

DATE: August 23, 2011

TO: City Clerk

FROM: Representative Emma Acosta

ADDRESS 2 Civic Center Plaza 10th Floor, El Paso, TX TELEPHONE (915) 541-4572

Please place the following item on the (Check one): CONSENT XXX REGULAR _____

Agenda for the Council Meeting of August 23, 2011

Item should read as follows: Appointment of Lucia Hernandez to the Retired and Senior Volunteer Program Advisory Council by Representative Emma Acosta, District 3

SPECIAL INSTRUCTIONS: _____

BOARD COMMITTEE/COMMISSION APPOINTMENT/REAPPOINTMENT FORM

NAME OF BOARD/COMMITTEE/COMMISSION: Retired and Senior Volunteer Program Advisory Council

NOMINATED BY: Representative Emma Acosta DISTRICT: 3

NAME OF APPOINTEE Lucia Hernandez
(Please verify correct spelling of name)

BUSINESS ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____ PHONE: _____

HOME ADDRESS: _____

CITY: El Paso ST: TX ZIP: _____ PHONE: _____

WHO WAS THE LAST PERSON TO HAVE HELD THIS POSITION BEFORE IT BECAME VACANT?

NAME OF INCUMBENT: Shirley J. Whelan

EXPIRATION DATE OF INCUMBENT: 08/01/2008

REASON PERSON IS NO LONGER IN OFFICE (CHECK ONE): TERM EXPIRED: X
RESIGNED _____
REMOVED _____

DATE OF APPOINTMENT: 08/23/2011

TERM BEGINS ON : 08/24/2011

EXPIRATION DATE OF NEW APPOINTEE: 08/01/2013

PLEASE CHECK ONE OF THE FOLLOWING: 1st TERM: X
2nd TERM: _____
UNEXPIRED TERM: _____

Lucia Hernandez

ACADEMIC PREPARATION:

Master of Science (Health Promotion), May 2010, Magna Cum Laude

University of Texas at El Paso (UTEP), El Paso, TX

Thesis: *Predicting walking and physical activity using the Theory of Planned Behavior in a worksite wellness setting.*

Bachelor of Science (Health Promotion, Business Minor), December 2006, Cum Laude

University of Texas at El Paso (UTEP), El Paso, TX

PROFESSIONAL EMPLOYMENT:

Section Coordinator, Texas Tech University Health Sciences Center, Paul L. Foster School of Medicine, El Paso, TX

February 14, 2011- Present

- Manage the process to support/facilitate recruitment, appointment, and retention of volunteer clinical faculty.
- Develop ongoing modes of communication
- Coordinate developmental opportunities related to skills for teaching medical students
- Maintain professional relationships within the medical community to encourage involvement with the PLFSOM

Program Coordinator, University Wellness Program, University of Texas at El Paso, El Paso, TX

January 2007 – February 2011

- Provide guidance and resources to Wellness Ambassadors to help implement health initiatives in their respective units.
- Work cooperatively with the University of Texas System Wellness Committee, UTEP's Human Resource Services (Benefits), and an internal Steering Committee to ensure full integration of program initiatives.
- Collaborate with several fitness instructors, nutritionists, and other consultants from UTEP and the local community, to lead program efforts.
- Coordinate yearly on-sight glucose screenings, which create awareness about personal health risk among participants, and capture an average of 25% of undiagnosed conditions.
- Manage marketing and communications to maximize program engagement
- Research health and wellness information by means of journal articles, webinars, claims data, and other mediums for continual improvement of promoting wellness among employees.
- Responsible for coordinating lectures, health events, and fitness classes

- Implement yearly cross-sectional health risk assessments and analyze data, which capture the overall health status of University employees enabling the program to create specific wellness initiatives.
- Create a wide variety of written materials
- Mentor one Health Promotion intern a semester

