

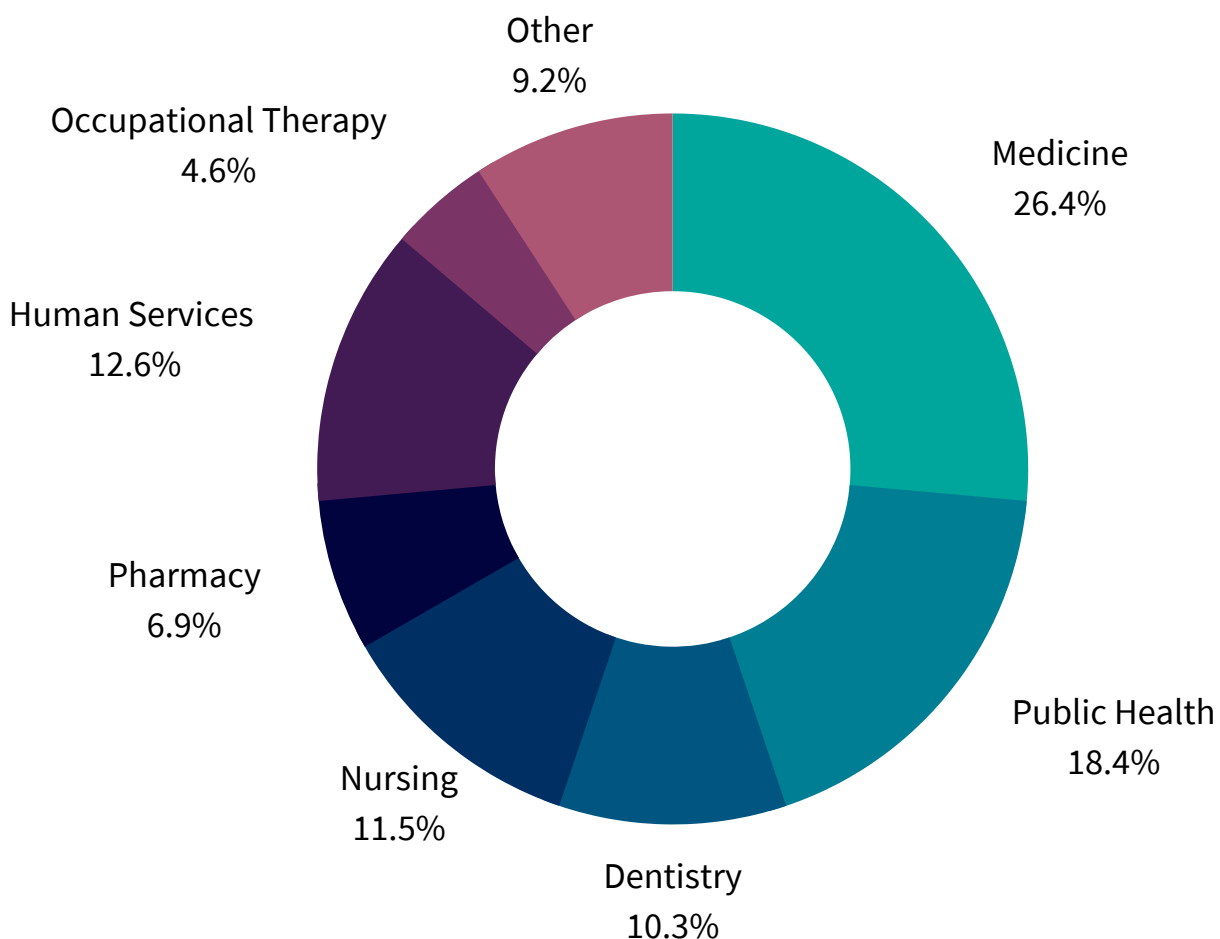
HOURS SERVED

220 HOURS SERVED IN 2020 - 2021
440 HOURS SERVED SINCE 2016

VALUE OF SERVICE

2020 VALUE OF SERVICE: **\$5,555.00**
TOTAL VALUE OF SERVICE: **\$10,780.87**

INTERDISCIPLINARY ENVIRONMENT



Pictured above: A breakdown of the variety of disciplines among all Alabama Schweitzer Fellows since 2016. Please note the Human Service category includes the disciplines of Counseling, Psychology, Social Work, and Health Administration.

