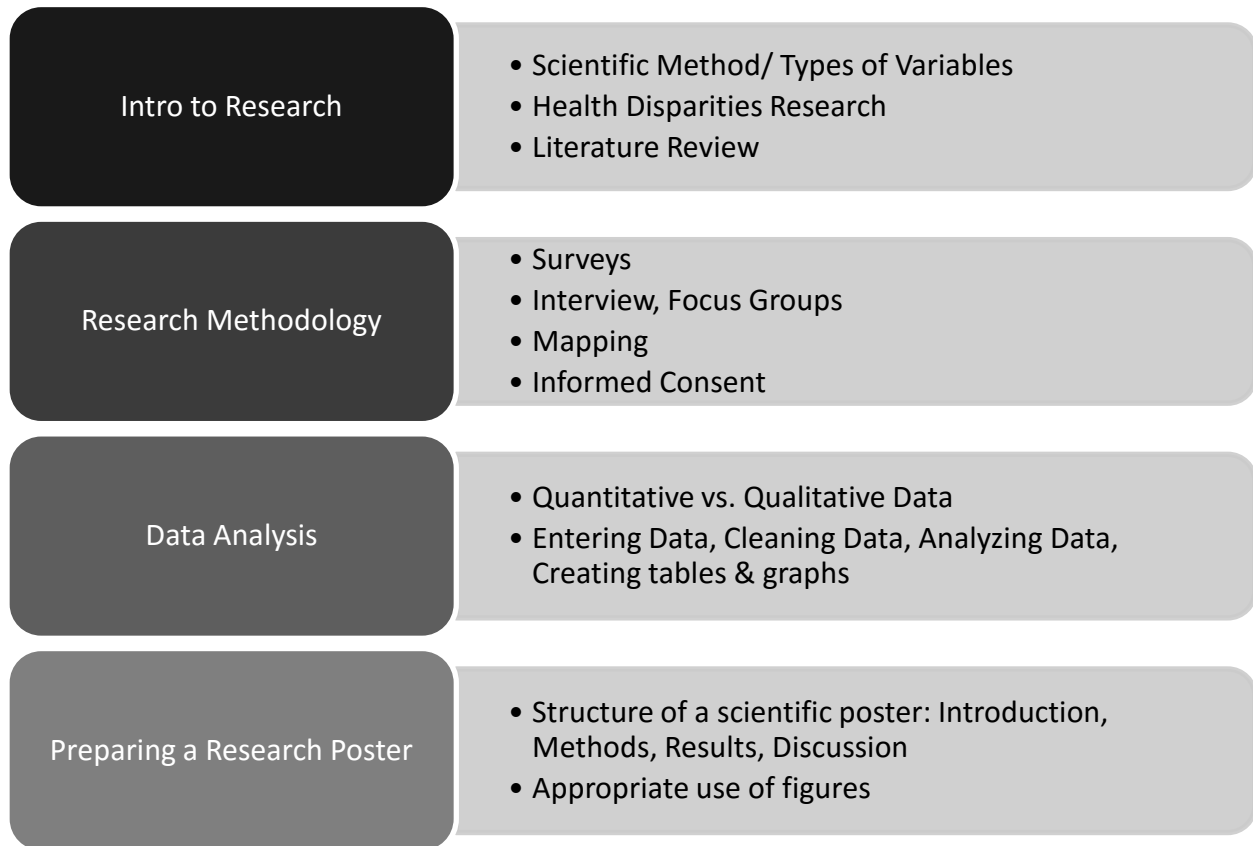


**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

*Nicole A. McLean, MPH*

**Figure 1: Research Curriculum Taught to High School Students**



**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

Nicole A. McLean, MPH

<b>Figure 2: Typical Summer Schedule for HDSIP Students</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM:</b> Program Orientation	<b>AM:</b> Literature Review	<b>AM:</b> Introduction to Health Disparities, Professional Development	<b>AM:</b> Cultural Competency and Wellness, Developing Culturally Relevant Health Promotions	4 <sup>th</sup> of July Holiday
<b>PM:</b> Research Methodology (Pt.1)	<b>PM:</b> Research Methodology (Pt.2)	<b>PM:</b> CBO Participation	<b>PM:</b> Field Research/CBO experience	
<b>AM:</b> Social Determinants of Health & Mental Health	CBO Experience/ Field Research	<b>AM:</b> Designing Policy Toolkits	<b>AM:</b> Social Determinants of Health & Chronic Illness	<b>AM:</b> HIV/AIDS & Social Determinants of Health
<b>PM:</b> CBO Experience/ Field Research		<b>PM:</b> CBO Experience/ Field Research	<b>PM:</b> CBO Experience/ Field Research	<b>PM:</b> Field Trip
<b>AM:</b> Career Panel	CBO Experience/ Field Research	<b>AM:</b> Clinical Shadowing	<b>AM:</b> Healthcare Reform	<b>AM:</b> Social Media & Public Health, Poster Design Using Powerpoint
<b>PM:</b> CBO Experience/ Field Research		<b>PM:</b> CBO Experience/ Field Research	<b>PM:</b> CBO Experience/ Field Research	<b>PM:</b> Field Trip
<b>AM:</b> Computer Lab (Poster Development)	CBO Experience/ Field Research	<b>AM:</b> Computer Lab (Poster Development)	<b>AM:</b> Computer Lab (Poster Development)	<b>AM:</b> Final Revisions
<b>PM:</b> CBO Experience/ Field Research		<b>PM:</b> CBO Experience/ Field Research	<b>PM:</b> CBO Experience/ Field Research	<b>PM:</b> Ice Cream Party, Poster Submissions
<b>AM:</b> Public Speaking	CBO Experience/Field Research	Oral Presentations/Practice	Oral Presentations/Practice	Borough Hall Closing Ceremony
<b>PM:</b> CBO Experience/ Field Research				

**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

Nicole A. McLean, MPH

**Figure 3: HDSIP Research Projects**

<b>Community-Based Organization</b>	<b>Summer Project Titles</b>
<b>African American Coalition Against AIDS</b>	<b>2013:</b> <i>Educating and Empowering Communities on HIV/AIDS: Emphasizing the Importance of Prevention and Testing</i>
<b>American Cancer Society</b>	<b>2014:</b> <i>Advancing Primary Care Systems to Eliminate Health Inequities</i> <b>2012:</b> <i>Access to Cancer Care Among Minorities</i>