Writer, Paso del Norte Health Foundation (PdNHF), El Paso, TX

August 2010-December 2010

- *School Health Policy: Trends and Recommendations for the Paso del Norte Region*

Intern, Coordinated School Health, El Paso Independent School District (EPISD), El Paso, TX

May 1, 2009 – August 31, 2010

- Wrote and submitted an employee health and wellness proposal to increase physical activity that has the potential of gaining the District \$30,000
- Developed and managed a competitive staff walking program for over 300 employees, which increased physical activity in participants by 50% in a six-week period.
- Developed a staff wellness manual for 60 elementary school health leaders used to utilize and implement health and wellness initiatives for employees at each campus.
- Assisted in creating health educational supplements for elementary and middle school children.

Research Assistant, Pan American Health Organization (PAHO), El Paso, TX

May 2007-October 2007

- Designed graphs, charts and scientific posters for diabetes related data and met all deadlines with ample time for sufficient preparation for the presenter.
- Helped translate and edit scientific abstract and journal article, which made it possible for publishing.

Research Assistant, Border Research Solutions (BRS), El Paso, TX

March 2006-December 2006

- Collected necessary data by conducting one-on-one interviews with college students participating in the Brief Alcohol Screening Intervention for College Students (BASICS) at UTEP.
- Responsible for creating, systematizing and maintaining different databases.
- Became familiarized with SNAP and SPSS software.
- Achieved recruiting over 150 students for a 6-month follow-up for the BASICS Program.
- Assisted in conducting focus groups and needs assessment surveys throughout the community in regards to health access to AIDS patients, and sex education for high school students.

Research Associate, Bilingual Research Services (BRS), El Paso, TX

April 2005-August 2006

- Collected data through telephone interviews in Spanish and English.

HONORS, AWARDS:

American College of Preventive Medicine Conference, Austin, TX

- Outstanding Scientific Poster Presentation, 2008

Graduate School, University of Texas at El Paso, El Paso, TX

- Graduate Enhancement Travel Award, 2008

PROFESSIONAL AND COMMUNITY SERVICE:

Community Service

Recreational Coordinator, The Light House Foster Home, El Paso, TX

May 2009-October 2010

- Coordinated a series of recreational events for the residents at the foster home that included yoga, aerobics, arts and crafts, music and film, health education, and community field trips.

Mentor, International Baccalaureate Programme (IB Program), Coronado High School, El Paso, TX

September 2009-August 2010

- Creativity, Action, and Service (CAS) mentor for two students' project on educating El Paso children on the dangers of childhood obesity.

Liaison, Project Miner Opportunities for Volunteer Experiences (Project MOVE), University of Texas at El Paso, El Paso, TX

August 2009-March 2010

- Linked community organizations to Project MOVE to serve as opportunities for students, faculty and staff to serve the needs in the El Paso community.

Volunteer, Student Development Center, University of Texas at El Paso, TX

January 2009-July 2009

- Volunteered ten hours a week to help support the Student Development Centers initiatives.

Volunteer, Soles 4 Souls, El Paso, TX

January 2009-May 2009

- Collected used and new shoes from the community to donate to Soles 4 Souls.

Undergraduate Coordinator, Be Red Cross Ready, American Red Cross, El Paso, TX

January 2008 – May 2008

- Supervised twelve undergraduate students' progress that completed disaster and Emergency Preparedness workshops and coordinated six successful Emergency Preparedness workshops throughout the El Paso County. This impacted a diverse population of 120 El Paso residents.

RESEARCH

Hernandez, L. (2010). *Predicting walking and physical activity using the Theory of Planned Behavior in a worksite wellness setting*. University of Texas at El Paso (UTEP), Thesis.

Hernandez, L. (2010). *School Health Policy: Trends and Recommendations for the Paso del Norte Region*. Paso del Norte Health Foundation (PdNHF).

