



## Institute for Family Health/Bronx Health REACH Research Internship

**Position:** Research Intern

**Projects:** Vegetable and Fruit Prescription Program and Healthy Restaurants Initiative

**Supervisor:** Mubashir Mohi-ud-Din, Evaluator and Policy Analyst at the Institute for Family Health/  
Bronx Health REACH

### **Summary:**

Bronx Health REACH, a federally funded project of the Institute for Family Health is seeking an intern to assist with the research and qualitative evaluation of two of its programs, the Vegetable and Fruit Prescription Program and the Healthy Restaurants initiative. The program serves residents of the South Bronx who suffer from high rates of obesity, heart disease, diabetes, and other nutrition related diseases. This position is ideal for students pursuing undergraduate or graduate-level studies with an interest in eliminating racial and ethnic health disparities, program evaluation, obesity prevention, nutrition, and healthy food access and retail. The evaluations are being conducted with the assistance of the New York University School of Medicine. The initiatives are funded by a grant from the Centers for Disease Control and Prevention's Racial and Ethnic Approaches to Community Health (REACH) program.

### **The Institute for Family Health**

The [Institute for Family Health](#) (the Institute) is a network of federally qualified health centers (FQHC) that provides health care services at 27 locations in the Bronx, Manhattan, Ulster and Dutchess Counties. It currently offers primary care, mental health, dental care, and social work services to 100,000 patients of all ages, regardless of their ability to pay. In addition, the Institute operates three residency-training programs in family medicine and trains health professional students at all levels through the New York State Area Health Education Center program.

### **The Bronx Health REACH Coalition**

Since 1999, the Institute has led The [Bronx Health REACH Coalition](#), which aims to eliminate racial and ethnic disparities in health outcomes in diabetes and heart disease in Black and Latino communities in the Bronx. The coalition includes 70 community-based organizations, health care providers, faith-based institutions, schools, community residents, housing, and social service agencies from across the Bronx. Through health promotion and outreach efforts; an emphasis on policy, system and environmental change; community partnerships; and utilizing the community based participatory approach, Bronx Health REACH works to affect change and reduce disparities in many areas, including nutrition and physical activity, diabetes management, and healthcare access.

### **The Vegetable and Fruit Prescription Program (VFRx)**

To address the major barriers of affordability and the lack of information about the importance and location of fresh vegetables and fruits in South Bronx communities, Bronx Health REACH collaborated with 3 of the Institute's FQHCs to implement the VFRx program. VFRx involves medical providers issuing prescriptions to obese patients to eat more vegetables and fruits. The prescriptions may be "filled" at participating food retail outlets such as farmers markets and local supermarkets. Events such as farmers market and supermarket tours

and healthy cooking demonstrations are integrated into the program to educate patients on healthy food choices in their local food retail environment. Incentives are given to patients to make their healthy food purchases more affordable.

### **Healthy Restaurants Initiative**

The Healthy Restaurants initiative aims to increase healthy food options at South Bronx restaurants through a collaboration with Bronx Health REACH, the South Bronx Overall Economic Development Corporation (SoBRO), and the United Business Cooperative (UBC), a food cooperative in the South Bronx.. Participating restaurants are offered trainings and technical assistance on how to procure and sell healthier items in a financially sustainable way and asked to offer one healthy item on their menus and The Bronx Salad, a dish with simple, fresh ingredients that represent the culinary diversity of the Bronx. To date, 20 restaurants are participating in the initiative.

### **Responsibilities:**

- In collaboration with SoBRO, conduct follow-up surveys with restaurant customers
- Assist in the development of qualitative protocols to be used during interviews and focus groups with health center providers, clinical staff, patients, and restaurant owners
- Co-facilitate focus groups and interviews with health center providers, clinical staff, patients, and restaurant owners
- Compile, code, and transcribe qualitative findings
- Assist with the development of manuscripts in partnership with Bronx Health REACH and NYU School of Medicine staff
- Prepare reports and present findings at Bronx Health REACH Coalition and Workgroup meetings
- Attend and record minutes for regularly scheduled related meetings with Bronx Health REACH and partners working on the initiatives

### **Requirements:**

- Currently enrolled in an undergraduate or graduate program focused on public health, sociology, education, public administration, or a related field
- Understanding or strong interest in racial and ethnic health disparities, healthy food retail, nutrition, and obesity prevention
- Experience or interest in data collection and qualitative data analysis
- Strong interpersonal, verbal and written communication skills
- Willingness and ability to travel in the South Bronx
- Proficiency with computers, including but not limited to MS Word, Excel, and Power Point, REDCap
- Bilingual- English/Spanish
- Available December/January 2018 through June 2018

### **To Apply:**

Please send cover letter and resume to:

Mubashir Mohi-ud-Din

Evaluator and Policy Analyst

Email: [mmohi-ud-din@institute.org](mailto:mmohi-ud-din@institute.org)

Please indicate "Bronx Health REACH Research Internship" in subject of e-mail.