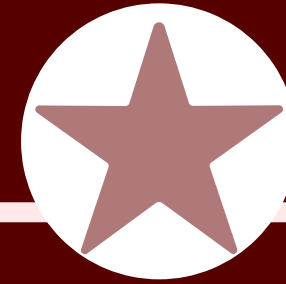
## EMPLOYEES

27 members (not including interns and volunteers)



## LEADERSHIP STRUCTURE

Executive director, team of managers, program coordinators, dedicated interns and volunteers. Masters', Bachelors', or Public Health Degree



## JOB

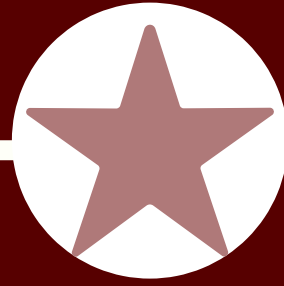
- Public health practitioner
- Researchers
- Admin jobs
- Community organizing jobs
- Community health jobs



## MONEY

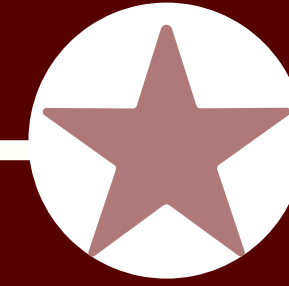
Via grants time-limited and given either by the government, private philanthropists, and/or organizations.

# Essential Skills



## MOST IMPORTANT

- Adaptability
- Organization
- Communication



## TRANSFERABLE

Communication  
is  
important  
and  
needed



# STRENGTHS AND WEAKNESSES

## STRENGTHS

1. Organized
2. Focused
3. Dedicated

## WEAKNESSES

Organization could be more well known, could reach out to more people in different areas





# THE INTERSHIP EXPERIENCE

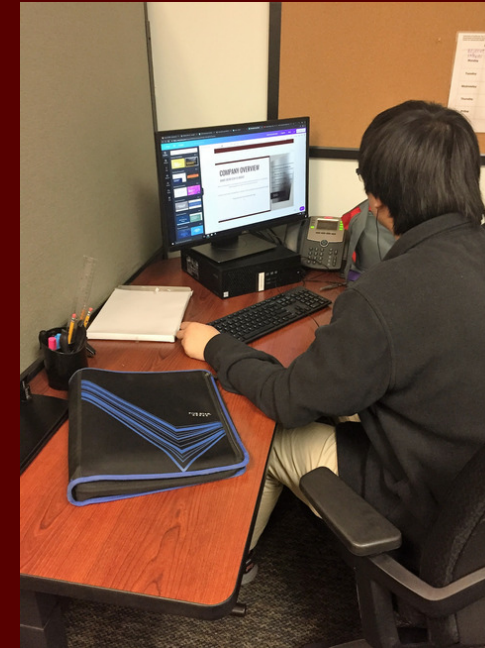
NIRVANA ORTIZ-MARTINEZ  
ANDREW LU



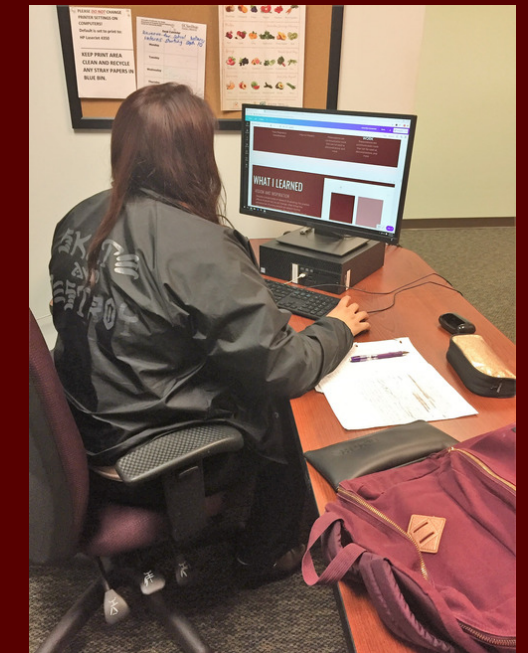


# OUR JOB POSITION

NIRVANA ORTIZ-MARTINEZ  
ANDREW LU



Youth Advisory  
Council Intern



Supervisor:  
Elizabeth Cooper



What Do We Do?

# ACCOMPLISHMENTS & CONTRIBUTIONS



## PRESENTATION

~Teen Pregnancy  
~Homelessness



## VIDEO

~"How To Present"  
[https://ga.vyond.com/videos/OwTd336W8Xr8?](https://ga.vyond.com/videos/OwTd336W8Xr8?utm_source=linkshare&utm_medium=linkshare&utm_campaign=usercontent)  
[utm\\_source=linkshare&utm\\_medium=linkshare&utm\\_campaign=usercontent](https://ga.vyond.com/videos/OwTd336W8Xr8?utm_source=linkshare&utm_medium=linkshare&utm_campaign=usercontent)



## "BIG PICTURE"

Improving health equity starting from the San Diego area.



