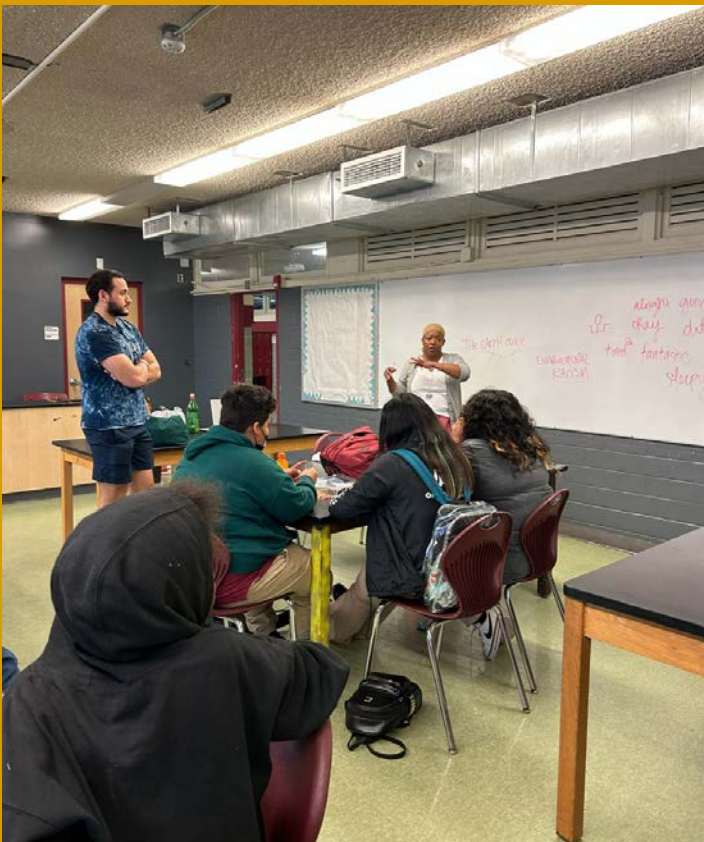
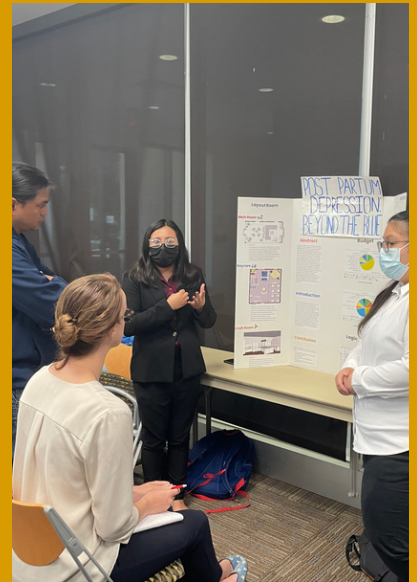


Honors in Community Health

2022 - 2023

Annual Report



The Honors College
UNIVERSITY OF HOUSTON

Hewlett Packard Enterprise
Data Science Institute
University of Houston



" My experiences in HICH taught me that I wasn't the one driving.

Over the semesters, I began to realize how small my impact would be if I simply gave random solutions and walked away, and from there, I learned to listen, engage, and help my community build its own success. Together, we were able to come up with some solutions that were interesting and relevant to them.

The way I want to change my community is by reaching out, not down, to community members in ways that empower them, so that I become irrelevant. "

-Daniel Phu
HIGH '21

Welcome

As a faculty advisor, it's been my enormous pride and pleasure to watch Honors in Community Health (HICH) grow and thrive. We started with an intuition, more than a vision. We knew that undergraduates across the University of Houston wanted more opportunities to create and implement projects. We also knew that there were vast untapped interdisciplinary opportunities afforded by the Honors College to integrate social science research into behavioral health, humanities research into the creation of authentic connection and the pursuit of justice, and natural science research into the representation and computation of data. The driving intuition for HICH was that an undergraduate-led coalition of organically developing community-based projects was the right mechanism to step into those opportunities and really engage in transformative work in the community.

We all recognize it's a long process, and in many ways we are just beginning, but sometimes we also need to step back and take stock of the incredible work that has happened under the HICH banner. In the following pages, we invite you to see the great joy that our students have taken in working together and to peek into why meaningful community engagement is such a great place to find that joy.