<b>Arab-American Family Support Center</b>	<b>2013:</b> <i>Perceptions of Hookah Smoking on Health</i> <b>2012:</b> <i>Accessibility to Cancer Services for Arab-Americans</i>
<b>Arthur Ashe Institute for Urban Health</b>	<b>2012:</b> <i>Receptivity to Health Messages on Public Transportation</i>
<b>Brooklyn Center for the Independence of the Disabled</b>	<b>2014:</b> <i>Promoting Accommodations for Individuals with Disabilities to Ensure Equality</i> <b>2013:</b> <i>An Assessment of Accessibility for Individuals with Disabilities (Flatbush Ave. Brooklyn)</i> <b>2012:</b> <i>Barrier Busters</i>
<b>Brooklyn Partnership to Drive Down Diabetes</b>	<b>2012:</b> <i>Linguistic Barriers to Healthcare in Brooklyn</i>
<b>Brooklyn Perinatal Network, Inc.</b>	<b>2014:</b> <i>Evaluating Preconception Health Literacy Among Generations</i> <b>2012:</b> <i>What's Your Emergency? Overuse of the Emergency Room</i>
<b>Caribbean Women's Health Association</b>	<b>2014:</b> <i>Perceptions about Alcohol Consumption During Pregnancy and Fetal Alcohol Syndrome</i>
<b>CAMBA, Inc.</b>	<b>2014:</b> <i>Factors Affecting Dietary Choices in Low Income Households</i> <b>2013:</b> <i>Hydroponic Farming as an Alternative Method of Food Production in Urban Communities</i> <b>2012:</b> <i>Choice Pantry vs. Traditional Food Pantry</i>
<b>Community Counseling &amp; Mediation</b>	<b>2014:</b> <i>Gender Differences in Condom Use Self-Efficacy</i> <b>2013:</b> <i>Perceptions Regarding the Impact of Early Sexual Activity on STDs/STIs &amp; Mental Health in Adulthood</i> <b>2012:</b> <i>Why Stress?</i>
<b>Diaspora Community Services</b>	<b>2014:</b> <i>Assessing Correlates of Self-Perceived Health</i> <b>2013:</b> <i>Assessment of Health Resources in Brownsville and Coney Island</i> <b>2012:</b> <i>Friend Me For Health</i>
<b>Haitian-American Community Coalition</b>	<b>2013:</b> <i>Fitness for Flatbush: A Collaborative Effort to Address Fitness Barriers in Central Brooklyn</i> <b>2012:</b> <i>Incarceration Amongst Inner City Youth and Supportive Efforts to Reduce Recidivism</i>
<b>Health &amp; Education Alternatives for Teens</b>	<b>2012:</b> <i>HIV Can't Happen to Me</i>
<b>Make the Road New York, Inc.</b>	<b>2012:</b> <i>Promoting Healthier Options to Food Stamps</i>
<b>NYC Dept. of Transportation's Y.E.S. Program</b>	<b>2012:</b> <i>Youth &amp; Adolescent Awareness of Transportation Safety</i>
<b>NYU College of Nursing Mobile Health Van Program</b>	<b>2014:</b> <i>A Study to Improve a Health Literacy Course for Urban Adolescents</i> <b>2013:</b> <i>Oral Health Disparities in Low-Income Brooklyn Neighborhoods</i> <b>2012:</b> <i>Language Barriers in Adolescent Health in Brooklyn</i>

