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Health Profile for African Americans in Monterey County

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### **Abstract**

The Planning, Evaluation, and Policy unit (PEP) at the Monterey County Health Department (MCHD) has implemented a health brief focusing on African Americans in Monterey County. MCHD strives to better understand the health barriers and challenges that prevent this population from living a healthy and comfortable lifestyle. This project aims to direct MCHD into the recommended next steps to achieve health equity for African Americans. The health brief focused on social and economic factors, access to care, and health behaviors. A survey was sent to African Americans in Monterey County, allowing them to express significant health issues in their community. Findings from the health brief and responses from the survey demonstrate the need for improved access to health care services and health information. The recommended next steps consist of ensuring that African Americans have the needed support and resources available to live a healthy and comfortable lifestyle.

*Keywords: African Americans, challenges, health barriers*

### **Agency and Collaborative Partners**

I interned at the Monterey County Health Department with the Planning, Evaluation, and Policy (PEP) unit. The Monterey County Health Department is a public agency that strives to enhance, protect and improve the health of Monterey County's residents. MCHD offers many services in public health, environmental health, behavioral health, and clinic services. Some programs and services that the health department offers to the public are Chronic Disease Prevention, Youth Empowerment Solutions, and Emergency Medical Services. The core values of MCHD are integrity, respect, innovation, health equity, and excellence. MCHD has 4 goals which are: empower the community to improve health, enhance public health, and safety through prevention, ensure access to good quality health services that are culturally and linguistically appropriate, and to engage the health department's workforce and improve operational functions to meet the needs of the population. MCHD serves a population that is more than 400,000 residents. The population they serve are 59.1% Hispanic and Latino. 82.7% White, 6.8% Asian and 3.5% Black.

The mission statement for the Monterey County Health Department is "to excel at providing quality services for the benefit of all Monterey County residents while developing, maintaining, and enhancing the resources of the area". In the Planning, Evaluation and Policy (PEP) unit, the main duties are to facilitate implementation of the Health Department's strategic plan, monitor the department's performance standards with national health accreditation requirements, and address both social and environmental issues. Krista Hanni is both my mentor and program manager for PEP. MCHD strives to assure a strong public safety system that minimizes crime as well as make efforts to achieve health equity. Some collaborative partners that work with MCHD are Ecology Action and CSUMB.

### **Communities Served: Demographic Profile**

The Monterey County Health Department serves all residents who reside in Monterey County. The estimated population for Monterey County is 434,061 people. 82.8% of the population are White, 3.4% of the population is Black, and 59.4% of the population is Hispanic or Latino (U.S. Census Bureau, 2019). MCHD focuses and assists all the residents no matter their marital status, gender, race, socioeconomic status, and age. With the help of MCHD, residents can receive assistance when needed. For my project, I focused on the African American community.

In Monterey County, 66.7% of African Americans adults have health coverage, leaving 33.3% uninsured. Only 55% of African Americans have a usual source of health care (DataShare Monterey County). 22.3% of African American children residing in Monterey County are living below poverty level. Data for the African American community in Monterey County is limited, but it is evident that this community needs attention. CDC (2017) stated, “African Americans are 2 times as likely to die from heart disease than Whites” (para 7). African Americans between the ages of 35 and 64 are 50% more likely to have hypertension than Whites. African Americans are also more likely to die at an early age from causes such as high blood pressure, diabetes, and stroke. The goal for this project is to collect data and acknowledge the health disparities, challenges and barriers of the African American community and determine the recommended next steps.