The students have done almost all the work themselves, with only the lightest of guiding hands from the faculty and staff mentors. The work of Cindy Paz, Andrew Kapral, Karina George, and most recently, Cara Shokler, has been inimitable, as they've done just enough to help things forward without getting in the way. I thank them, and know that they join me in celebrating the great success the HICH students have had over the last year. It truly has been amazing to watch.

Sincerely,

Dan Price
Director, CHWI
Honors College
University of Houston

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Executive Summary



Below, the report will present greater detail about the various activities of Honors in Community Health (HICH), including challenges, successes, and future directions. Reports focused on Data & Society and the Community Health Workers Initiative (CHWI) are separate, although some content overlaps.

This report covers the 2022-2023 academic year, in order to reflect how the students operate their projects. We will cover the ways that HICH provides students the support to build out their own projects, opportunities to develop their skills, and space to connect with other students. The HICH Research and Development Team continues to find creative ways to keep students engaged with HICH programming.

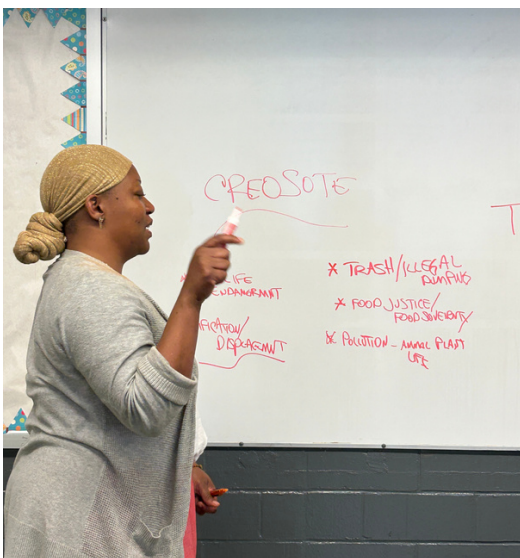
Participating in HICH projects allows undergraduates to learn what it means to engage with their communities in meaningful ways and develop skills that will translate to careers in healthcare, public health, public service, and beyond. This year, project heads and volunteers worked hard to implement changes to their community projects and collaboration with community partners continues to be integral to the success of these projects. We are proud to highlight the continued growth and development of each project.

- BREATHE expanded their program to include two classes this year, allowing them to serve the largest number of students since the program started.
- Creative Care transitioned back into fully in-person sessions at Cuney Homes, for the first time since the start of the pandemic.
- PEERS integrated their curriculum with the capstone program at East Early College High School, allowing them to host the largest competition day so far.
- WEAR received funding from CHWI to expand their community outreach at local events.
- Operation Fusion entered its second year of implementation at Las Americas Newcomer School and introduced new themes and activities to their curriculum to further engage students.
- Responsive Resourcing worked closely with Bread of Life to participate in resource distributions and conducted resource matching sessions with CHWs.

Mission



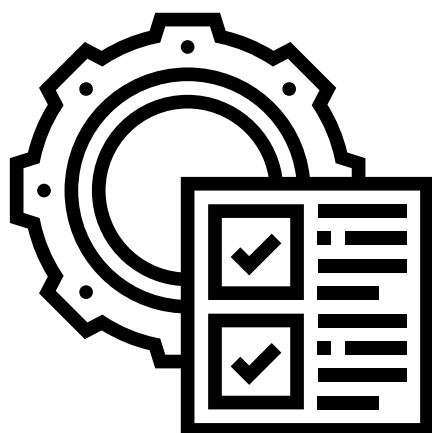
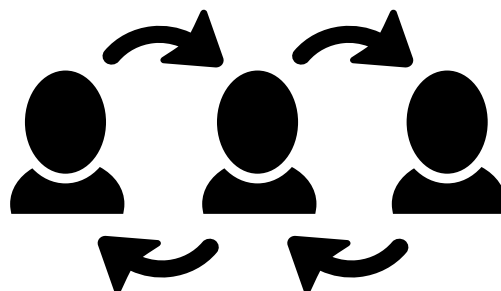
Honors in Community Health (HICH) seeks to build healthy communities through a multidisciplinary approach to overcoming barriers for underserved populations. This collaborative, student-led organization uses its understanding of the social determinants of health to explore multiple types of service: community engagement, advocacy, and research. HICH provides all students at the University of Houston the opportunity to design, implement, and lead a wide variety of community health projects. Through support from the Honors College, HICH members are given the opportunity to pursue projects that best suit their interests, values, and goals.



