Sample Internship Projects

**Implementing the Community Health Improvement Plan (CHIP)**

*Working to increase proper nutrition, and physical activity while reducing obesity*

- Partner collaboration with the Health Priorities Partnership (HP2)
- Develop obesity prevention initiatives based on the CHIP
- Provide nutrition education throughout the community
- Support efforts to increase community physical education

**Internship Summary:**
The CCHD Community Health Improvement Plan is a framework to create and support environments that make it easier for all county residents to make healthy food choices, be physically active and maintain a healthy weight. The CHIP has several initiatives outlined and underway to improve community health. The internship may include developing communication and marketing materials for CHIP activities, analyzing survey data and writing a reports, literature reviews, developing assessment tools, formative assessment, evaluation and working with state and local partners to achieve objectives. The intern may have the opportunity to work on other projects of interest that work to achieve CHIP objectives such as worksite wellness programs, improving access to healthcare, early care and education, providing education in school or community settings. A copy of the CCHD CHIP is available upon request. Students could chronicle the journey of individuals as they struggle on their weight loss journey. Providing support, researching statistics, and solutions, creating website and facebook posts culminating in a final report of challenges and successes. This could also be done with nutrition perhaps recording someone as they try to become a vegetarian. CCHD is particularly interested in student ideas on reaching the younger generations. **Skills and Experience Required:** A passion for the subject material is desired. Knowledge of intervention design principles; knowledge of policy, environmental and systems change strategies; knowledge of formative assessment techniques are preferred with good written and oral communication skills (required) and knowledge of nutrition or physical activity or health education would be helpful, but your enthusiasm to make a difference is enough. **Important Considerations:** The worksite is in downtown Elmira; there is no stipend for this or any other internships at this time. There is a potential for some evening or weekend work, which would be scheduled based upon the intern’s availability, to reach the target groups. The majority of the work would be during the hours of 8:30 AM to 4:30 PM.

**Cancer Services Program (CSP) Community Engagement Project**

- Community engagement
- Increase cancer screenings among the uninsured

**Internship Summary:**
The CSP intern will participate in community events in collaboration with staff and community partners such as Arnot Health, Komen Foundation, and the Women’s Health Center. These community events will familiarize the student with the local community and assist CSP in achieving their screening goals. The CSP intern will work closely with staff to publicize the program and reach the target population. The CSP intern will assist with developing a presentation and fact sheets based on data from NYSDOH and other sources to utilize during community events and presentations. The CSP intern will have the opportunity to schedule and conduct presentations to groups and organizations that serve the target population. CSP is looking for unique and innovative ways of engaging ethnically diverse, low income community members. The intern will be expected to reach out to community partners to identify and screen individuals. **Skills and Experience Required:** Ideal candidates for this internship are outgoing, self-motivated, goal oriented and have the ability to work independently. Computer skills, time management and organizational skills, enthusiasm, creativity, and interpersonal skills are required. Excellent written and verbal communications skills are important for this position. Familiarity with or interest in reaching the uninsured and social marketing is preferred. Skills and/or experience (or a strong desire to gain them) in community education and outreach and project coordination involving diverse community partners is preferred. Experience in culturally diverse communities would be preferred, but is not required. **Important Considerations:** Some weekend and evening work might be necessary depending on community events. **Other:** We will be happy to share the CSP workplan with any interested candidate to help them get a better understanding of the program.
Behavioral Risk Factor Surveillance Survey (BRFSS) Project

- Conduct community BRFSS survey
- Compare data to past BRFSS figures
- Analyze changes
- Report improvements and areas of need

Internship Summary:
The intern shall conduct a local expanded BRFSS based on the Centers for Disease Control past practices. Student will review current data, collect new data, analyze data, and report out on findings comparing past data to collected statistics. Collection of data will be done both electronically and on paper in an effort to reach all segments of the population. Semester will culminate in final report providing a history of the BRFSS process, past and present data, analysis of data, and recommendations for areas of need to focus health department efforts. Student will also prepare a presentation for the Health Priorities Partnership focused on the Community Health Improvement Plan.

Skills and experience required: Student should be comfortable working with statistics and interacting with various community populations. Computer skills, time management and organizational skills, math, and interpersonal skills are required. Excellent analytical and written communications skills are important for this position.

