

Student Hero, Global Health Track

Matthew Green, MPH©



Matthew grew up near Chicago and knew even as a small child that he was passionate about health. He moved to southern CA to complete his undergraduate studies in (pre-med) biology with minors in psychology and Spanish. He graduated with honors and completed a thesis research project assessing the impact of an 8-week meditation curriculum on psychosocial and physiological stress responses in a college population. This project continues with efforts from colleagues and current students at the University of Redlands. After college Matthew came to work in SF at a health foods/nutrition store. He learned a great deal of nutrition information but realized that this industry catered to those with large incomes. This seemed backwards because he knew that low-income populations would also benefit, and it was not fair that they could not access these health resources due to the exorbitant costs. He had been looking at the DO program at Touro and eventually found his way into the MPH program with a dedication for reducing health disparities, keeping food access and nutrition education in mind as his primary emphasis. Most of his major projects for coursework at Touro centered around these themes in some way, for example: a project for Health Promotion and Education with Dr. Annette Aalborg involved designing and teaching a 6 week PH curriculum to a group recovering from homelessness and addiction at the Mission Solano Community Outreach Center in Fairfield. All the lessons were intriguing but nutrition was his favorite lesson to design and teach by far. Furthermore, Matthew's global health field study involved collaborating with a nutrition center near La Paz, Bolivia for kids under 5 to design a community assessment regarding neighborhood mothers' awareness, perceptions, and satisfaction with The Center and overall nutrition. Matthew was also able to assist with a great deal of community nutrition education and outreach.

Recently Matthew has been collaborating with Dr. Aalborg and Professor Sarah Sullivan on projects

regarding research ethics education in Bolivia, and will be starting additional community transformation and family empowerment work with Dr. Aalborg in April. His original plans were to become a physician and he got into a few programs (including TUCA), but as a result of numerous personal and professional experiences he recently decided to change his course and commit to health promotion, specifically in an international/community nutrition capacity. Throughout his time in the MPH program he was enlightened to many opportunities in the field of health, and shown how intricately linked individual health is with social and physical environments. His efforts, skills, and passion will serve better pursuing a path that recognizes these, and aims to reduce health disparities through a combination of education, research, and outreach. He eventually plans to pursue a PhD in international/community nutrition, but for now he wants to work with the community nutrition programs in Solano County, and foster robust University-Community collaborations that area.