### **Analysis of Community Needs and Assets**

The Monterey County Health Department is dedicated to creating a safe environment for their residents, as well as providing resources that are needed within the community. Monterey County has social issues that are caused by lack of education, health disparities, and systemic

racism. The experience of systemic racism is a factor to chronic diseases in African Americans. Working with the Planning, Evaluation, and Policy unit, I am currently focusing on the African American community in Monterey County as well as their social determinants and challenges they undergo when it comes to their health. The issues that arise within Monterey County must be addressed accordingly, and services and programs must be provided to the African Americans in need. I conducted this project with the Planning, Evaluation and Policy unit who mainly focuses on addressing social and environmental policies and practices that can potentially lead to creating equitable health outcomes (County of Monterey Health Department, 2017). With Monterey County having a small Black population of 3.5%, it is important that this population is acknowledged and receives equality when it comes to their health and wellbeing. According to Pfizer (2020), “Compared to their white counterparts, African Americans are generally at higher risk for heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, and HIV/AIDS” (para 2). MCHD acknowledges health disparities, and inequities that are presented within the minority population. During this time where racial discrimination, inequality and systemic racism is prevalent in our society, the main focus right now is to eliminate discrimination and prejudice, specifically in health in Monterey County. The Monterey County Community Action Partnership (2019) stated that 18.80% of African Americans in Monterey County are living in poverty. African Americans who are homeless or living in poverty are more likely to be accompanied by children, mentally ill, disabled, or suffering from major financial setbacks. These individuals are likely to be in a health crisis.

Education is highly correlated with health literacy. Limited education opportunities and racism can cause mistrust in the healthcare system and health literacy barriers (Muvuka et. al, 2020). Only 19.5% of African Americans in Monterey County have obtained a bachelor’s degree

or higher (DataShare Monterey County, n.d.). Not only does education affect the health of the African Americans but could also limit opportunities that are provided to them and can potentially lead to being in poverty. MCHD is familiar with the disadvantages that African Americans encounter due to lack of education and health literacy. This issue correlates with MCHD's mission as they strive to ensure all Monterey County residents receive health equity.

Some community assets that exist and can assist with addressing the issues that African Americans face in Monterey County are the National Association for the Advancement of Colored People (NAACP) and Building Healthy Communities. These assets advocate for African Americans, social justice, and health equity. With these assets, the Monterey County Health Department can assist African Americans and create necessary changes to eliminate health disparities. During this time while systemic racism is considered a pandemic, Monterey County Health Department joins many counties in eliminating factors of racial discrimination. MCHD focuses on providing support and care to the most vulnerable communities within the county. According to the U.S. Census Bureau (2019), 6.5% of African Americans reside in the state of California. With the small population of African Americans in California, the state as a whole works towards equity for the African American communities. According to Caratala (2020), "13.8 percent of African Americans reported having fair or poor health compared with 8.3 percent of non-Hispanic whites" (para 4). 80% of African American women are considered to be overweight or obese compared to 64.8% of non-Hispanic white women. It is evident that African Americans have more health disparities than the Non-Hispanic White women. Due to these health disparities, African Americans face challenges and barriers that can cause this community to live an uncomfortable lifestyle.

### **Problem Description**



African Americans are continuously experiencing challenges and barriers that prevent them from living a comfortable and healthy lifestyle. African Americans have a higher chance of being diagnosed with chronic diseases as well as dying from them. According to CDC (2017), “African Americans ages 18-49 are two times as likely to die from heart disease than Whites. (para 7). African Americans are also 50% more likely to have hypertension (CDC, 2017). Some contributing factors that contribute to the health barriers and challenges for African Americans consists of systemic racism, lack of access to health care, and social determinants such as poverty and lack of safe affordable housing. Although this issue is nationwide, it affects African Americans residing in Monterey County as well as their opportunities and the way that they are treated on a day-to-day basis. These contributing factors lead to African Americans becoming ill at higher rates than other racial and ethnic groups, negative effects for psychological and physiological health, and lack of health care services provided to African Americans. Although the population of African Americans is small in Monterey County, these contributing factors and consequences are affecting the health of African Americans.

With the small population of African Americans in Monterey County, data is very limited among the African Americans who reside in Monterey County. The population that will be focused on will be African Americans of all ages and genders in Monterey County. Although data may be nationwide, it affects African Americans in Monterey County at high rates and are factors to why African Americans are experiencing health barriers and challenges.

