

## **Monday, May 18th, 2026**

On this day, I completed my assigned tasks from home. This week's tasks included continuing to review the updated information and materials shared in our intern folder, such as new survey data. I also reviewed links and resources related to Food is Medicine from organizations and institutions such as the Food is Medicine Coalition, Tufts University, and the American Heart Association. These materials provided different perspectives on the impact of nutrition-based interventions and community health programs. After completing my review for the day, I closed my computer and concluded my work.

### **Competencies:**

- 1.1 Plan assessment.
  - 1.1.1 Define the purpose and scope of the assessment.
  - 1.1.3 Identify existing and available resources, policies, programs, practices, and interventions.
- 1.2 Obtain primary data, secondary data, and other evidence-informed sources.
  - 1.2.3 Conduct a literature review.

## **Tuesday, May 19th, 2026**

This was another virtual day as I completed my assigned tasks from home. During my review, I explored information on the American Heart Association Health Care by Food initiative. One statistic that stood out to me was that around 90% of the \$4.3 trillion annual cost of health care in the United States is spent caring for chronic diseases, many of which have diet as a major risk factor. The material provided insight into how Food is Medicine interventions can support the treatment, management, and prevention of diet-related diseases while also addressing barriers to accessing nutritious food. After completing my review, I closed my computer for the day.

### **Competencies:**

- 1.1 Plan assessment.
  - 1.1.3 Identify existing and available resources, policies, programs, practices, and interventions.
- 1.2 Obtain primary data, secondary data, and other evidence-informed sources.
  - 1.2.3 Conduct a literature review.

## **Wednesday, May 20th, 2026**

This day, I continued reviewing the literature links and materials provided by Ciara during the last intern meeting. I reviewed two additional links and returned with individual project ideas and notes on what I learned from the materials. I also began drafting possible research ideas for both my individual and group projects to be completed over the course of my internship. Reviewing these materials helped me begin narrowing my project ideas by

identifying topics that connect nutrition, public health, and health disparities. After taking notes from my review, I closed my computer for the day.

Competencies:

- 1.1 Plan assessment.
  - 1.1.3 Identify existing and available resources, policies, programs, practices, and interventions.
- 1.2 Obtain primary data, secondary data, and other evidence-informed sources.
  - 1.2.3 Conduct a literature review.

### **Thursday, May 21st, 2026**

Today was the second intern meeting on Teams with Ciara and my fellow interns. We started the meeting by discussing what we learned and reviewed in the literature. We also discussed a few ideas for projects we could begin working on. Ciara provided a tutorial on using REDCap, the system used to manage survey data. At the end of the meeting, we were assigned additional tasks for the following week, including further review of the literature as well as reviewing ongoing projects and deciding which ones we would most like to work on. After the meeting, I spent the rest of my time reviewing the information we discussed before closing my computer for the day.

Competencies:

- 1.1 Plan assessment.
  - 1.1.3 Identify existing and available resources, policies, programs, practices, and interventions.
- 1.2 Obtain primary data, secondary data, and other evidence-informed sources.
  - 1.2.3 Conduct a literature review.

### **Friday, May 22nd, 2026**

On this day, I attended an in-person nutrition class at Calvary Baptist Church with Ciara to assist the instructor with data collection. I began the day by arriving at the church, where I met Ciara and the instructor, a Registered Dietitian Nutritionist named Sierra. After the room was set up, participants began arriving. The program started with a cooking demonstration in which participants assisted the instructor in preparing a modified version of an enchilada bowl. After trying the meal, the instructor began the presentation, which included information on nutrition labels and tracking sodium and added fats. The class also discussed topics such as refrigerating rice to reduce starch and how rinsing canned beans can reduce sodium content by 40%. This was week six out of seven of a program conducted by Open Hand Atlanta. At the end of the presentation, Ciara provided participants with post-program surveys. After making sure the workshop area was clean, I returned home for the day and entered the survey data into REDCap.

Competencies:

- 4.3 Manage the collection and analysis of evaluation and/or research data using appropriate technology.
  - 4.3.2 Implement data collection procedures
  - 4.3.3 Use appropriate modalities to collect and manage data.

**Reflection of Week 2:**

Reflecting on my second week as an intern at Open Hand Atlanta, I am starting to learn new skills in data collection. It was interesting to get trained on and enter survey data into REDCap. I hope to continue learning about the data collection and storage methods used by Open Hand. I enjoyed sitting in on a workshop this week and seeing the work done by Open Hand in person. The discussions and interactive nature of the class allowed individuals to learn, cook meals, and take what they learned home to apply to their own food. The workshops are part of the produce prescription programs at Open Hand that provide participants with a nutrition class (in a multiple-week model with follow-up) and grocery delivery. This is my second time seeing how these programs are run and carried out. I was also able to further explore Food is Medicine in the literature from different sources and perspectives. I began drafting possible project topics through my review of the literature as well. I am excited to see what's in store for me and how much I will learn in the coming weeks.