

The Center for Healthy Air Water and Soil and the Christina Lee Brown Envirome Institute Welcome the first class of Student Health Ambassadors

The Christina Lee Brown Envirome Institute is happy to announce the first group of Student Health Ambassadors. Student Health Ambassadors are undergraduate students from across the University of Louisville who are passionate about improving their community's health, sustainably developing cities, and finding unique ways to collaborate between University departments.

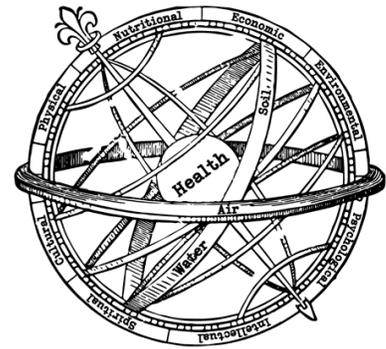
Health Ambassadors are a network of Louisville students and professionals who are building a culture of health in Louisville and helping more people make decisions through a lens of health.

Student Health Ambassadors plan to take on health problems here in Louisville by learning, meditating, and implementing solutions. The students will be led by Dr. Ted Smith, Director of the Center for Healthy Air Water and Soil, the sponsor of the Health Ambassador Program and part of the Christina Lee Brown Envirome Institute at the School of Medicine. Dennis Mashindi, sophomore undergraduate, is the President and Project Leader for this year's class.

This year, the Center is welcoming 20 undergraduate students to the network of over 60 professional Health Ambassadors. The students range from freshmen to junior years and hail from a variety of Departments, Pre-Medicine and Biology to Sustainability to Fine Arts. All eight of the spheres of health are represented in this class and each student has a unique reason and purpose for joining the Health Ambassador network.

Over the spring and summer seasons, the Center will curate activities for the students to get to know each other and the Louisville community. Programming plans include adventure tourism to Louisville Metro Council, Lee's Lane Superfund Site, Green Heart Project area, and the Envirome Institute's laboratories. In addition, Student Health Ambassadors will be paired with Professional Health Ambassadors for a mentoring session to facilitate networking between students and leaders in Louisville.

It the Center for Healthy Air Water and Soil's honor to introduce the members of the first class of Student Health Ambassadors.



Christina Lee Brown
ENVIROME
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Center for Healthy
Air Water and Soil

Nutritional Health

Haley Gumm

Student Health Ambassador for Nutritional Health
Freshman, Exercise Science & Spanish



Haley Gumm is from Bowling Green, Kentucky and plans to attend medical school. She enjoys traveling and has visited many countries in Europe. Experiencing different cultures has inspired her to expand her knowledge and involvement. Haley enjoys volunteering with She Became, a group that visits elementary schools weekly to mentor younger girls.

Statement of Purpose: As a Student Health Ambassador, I hope to be introduced to different aspects of health and make Louisville a better place environmentally. Combining all of our ideas will instill better regulations and practices into Louisville's everyday life.



Economic Health

Ben Barberie

Student Health Ambassador for Economic Health
Sophomore, Political Science and Economics double major



Ben recognizes public health issues are truly interdisciplinary and require a multitude of informed perspectives in order to create viable, realistic solutions. His interests include sustainability and environmental issues. On campus, Ben is a member of the Sigma Chi fraternity and works as a Cardinal Guide for the Office of Admissions.

Statement of purpose: As a Student Health Ambassador, I aim to cultivate a culture of understanding of public health issues in the campus community and the city of Louisville. Students and the community should be aware of the myriad of factors that influence the environment around them, which in turn influences their own health and the health of others. As a political science and economics major, I hope to provide a unique perspective in interdisciplinary discussion of how to best combat issues of student and public health.



Nico Thom

Student Health Ambassador for Economic Health
Sophomore, Political Science major, Public Health minor



Nico Thom plans to earn a Master's degree in Public Health Policy and work in the nonprofit sector in order to share what she knows about public health with others. On campus, she participates in She Became, Greek Life, raiseRED, SGA, and the Frankfort Internship program. Nico is from Fort Thomas, Kentucky.

Statement of Purpose: I want to be a Student Health Ambassador because I love Louisville and am so excited to help contribute to the health and harmony of our community! I see an opportunity to inform other college students on public health issues that will ultimately contribute to a healthier, happy and safe UofL!