### **Contributing Factors**

There are many contributing factors that contribute to the health barriers and challenges that African Americans endure. Systemic racism is prevalent in the United States and it affects those residing in Monterey County. Systemic racism is defined as a form of racism that is

embedded in our society. Racism categorizes individuals by race, color, and ethnicity. According to the American Academy of Family Physicians (AAFP) (2019), the U.S. health care delivery system has historically engaged in segregation and discrimination of patients. AAFP (2019), stated, “Hospitals and clinics, which were once designated for racial and ethnic minorities, continue to experience significant financial constraints and are often under-resourced and improperly staffed” (para 2). This has caused inequities among the African American population as well as lack of access to healthcare. Although discrimination is prohibited today, it stills exist. AAFP (2019) stated that some organizations may discriminate based on insurance status, which mostly affects African Americans. In Monterey County, 66.1% of African American adults have health insurance (Data Share Monterey County, n.d.). This leaves 34% of African Americans uninsured. Due to the systemic racism that was constructed into our society, African Americans are experiencing health inequities and disparities nationwide, including in Monterey County.

Education is correlated closely with health literacy. According to Muvuka et. al (2020), “Systemic factors such as limited educational opportunities, racism, health system mistrust, and a lack of culturally tailored health information and services are health literacy barriers for this population” (para 4). Racial residential segregation has limited access to quality education to the African American population, especially when it comes to health. According to Muvuka et. al (2020), African Americans are less likely to trust the health care system due negative past experiences. Mistrust of the health care system can lead to lack of health literacy. Muvuka et. al (2020) stated, “Mistrust interferes with health literacy development as it affects interactions with the health care system, access to health-related resources, and health-related decision-making” (para 6). The health care system has a history of not accommodating the needs and preferences of minority populations such as African Americans. African Americans in Monterey County are

affected by negative experiences and lack of trust in the healthcare system. This leads to the African American population to not participate or receive the services needed for chronic diseases.

African Americans undergo several social determinants. These social determinants include poverty, food insecurity, and lack of affordable housing. According to Wagner (2016), “African Americans are the poorest ethnic group in the USA. They have had the lowest median household income in the USA for the past 50 years...” (para 13). The Monterey County Community Action Partnership (2019) stated that 18.80% of African Americans in Monterey County are living in poverty. Poverty indicates the lack of basic human needs and essentials such as health care, education, shelter, and nutrition. Poverty is correlated with poor health outcomes and chronic diseases such as heart disease, diabetes, and hypertension (Wagner, 2016). African Americans are disproportionately affected by segregated housing which can lead to an increase in cardiovascular disease within this population. Transportation is also an issue for African Americans as well. Due to difficulty in transportation in poor communities, it can create obstacles for this population to access health care services. African Americans may also have difficulty accessing healthy food. Wagner (2016) stated, “Black neighborhoods have significantly fewer supermarkets than white ones. Several studies also document that the food that is available in poor black neighborhoods is less fresh and of lower quality” (para 16). Due to the numerous alcohol outlets in African American communities and lack of supermarkets, obesity and diabetes are highest in African American communities. With 18.6% of African Americans being in poverty in Monterey County, the social determinants that this population experiences affects both their health and well-being.

## Consequences

African Americans are becoming ill and dying at higher rates than White Americans. According to Taylor (2019), “Studies conducted over time have been consistent in proving that racism not only impacts social stratification, but also the ability of African Americans to be healthy—both mentally and physically” (para 19). Young African Americans are being diagnosed with diseases that are more common at older ages. Young African Americans live with diseases such as diabetes, high blood pressure, and stroke. According to the CDC (2017), African Americans are likely to die from these causes. According to Data Share Monterey County (n.d.), the incidence rate for breast cancer for the African American community in Monterey County is 87.9. Due to the impact of racism of the African American population, their health is affected, and they are likely to become ill at an extremely higher rate than other racial and ethnic groups.

Due to racism, African Americans are more likely to have negative effects for psychological and physiological health. According to American Psychological Association (2013), “...the unique psycho-social and contextual factors, specifically the common and pervasive exposure to racism and discrimination, creates an additional daily stressor for African-Americans” (para 2). Racism and discrimination not only create a stressor for African Americans but affects their health as well as what is offered to them in health care. According to researchers, the body’s response to stress can compromise the body’s ability to fend off decisions. Exposure to racism over a long period of time can cause African Americans to suffer with chronic diseases (Taylor, 2019). African Americans in Monterey County are highly affected by society’s racism. Racism has caused the African American community to undergo stressors that puts a toll on the body.

