

# Sophia R. Garza-Hatcher, MPH

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## Education

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### University of North Texas Health Science Center – Fort Worth, TX

- Doctor of Philosophy in Public Health Sciences 2024 - 2028
- Concentration: Health Behavior Research

### Baylor University – Waco, TX

- Master of Public Health May 2024
- Concentration: Community Health Science
- Capstone: “Exploring the relationship between caregiver health and childhood food insecurity: Insights from the 2022 national survey of children’s health”
- GPA: 3.88

### Baylor University – Waco, TX

- Bachelor of Science May 2022
- Major: Public Health
- GPA: 3.52

## Honors and Awards

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- Dean’s Academic Honor List Fall 2020-Spring 2022
  - Maintained a semester GPA of at least a 3.7 on a 4.0 scale.
- Peer Leader of the Year Spring 2022
  - Recognized by the Academy for Leadership Development for educating and empowering peers to maximize their Baylor experience.
- Baylor MPH Full Tuition Scholarship Recipient Fall 2022-Spring 2024
- Outstanding Graduate Instructor Nominee Fall 2022-Spring 2024
  - The Outstanding Graduate Student Instructor Award honors graduate student Teachers of Record who were able to balance their own studies and responsibilities while demonstrating excellence as classroom instructors.
- 2024 Outstanding Student in the Residential MPH CHS Program Spring 2024
  - The Outstanding Student in the Residential MPH CHS Program Award honors one student based upon professionalism and demonstrated commitment to public health learning.

## Research Experience

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*Baylor University, Department of Public Health, Waco, TX* Spring 2023 – Present

- Analyzed the potential association between food insecurity and sports based participation among American children and adolescents utilizing data from the National Survey of Children’s Health (NSCH) dataset.
- Provided support in analyzing the present literature and covariates of interest relating to both food insecurity and sports based participation in children and adolescents.

*Baylor in Brazil, Waco, TX*

Summer 2023

- Conducted a scoping review analyzing the effectiveness and feasibility of gender-based violence and interpersonal violence prevention interventions targeting women, children, and LGBTQIA+ community members in Brazil.
- Utilized findings from the scoping review to inform the development of a gender-based violence prevention presentation for women attending partnering church congregations.

## **Manuscripts in Development**

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Janda-Thomte, K.M., **Garza-Hatcher, S.R.**, Needham, B.D., and Johnson, A.M. Nutrition insecurity associated with lower odds of sports participation among U.S. adolescents: findings from a cross-sectional analysis of nationally representative data. (Estimated Submission Date: November 30, 2023).

**Garza-Hatcher, S.R.**, Janda-Thomte, K.M., and Ylitalo, K. Exploring the relationship between caregiver health and childhood food insecurity: Insights from the 2022 national survey of children's health. (Estimated Submission Date: October 2024).

## **Conference Abstracts**

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Janda-Thomte, K.M., **Garza-Hatcher, S.R.**, Needham, B.D., and Johnson, A.M. Nutrition insecurity associated with lower odds of sports participation among U.S. adolescents: Findings from a cross-sectional analysis of nationally representative data. International Society of Behavioral Nutrition and Physical Activity 2024 Annual Meeting.

**Garza-Hatcher, S.R.**, Janda-Thomte, K.M., and Ylitalo, K. Exploring the relationship between caregiver health and childhood food insecurity: Insights from the 2022 national survey of children's health. American Public Health Association 2024 Annual Meeting.

## **Scholarly Presentations**

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**Garza, S.R.** (2023, September). *Baylor in Brazil: Sexual Health & Violence*. Presented at the annual Public Health Practicum Fair. Waco, Texas.

## **Leadership And Service**

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*Baylor Graduate Student Association Advocacy Committee Member* Fall 2023 – Spring 2024

- Advocated for graduate school policies and initiatives created to enhance graduate students' quality of life at Baylor University.
- Communicated with cohort to ensure that recommendations and concerns were heard and valued by the Graduate Student Association cabinet.

*Baylor Public Health Student Advisory Board Member, Waco, TX* Fall 2020 – Summer 2024

- Advocated for public health students across all educational levels.
- Composed a written set of student-informed recommendations for the Department of Public Health that detailed student concerns and praises regarding departmental initiatives.
- Presented student-informed recommendations to Baylor Public Health Faculty and answered faculty questions on behalf of the public health student body.

*Baylor University Student Foundation Member, Waco, TX* Fall 2020 – Spring 2022

- Facilitated monetary donations from gracious alumni through outreach events, benefitting scholarships for underserved Baylor University students.
- Provided physical support for on campus events that served the Baylor community, such as All University Thanksgiving and Baylor Homecoming.

*Gamma Alpha Omega Sorority, Waco, TX* Fall 2020 – Spring 2022

- Led and developed HIV educational events available to the Baylor community that discussed the global burden of disease, populations at risk, and resources available.
- Organized philanthropy events that raised approximately \$3,000 for the Elizabeth Glaser Pediatric AIDS Foundation.

*Invited Member, Student Faculty Search Team, Waco, TX* Spring 2022

- Counseled the Baylor University Public Health Department in the hiring process of two potential faculty members.
- Collaborated with other invited students to develop recommendations for potential faculty members.