Environmental Health

Raychel Bahnick

Student Health Ambassador for Environmental Health
Junior, Civil and Environmental Engineering



Raychel Bahnick is passionate about ecological health, awareness, and bridging the gap between policy and science in the environmental sector. She has interned for the Army Corps of Engineers in Environmental Engineering and Hydrology and Hydraulics Branch. Raychel is interested in STEM Outreach to young girls in the Louisville community. She currently works with the Speed School Outreach team and is the Outreach Chair of the Society of Women Engineers. She was born in Houston, TX and grew up in Owensboro, KY. In her free time she loves to travel, cook, read, and run.



Statement of Purpose: It is very clear that the wellbeing of our earth is in direct relationship to the wellbeing of the humans living on it. As a Student Health Ambassador, I want to work with the Envirome Institute to find innovative ways to make our city greener and, as a result, our lives healthier.

Ali Chaker

Student Health Ambassador for Environmental Health
Freshman, Biology/Pre-Medicine Track major



Ali Chaker has always been interested in sciences and medicine because of the opportunity to help others. Outside of school, Ali enjoys spending time with friends and family, playing sports, and traveling.

Statement of Purpose: I wish to connect with others across UofL departments to make UofL a healthier place, as well as to better my understanding of health from different perspectives.

Muhammad Draw

Student Health Ambassador for Environmental Health
Freshman, Biology/Pre-Medicine Track major



Muhammad Draw is very passionate about science and enjoys learning and incorporating new knowledge into his daily life. Muhammad's goal is to master many skills and pass it on to younger generations. Outside of school, he helps his family, plays sports, reads novels, and spends time with friends.

Statement of Purpose: I want to be able to impact other people's lives based on the different skills I've obtained, especially the younger generation.

Psychological Health

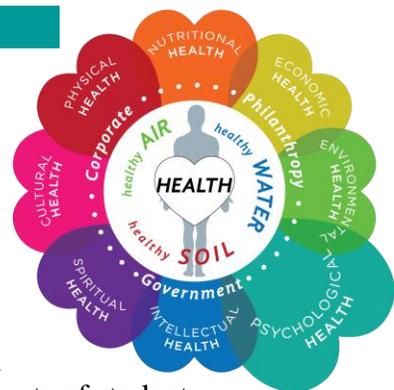
Mina Ibrahim

Student Health Ambassador for Psychological Health
Junior, Chemistry/Pre-Medicine Track major, Biology minor



Mina is excited about the Health Ambassador program and the opportunity to encourage a health in all policies approach in many different aspects of student life. Mina joined the group for personal growth and for the idea that everybody can improve as long as they work on their goals.

Statement of Purpose: My goal is create happy environment for students as well as a healthy lifestyle mentally and physically.



Laura Hinkle

Student Health Ambassador for Psychological Health

Freshman, Political Science major, Psychology and Middle Eastern and Islamic Studies minor
McConnell Scholar, Vogt Scholar, and Honors College



Laura Hinkle is passionate about sustainability and public health on the international level. She plans on pursuing a master's degree and working for the UNHCR or a global Non-Governmental Organization. She is originally from Elizabethtown. Outside of school, Laura enjoys playing tennis, traveling, grabbing brunch with friends, and listening to her favorite podcasts.

Statement of Purpose: As a Student Health Ambassador I hope to do my part in building a culture of positivity, wellness, and environmental awareness at UofL. I am passionate about steps that can be taken towards better sustainability procedures and increase mental health options on campus, and hope to do my part in making constructive changes that impact my community and generations to come.

Madeline McCloud

Student Health Ambassador for Psychological Health

Sophomore, Neuroscience and Chemistry double major, Chinese Studies and Art History Minors
Grawemeyer Scholar



Madeline McCloud is involved with several student organizations, including presiding over the Chinese Club and the Body Project Chapter. Madeline is very passionate about world health and believes the UofL community deserves passion as well.

Statement of Purpose: I plan on helping UofL become more focused on the health and wellbeing of its students and campus environment. My focus is fighting food and shelter insecurity, as I believe the key to a healthier university is a system of student support.

Intellectual Health

Dennis Mashindi

Student Health Ambassador for Intellectual Health
Project Leader, Student Health Ambassadors, Center for Healthy Air Water and Soil
Sophomore, Public Health and Biology double major, Political Science minor
McConnell Scholar, Porter Scholar



Dennis Mashindi is the Spring 2019 Research Intern with the Christina Lee Brown Envirome Institute. On campus, Dennis works as a Senator for the College of Arts and Sciences and the Student Government Association. Outside of school, Dennis is a part of Biogas & Agriculture Research project based in Selous, Zimbabwe, researching efficient, clean and green ways to grow and produce energy. Dennis also works with Mashindi Medical Missions year round, helping build clinics, hospitals and schools in rural Zimbabwe. Dennis aspires to attend medical school and pursue a career in Global Health with focuses in African Politics and Global Health Aid.