**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

*Nicole A. McLean, MPH*

**Figure 4: Examples of HDSIP Survey Questions**

1. On a scale of 1 to 10 rate each factor as you think it may potentially affect people's health (0 = no effect and 10 = very strong effect)
  - a. A person's childhood experiences
  - b. Racial Discrimination
  - c. A person's genetic makeup
  - d. A person's income
  - e. The physical environment (quality of air and water)
  - f. How safe a person's community is (the safety of someone's environment)
  - g. The quality of a person's housing
  - h. A person's access to affordable health care
  - i. A person's educational level
  - j. Whether a person has a job
  - k. A person's stress level
  - l. A person's personal health practices (e.g. diet, exercise, smoking)
  - m. Having easy access to healthy foods, parks, and sidewalks in one's neighborhood
  - n. A person's knowledge about health
  - o. Whether a person has health insurance
  - p. The amount of social support a person has
2. Indicate next to each policy issue, the level of priority (High, Medium, Low) that the government should place on it in order to improve health.
  - a. Reducing poverty
  - b. Reducing unemployment
  - c. Reducing violence
  - d. Provide health insurance to more people
  - e. Improving housing quality
  - f. Increasing number of high school graduates
  - g. Improving social supports/networks
  - h. Improving health practices (e.g. diet)
  - i. Improving access to early childhood programs (e.g. teen pregnancy, exercise, nutrition classes)
  - j. Improving neighborhood (e.g. safety, access to healthy foods)

**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

Nicole A. McLean, MPH

Number of Participants	57
Age, Years (Mean ± SD)	16.2 ± 0.983
Male, % (n)	29.8 (17)
Female, % (n)	70.2 (40)
Grade Level *, % (n)	
Sophomore	5.4 (3)
Junior	46.4 (26)
Senior	48.2 (27)
Self-reported Ethnicity	
Black	77.2 (44)
Hispanic/Latino	10.5 (6)
Asian	5.3 (3)
Other	7.0 (4)
US born	
Yes	89.3 (50)
No	10.7 (6)
Are you interested in attending college?	
Yes, % (n)	100 (55)
No, % (n)	0 (0)
Are you interested in a health research or medical career?	
Yes, % (n)	90.9 (50)
No, % (n)	1.8 (1)
Undecided, % (n)	7.3 (4)
Do you agree with the statement “Because of what I learned through the Health Disparities Summer Internship Program, I believe that my confidence to pursue a research or medical career has increased?”	
Yes, %(n)	55.8 (29)
No, % (n)	32.7 (17)
Not Sure, % (n)	11.5 (6)
Do you agree with the statement “Because of what I learned through the Health Disparities Summer Internship Program, I am more determined to apply to medical school?”	
Yes, %(n)	55.8 (29)
No, % (n)	23.1 (12)
Not Sure, % (n)	21.2 (11)
What is your overall satisfaction with the Summer program?	
Satisfied, %(n)	88.5 (46)
Neutral, % (n)	11.5 (6)
Not Satisfied, %(n)	0 (0)

