

# Sonia Rego, MPH

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## EDUCATION

### **Washington University in St. Louis**

Master of Public Health 2014

### **University of Texas at Dallas**

Bachelor of Arts Psychology 2010

## PUBLIC HEALTH EXPERIENCE

### **Ghana Health and Education Initiative, Humjibre, Ghana (March 2016 - August 2016)** *Health Program Coordinator*

- 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 scale-back of GHEI's long-term Malaria Prevention Program, and the community handover of the Handwashing with Soap in Schools programs.

### **International Institute of St. Louis (August 2014 – May 2015)**

*Refugee Coordinator*

- 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 through all of Missouri.

### **George Warren Brown School of Social Work, St. Louis, MO (October 2013-August 2014)**

*Research Assistant*

- Worked as a research assistant on a randomized control trial of sustainable improved cookstoves in rural India, and the consequent health effects on women and children.
- Researched negative birth outcomes in correlation to water contaminants.

### **Washington University School of Medicine: Division of Public Health Sciences (May 2013-October 2013)** *Researcher*

- Assisted in a longitudinal public health research course for community members 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.

## INTERNATIONAL EXPERIENCE

### **United States Peace Corps, Abai, Kazakhstan (August 2010-November 2011)**

#### **Peace Corps Volunteer, Education Program**

- 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.
- Completed cross-cultural competency training and project design training.

### **Public Health Interventions in Developing Countries, Cap-Haïtien, Haiti (June 2014)**

#### **Masters Coursework**

- Shadowed Sustainable Organic Independent Livelihoods (SOIL) in Cap-Haïtien communities.
- Attended interactive lectures with non-governmental organizations on health policy, epidemiology, biostatistics and program planning in a developing nation.

## ADDITIONAL SKILLS

COMPUTER SKILLS: Microsoft Office

LANGUAGE SKILLS: Kazakh (Advanced), French (Intermediate), Russian (Beginner) and Konkani (Native)