

THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

THE ALBERT
SCHWEITZER
FELLOWSHIP®
*Addressing Health Disparities
by Developing Leaders in Service*

A Place at the Table

Goals:

- To instill Gladden Food Pantry clients with the knowledge and skills they need to make healthy meals using the resources at their disposal.
- To provide educational information and skill-building activities related to vaccinations, hygiene, and self-care as a means of reducing the spread of communicable diseases.

Program Components:

- Biweekly nutrition education sessions (based on USDA MyPlate Guidelines) paired with healthy food taste testing events.
- Monthly “hygiene demos” in which clients learned how to make personal care products (e.g. toothpaste) using inexpensive household ingredients.



Partnership:

- Carried out program at Gladden Food Pantry, the third largest pantry in Central Ohio (feeds approximately 1,200 unique individuals each month).
- Served residents of Franklinton, a low-income neighborhood characterized by food insecurity and a high rate of lifestyle-related chronic disease (e.g. diabetes, high blood pressure).

Impact:

- Conducted 22 nutrition education sessions for a total of 50 unique individuals, including 4 regular attendees.
- Several clients who participated in the program made a point of telling me how they had incorporated nutrition and food preparation lessons into the lives: “I made your spaghetti squash dish three times since the class in October!”.



Meghan O'Brien

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COLLEGE OF PUBLIC HEALTH

“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD