Animation Script

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Health promotion with Dr. TanYa Gwathmey

To make the most out of this script, you could:

- Stick it in your notebook as a record of watching TanYa's animation
- Pause the animation and make notes as you go
- Add your own illustrations to the sheet
- Create your own animation to accompany it
- Add notes from classroom discussions
- Make notes of areas you will investigate further
- Make notes of keywords and definitions
- Add questions you would like answered – you can message TanYa through the comments box at the bottom of her article: **futurumcareers.com/health-promotion-with-dr-tanya-gwathmey**

SCRIPT:

TanYa spent much of her childhood watching her mother care for sick family members who couldn't access healthcare or who didn't trust healthcare professionals. This inspired TanYa's dream of improving health outcomes in all communities. Growing up, TanYa was also surrounded by pets giving birth, which inspired her teenage dream of becoming an obstetrician – a doctor who cares for pregnant women.

In college, TanYa had the opportunity to work with a neonatologist who studied high blood pressure in newborn babies and sheep. She was fascinated by this research and so decided to change her career path and become a biomedical researcher. TanYa recognized that she could apply her research findings to help people who resembled her loved ones and improve health outcomes in communities like the one in which she grew up. She decided to advocate for people who do not fully understand or are unable to access healthcare.

Today, TanYa is a health promoter at Wake Forest University School of Medicine. Health promotion involves efforts to improve health and prevent disease through education, community involvement, and interventions that encourage healthy behaviors. As such, careers in health promotion include roles in clinical healthcare, health education, academic research, and community health work.

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Health promotion aims to normalize conversations about health, making it easier for people to seek information and resources to help them lead healthier lives. This is particularly important in communities where access to healthcare can be limited, and where communities may not be engaged with the health care systems for several reasons. Evidence shows that certain communities may be more likely to receive health-related information when provided through groups that they have a connection with. For example, for some African Americans, the group they may feel most connected with could be their church.

As a health promoter, TanYa co-leads the Triad Pastors Network which is a partnership between health researchers and Christian faith leaders from African American communities in North Carolina. TanYa works with church leaders who report on the health conditions that are most prominent in their congregation. She then develops tailored health education resources that are adapted to the unique needs of each community.

TanYa also trains church members to serve as health ambassadors. Health ambassadors share health information with their fellow church members and educate them about how to prevent and manage health conditions. For example, they might organize workshops about specific health conditions or establish groups that encourage healthy behaviors.

Through her role as a health promoter, TanYa is increasing access to healthcare, reducing poor health outcomes, and ultimately, achieving better health for all communities.

Now that you've heard TanYa's story, what could you achieve as a health promoter?

Let us know what you think of this educational and career resource. To provide input, simply scan the QR code or use this link: redcap.school.wakehealth.edu/surveys/?s=NPK347RYHCR3FNDC