

The scholarship money I received from the UPS Foundation was applied toward my tuition in pursuit of my Bachelor of Science in Nursing (BSN). At the time I was awarded the money, the class I was taking was Community Health. This class brought light to some of the health disparities within my own community. I had to complete a community health assessment to determine the top health issues that affect the area in which I live. The number one health problem in my area was heart disease. I began to look closer at the industries within the community and determine if any of them had any type of wellness programs or preventative measures in place to combat heart disease. After surveying the workplace, approximately half of the industries offered some kind of incentive for preventative care whether it be a reduction in premiums for insurance or discounted memberships to the gym. For the companies who did not offer any type of information to their employees, I offered to do onsite wellness classes and provide some “lunch and learns” on healthy eating and other topics on preventative health issues that could easily be done and not create any financial burdens for the employee or their family members. I created some literature that could be passed out to interested employees that listed agencies in the community that held free classes or offered free services that promoted well-being. I also discussed with these employers the impact of healthy snacks in their vending machines versus the high calorie and high-fat snacks that were present in the breakrooms. Meeting with company executives and explaining how promoting and keeping their employee's healthy, benefits the employee and the company by ensuring a healthy workforce and decreasing medical expenses paid by the employee and the company.