Quality Improvement

Feedback Loops

Feedback loops are an important component of our project based learning and grounded theory approaches. They give us the space to have continuous and active conversations with students and CHWs on what worked and did not work for our projects/programs/activities. They also give staff and faculty space to redirect focus back to the mission and provide any additional training. Data collected from feedback loops is used to improve processes that do not add value to the students or CHWs.

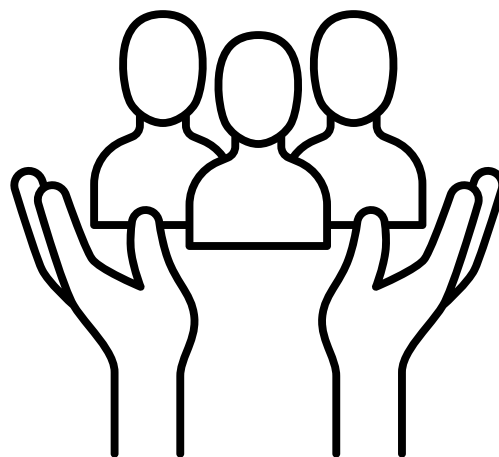


Student Assessments

At the beginning of each semester, our students are asked to form goals for the activities/courses they are enrolled in. At the end of each semester, students are asked to evaluate whether the course/activity helped them meet their goals and what impact their participation in our Initiative had in their long term trajectories. This has been helpful in evaluating whether our students feel like our activities (CHW and undergraduate) do have a direct impact on their lives.

Community Impact

Our community impact is evaluated through the health education CHWs deliver and the resources that they are able to coordinate for members of their communities. We focus on the trajectory of community members by evaluating whether the CHW played a role in helping them meet their goals and overcome negative social drivers of health. Evaluating the efficacy of our community impact takes an interdisciplinary role that connects data science and community health.

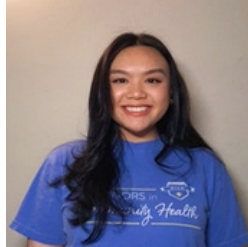


HICH Leadership

Directors



Olivia Tran



Tammy Tran

Research and Development

Membership Coordinators

Thai Tran
Rosemarie Le
Mielad Ziaee

Outreach Coordinators

Huriyah Hasnain
Ben Tran
Johana Villanueva

Project Head Coordinators

Vivienne Pham
Cecilia Phan
Melody Tran
Ishita Korde

Faculty and Staff Advisors



Dr. Daniel Price

Associate Clinical Professor
at the Honors College

Director of UH CHWI

Co-Director of Data
Analytics in Student Hands



Dr. Andrew Kapral

Director
Engaged Data Science



Cindy Paz

CHWI Program Director



Karina George

Program Manager
Engaged Data Science



ABOUT HIGH

Honors in Community Health started as an initiative through the Community Health Workers Initiative (CHWI) with the purpose of bringing together university students and residents of public housing through shared community health projects. The mission quickly expanded beyond public housing, and now includes partnerships and participants from across the Houston area including immigrant and refugee communities. Many of the community projects led by undergraduates began as part of the 160-hour Community Health Worker (CHW) certification courses. The courses were enormously successful for the undergraduate participants as the project-based curriculum allowed UH students and community members to bring different sorts of strengths to shared projects. Students that were initially working with the CHWI founded the Honors in Community Health (HICH) registered student organization to house and expand on the projects that were originated in the CHW class. The key insight for the undergraduates is about the nature of community strength, which is learned by working side-by-side with people facing disparities in health, education, and income; our students do not see themselves as performing charitable work for the needy, but as partners in community flourishing. The HICH students have gone on to careers in medicine, public health, and education, with a much stronger idea of their potential contributions to a better society. Undergraduate participation continues to grow with 178 members in the 2022-2023 academic year, and 7 HICH undergraduates completing the CHW certification.