ASF FELLOWS AT UAB SCHOOL OF HEALTH PROFESSIONS

FELLOWS FOR LIFE



Katie Ellison

2020-21 ASF Fellow for Life
Community Site Partner:
Cooking Well
Academic Mentor: R. Drew
Sayer, PhD
Site Mentor: Judy Vann

Katie developed a new curriculum for graduates of the Cooking Well program called 'Next Steps,' that dives deeper into the pathogenesis of diet-related chronic diseases and is intended to increase participants' understanding of the relationship between health and nutrition. To do this, she developed teaching materials, student materials, recipes, and handouts for four modules covering inflammation, type 2 diabetes, cardiovascular disease, and adiposity-based chronic disease.

Some of her project outcomes include the following:

- The Live HealthSmart Foods line has brought discounts on healthy foods to a local market in a food desert.
- The Village Market has a method to track purchases of LHS Foods and can determine what the best and worst sellers are to inform sustainability practices
- A 501(c)(3) organization, Cooking Well, has a new Next Steps program that has reached 5 women with socioeconomically disadvantaged backgrounds.



Michelle Kung

2018-19 ASF Fellow for Life
Community Site Partner:
Sumiton Middle School
Academic Mentor: Dr. Cayce
Paddock
Site Mentor: Ashleigh
Lockhart

Jain and Kung taught life skills such as communication, coping, and time management to 6th, 7th, and 8th grade students at Sumiton Middle School. They taught ~350 students during their 2018-19 school year (from Sept-April), discussing methods for students to better cope with their everyday stressors: social pressure, school work, toxic relationships with friends and family, and more. Kung and Jain used the classroom time to introduce topics, providing links to websites and hotlines where students could access additional resources and help, if needed.

Some of her project outcomes include the following:

- 222 students practice at least one coping skill every day
- 223 students improved communication skills
- 255 students feel more knowledgeable about the risks associated with opioid misuse

CURRENT FELLOW



Ibukun Afon

2021-22 ASF Fellow
Community Site Partner: Hopewell Women In Agriculture (HWIA)

Ibukun Afon is addressing social isolation and loneliness in Birmingham, AL by establishing an intergenerational engagement network for older adults living in the local community. By pairing older adults with high school and college-aged students, the project seeks to improve social connection through volunteer grocery and pharmacy delivery services, courageous conversations, and community gardening.

To read more about Katie, Michelle, and Ibukun's projects, please visit asfalabama.org/fellows.

MEDIA MENTIONS

Our 2020 Fellows across all universities were featured in 14 articles in the 2020-2021 year, including 2020 ASF Fellow for Life and UAB SHP student Katie Ellison.

FEATURED MEDIA MENTIONS:

- [Increasing Nutritional Literacy of Birmingham Communities During the Pandemic](#)
- [Live HealthSmart Alabama And Village Market to Help Birmingham Residents Make Healthy Food Choices](#)
- [Recruitment Session: Advice From Fellows \(**Session Footage**\)](#)
- [Kung's Community Efforts Lead to Decreases in Drug/Substance Use in Rural Alabama's Middle School Students](#)

FELLOWS' REFLECTIONS

"Participating in the Schweitzer Fellowship and working with my site has provided me with the opportunity for tremendous growth, both professionally and personally. I learned how to build and sustain community partnerships by obtaining community consent and emphasizing stakeholder participation to foster co-learning and an equitable balance of benefits. I also gained invaluable skills in program development and community nutrition practices that I will use to sustain my project and expand it to other communities." -
Katie Ellison, 2020 ASF Fellow for Life

"This experience has changed how I view the opioid epidemic in America. As a student, the impact of the opioid epidemic is taught to us – through this fellowship, I was able to learn how opioid abuse can impact families, particularly the children, on a personal level." -
Michelle Kung, 2018 ASF Fellow for Life



Pictured above: 2020 ASF Fellow for Life and UAB SHP student Katie Ellison speaking with ABC 33/40 about her project.

Pictured below: 2020 Alabama Schweitzer Fellows, including UAB SHP student Katie Ellison, attending the 2020 Orientation sessions.



asfalabama.org



Pictured above: 2018 ASF Fellow for Life /UAB SHP student Michelle Kung, and her project partner, Raina Jain, posing with a Sumiton Middle School counselor in Walker County.