Due to the lack of quality healthcare services provided, African Americans are not receiving the resources and services needed to live a comfortable and healthy lifestyle. According to Taylor (2019), African American communities lack hospitals and health care providers. African Americans rely more on emergency rooms and community health centers. Williams (2017) stated, "Many Black Americans do not trust their healthcare providers to act in their best interests. Research has shown that blacks are much less likely to report trust in their physicians and hospitals" (para 2). The lack of trust between African Americans patients and medical professionals is a vital factor in African Americans decisions in seeking help before diseases advance. According to Williams (2017), the distrust between African American community and medical professionals comes from historical roots and prejudice. Due to history of discrimination in the U.S. health care system, African American populations, especially in Monterey County, does not trust medical professionals and providers.

### **Problem Model**

<b>Contributing Factors</b>	<b>Problem</b>	<b>Consequences</b>
Systemic Racism	African American undergo challenges and barriers that prevent them from living a healthy and comfortable lifestyle.	African Americans are becoming ill at extremely higher rates than other racial and ethnic groups
Lack of health literacy		Negative effects for psychological and physiological health (stress)
Social determinants such as poverty, food insecurity, and lack of safe affordable housing		Lack of health care services and trust in health care professionals

## **Capstone Project Description and Justification**

### **Capstone Project & Project Purpose**

The Monterey County Health Department focuses on many aspects of the county. For this project, I focused on the health issues, barriers and challenges of the African American community. The project is titled 'Health Profile for African American Health in Monterey County'. With the African American population being 3.4% in Monterey County, it is important that this community is acknowledged and the challenges within this community are addressed. For this project, I conducted research and collaborated with other organizations who have experience with the African American community. I also created surveys to go along with a health brief that includes a detailed description on social determinants, health indicators, and experiences of members of the African American community. The surveys asked questions that gave me clarity on the health disparities and barriers for the African American community.

### **Project Justification**

The importance of this project is to focus on the small population of African Americans in Monterey County. According to Johnson (2007), "Blacks are more likely to spend time in the hospital and die from chronic ailments such as stroke, diabetes and heart disease than whites, Asians and Latinos" (para 4). In Monterey County, there are potential health disparities that are prevalent within the African American community. Young African Americans are living with chronic diseases such as diabetes and hypertension at younger ages in the United States (CDC, 2017). African Americans are more likely to die from these diseases. Only 62.3% of African Americans in Monterey County have a usual source of health care. This leaves a huge percentage of African Americans without a source of health care. Due to the small population of African Americans in Monterey County, data for African Americans is very limited. This population

needs attention, and this project will ensure that the needs for this community are met by conducting research, surveys, and collaborating with organizations that focus on the African American community. The overall goal of this project is to engage with the African American community and identify the social determinants, health barriers and challenges that cause the health disparities among African Americans. The long-term outcome for this project was to provide necessary next steps and eliminate health disparities for African Americans. The short-term outcome that was expected for this project was to identify which indicators can be used for an African American Health Brief in Monterey County. This will contribute to the long-term goal.

### **Benefits**

The expected impact of this project was to become more knowledgeable on the African American community and the challenges they encounter when it comes to their health. This is a positive impact for all health department staff and health care providers in terms of providing resources, programs, and support to this population. This project can potentially lead to the start of an intentional outreach program and identification of two or three areas or interventions to continue, start, or increase the work in the partnership with the community.

### **Project Implementation**

The African American population is often overlooked due to being the smallest minority population in Monterey County. Due to the African American population being 3.4% in Monterey County, it is important to ensure that this population participates in the surveys that I have conducted in order for the data to be sufficient. My mentor has assisted me in creating the surveys and ensured that it would be beneficial to the health profile for African Americans. The health profile is beneficial in a way that will provide a general understanding on the state of

health for the African American community. To receive the participation of African American community in Monterey County, I reached out to partnering organizations and personal contacts. With the help and support of other organizations that work with the African American community, I was able to target the African American population and ensure that I collected the necessary data needed for my survey.