HICH Structure and Membership

Honors in Community Health (HICH) seeks to build healthy communities through a multidisciplinary approach to overcoming barriers for underserved populations. This collaborative, student-led organization uses its understanding of the social determinants of health to explore multiple types of service: community engagement, advocacy, and research. HICH provides all students at the University of Houston the opportunity to design, implement, and lead a wide variety of community health projects. Through support from the Honors College, Hewlett Packard Enterprise Data Science Institute, and the UH CHWI, HICH members are given the opportunity to pursue projects that best suit their interests, values, and goals.



2022 Year Composition

- Freshman: 29%
- Sophomore: 23%
- Junior: 24%
- Senior: 24%
- Graduating Seniors: 13

General Body Membership

- 178 HICH Members
- 17 Fall Distinguished Members
- 17 Spring Distinguished Members

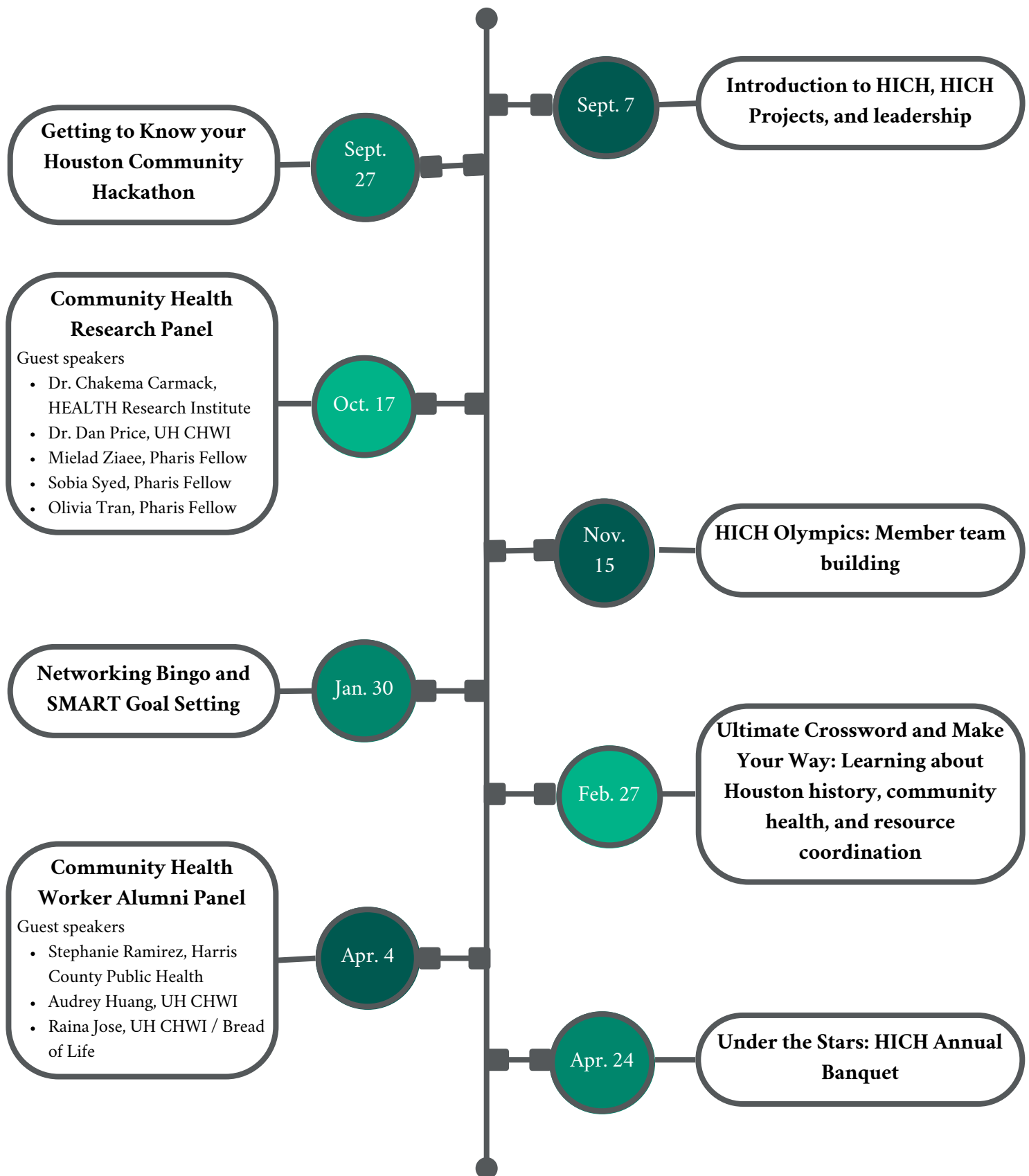
HICH Events

In the 2022-2023 academic year, HICH hosted 8 socials and 7 workshops in order to continue to improve member engagement.