Statement of Purpose: As the leader of this program, I hope to show our local community the minds of the youth are what fuels us into the future and beyond.

Sydney Fischer

Student Health Ambassador for Intellectual Health
Sophomore, Biology/Pre-Medicine Track, Spanish minor
Honors Student Council, Phi Delta Epsilon, Pi Beta Phi



Sydney Fischer wanted to study medicine since eighth grade when she lost a family friend to cancer. She began studying Spanish after a mission trip to Honduras. Sydney is very involved on campus which has shaped her college experience and life in a way she never thought possible. She is very excited to see the impact from the Student Health Ambassador Program in her life and the community!

Statement of Purpose: I am looking forward to making an impact on not just campus, but also the community. The city of Louisville is teeming with life, despite all of the pollution around us. I am excited to find ways to cut down on waste, like providing more recycling bins and compostable utensils and straws.

Sydney Johnson

Student Health Ambassador for Intellectual Health
Freshman, Biology/Pre-Dentistry Track
Porter Scholar



Sydney Johnson is a member of the Pre-Dental Society, Honors Program, and promotes diversity initiatives through the Office of Admissions AVIATOR program. Sydney volunteers with mobile dental clinics in the Louisville area. She was a state champion tennis player and still enjoys playing occasionally for UofL's club team. Outside of school, Sydney enjoys spending time with her family, including her two dogs. After visiting both Sicily and Cuba in 2017, Sydney discovered a love for travel and plans to go abroad as much as she can to experience and learn about other cultures. Sydney has lived in 7 cities and 5 states, and originates from Huntsville, Alabama

Statement of Purpose: I am excited to help promote health initiatives on UofL's campus and across the greater Louisville area to foster a healthier community. The Envirome Institute's dedication to incorporating all aspects of health is one that I see great value in. It is my goal, through this umbrella approach, to help encourage and inspire healthy living in the community.

Spiritual Health

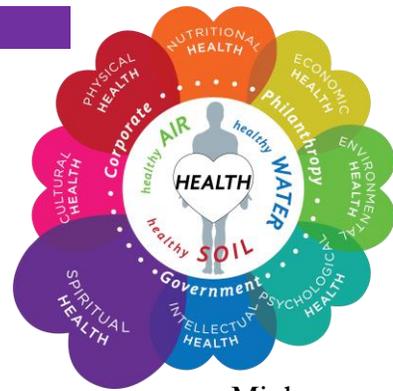
Minha Bhatti

Student Health Ambassador for Spiritual Health
Freshman, Biology/Pre-Dental Track major, Middle East and Islamic Studies minor



Minha Bhatti is passionate about the sciences, specifically health science, cosmology, and biology. Outside of school, she spends time with friends and family, plays piano, and reads. She enjoys traveling and experiencing various cultures. Minha plans to combine creativity and love for novel experiences through a career in dentistry.

Statement of Purpose: As a Health Ambassador, I hope to expand my view of health to new depths. I want to seek a further understanding of this field in a practical sense and implement what I learn in my future career.



Minha

Hediyeh Jortani

Student Health Ambassador for Spiritual Health

Freshman, Biology major and Middle Eastern and Islamic Studies minor



Hediyeh Jortani is an 18-year-old Iranian-American from Louisville with an eye to become an Optometrist. Her love of different cultures sparked her interest in the Arabic language. Outside of school, her interests include spending time with friends and family, keeping up with social media, traveling, playing piano, and makeup. Hediyeh has traveled to Iran every summer to visit family for her whole life. She has visited other countries in Europe and South America and is grateful for her experiences there.

Statement of Purpose: I believe that through the Health Ambassadors Program, I will be able to shape my own future in the health field. I will also be able to better my own and my peers' lives by encouraging a happier and healthier lifestyle on and off campus.

Cultural Health

Mohamed Farah

Student Health Ambassador for Cultural Health

Junior, Public Health major, Bio-Statistics minor



Mohamed Farah enjoys helping people and giving anyone who needs an extra hand. Public Health has always been close to his heart, because of how policy can help people who are less fortunate. His goal is to influence society to conform to good habits when it comes to attaining health. He believes this starts with Public Health, Healthcare and Medicine. Mohamed's parents moved to the United States from Somalia as refugees. His family settled in Syracuse, NY where he grew up in assisted housing units. His childhood was full of violence, crime and food insecurity. He is very thankful for his

childhood because it allowed him to realize that he can be a voice for a lot of people who are struggling.