### **Participants**

My responsibility as I carried out creating a health profile, I ensured that the survey was distributed. I actively collaborated with other health department staff and members of the African American community to ensure that this project was being done effectively. I also conducted research and gathered information from other county health departments that have created health profiles for African Americans. From gathering information, I gained a better understanding of the data I needed to collect in order for my health profile to be sufficient.

The individuals that were included in my capstone project were the health department's planning, evaluation, and policy manager, and African Americans in Monterey County. I planned to include members from African American churches in Seaside and African American groups or clubs from CSUMB. I attempted to find connections for African American youth groups in Monterey County. I ensured that everyone who participated in my project felt comfortable sharing their experiences, barriers, and challenges.

### **Resources**

The resources that were needed for this project were google slides, excel and a survey tool. The survey tool assisted me with collecting data and moving forward with my health profile for African Americans. The African American community inputs and opinions were beneficial as I moved forward with my project. I dedicated a full day each week for my capstone



project. During this time, I conducted research, reached out to the African American community in Monterey County, and worked closely with my mentor. I had weekly remote meetings with my mentor that were between the hours of 8 am and 5 pm. Fortunately, everything needed for my project was already funded and no additional funding was needed.

### **Supplemental**

African Americans are constantly being discriminated against. Due to systemic racism, African Americans tend to be poorer than other racial and ethnic groups (Taylor, 2019). Racism causes stress for African American which leads to chronic diseases such as hypertension and diabetes. Taylor (2019) states that African Americans are the most economically disadvantaged in the United States. Monterey County Health Department is aware of social determinants, and challenges that African Americans undergo. CDC (2017) stated, “African American adults are more likely to report they cannot see a doctor because of cost” (para 1). With the small population of African Americans who reside in Monterey County, the health department staff wants to further their knowledge on the difficulties that African Americans experience and what ways it affects their health and well-being. In the project, African Americans who live in Monterey County were able to communicate with my mentor and I and help us understand their health barriers and challenges. This project was beneficial to the African American community because it allowed them to voice their concerns and barriers and their recommendations on how to make their community healthier.

### **Challenges**

With the small population of the African American community, there were complications in getting African Americans to participate in the survey that I created. It was also difficult to locate where African Americans reside to inform them of the survey. To address these

challenges, I reached out to partnering organizations and my personal contacts to get word out about my survey.

At the beginning of the implementation of my project, Monterey County was in Tier 1 due to the pandemic. It was very important that I followed protocols and ensured that all participants are staying safe. To do my project and follow the county's safety precautions, I ensured that any meetings were held remotely instead of in person. This kept participants from being in close contact with others and potentially spreading the virus. The surveys were also sent out electronically to decrease contact.

### **Scope of Work**

Summary: For my capstone project, I went through the following phases: selected capstone project, conducted research, planned project, implemented project, assessed project, and reported findings. During my capstone project, I had the opportunity to create connections and collect data on the African American community in Monterey County. Due to the African American population being a small portion of Monterey County, I focused on this population, researched the health barriers and challenges that this population undergo due to systemic racism, lack of access to health care services, and social determinants. I expected to communicate with other health department staff and participants to gather information as well as personal experiences that have affected African Americans who reside in Monterey County. The survey that I created led me to have the necessary data needed to move forward with the African American profile. After my ongoing collaboration with the African American community and health department staff, I was able to better understand health barriers and challenges that African Americans experienced which can later lead to needed resources and programs for this community. After I

completed the health profile, I sent out an evaluation survey to determine how well I implemented my project.

Title: Health Profile for African Americans in Monterey County

Project Description: For this project, I created a health profile for African Americans as well as creating surveys to gather experiences from African Americans in Monterey County. I also conducted research and collaborated with other organizations that work with the African American community.

Goal: Identify the social determinants, health barriers and challenges that cause the health disparities among African Americans and determine next recommended steps for the African American community.

Primary Objective of the Project: Collect data on African Americans in Monterey County and seek the main health barriers on this population.