Promoting A Breastfeeding-Friendly Chemung County Community

- Partner collaboration with the Twin Tiers Breastfeeding Network (TTBN)
- Provide breastfeeding education to county residents, organizations, and businesses
- Promote breastfeeding as a norm
- Photo and/or video project promoting breastfeeding

Internship Summary:
The intern will: 1) attend TTBN meetings, collaborating with community partners to assure access to breastfeeding friendly environments; 2) plan health education and work to schedule breastfeeding classes on how to support breastfeeding mothers throughout the community and 3) Coordinate breastfeeding support and promotion with other programs in the health department, private and public health care systems, and community organizations to promote the establishment of breastfeeding as the norm in the community. The student could coordinate a photo/video project working directly with community members to promote breastfeeding. Skills and Experience Needed: An individual who is an advocate of breast milk as first food for infants is required. Experience with or desire to improve group presentation or coalition-building skills, with background in community health is preferred. Also, helpful experience in facilitating group meetings. Important Considerations: The worksite is in downtown Elmira; there is no stipend for this or any other internships at this time. There is a potential for some evening or weekend work, which would be scheduled based upon the intern’s availability, to reach the target groups. The majority of the work would be during the hours of 8:30 AM to 4:30 PM. Other: CCHD is very passionate about breastfeeding promotion. In a short time, the intern can contribute to promoting a healthy choice which can make a difference in the lives of infants and children.

Creating CCHD informational and promotional material

- Create slideshow for CCHD and DSS lobby screens
- Update printed CCHD materials for clinics and programs
- Provide and update CCHD website material
- Develop relevant CCHD facebook content

The intern will assess all CCHD programs conducting face to face interviews to update and build content for new informational screens being displayed in waiting area. Content will also be provided to DSS and should include information on local community resources and services available. Intern will be responsible for developing and refreshing CCHD educational and promotional materials regarding services offered. CCHD website content will be created and or updated as necessary. Material will be developed for use on CCHD facebook page for regularly provided services and special events.
Implementing the Community Health Improvement Plan (CHIP)
Working to increase proper nutrition, and physical activity while reducing obesity for local employers

- Partner collaboration with the Health Priorities Partnership (HP2)
- Investigate worksite wellness best practices
- Develop action plan to engage local employers

CCHD would like to establish a worksite wellness program. The program would focus on nutrition and physical activity programs to maintain a healthy lifestyle for the employees at local businesses. The intern will be responsible for researching best practices, developing an action plan, engaging local employers and all aspects of establishing a worksite wellness program. This may include assisting in data tracking and measurement, program development, execution, tests, and instituting environmental and system policy changes. The program may include the following tasks: Data tracking (usage and metrics) of fitness programs; Help employers develop and execute wellness games (or similar programs) to encourage participation in a multi-activity event throughout their locations; Oversee walking programs and/or walk to run programs; Increase experience/knowledge of group exercise and training principles by developing 10 hours of a class or training program.

Implementing the Community Health Improvement Plan (CHIP)
Investigating the psychology of weight loss, lack of physical activity, smoking, or poor nutrition

- Partner collaboration with the Health Priorities Partnership (HP2)
- Research current literature regarding weight loss, obesity, lack of physical activity, tobacco use and/or poor nutrition
- Participate in local CCHD or partner program to address topic
- Document program and/or individual successes and challenges
- Recommend improvements

This project will focus on any health issue related to the CCHD CHIP. The student will concentrate on any of the mentioned topics or others may be considered. For example the intern may investigate weight loss and weight gain prevention addressing current obesity issues. Interns may address specific areas such as intervention development, public health message delivery, and behavior monitoring for the chosen issue. The student may chronicle an individual or group as they work to make improvements to their personal health. Web and social media content can be created documenting their journey with a final report presented to the CCHD Health Priorities Partnership.

Community Health Improvement
Investigating the data

- Provide comparisons of key health indicators for Chemung County versus similar counties which routinely have higher outcomes
- Assess current practices in Chemung County versus a top ranked county
- Provide hypothesis on reasons for difference
- Make recommendations for changes in Chemung County to facilitate change

Chemung County health statistics consistently rank in the bottom of the state for most health indicators. Since 2010 Chemung County has ranked 59th or 60th out of 62 counties in NYS on the County Health Rankings and Roadmaps sponsored by the Robert Wood Johnson Foundation program. The intern will compare these and other statistics including NYS Dept. of Health and CDC data to a consistently high ranking county in the state. The student will consider the demographics of Chemung County and find a demographically similar NYS county that consistently ranks among the highest in health outcomes. A hypothesis for these differences will be developed supported by data and an assessment of current practices at the two counties. A presentation will be developed for the CHIP coalition culminating proposed changes to bring about change.

Housing and stipends are not available at this time
Student is responsible for ensuring all academic requirements are met