Workshops

- Interviewing Skills Workshop
- Albert Schweitzer Fellowship Information Workshop
- Sunnyside Seniors Exercise Workshop
- Adaptive Athletics Sports Day Workshop
- Pre-Health Coalition Symposium
- Networking and Research Workshop
- Mini CHW Class Workshop

2022 - 2023 General Body Meetings

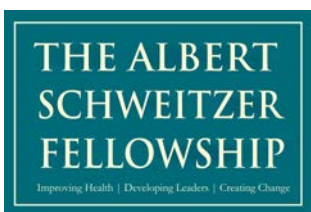


HICH General Body Membership Accomplishments



2022 Pharis Fellowship

- Alpha Garcia
- Boi Ha
- Neha Joshi
- Vivienne Pham
- Anna So
- Sobia Syed
- Olivia Tran
- Mielad Ziaee



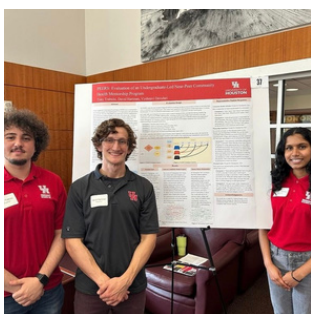
2022-2023 Albert Schweitzer Fellowship

- Tammy Tran
- Thai Tran
- Vyshnavi Davuluri
- Zeba Bhanji



UH Center for Student Involvement Awards

- Melody Tran: Distinguished Junior Student Leader Award
- Gabby Kostecki: The Legacy Award
- Gabby Kostecki: Michael and Lisa Sachs Leadership Scholarship
- Haley Romaine: Gold President's Volunteer Service Award
- Amy Bui: Silver President's Volunteer Service Awards



Nationally Recognized Fellowships and Awards

- Sondos Moursy: Legal Defense Fund (LDF) Marshall-Motley Scholar
- Gabby Kostecki: Barry Goldwater Scholarship; Amgen Scholar
- Mielad Ziaee: Kennedy Krieger Institute RISE-UP Fellow

Conference Presentations

- American Public Health Association Annual Meeting
- UH Undergraduate Research Day
- Texas Educator's Academies Collaborative for Health Professions - Southeast (TEACH-S)
- Honors Education at Research Universities (HERU)



HICH Alumni Mentors

- Amenda Khoei
- Sara Syed
- Lenexa Morais
- Lucinda Ba
- Elaine Tran
- Tony Trabulsi
- Roba Abousaway
- Mabel Idicula
- Stephanie Ramirez
- Willa Hong
- Giselle Castrejon

HICH in the CHWI: Student Involvement

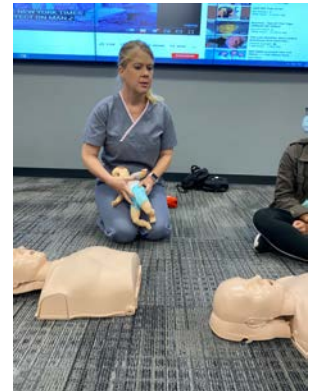
Bread of Life (Equitable Vaccine Access)

Rani Nune - Biology
Christina Kuruvilla - Biomedical Engineering
Khayla Joseph - Biochemistry
Ben Tran - Kinesiology



CPR Workshop (with BOL)

Ben Tran - Kinesiology
Huriyah Hasnain - Public Health
Christina Suarez - Biology
Anderson Chitsosa - Biology
Christina Kuruvilla - Biomedical Engineering
Rani Nune - Biology
Paula Nichols Biology



EVOLVE Volunteering:

Genesis Stiggers: Psychology
Christina Kuruvilla: Biomedical Engineering
Rani Nune: Biology