Statement of Purpose: Becoming a Student Health Ambassador would be a huge milestone for me. I want to reach the very top when it comes to public health and the welfare of our people. This experience would help me network and learn a lot when it comes to healthcare, advocacy, and medicine. I want to meet many people in the healthcare field who have experience, and learn as much as I possibly can to gain further insight in Public Health.



Lilly Jordan

Student Health Ambassador for Cultural Health
Junior, Fine Arts major, Biology Minor
Porter Scholar, Brown Fellow



Lilly Jordan was born and raised in Louisville, Kentucky. She is a graduate of DuPont Manual High School's visual arts magnet program and at UofL she is a member of the Guaranteed Entrance to Medical School Program with a goal of becoming an OB/GYN. Lilly is interested in promoting effective communication with diverse populations in a medical setting, working with immigrant populations, and addressing racial and ethnic healthcare disparities in her community. In her free time, Lilly loves to cook, sleep, and watch true crime documentaries.

Statement: As a Health Ambassador, I aim to create a culture of wellness and mindfulness within UofL's student body.

Physical Health

Rita Ackah

Student Health Ambassador for Physical Health
Junior, Public Health major, Environmental Health minor



Rita Ackah's passions and interests in the field of public health include occupational safety, environmental justice, and food insecurity. In 2017 Rita visited Ghana as a student researcher with the School of Public Health and Information Sciences. In addition to her studies, Rita works on campus as a Peer Career Advisor at the Career Development Center, the Office of Admissions, and is involved in the AVIATORS program. Her hometown is Florence, Kentucky and in her free time she currently enjoys meeting new people, exploring new places to eat in

Louisville, and spending time with family and friends.

Statement of Purpose: As an Ambassador, my purpose is to further explore the important functions of the health in all policies approach to public health. I want to network to discover more about how social and structural determinants interact to impact environmental health. As a student, I can serve as a liaison between public health students and the institute to share the advancements in health related research and projects.



Rahaf Alrefai

Student Ambassador for Physical Health

Freshman, Biology/Pre-Medicine Track major and Spanish and Linguistics minor



Rahaf Alrefai is an 18-year-old Syrian-American currently working as a medical assistant. Outside of school Rahaf spends time with friends, reads, and learns new languages. Rahaf enjoys learning about the cultures of others and traveling. With a pharmacist as a mother and a doctor as a father, she has grown up with science as a big part of her life. Seeing how her parents work to take care of people inspired her to follow a similar path. Rahaf is motivated to directly impact people's lives for the better.

Statement of Purpose: I believe that being a Health Ambassador will allow me to explore and understand the field I would like to be a part of and helping the people around me. I look forward to learning new skills and applying them.

Chidum Okeke

Student Health Ambassador for Physical Health

Sophomore, Public Health/Focus on Pre-Medicine major, Biology minor

President of the Society of Porter Scholars



Chidum Okeke is a member of the Sigma Phi Epsilon fraternity and the President of the Society of Porter Scholars, a scholarship for high achieving African Americans. Outside of School, Chidum's interests include, playing soccer, writing poetry, and cooking in his free time. His favorite quote is "If it is to be, it is up to me." He says, "This quote, in itself, is a testament to how I was raised and how I want to continue to live my life. I've been blessed with so many opportunities, and if I truly want something, it's up to me to do whatever it takes to make it happen."

Statement of Purpose: I am excited to be a part of this new organization on campus, and ready to make a positive change in our community.

Esther Tabugbo

Student Health Ambassador for Physical Health
Junior, Biology/Pre-Medicine Track
Porter Scholar



Esther Tabugbo serves as the secretary and treasurer of L.S.A.M.P. who plans attend medical school and become a physician. Esther was born in Louisville, KY, but her family is originally from Nigeria.

Statement of Purpose: As a Student Health Ambassador, I will be committed in building a healthier campus community and work to bring awareness to health-related topics in and outside our community.



The Circle of Health and Harmony

The Center for Healthy Air Water and Soil seeks to develop integrated knowledge of the relationships between human health and the environment through a model of multidimensional health.

A healthy environment- clean air, clean water, and healthy soil are essential to human health. Further, to be truly healthy, we must achieve health in many areas of life; from physical health, to nutritional health, to spiritual and psychological health. The Circle of Health and Harmony represents this multidimensional health.

There are eight spheres of health, and each is an intimate part of who we are. The spheres include economic, environmental, psychological, intellectual, spiritual, cultural, physical, and nutritional health. This is the essence of what we call the “human ecosystem.”