My Practicum at Hillside Health Care International

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Hillside Health Care International

Hillside Health Care International is a non-governmental organization that aims to provide free medical care, disease prevention and health education to communities in Southern Belize.

As a Policy Analyst I...

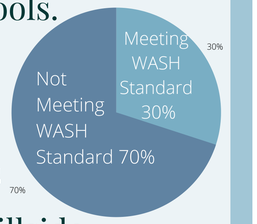
- Worked virtually in the Public Health division, supervised by the Public Health Director
- Identified policy issues regarding water access, sanitation and hygiene (WASH)
- Assessed the WASH situation in four schools
- Analyzed domestic and international policies
- Developed a policy brief, advocacy campaign and educational materials

Assessment of School WASH Facilities & Resources

One operating toilet and handwashing station for **all** students & staff in Laguna Government School

WASH In Schools Project

Project aimed to assist the 4 schools in seeking financial and material support, to improve WASH in their schools.



Policy Brief Development

- Researched WASH and international standards
- Transcribed school interviews conducted by Hillside
  - Identified areas of success and WASH needs
- Analyzed International Human Rights legislations
  - ICESCR & CRC ratified by Belize (legally binding)
- Addressed 3 considerations for School Management
- Aimed to guide principals/teachers in reaching out to school management & prompting action to support their WASH needs
- All completed in a virtual setting in light of COVID-19

Courses That Supported My Work

HLST 3110 and POLS 2910 • Analyzing policies • Policy brief writing • Developing realistic solutions	HLST 4510 • Int. Human Rights background • Advocacy at the local level • Health implications of HR violations
HLST 4200 • Research methods expertise • Designing interview questions • Transcribing & analyzing interviews	HLST 2010 • Social determinants of health • Evidence-based research • Political approaches to health

Significance of My Work

To the Organization

- Supported Hillside's mission in disease prevention and health education by guiding schools to understand the importance of WASH, methods of seeking financial and material support, along with educational materials on WASH.

To the Community

- Led staff and students to understand how adequate WASH promotes health outcomes and improved child development
- Education on human rights, health implications and how to advocate for rights at the local level

Personal Reflection

- Fostered community engagement & health promotion by aiding communities in achieving equitable health opportunities
- Developed solutions for community challenges through quantitative analysis and policy brief writing
- Planned & executed a successful project with team, stakeholders and decision makers

Words of Encouragement

To my former self: If you have an idea or solution, make sure to express it - you may fear it won't be considered, but ask yourself, what if it will?

To future students: Set weekly and monthly goals for yourself, tasks can be daunting but with goal setting and prioritizing your time, you can achieve anything!