### **Assessment Plan**

Creating a health profile and survey, the expected outcome was to identify health barriers and challenges that the African American population experience. I expected to better understand the health disparities among the African American community. The health profile and survey assisted with recognizing the indicators that affect African Americans and assist with providing the necessary support to this community.

For this project, a survey was conducted to engage with the African American community and understand their concerns regarding health issues. The survey questions asked about health problems associated with the African American community such as diabetes and heart disease. The survey also allowed individuals to voice their opinions about ways Monterey

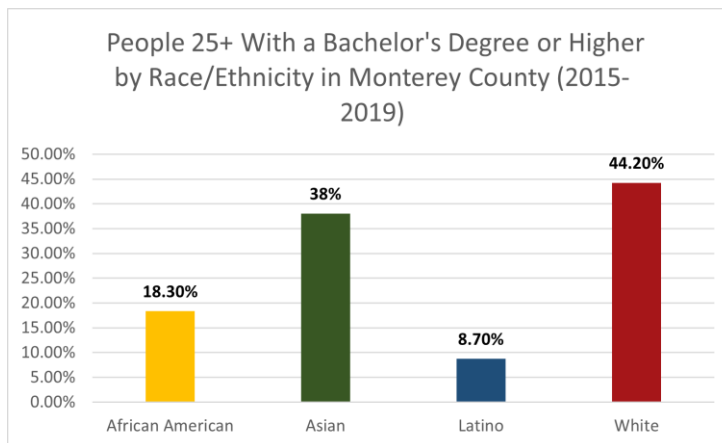
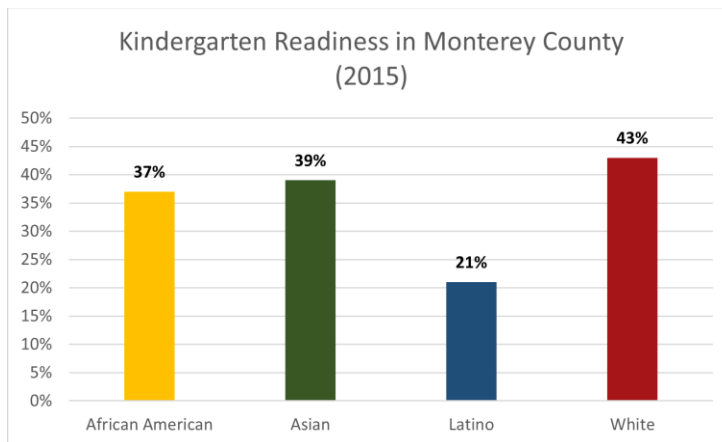
County can assist families and create healthier communities. The survey assisted with creating recommended next steps for the African American community for the near future.

The project only consisted of one survey and an evaluation sent out to the other PEP staff members to receive feedback on the information gathered in the African American Health Brief. The evaluation survey that was sent out to PEP staff allowed them to give me feedback on how to improve the African American Health Brief.