*Baylor First in Line Casas Por Christo Service Trip, Waco, TX* Spring 2020

- Constructed a home for an underserved family in the Dominican Republic with other first generation college student volunteers.
- Facilitated donations from Baylor and Waco community members to provide housewares, appliances, and food to the targeted family.

*Baylor and Beyond Peer Mentor, Waco, TX* Fall 2019 - Spring 2022

- Mentored approximately 50 freshman students enrolled in 3 course sections of Modern Languages and Cultures.
- Familiarized mentees with campus resources and provided guidance on how to acclimate to a new environment.
- Hosted one-on-one meetings with students to foster social support.

*Baylor Public Health, Healthy Living Fair, Waco, TX* Spring 2019

- Developed educational posterboard that highlighted feminine health topics relevant to the Waco unhoused population with topics including menstruation, breast cancer, and overall sexual wellness.
- Facilitated a menstrual product donation drive in three separate dorms across Baylor University.
- Prepared free menstrual health bags for unhoused health fair participants that contained menstrual pads, sanitary wipes, and a pamphlet detailing free resources in the Waco area.

*Baylor and Beyond Service Committee Member, Waco, TX* Fall 2018 - Spring 2019

- Collaborated with other committee members to organize dorm-wide service events benefiting the Waco community.
- Organized community garden cleanups, low-income day care center cleanups, and regular visits to local senior centers.

## Teaching Experience

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**Graduate Instructor of Record** Fall 2022 – Spring 2024

*Baylor University Department of Public Health*

- Taught 4 sections of PUBH 1145 each fall and spring semester. Total of 16 sections and approximately 500 students taught by graduation.
- Discussed contemporary health issues and topics with enrolled students. Health topics ranged from nutrition to human sexuality.

- Provided information about on-campus resources available to students, such as the counseling center, crisis team, and the on-campus free pantry.
- Fostered a safe and inclusive environment for students of all backgrounds, experiences, and viewpoints.

**Baylor in Brazil Coordinating Team Member**

Summer 2023

*Baylor University Department of Public Health*

- Developed an in-depth sexual health educational presentation for at-risk Brazilian adolescents that included topics relating to sexual anatomy, pregnancy, and sexually transmitted diseases.
- Educated at-risk adolescents with the assistance of a Brazilian Portuguese interpreter.

**Work Experience**

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**AARP Social Marketing Intern**

Fall 2023

*Baylor Collaborative on Hunger and Poverty – Waco, TX*

- Developed an in-depth marketing plan for the SNAP Benefit Indicator tool developed by the Baylor Collaborative on Hunger and Poverty.
- Analyzed literature detailing effective marketing strategies used by other programs targeting elderly populations.

**AmeriCorps VISTA**

Summer 2022

*Baylor Collaborative on Hunger and Poverty – Waco, TX*

- Evaluated the feasibility of implementing Healthy Fluid Milk Incentive program locations in potential counties across Texas, Mississippi, Tennessee, New Mexico, and Alaska utilizing data available through Policy Map.
- Engaged with and informed Waco community members of food access programs such as the Healthy Fluid Milk Incentive program and SNAP through community health fair events.
- Provided customer support to Alaskan Meals-to-You Summer Meals program recipients through the Meals-to-You online help portal and by phone. Customer support tasks involved facilitating the process of providing replacement boxes and assisting in the program enrollment process.

**Public Health Intern**

Spring 2022

*Baylor University Department of Wellness – Waco, TX*

- Developed an educational seminar course for college-aged female students. Seminar topics included topics most impacting the health of female Baylor students with topics ranging from nutrition, substance use, and sexual health.
- Grew partnerships and professional relationships with health experts across Baylor University to provide the most up-to-date information to program participants.

**Faith in the Vaccine Ambassador**

Fall 2021

*Interfaith Youth Core – Waco, TX*

- Designed social media content that provided information of local COVID-19 testing and vaccination centers in the Waco, Texas area.
- Created community outreach materials highlighting the importance of getting tested for COVID-19.
- Developed community outreach materials highlighting the importance of receiving COVID-19 vaccinations.
- Collaborated with other ambassadors to develop presentations for at-risk community members in underserved neighborhoods in Waco, Texas.

**Peer Health Educator**

Fall 2020 – Fall 2021

*Baylor University Department of Wellness – Waco, TX*

- Designed social media content that provided educational information on common health issues experienced by Baylor students.
- Increased awareness of Baylor University resources in student population through social media, community engagement, and outreach.
- Contributed to the development and implementation of the Love the Run You're With 5k run meant to increase awareness of the importance of creating healthy relationships and meaningful connection with others.

**Research Interests**

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- Equitable sexual healthcare access for women, BIPOC, and LGBTQIA+ populations
- Sexual and interpersonal violence prevention in LGBTQIA+ populations
- Public health impacts of online and offline misogyny
- Food security and access in Indigenous, Latin American, and LGBTQIA+ populations

**Skills**

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- SAS
- Data Analysis
- Teaching and Pedagogy
- Technical Writing