Healthy Habits Healthy U Internship
with Boise State University and St. Luke’s Mountain States Tumor Institute
Boise State University Spring 2014
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Supervisor: Dr. Caile Spear

The Health Education and Promotion program at Boise State University is lead by Dr. Caile Spear. Dr. Spear is the Health Promotion Program Coordinator at Boise State. This program gives students the opportunity to gain knowledge and experience on what it takes to be a great health educator. The program’s requirements consist of a wide variety of courses and even internship opportunities. Both Dr. Spear and the Health Education and Promotion program see the importance of partnering with others in order to work towards a common goal.

St. Luke’s Mountain States Tumor Institute (MSTI) is currently the region’s largest cancer care provider and is nationally recognized for it’s research in regards to cancer care. St. Luke’s MSTI provides cancer care that can be divided into three main groups; prevention, treatment and support. MSTI focuses on cancer prevention by community involvement and education. MSTI also provides excellent treatment in the form chemotherapy and radiation. Support is offered throughout all stages of cancer from diagnosis, treatment, remission and end of life care.

**Overview**

**Internship Purpose:** The purpose of this internship was to assist in the development, implementation, and evaluation of a new pilot program called Healthy Habits, Healthy U (HHHU). This program was started as an idea created by a oncologist from St. Luke’s Mountain States Tumor Institute (MSTI). This idea became a reality when both MSTI and Boise State University came together to create the educational program that became Healthy Habits, Healthy U.

**Internship Activities:** Over the course of this internship most of my time was spent in meetings trying to brainstorm and assist with the creation of the HHHU program. These meetings offered a great insight on how much planning and preparing went into a pilot program. Once the program was completed my time was focused on implementing the HHHU program into 4th and 8th grade classes in the Boise School district. I began my learning process with observing my supervisor and then slowly assisted with the presentations as I became more comfortable. To assist with the evaluation piece of the HHHU program, I created a evaluation tool using the worksheets that were completed by the 4th and 8th grade students.

**Reflection**

I greatly enjoyed my time as an intern for both Dr. Spear with Boise State University and St. Luke’s MSTI. This internship has provided me with the experience in program development and evaluation that I was hoping for. After my experience I have a new appreciation and respect for the people that take the time to notice a need in the community, create a program in order to bring about change, and then implement what was created. It takes time to make a positive impact but it’s well worth the hard work.

**Assess:** I helped in assessing types of health programs currently being implemented in the Boise School district. We assessed the best way to approach the topic of childhood obesity and its connection to cancer.

**Plan:** I assisted in the planning of the Healthy Habits, Healthy U program. As a team we brainstormed ideas and I offered thoughts and new viewpoints during the entire process.

**Implement:** Volunteered and assisted with 4th and 8th grade HHHU program presentations.

**Evaluation:** I helped the evaluation process by creating a spreadsheet to compile data from the worksheets used by the students.