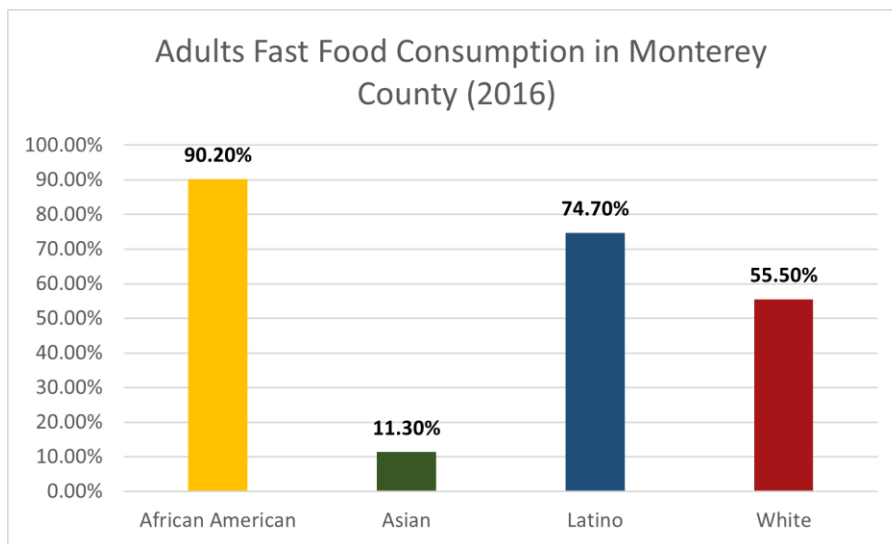
For this project, the short-term outcome was to identify the health barriers, challenges, and indicators for the African American community. For the survey I sent out, I was able to get the community's voice about the important health issues they believe should be addressed as well as what should be done to support African American families. Identifying the barriers that are preventing African Americans from living a healthy and comfortable lifestyle can assist with eliminating the challenges African Americans face when making efforts to access health care services. The goal was to have at least 25 survey respondents, however I only received 8 responses. The intermediate outcome is to further educate African Americans on the importance of their health. African Americans are more at risk of having chronic diseases than Non-Hispanic Whites. Providing African Americans with needed health information can assist them with prioritizing their health which can lead to reducing the mortality rate among this population. Providing African Americans with health information will also assist with building trust with the health care delivery system as well assist with health decision making. Lastly, the long-term outcome is to provide African Americans with the necessary resources needed to make health care accessible and eliminate health disparities in Monterey County. The ultimate goal is to ensure that all African Americans are able to receive the appropriate resources that can potentially enhance their health.

### Project Results

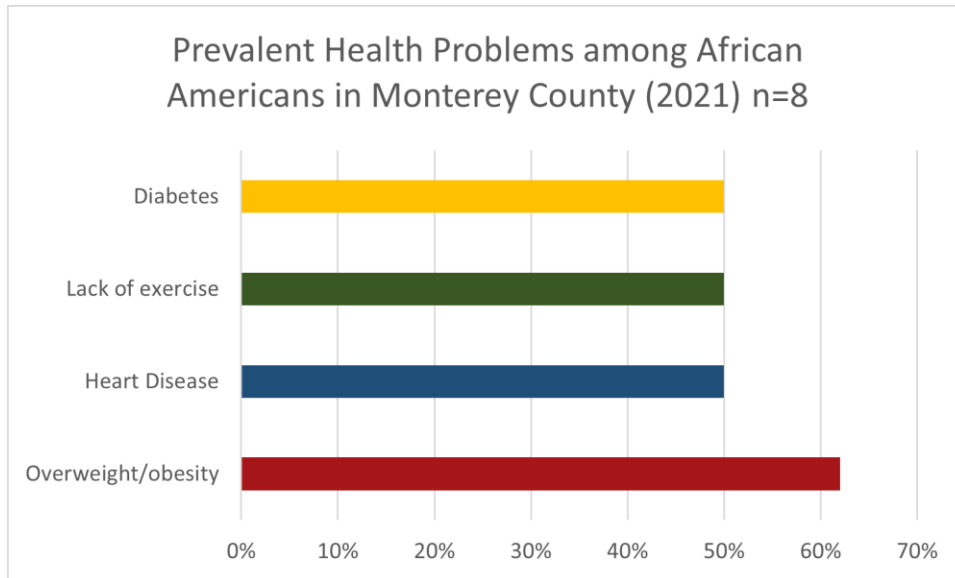
Creating the health brief for African Americans in Monterey County has given me the ability to understand the issues of concerns for African Americans as well as their health disparities. In the health brief, I focused on socioeconomic factors, access to care, disabilities, physical environment, health behaviors, communicable diseases, and injury. Using secondary sources, I was able to identify African Americans with access to care in Monterey County as well as other barriers in educational opportunities and health behaviors. With a survey sent out to African Americans in Monterey County, I was able to understand the health issues that are prevalent within the community.



The graph above demonstrates in 2015, 37% of African American children are socially and emotionally ready for kindergarten in Monterey County (Conduent Healthy Communities, 2021). On average, African American children score lower in readiness than White children. The graph also demonstrates that 18.3% of African Americans that are 25 and older have a bachelor's degree or higher compared to 44.2% of Non-Hispanic Whites who have a bachelor's degree or higher in Monterey County in between the years of 2015 and 2019 (Conduent Healthy Communities, 2021).