CHWI Training Center Graduates

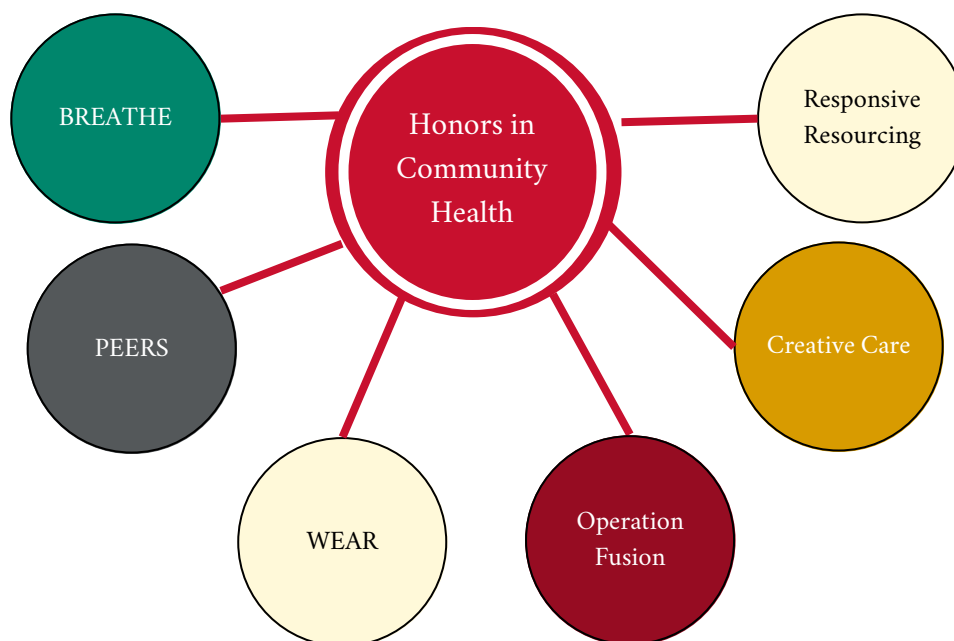
Grace Sewell - Public Health Major
Mariyah Kazim - Public Health Major
Nawar Ahmed - Psychology Major
Olivia Tran - Honors Biomedical Sciences



CHWI Interns/Apprenticeships

Huriyah Hasnain - Public Health Major
Olivia Tran - Honors Biomedical Sciences





The HICH Project Model

HICH is a fully student-led organization that enables undergraduates to develop and implement their own community projects. Undergraduates work closely with community partners and community members to understand the needs in their community and tailor projects to meet these needs. HICH currently hosts 6 community projects; each one has its own project heads and operates independently by recruiting their own volunteers, planning activities for the semester, and managing logistics.

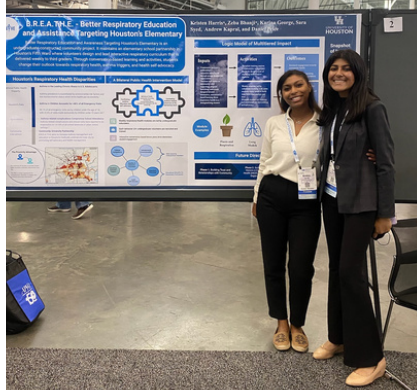
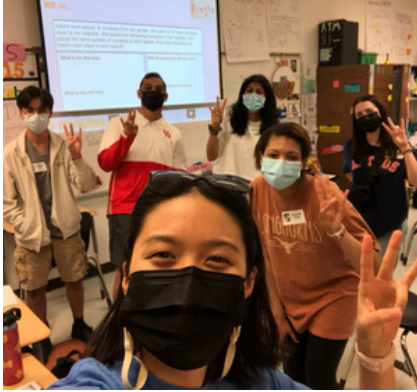
Community Partners

BREATHE	Bruce Elementary
Creative Care	Cuney Homes
PEERS	East Early College High School
Responsive Resourcing	CHWI, Bread of Life
WEAR	The Earth Clinic
Operation Fusion	Las Americas Newcomer School



BREATHE

Better Respiratory Education and Assistance Targeting Houston's Elementary



About the Program

The BREATHE program is designed to help asthmatic and non-asthmatic elementary-age children learn about asthma, respiration, and their environment. Undergraduates work with elementary students to explore the nature of respiration and asthma, and the children learn how to advocate for the health of themselves and their peers. BREATHE serves to build capacity through engaged learning, so that asthmatic children can take charge of their own health outcomes.

