

Dear Jan Cloyde Legacy Fund,

September 16, 2024

My name is Lisette Collins, and I am a 4th year medical student at UCLA. Attending the Interdisciplinary Association for Population Health Sciences (IAPHS) Conference in St. Louis was a wonderful experience that will advance my research and future career as an OB/GYN. The conference provided an invaluable opportunity to engage with leading experts and peers in the field of population health, deepening my understanding of the complex factors influencing maternal and reproductive health.

The emphasis on integrating social determinants of health into clinical practice was particularly enlightening. These discussions underscored the importance of considering economic, environmental, and social factors in patient care, which aligns closely with my research interests in improving maternal health outcomes in underserved populations. By incorporating these insights into my work, I can develop more comprehensive, evidence-based strategies to address the multifaceted challenges faced by my patients.

A highlight of the conference was the opportunity to present my Discovery Year research project under the mentorship of Dr. Kimberly Narain. My project, which explored the associations between self-employment and cardiovascular disease risk factors among Hispanic women, marked my debut as a conference presenter. This experience was both exhilarating and educational. Engaging with an audience of seasoned researchers and receiving their insightful feedback was invaluable. Their questions and comments not only validated my work but also offered constructive perspectives that will enhance the depth and impact of my research.

The conference sessions were rich with interdisciplinary insights that will directly influence my future work. Learning about the integration of social determinants of health into clinical practice reinforced the necessity of a holistic approach in addressing health disparities. The discussions on innovative methodologies and data analysis techniques were particularly relevant, providing me with new tools and strategies to apply in my research.

Overall, the IAPHS conference has been an enriching experience that will significantly impact my career as an OB/GYN. The knowledge gained, the feedback received, and the professional connections established will enhance my ability to contribute to the field of maternal health. I am now better equipped to integrate interdisciplinary approaches into my practice, ensuring that my research and clinical work are both innovative and socially relevant. This experience has solidified my dedication to improving health outcomes for women and has provided me with the tools and inspiration to drive meaningful change in the field.

Sincerely,

Lisette Collins