

SaraBrown

Professional Profile

An enthusiastic, Public Health professional with a passion for health and wellness promotion. Excellent oral, written, and presentation communication skills with cumulative experience in nutrition and whole-body wellness education. Diversified skill set encompassing knowledge of nutrition, exercise physiology, public health, brand and client relations, academic writing, and evidence-based research.

Sarambro@usc.edu

Key Skills

Adaptable learner

Solution-based problem solving & organization skills

Quality-focused & attention to detail

Excellent writing, communication skills

Self-motivated, independent, & collaborative

Education

Master of Public Health /
UNIVERSITY OF SOUTHERN
CALIFORNIA
08.2021

Bachelor of Science /
Applied Exercise Science,
Nutrition Minor
AZUSA PACIFIC UNIVERSITY
05.2016
Magna Cum Laude
Outstanding Senior in Applied Exercise
Science

Public Health & Exercise Science Work Experience

COMMUNITY HEALTH ASSOCIATE II - HEALTHY HABITS / Cedars-Sinai

/ 2021 - Present

- Designed, conducted, taught, and evaluated health education to improve the health, health knowledge, and behaviors of 2nd-4th grade students in LAUSD using health promotion theories and evidence-based practices.
- Assisted in designing expansion efforts in existing community partnership and building new community partnerships.
- Communicated and marketed programs to community participants, partners, and stakeholders to increase awareness of services available to the community.
- Adapted and evaluated on-going curriculum enhancement and planning.
- Collected and analyzed data and co-authored literature review for publication.

HEALTHY HABITS INTERN - HEALTHY HABITS / Cedars-Sinai / 2020 - 2021

- Collaborated to design and implement basic nutrition, physical activity, and healthy behaviors programs to 2nd-4th graders in LAUSD.
- Prepared culturally sensitive health education materials focusing on healthy lifestyle changes, mental health, nutrition, and physical activity tailored to a Hispanic/Latino audience.
- Adapted and evaluated existing curriculum to be taught successfully in a virtual setting.

SALES LEAD & INSTRUCTOR / REI (Recreational Equipment, Inc.) / 2016 - 2021

- Drove sales through all channels by improving selling behaviors, capitalizing on all promotional events, recognizing trends, and adapting presentation on changing inventory through successful event execution.
- Established and strengthened relationships with vendors to increase member experiences while representing and promoting effective outdoor programming and outreach.
- Hired, trained, and mentored new staff, provided direction, and coordinated short and long-term service delivery and task execution to peers.
- Represented the store at Women in Leadership meetings, hosted and participated in Women's Roundtables and Diversity & Inclusion discussions, and increased women presence in hardgoods.
- Advised and evaluated COVID-19 practices and procedures to assess risk and assisted in the implementation of social distancing protocols throughout the store.

RESEARCH ASSISTANT/ Azusa Pacific University / 2015 - 2016

- Recruited and analyzed research participants in a study regarding carbohydrate consumption and hydration during fatigue.
- Coordinated and prepared materials for the research project and collected data through physiological measurements, field performance tests, and mental concentration tests.
- Assisted in writing summary papers for both academic and lay audiences.
- Meckes, N. & Brown, S. (2017). The effects of carbohydrate-electrolyte drinks on physical and mental performance. *Journal of Science and Medicine in Sport*, 20(S1), e11.

Accomplishments

Anderson Award Nominee
2017, 2018, 2019, 2020

Outstanding Senior in
Applied Exercise Science
2016

Computer Skills

Microsoft Office Suite

- Word
- PowerPoint
- Excel

Microsoft Teams

Google Apps

Zoom & Skype

RedCap

Basic SPSS

CARDIAC REHABILITATION INTERN / Emanate Health (formerly Citrus Valley Health Partners), Inter-Community Campus / 2014 – 2015

- Attained donations for the 30th Annual CSCR Conference by drafting letters and setting-up fundraisers resulting in a successful education conference.
- Developed an Excel document to demonstrate trends in doctor referrals, patient capture rate, and insurance frequency ensuing in higher patient referrals and accurate records.
- Assisted in patients' rehabilitation programs, supported RNs in daily operations, provided patient education, and guided exercises. Regularly interpreted EKGs, took BP, oxygen saturation, and SOAP notes.
- Oversaw and counseled diabetic patients in individual and group sessions to assist understanding and successful management of their condition and attended wellness fairs.

Health & Wellness Community Engagement

Mindful Eating/ Cedars-Sinai / 03.2021

Presented a presentation about mindful eating practices for Cedars-Sinai employees.

Health and Wellness Fair/9Dot Education Solutions/01.2020

Taught employees on emergency preparedness and camping basics for an open enrollment event.

GATE Program / Glendora Unified School District / 07.2019

Instructed 150 students on Leave No Trace Principles, tent set-ups, and backpack fitting.

Discover Your Local San Gabriels / Azusa Public Library / 07.2019

Presentation about how to recreate safely in the local mountains. Included topics such as gear, nutrition, plant recognition, and training.

Outdoor Campout / Natural History Museum / 04.2019

Taught about responsible outdoor recreation and provided assistance in camp set up to the groups Black Girls Trekking and Latino Outdoors.

"Hyperlipidemia Prevention" / Azusa Community Health Center / 03.2014

Presented pathophysiology, preventative measures, and diet and lifestyle changes of hyperlipidemia to women of local health clinic.

"Can We Fully Know? Understanding Low-Context versus High-Context Communication Styles and How People, Food, and Medicine Intersect" / Azusa Pacific University / 02.2015

Lecture regarding how to effectively communicate with various cultures in order to successfully implement nutritional and lifestyle behavior changes.