Studies indicated that in Monterey County 90.2% of African Americans consume fast food compared to 55.5% of Non-Hispanic Whites in 2016 (Conduent Healthy Communities Institute, 2018).



The survey sent out to African Americans in Monterey County gave them the opportunity to express prevalent health problems in their communities. Eight respondents who have responded to the survey. Shown in the graph above, 62% African Americans believe that overweight/obesity as a significant health problem while 50% of respondents say that heart disease, lack of exercise, and diabetes was a significant health problem.

This project has achieved the short-term outcome of identifying the challenges and barriers that African Americans face in Monterey County. I was able to gather data on social and economic factors, health behaviors, and access to care to understand why there are health disparities among African Americans. The survey has also assisted with gathering information from African American residents and their opinions about what would make healthcare more accessible and the prevalent health issues in their community. This was the beginning of moving towards the intermediate outcome to further educate African Americans on their health and to the long-term outcome of eliminating health disparities in Monterey County.

### **Conclusion & Recommendations**

Working on this health brief and conducting research on African Americans for the last few semesters has taught me so much about the health disparities that exist among African Americans, especially in Monterey County. I was able to learn how to find credible sources, how to create graphs, and improve on my professional writing and communication skills. Throughout this project, I learned the importance of making connections with the community and the importance of the community's voice. Social and economic factors, access to care, health behaviors, and physical environment plays a huge role in the health barriers and challenges that African Americans face in Monterey County. The recommendations I have for the Monterey County Health Department is to provide African Americans with additional resources and health information as well as build a relationship with African Americans residing in Monterey County to build trust.

### **Personal Reflection**

Throughout my three semesters of interning at the Monterey County Health Department and conducting research for the African American Health Brief, I learned so much and was able to expand my professional oral and written communication skills. I was also able to develop skills in information management and research methods. I experienced hardships throughout my internship due to interning remotely, but it has taught me to work independently. I have always been a shy person, so this internship has pushed me out of my comfort zone to communicate and organize meetings with others. I expanded my knowledge in excel and have a better understanding of health disparities among African Americans in Monterey County. I am happy that I was able to learn more about data collection and ways to improve the health of the community. From ten years from now, I will remember how to accurately collect data and find



credible sources. For future CHHS interns, they should expect to be pushed out of their comfort zone and grow professionally. I recommend that future CHHS interns pick a capstone project in a topic that is both associated with their internship, but also something that fascinates them as well. I am extremely proud of myself for all the work I have done for this capstone project and am happy that I can take the knowledge that I learned from my internship with me into my next career. Interning at MCHD has prepared me for a career in administration.

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## Appendix A

### Scope of Work

<b>Phases</b>	<b>Activities/Tasks</b>	<b>Deliverables</b>	<b>Timeline/ Deadline</b>
1. Select capstone project	1.1 Discuss capstone project ideas with mentor and agency staff	Generate a list of capstone project ideas	September 2020
2. Conduct research and gather information from other health assessments in different counties	2.1 Discuss with mentor the main focuses for the African American Health Brief	Generate a list of health barriers, challenges, and social determinants	December 2020
3. Plan Project	3.1 Gather information on youth groups, communities and organizations that can participate in the survey that I am creating as well as help spread the word about my survey and my work.	Form partnerships that can lead my project to be effective and successful	December 2020
4. Implement project	4.1 Begin creating my survey. County 4.2 Begin health brief	Receive data needed for health brief	January 2021-April 2021
5. Assess project	5.1 Receive feedback on final health assessment by health department	Gives me the ability to see what I did right and in what ways I could have improve	April 2021-May 2021
6. Report findings and have a	5.1 Present health profile students at CSUMB	Present at Dress Rehearsal for grading. Do the Final	May 2021

completed health profile	5.2 Prepare capstone presentation. 5.3 Final preparation for Capstone Festival	Capstone Festival presentation!	
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