The WAVE Program~Ripples for Change: Obesity Prevention in Active Youth
Carmen López

WAVE Project Description:
The WAVE Project focused on improving nutrition and sports performance in active teens to develop a healthy lifestyle for when they transition out of soccer season. High school students from Salem would attend nutrition classes, and participate in a virtual world to reinforce their nutrition intake off the field.

Internship Projects:
The responsibilities included editing English documents to assess participants in the soccer, summer camps and translating numerous documents in Spanish to recruit, and enroll Spanish-speaking families. I created student reports using Word, Excel, and OneNote to communicate with participants in health and nutrition. Over the course of 4 weeks we enrolled approximately 700 high school students to participate in the 2-year WAVE study.

Skills gained:
I learned how to use mail merge to keep track of the 700 students and to make reports. I also used OneNote to create student information from the pilot program. I hadn’t used this applications before this internship.

Internship Highlights:
I have enjoyed being part of this research study, working with the high school students, and the WAVE team. I have enjoyed the experience, I had never worked with such a large scale of participants and so many moving pieces. I also enjoyed present the jeopardy college workshops to the high school students.

Study Components (3):

Enrollment:
Prepare materials for enrollment including packets that contained the consent documents, parent and student surveys. We would go after the high school students’ soccer practice to get them to enroll in the study.

Mini Camp 1:
Prepare material for surveys, nutrition lesson, weighing and height measurement. I would be part of the assessment and help supervise students while they did their 3 surveys.

Mini Camp 2:
Present a jeopardy college workshop to high school students to motivate them to go to college. Included in the presentation were deadlines and how to apply for colleges, university abbreviations and locations. I did a total of presentations in one week to 400+ students.

I collected OSU promotional items from different departments on campus to hand out to the students.

Enrollment: High school in Salem

Mini Camp 1: High school in Salem

Enrollment: High school in Keizer

Linkedin:
I created a LinkedIn in a count and I am satisfied with the end result. It shows cases my professional experience and I am able to network with other professionals from different universities and non-profit organizations.

Linkedin account: https://www.linkedin.com/pub/carmen-lopez/57/58/435

Quotes I live by:
“Comete el mundo”
“Tienes el mundo a tus pies”
“Inténta inspirar y recordar.”

Special Thanks To:
Siew Sun Wong, Meng Yu, Mario Magaña Álvarez, Linea Sonnenberg, Amparo Mata, Nicolle Verdugo, Gregorio Luth, my supervisor, and the WAVE team for all the support with translating, creating packets.

What’s next:
Teen Program Coordinator at the Boys & Girls Club in Woodburn.