**This year, BREATHE
successfully expanded the
program to two classrooms, the
largest cohort ever achieved!**



2022-2023 Updates

300

Total volunteer hours

24

Students served

30

Undergraduate student volunteers

4

Project Heads

- Zeba Bhanji
- Amy Bui
- Kristen Harris
- Sharmane Joubert

BREATHE conducted educational sessions about breathing and asthma with elementary-aged students at Bruce Elementary and CHAT. Bruce is located in Houston's Fifth Ward and CHAT is a Gulfton-area non-profit that works with refugee and immigrant youth. Volunteers focused on teaching students about asthma physiology and triggers, stress relief, and the environment.

This year, BREATHE project heads Kristen Harris and Zeba Bhanji presented the program at the American Public Health Association Annual Meeting.

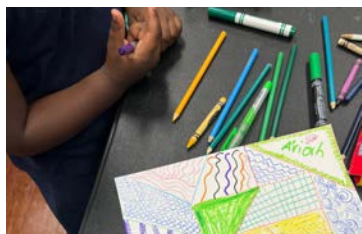
CREATIVE CARE

About the Program

The Creative Care project aims to collaborate with Cuney Homes in the Third Ward to improve mental health outcomes through a curriculum that encourages self-expression, physical activity, and reflective writing. The Creative Care project is dedicated to providing a safe space for the children to be themselves and gain the tools needed to deal with their life stressors.



This year, the team strengthened their working relationship with the YMCA at Cuney Homes, and considering interest from other organizations, expanding the program is a significant goal for the future.



2022-2023 Updates

Creative Care experienced significant growth this year. The team smoothly transitioned to fully in-person sessions which were consistently attended by 10-20 kids. The volunteers worked hard to connect with and bring joy to the kids at Cuney Homes each week, and this year they introduced new art and craft activities. Everyone can benefit from participating in stress-releasing art forms, and expanding this cause in the community has reinforced the importance of mental health for both volunteers and participants.



891 Total volunteer hours

20 Children served

33 Undergraduate student volunteers

3 Project Heads

- Maame Serwaa Awuah
- Sanjana Jacob
- Gaby Kostecki

PEERS

Project Engaging Encouraging Rising Students

About the Program

PEERS, supported by the University of Houston, Honors College, Community Health Workers Initiative, and the Hewlett Packard Enterprise Data Science Institute, focuses on encouraging STEM education and providing mentorship to underserved students in grades 9-12. PEERS grew from and embodies the Community Health Workers (CHWs) model as simultaneous educators and advocates. Initially conceived in a CHW class, this program pairs high school students and the University of Houston undergraduates to create long-lasting, effective, and engaging community projects that are meaningful and relevant.

1,518 Total volunteer hours

47 Students served

35 Undergraduate student volunteers

5 Project Heads

- Aleksandra Aiurova
- Erikah Calderon
- Vyshnavi Davuluri
- Mia Franchville
- Anna Maria Trabulsi



PEERS is supported by the Hewlett-Packard Data Science Institute at the University of Houston.

2022-2023 Updates



Over the course of the academic year, PEERS mentors worked with students at East Early College High School once a week on Fridays to guide them towards creating a community health project proposal following the theme. Each weekly module covered various research and community health topics. A successful change this year was that the PEERS program was a featured capstone project, making it part of the required curriculum for students that opted to participate. This year, PEERS also hosted the biggest competition day to date. Judges evaluated 15 projects on May 16th and announced 3 winning teams.



This year's theme: "If you had 5 million dollars, how would you improve the quality of life of Houstonians with disabilities?"

PEERS Capstone Competition Winners

- 1st place (\$1,000 each): *Postpartum Depression: Beyond the Blues*
- 2nd place (\$500 each): *Kanes for Kids*
- 3rd place (\$250 each): *Lupus in Color*

WEAR

Wildlife and Environmental Advocacy and Relief



About the Program

The WEAR program emphasizes engagement with nature and wildlife through project-based activities. WEAR aims to build member capacity to enhance their environmental quality of life and wants to create sustainable, long-lasting projects such as a “Watch it Grow” plant activity. Additionally, WEAR aims to foster meaningful community engagement and encourage members to connect with their environment.