EDUCATIONAL/SERVICE GRANTS

Aetna Foundation, February 2011, \$50,000, *in process*

- *Pathways to Employee Fitness*, Employee Worksite Wellness Initiative for the El Paso Independent School District

MAJOR PRESENTATIONS

Hernandez, L. & Rodriguez, R. (2009). "Healthy Eating Habits" Presented at the University of Texas at El Paso's Shape your Life, Shape your Future, Evolve, Student Leadership Conference, April 4, 2009, El Paso, TX

Hernandez, L. (2008), *Prevalence of obesity and other risk factors for cardiovascular disease among young adults residing in the US-Mexico Border, 2000-01*, Poster presented at the Texas Tech Health Sciences Center, 2nd Annual Research Colloquium, May 21, 2008, El Paso, TX.

Hernandez, L. (2008), *Prevalence of obesity and other risk factors for cardiovascular disease among young adults residing in the US-Mexico Border, 2000-01*, Poster presented at the American College of Preventive Medicine Conference, February 21, 2008, Austin, TX.

THE UNIVERSITY OF TEXAS AT EL PASO

University Service

Health and Information Fairs, University of Texas at El Paso, El Paso, TX

- 13th Annual Health and Wellness Fair, Human Resource Services (HRS), provided Physical Activity Promotion, Hula Hoops, June 30, 2010.
- 1st Annual Earth Fair, University Relations (UR), provided Wellness Education and a Yoga class, April 23, 2010.
- Love Your Body Health Fair, Woman's Resource Center (WRC), provided Wellness Education, BMI and blood pressure assessments, October 17, 2009
- Breast Cancer Awareness Health Fair, University Wellness Program, provided Health Education regarding Breast Cancer, October 21, 2009.
- Staff Council Info Fair, Staff Council, provided University Wellness Program, BMI and blood pressure assessments, August 26, 2009
- 12th Annual Health and Wellness Fair, Human Resource Services (HRS), provided Physical Activity Promotion, Wii Fit, July 1, 2009.
- Staff Council Info Fair, Staff Council, provided Health and Wellness Education, BMI and blood pressure assessments, August 20, 2008.

- 11th Annual Health and Wellness Fair, Human Resource Services (HRS), provided Wellness Education, Know Your Numbers, BMI assessments, July 2, 2008.
- Screening Health Fair, Employee Health and Wellness Program, provided Wellness Education, multiple health screenings, March 20, 2008.
- Staff Council Info Fair, Staff Council, provided Wellness Education, August 24, 2007.
- 10th Annual Health and Wellness Fair, Human Resource Services (HRS), provided Wellness Education, BMI and Blood Pressure assessments, July 11, 2007.
- Student Development Center Health Fair, Student Development Center, provided Wellness Education, April 2007

Events, University of Texas at El Paso, El Paso, TX

- New Employee Orientation, Human Resource Services (HRS), provide Health and Wellness information assessable on campus to new staff, January 2008-Present.
- New Faculty Orientation , Human Resource Services (HRS), provide Health and Wellness information assessable on campus to new faculty, August 16, 2010.
- Clerical Support Meeting, University Relations (UR), promoted Physical Activity, Hula Hoops Activity, July 16, 2010.
- Splash and Sparks, University Relations (UR), promoted Physical Activity, Hula Hoops Activity, July 2, 2010.
- Walk-a-Thon for Earth Week, University Relations (UR), promoted Physical Activity by creating a walk around campus attended by over 50 people, April 23, 2010
- Splash and Sparks, University Relations (UR), provided Health Education, July 3, 2009.

PROFESSIONAL DEVELOPMENT
Access, Chicago Training GIPRA, Grant Training

Grant Writing for Community Health: Insights and Strategies for Success, Hispanic Health Disparities Research Center, El Paso, TX, January 28, 2011

Microsoft Access Training, University of Texas at El Paso, El Paso, TX, August, 2010

Government Performance and Results Act (GPRA) Training, Border Research Services, Chicago, Illinois, October 2006