Health Education — MA

Integrative Projects

Students in the MA in Health Education Program complete an Integrative Project at the end of their degree. The project, which includes both a paper and a public presentation, integrates what the student has learned in the program with the student’s particular areas of interest. Many students design health education programs and platforms that they are able to take into the world after they graduate.

These are some examples of recent projects; summaries of the projects follow below.

- The City Seeds Project: Hands-On Food Education for Urban Youth
- Crisis as a Catalyst for Embodied Transformation
- Health Education: An Integral Path from Apathy to Service
- Healthy Ever After: Empowering Midlife Women to Embrace Health
- Holistic Nutrition For Community Health Care Providers
- An Integrative Model for Quelling Inflammation
- An Intuitive Eating Approach to Diabetes Self-Management
- A New Prescription for Health—Four Quadrant Living: A Book on Holistic Health for the Mainstream
- Pandora’s Box: The Deadly Cost of Toxins
- Promoting Community Health Through the Integration of Movement and Education
- Reframing Depression: Mind-Body Approaches for Health Educators and Coaches

Descriptions

The City Seeds Project: Hands-On Food Education for Urban Youth
Sarah Katherine Ahern
Nutrition education for children has been revolutionized in the past 10 years. The inclusion of hands-on tools and empowerment into the curriculum has had a positive impact on the rates of knowledge retention in urban youth. However, knowledge has not translated into a shift towards healthier behaviors because of lack of access to healthy foods. This program addresses that final barrier to health by teaching children how to create an edible garden in any location, in addition to growing and cooking whole foods.
Crisis as a Catalyst for Embodied Transformation
Katie Kavicky

We are living in uncertain and turbulent times; crisis and change confront us at every turn. Many of us are unaware of the powerful role crisis plays in the alchemical process of embodied transformation. Exploring the intimate connection between nature, natural cycles, and archetypes provides a foundation for actively engaging in the transformative process.

Health Education: An Integral Path From Apathy to Service
Carol Roselle

With increasing emphasis on patient-centered care and the importance of defining the role of health educators, it is vital to consider the educator’s own inner experience and wellbeing. Despite the numerous rewards of being a health educator, studies indicate that there are an alarming number of people today in the health professions that experience burnout. A model is presented that embraces the philosophy that by healing oneself, one is actually healing others as an evolutionary way of embracing activism as synonymous with altruism. The model represents an integral path to human flourishing derived from mind body practices of Buddhism and Yoga Nidra and grounded in psychospiritual development and the science of psychoneuroimmunology.

Healthy Ever After: Empowering Midlife Women to Embrace Health
Susan MaLaughlin

For women, ages 45-65, change is the constant—whether that change means menopause, an empty nest, career shifts, or all three. This project includes an experiential weekend workshop that introduces participants to healthy self-care practices, including holistic nutrition, joyful movement, and stress management. Through a series of guided meditations, each woman will envision a happy, health-filled future for herself—and will take the first steps toward making it a reality.

Holistic Nutrition For Community Health Care Providers
Leslie Olsson

A holistic nutrition manual for community health doctors pairs a holistic view of nutrition with basic nutrition education and treatment, including effective strategies for empowering patients for change. A collaborative approach to the doctor-patient relationship is emphasized. The manual will include what is in a healthy diet, a review of the digestive tract, nutritional biochemistry, nutrition through the lifecycle, dietary and nutraceutical solutions support for health problems, prescription drugs and supplements, enacting change in patients, tips for change, and handouts for patients.

An Integrative Model for Quelling Inflammation
Amy Hillman-Siracusa

Inflammation is a key factor in many disease states and chronic conditions, such as allergies, asthma, heart disease, diabetes, and dementia. This model holds therapeutic nourishment, gentle movement, and stress management as cornerstones to lowering inflammation, in order to address a wide range of health concerns.

An Intuitive Eating Approach to Diabetes Self-Management
Daxle Collier

It is well known that diet and lifestyle play a very significant role in the management of type 2 diabetes, yet current health education efforts are largely failing to empower individuals to effectively manage their condition. This project outlines a series of workshops on intuitive eating designed to provide information and practical skills that will lead to more effective self-management. These workshops are rooted in a number of popular non-diet approaches, a “Health at Every Size” framework, and the latest research on type 2 diabetes health education.
A New Prescription for Health—Four Quadrant Living: A Book on Holistic Health for The Mainstream
Dina Colman

Many people wait until a health problem arises before taking action to live healthier. They are quick to turn to prescription drugs for relief. This project draws upon integral theory, epigenetics, and holistic health as the inspiration for Four Quadrant Living: Simple, Effective, and Natural Ways to Live a Healthy Life, an accessible book designed to encourage readers to take control of their health by nourishing the four quadrants of their lives—mind, body, relationships, and environment. By eating right and living well, people can change the course of what they think is their genetic destiny.

Pandora’s Box: The Deadly Cost of Toxins
Natasha Markovich

This project explores the ramifications that toxic chemical compounds have on an individual’s health and wellness. It focuses on a model of health that stresses the reduction of one’s toxic load through the prevention of toxic exposure, as well as the detoxification methods necessary when addressing true health and wellness. A two-day workshop for health educators and other health professionals is proposed in order to provide them with the resources necessary to battle the chemical epidemic present in modern day society.

Promoting Community Health Through the Integration of Movement and Education
Lorene Clark Lacayo

This project proposes the integration of culturally appropriate physical activity or exercise with health education to awaken somatic awareness while also increasing positive health behavior outcomes in women and children of low socioeconomic status. The resulting program, Project Ola, offers an effective, flexible platform for health promotion in community settings.

Reframing Depression: Mind-Body Approaches for Health Educators and Coaches
Rima Ali Hamade

This project offers a holistic perspective on depression, how to better understand it, and empowering ways to navigate through it. The primary intention with this work is to shed a realistic light on what it means to be human and healthy. This includes a discussion around an individual’s entire range of emotion and how the individual deals with uncomfortable emotions and experiences.