



HEC INTERNS EXPLORE HEALTH IN WEST SACRAMENTO

DATE: AUGUST 8, 2018

HEC hosted three recent high school graduates as Interns this summer from the Future Ready program which places West Sacramento high school students in paid internships in high-quality college and career pathways. Future Ready is part of the City of West Sacramento's Home Run initiative.

The Interns completed several data collection projects in support of HEC's West Sacramento Accountable Communities for Health Initiative. They completed their summer with us by presenting their research findings to the Initiative's Advisory Committee.

Here is the Interns' overview of their time as at HEC. Thank you, Melanie, Estrella and Melina, for a job really well done!

"As Health Education Council interns, we learned that good health is determined by access, education, safety, social support, and economic well-being, therefore we implemented these ideals into our projects. Throughout our internship, we were mainly involved in survey distribution, park audits, and observations of check cashing sites, and liquor stores to better understand our community in West Sacramento. Our main project, survey distribution, would help the city of West Sacramento to receive a better understanding of the population within the area and their health habits, as well as their perception of their community. The park audits established open-mindedness and appreciation of our community. The observations of the check cashing sites and the liquor stores encouraged us to address our health concerns for West Sacramento, specifically the West Capitol area.

We learned that communication, effective time management, and confidence in public speaking are essential characteristics in any work setting. During this internship, we had an eye-opening experience when observing our diverse community, and we are more aware of the problem areas with food desert, motels, liquor stores etc. Overall, our time at Health Education Council was an unforgettable experience, and we are thankful for the opportunity to have interned here for the summer!" - Melanie Enriquez, Estrella Mara, Melina Dhillon