

Sonia Rego

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interests: community health, global health, local food systems

Experience

Ghana Health and Education Initiative

Humjibre, Ghana

HEALTH PROGRAM COORDINATOR

Mar. 2016 - Aug. 2016

- Served as the Health Program Coordinator for a community based organization in rural Ghana.
- Worked with local staff and community partners to implement, monitor and evaluate health programs.
- Conducted program development and monitoring for a longitudinal maternal and child health program.
- Created budgets for all of the organization's health programs.
- Planned and facilitated health evaluation and outreach projects carried out by short-term volunteer groups.
- Led the community handover of the Handwashing with Soap in Schools program.

International Institute of St. Louis

Saint Louis, Missouri

REFUGEE COORDINATOR

Aug. 2014 - May. 2015

- Assisted refugee clients with health insurance and establishing primary care providers.
- Worked with multiple non-profits to coordinate immunizations for refugee adults and children.
- Coordinated creation and translation of health literacy materials for public distribution statewide

George Warren Brown School of Social Work

Saint Louis, Missouri

RESEARCH ASSISTANT

Oct. 2013 - Aug. 2014

- Worked as a research assistant on a randomized control trial of sustainable improved cookstoves in rural India, and the consequent health effects on communities, especially women and children.

Washington University School of Medicine: Division of Public Health Sciences

Saint Louis, Missouri

RESEARCHER

May 2013 - Oct. 2013

- Assisted in a longitudinal public health research course for participants to develop community based participatory research skills.
- Surveyed individuals at an outpatient health clinic and administered health literacy assessments, as part of a larger project examining racial health disparities in the city of St. Louis.

United States Peace Corps

Abai, Kazakhstan

PEACE CORPS VOLUNTEER, EDUCATION PROGRAM

Aug. 2010 - Nov. 2011

- Planned and team-taught English classes with Kazakhstani colleagues for grades 5-11, and a weekly English course for adults, resulting in measurably improved English knowledge and skills in a community of 700 people.
- Independently organized a Women's Leadership Camp to empower and educate young women.
- Completed cross-cultural competency training and project design training.

Public Health Interventions in Developing Countries

Cap-Haïtien, Haiti

MASTERS COURSEWORK

Jun. 2014

- Shadowed Sustainable Organic Independent Livelihoods (SOIL), an ecological sanitation organization, in Cap-Haïtien communities.

Education

Washington University in St. Louis

Saint Louis, Missouri

MASTER OF PUBLIC HEALTH

2014

University of Texas at Dallas

Dallas, Texas

B.A. PSYCHOLOGY

2010

Additional Skills

Computer Skills Microsoft Office

Language Skills Kazakh (Advanced), Twi (Beginner), French (Beginner), Russian (Beginner)