

**Eta Sigma Gamma
Professional Member At-Large (PMAL)
Candidate Information Form**

Name: Anna M. Torrens Armstrong Degree(s): PhD, MPH,

Position: Assistant Professor

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Briefly describe your work experience and duration within the health education profession:

My work experience has spanned the non-profit, government and academic settings over the past 12 years and represents what I refer to a quilt approach of public health and health promotion experience. I worked for several years in varying roles for the Cancer Control Department of the Florida Division of the American Cancer Society. This included work in advocacy, quality of life and childhood cancer programming. I served as an Air Force Health Educator (contractor) at Hurlburt Field, USAF, conducting the strategic planning, implementation and evaluation of all health promotion activities for 8,000+ active duty military members, their families and the retirees served by this installation's medical group. From this role, I went on to work as both a program coordinator and then Director of Evaluation for an organization that provided oversight and technical support for school-based health care in Omaha, NE (Building Healthy Futures).

Most recently, I have been an assistant professor (teaching pathway) at the University of South Florida's College of Public Health, teaching in both the undergraduate public health BSPH program and MPH graduate public health education concentration. I have served as the ESG Faculty Advisor for the USF Delta Kappa Chapter over the past year and a half. In my spare time, I have served as adjunct faculty for the past at the Johns Hopkins Krieger School of Arts and Sciences Advanced Academic Programs in the Communication Department.

Please respond to the following questions. If selected for the ballot, your responses will be shared with members for election purposes.

1. Please describe your interest in Eta Sigma Gamma and becoming a member on the National Board of Directors.

My interest in applying for the PMAL position is to develop a stronger understanding of the National Board's governance processes and support those processes as well as strengthen our local chapter by becoming more involved nationally.

2. Describe your experience working with ESG/Gammans at a local (chapter) or national level.

Working with ESG/Gammans at the University of South Florida has been an interesting and challenging experience. We are working to strengthen our chapter by increasing active membership as well as finding inter-professional opportunities that provide more impactful

activities to build health education skills for our members. Currently, our members are working with another student organization (Tampa Bay Street Medicine) to help plan and conduct a need assessment of the population they serve.

3. How have you exhibited leadership in your work or extracurricular activities?

I currently spearhead a college-wide initiative to better understand our MPH students' career planning and professional development needs. We have conducted a survey and now are working to develop a program based on the needs we identified. Additionally, I serve on several college committees including the health education concentration committee and the Educational Technology Committee.

4. Do you have experience serving on any boards? If so, please explain.

I have worked for various non-profits for over 10+ years and have extensive experience on the administrative side of non-profit board functions. Additionally, I have served as an appointed board member for 5+ years for the Health Council of West Central Florida. During my time with American Cancer Society, I served a vice-chair for several boards that provided strategic plans for statewide college scholarship program, quality of life programming and childhood cancer.

5. The PMAL candidate is required to serve a three-year term. As the PMAL, you will commit at least 10 hours per month to participate on conference calls with other ESG Board members (average 10/year; 1-2 hours per meeting), review applications for chapter awards, and plan conference sessions for the annual ESG national meeting, attend the annual board meetings (one professional conference and one board meeting associated with the national SOPHE conference), and other duties as needed from the National Office. Explain if you will be able to do this.

I will be able to commit 10 hours per month and plans to be actively involved and uphold my responsibilities as a board member and likewise, my College leadership supports and encourages these types of leadership roles. I also currently attend SOPHE on an annual basis.

6. Using the table below, please describe the skills that you would bring to ESG National Board of Directors. (Please respond to all that apply.)

Skills	Comments/Examples
High energy level	Part of team that organizes warm welcome events for our MPH students, Week of Welcome events for our undergraduates.
Discipline	My personal example is that I am disciplined in both my personal and professional life – my fitness is my source of keeping everything in balance, and I have been involved in fitness activities for over 20 years (both as a participant and as an instructor). This discipline in my personal life translates into my professional life, keeping me grounded and healthy as I manage a full teaching load, advising, serving on committees,

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	and in professional and local service.
Communication and interpersonal skills	I like to practice clear and transparent communication as this avoids surprises and misunderstanding. Communication and the ability to interact well is as important as the completion of the task at hand (if not more). A plus for me is I really enjoy getting to know new people and this is the best way to do so!
Experience with ESG or other honor societies	I have served as the ESG Faculty Advisor at USF's Delta Kappa chapter for the past two years.
Experience in organizational work	I have experience in organizational strategic planning, having helped to facilitate an organizational re-design, as well as conducting the base-level strategic health and wellness planning each year while working for the Air Force.
Positive teamwork experience	I enjoy the process of collaboration and currently co-teach as part of a 12-person team in our MPH core curriculum.
Problem-solving and decision-making skills	My ability to problem solve and make decisions comes from years of working in various settings where these particular skills are essential – the non-profit workplace where barriers abound and in education, where there is always a decision to be made (about curriculum, instruction, advising and more).
Time management and organizational skills	I use my planning skillset in my day-to-day schedule to make sure I never miss deadlines and build in essential preparation time.
Record of responsibility	Over the years in each of my respective positions, I have had the opportunity to have an increasing expanded set of responsibilities. Here at USF I went very quickly to serving as the Director of my department's undergraduate program and now to playing a role in leading the career development planning for MPH program.
Working with diverse groups	I value my experience working with diverse groups across all sectors over the years – age, ethnicity, income level, and more. Many of my roles have included and/or focused specifically on meeting the needs of vulnerable and underserved populations, specifically children. I have worked in diverse communities across the U.S. in various capacities, and believe in the richness and synergy that comes from having every voice at the table and empowered.
Other	It would be an honor to serve ESG as the Professional Member at Large.