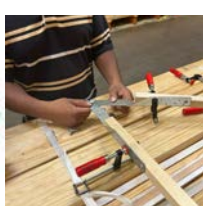
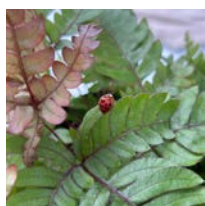
850 Total volunteer hours

10 Children served

20 Undergraduate student volunteers

3 Project Heads

- Briana Azad
- Carlos Mendieta
- Loyed Siby



2022-2023 Updates

This year, undergraduate students worked closely with the founder of the Fifth Ward Earth Clinic, Ginger, to support its activities. The Earth Clinic is a modular environmental health initiative aimed at educating the public about Cancer Clusters in the Fifth Ward and empowering community members to take action. In Fall 2022, WEAR received funding from CHWI to improve community outreach at events such as the Fifth Ward Night Out and the Buffalo Bayou Annual Kids Day, where they raffled off hyperaccumulator plants. The team also hosted a two-day event, WEAR's Mission: Eco-Innovation, to sell plants and merchandise to UH undergraduates while teaching them about the Fifth Ward Earth Clinic and the needs in the community. WEAR also expanded its student body and started hosting weekly meetings to discuss branding, social media, and plans for future events.

WEAR established the Stewards of Sustainability program at McReynolds Middle School, to teach students about environmental health topics and issues that might affect them.

OPERATION FUSION

About the Program

Operation Fusion aims to serve the refugee and immigrant children of Las Americas Newcomer School while partnering with Amaanah Refugee Services. The goal of Operation Fusion is to blend culture and health through education and empowerment to allow the students to define their identity and set their personal health goals. This program emphasizes explicitly channeling cultural diversity to promote a sense of agency and belonging.



Students enjoyed and looked forward to drawing and writing after every session. The team noticed that this increased not only their English writing skills, but also the retention of information from lessons. Towards the end of the year, students were eagerly asking for their journals before they were passed out.



2022-2023 Updates

Each Friday, volunteers led sessions about personal health and cultural identity to a classroom of immigrant and refugee students at Las Americas Newcomer School. Within its second year of implementation, project heads have been able to establish new themes and increase the amount of activities for students to enjoy. These themes include first aid and anatomy. The project continued to receive support from the Albert Schweitzer Houston-Galveston Fellowship and their poster presentation was accepted into the TEACH-S conference in June 2023.



1,495 Total volunteer hours

25 Students served

23 Undergraduate student volunteers

3 Project Heads

- Tammy Tran
- Thai Tran
- Vyshnavi Davuluri

RESPONSIVE RESOURCING

About the Program

Responsive Resourcing (RR) aims to support the local community members during the COVID-19 pandemic and beyond by collaborating with Community Health Workers (CHWs) in resource matching. The goal is to help CHWs support community members by connecting them to resources in the Houston area and finding them right tools to address their individual needs.



This year, the team successfully implemented new workshops focused on language barriers and disability awareness. RR volunteers also participated in Bread of Life and EVOLVE resource distributions.



2022-2023 Updates

Each Thursday, the team met to discuss resource matching, in-person volunteering events, and planning interactive workshops. The workshops were designed to inform undergraduates about key public health issues impacting the hubs RR serves. This year, RR shifted their focus more to highlighting the vital role of CHWs and their work by featuring CHWs in workshops and having volunteers support CHW-led initiatives. RR interns also worked closely with CHWs to conduct resource matching sessions to better address community needs.

646 Total volunteer hours

1,000 + people served

17 Undergraduate student volunteers

3 Project Heads

- Gabi McAndrew
- Rani Nune
- Christina Kuruvilla



" Being in HICH completely transformed the way I think about community health and service as a whole. The biggest thing I learned was that a lot of the time, showing up and forming relationships with community members is the most meaningful work you can do.

As an outsider, it can be easy to associate these communities with the difficulties they face. It's true, they do deal with poverty, violence, and educational attainment issues. But there are also incredible strengths that these communities have, particularly the people that are advocating for their own neighborhoods. When we're able to recognize the work that's already being done in the communities we partner with, we can amplify the voices that already exist and offer support where it is really needed. "

-Roba Abousaway

HICH Director 20' + '21, Certified CHW Fall '21



For more information:
Contact us at uh.hich@gmail.com
Connect with us on Instagram @uh_hich

