

2017 Annual Public Health

GRADUATE STUDENT SHOWCASE



Capstone & Thesis Awards

UNIVERSITY OF MIAMI
MILLER SCHOOL OF MEDICINE
DEPARTMENT of
PUBLIC HEALTH SCIENCES





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MPH Class of 2017



Raising Awareness About Women's Heart Disease in Israel

Background & Objectives: Heart disease is among the leading causes of death worldwide, however, it is highly preventable if risk factors are appropriately addressed. Women are disproportionately affected by heart disease, often developing disease later in life and presenting with different symptoms. This elevates their risk of misdiagnosis. Furthermore, many women ignore the signs of a heart attack, increasing their risk of mortality. Through a \$10-million grant, Irene Pollin established the Linda Joy Pollin Cardiovascular Institute for Women with the goal of promoting women's heart health throughout Israel and the world. The objective of this field experience was to learn about the Institute's work and to gain a better understanding of the cultural factors influencing lifestyle and behavioral risks for heart disease in women within different communities in Jerusalem.

Activities: Reviewed literature on women's health, in particular among the Haredi community, to learn about their behavioral risk factors. Researched existing national public health media campaigns, and hospital employee health interventions to provide recommendations. Assisted with ongoing community outreach and health education programs.

Conclusion: There is very little health promotion and disease prevention literature on Haredi women's health due to the private nature of the community. However, risk factors for heart disease are evident in this group of women, likely related to diet and sedentary lifestyles. Culturally sensitive research and programs are needed to increase the knowledge of risk factors and to promote healthy behaviors and heart health.



Osamoje Imoohi,
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Navigating Israel's Ministry of Health

Background & Objectives: The Miami Israel Science & Health (MISH) Fellowship, sponsored by the Kuvim Foundation, encouraged participation in research on various public health issues facing Israel's Ministry of Health (MOH). The objectives of this experience are to observe the multiple facets and operations overseen by the MOH and to understand Israel's healthcare system.

Activities: Attend lectures on zoonotic diseases such as Brucellosis and Leishmaniasis, participate in a nutrition and food sustainability conference at Tel-Aviv University, attend weekly meetings and debriefings for the Department of Epidemiology, and to research the public health needs of migrants and refugees seeking asylum in EU countries.

Results: Although Israel's health expenditure is significantly below the average for countries in the Organization for Economic Co-operation and Development (OECD), it still manages to maintain a very high health index. The National Health Insurance Law of 1995 remains an integral component of Israel's effective healthcare system. It mandates health coverage for every resident of Israel. Finally, they have established a permanent electronic medical records system for the entire country.

Conclusion: Israel's Ministry of Health is responsible for providing health services to all of its residents, including designing, facilitating, and delivering public health services through hospitals, mental health clinics, and family health centers. The Ministry has explicitly stated reducing health gaps between different societal groups as a goal. A concerted effort should be made through health promotion and marketing to reach non-Hebrew speaking residents in order to avert the current inadequate usage of health care services by Israel's Arab residents and African immigrants.



Marzhan Rakhimzhanova,
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Prevalence of Childhood Obesity in Israel

Background & Objectives: According to the Israeli Health Ministry and other population-based reports, 14% of children are obese and another 26% of children are overweight. Little is known about the etiology of obesity in Israeli children, however.

Methods: The 2016 MISH fellowship consisted of: participating in several obesity-related activities, conducting literature research to examine the healthcare system of Israel and prevalence and etiology of childhood obesity, exploring the District of Health Office duties and responsibilities and delivering a presentation on the Global Burden of Childhood Obesity.

Results: The results show that childhood obesity is increasing yearly in Israel. According to research study that was conducted among schoolchildren in Israel in 2011, obesity peaks in girls at age 9 and in boys at age 11. A total of 70% of the food being consumed in Israel is processed, which means children consume double the recommended amount of sodium. Among adolescents, 41% of girls and 45% of boys consume a sweet drink at least once a day. Lack of physical activity is a major cause of obesity. Children spend many hours in front of the screen.

Conclusion: Based on the literature search there is a lack of population-level data on the prevalence and etiology of childhood obesity in Israel. Prevention studies also need to be conducted to learn what strategies can be incorporated to reduce the current obesity rates.