\*Students are not recruited into the HSA until sophomore year of high school

**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

Nicole A. McLean, MPH

<b>Table 2: Awareness of Social Determinants of Health</b> (Participants were asked to rate each factor on its potential to affect people's health.)			
	Pre-HDSIP	Post-HDSIP	P-value†
	Median (Range)	Median (Range)	
A person's childhood experiences	8.00 (10)	8.00 (9)	0.411
Racial Discrimination	6.00 (9)	8.00 (7)	0.009**
A person's genetic makeup	6.50 (11)	7.00 (10)	0.645
A person's income	6.00 (10)	7.00 (8)	0.122
The physical environment (quality of air and water)	9.00 (9)	8.50 (7)	0.625
How safe a person's community is (the safety of someone's environment)	7.00 (9)	8.00 (8)	0.058*
The quality of a person's housing	1.00 (3)	1.00 (4)	0.890
A person's access to affordable health care	8.50 (10)	9.00 (9)	0.142
A person's education level	5.50 (10)	6.00 (10)	0.183
Whether a person has a job	6.00 (10)	5.50 (10)	0.474
A person's stress level	8.00 (7)	8.00 (7)	0.967
A person's personal health practices (e.g. diet, exercise, smoking)	10.00 (8)	9.00 (8)	0.977
Having easy access to healthy foods, parks, and sidewalks in one's neighborhood	8.00 (10)	8.00 (8)	0.443
A person's knowledge about health	8.00 (10)	8.00 (8)	0.786
Whether a person has health insurance	8.00 (10)	6.00 (8)	0.885
The amount of social support a person has	7.00 (10)	7.00 (10)	0.148

† from Wilcoxon signed rank test

\* marginally significant at the 0.05 alpha level

\*\* significant at the 0.05 alpha level

**Promoting health advocacy through policy change among students of color: The Health Disparities Summer Internship Program**

Nicole A. McLean, MPH

**Table 3: Prioritizing Policy Issues**  
(Participants were asked to indicate the level of priority that the government should place on each policy issue in order to improve health.)

	Pre-HDSIP	Post-HDSIP	P-value†
	Median (Range)	Median (Range)	
Reducing poverty	1.00 (1)	1.00 (4)	0.491
Reducing unemployment	1.00 (1)	1.00 (4)	0.059*
Reducing violence	1.00 (3)	1.00 (4)	0.074*
Provide health insurance to more people	1.00 (2)	1.00 (3)	0.683
Improving housing quality	1.00 (3)	1.00 (4)	0.580
Increasing number of high school graduates	1.00 (2)	1.00 (4)	0.178
Improving social supports/networks	2.00 (3)	2.00 (4)	0.180
Improving health practices (e.g. diet)	1.00 (2)	1.00 (4)	0.101
Improving access to early childhood programs (e.g. teen pregnancy, exercise, nutrition classes)	1.00 (2)	1.00 (4)	0.273
Improving neighborhood (e.g. safety, access to healthy foods)	1.00 (2)	1.00 (2)	0.074*

† from Wilcoxon signed rank test

\* marginally significant at the 0.05 alpha level

\*\* significant at the 0.05 alpha level

**Table 4: Students' Self-Rated Skills**  
(Participants were asked "after interning at your assigned CBO, do you think it improved your:")

	Strongly Agree % (N)	Agree % (N)	Neutral % (N)	Disagree % (N)	Strongly Disagree % (N)
Oral presentation skills	32.7 (17)	40.4 (21)	19.2 (10)	5.8 (3)	1.9 (1)
Communication skills	48.1 (25)	30.8 (16)	13.5 (7)	5.8 (3)	1.9 (1)
Analytical skills	48.0 (24)	36.0 (18)	10.0 (5)	4.0 (2)	2.0 (1)
Knowledge of CBPR*	36.5 (19)	46.2 (24)	11.5 (6)	1.9 (1)	3.8 (2)
Interest in advocacy	53.8 (28)	26.9 (14)	11.5 (6)	5.8 (3)	1.9 (1)
Knowledge and awareness of social problems	73.1 (38)	17.3 (9)	5.8 (3)	1.9 (1)	1.9 (1)

\*CBPR = community-based participatory research