## PROUDEST WORK

Presentations and Video



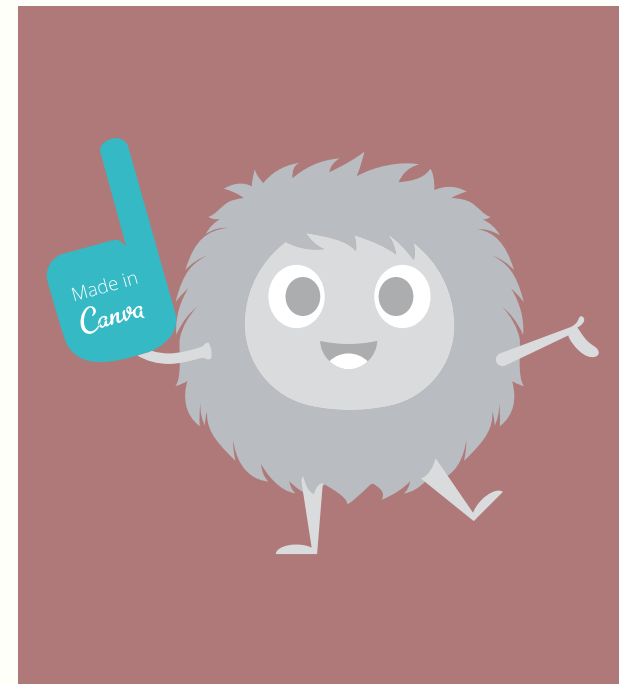
# WHAT I LEARNED

## ANDREW

- Confidence
- Presentation Etiquette
- Canva

## NIRVANA

- Responsibility
- Animated Video Skill
- What's going on in Communities

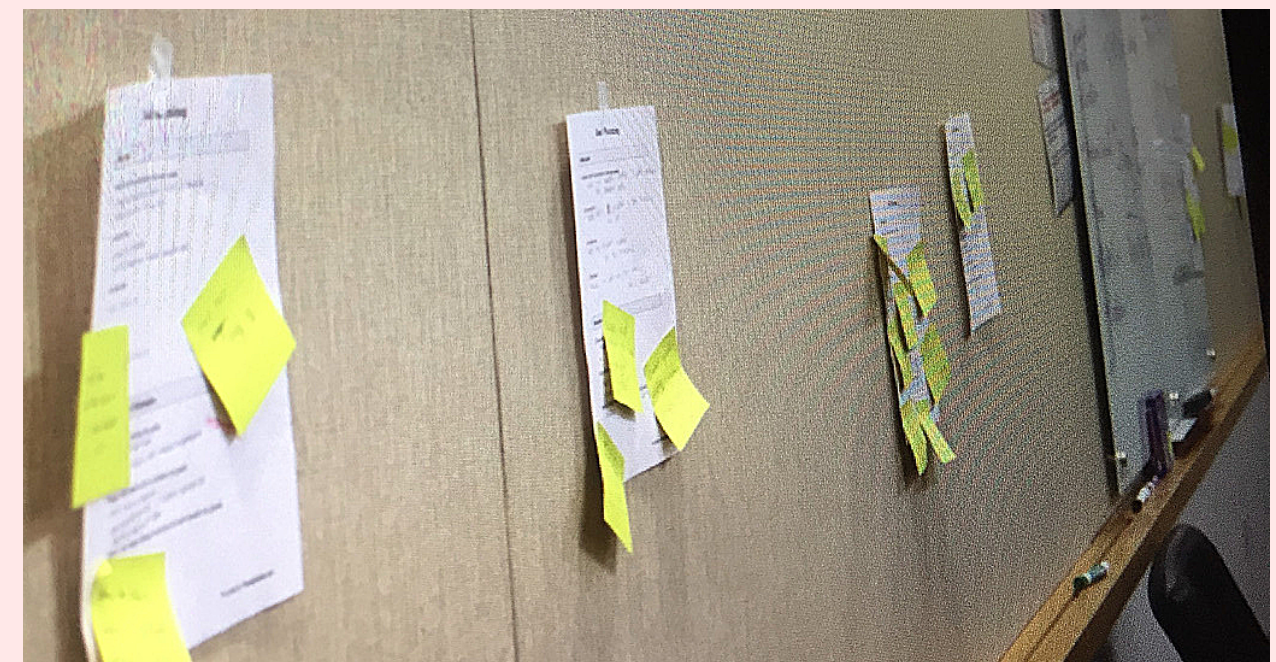






# YAC (YOUTH ADVISORY COUNCIL) MEETINGS

- ~Young leaders of the future
- ~We aim to fix the problem of the choice of wrong eating habits
- ~We work to change the social and enviornmental factors that impact health





# Conclusion



## ANDREW

- Welcoming Environment
- Independent to Group Goal
- Positive Future Outlook



## NIRVANA

- Different perspective
- Growth in leadership
- Awareness of Public Health



# THANK YOU

## QUESTIONS, COMMENTS, & CONCERNS

And Another Thank You to The UCSD Center For  
Community Health and Its Dedicated Staff

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