

Healthdisparity.org

Alleviating Health Disparities by Educating the Citizens of Tomorrow

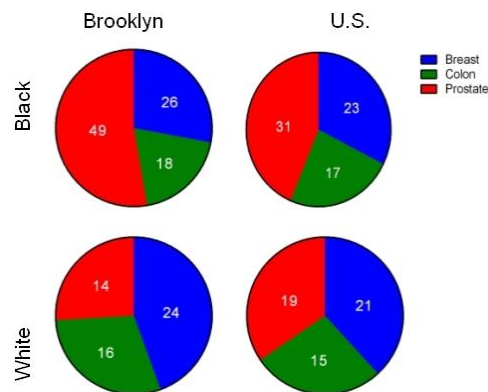
Who we are:

We are a 501(c)3 not-for-profit organization founded by me in 2016. I serve as President and Founder, and we have a professional Board of Directors, consisting of a public health professional and a cancer survivor/community health leader. Our efforts are concentrated in the northeast, particularly New York, New Jersey and Maryland. We have a team of a dozen student volunteers and a nationwide network of partners; for example, we are excited to be currently working with a Dallas-based youth non-profit (DFW Champion Youth) to expand health disparities conversations into indigenous and Latinx communities, with a large school event/workshop scheduled for 350 students in November.

What we do:

Our non-profit aims to alleviate the national health disparities crisis in people of color. We organize peer-to-peer forums in schools and community centers across the nation attended by students, educators and families. We lead discussions named “TALKS,” or Talking And Learning about (K)Community with Students, with the aim of fostering communication and compassion across races. These forums create a shared understanding amongst people of all races regarding silent healthcare struggles that afflict people of color. Our mission is to start this conversation early in order for students to take charge of their own health, as well as their family and community’s. Spreading awareness through peer-to-peer workshops is our non-profit’s core principle, as we believe youth are the most effective liaisons in bringing about change to their communities.

Our team designs, implements, and teaches new health disparity curriculums for middle and high school



Sample slide: Mortality of cancers in Brooklyn and U.S population (100,000).

students of color to help them conduct health outcomes research using national and local databases. We also help integrate new conversations around health disparities into both public and private school health curriculums in order to make racial predispositions to disease an important part of how we think about health in this country.

Our student volunteers speak at health fairs, scientific conferences, and medical centers to start a dialogue with professionals and pre-professionals about the health needs of communities of color. These presentations allow us to share the stories of students who are apprehensive to seek medical help due to distrust, and we encourage doctors to be mindful about making their patients of color feel safe and comfortable.

We have personally presented to all five NYC Borough President’s Offices and the Legislature. In doing so, we highlighted the youth voices in their districts that are underrepresented in the public discourse.

Where we are:

My team and I have held over 30 events with students in schools, community centers, and after school programs in communities of color, reaching more than 3,000 students. We have received multiple monetary

and sponsorship grants from national organizations in support of our work, such as from Centene Corporation and Peacefirst, allowing us to spread nationwide and build lasting collaborations. To assess the impact of our workshops, we regularly conduct surveys and focus groups for student attendees; we have received a score of 9.2/10 and have made significant improvements in students' health knowledge and passion for activism (see full peer-reviewed results: <http://healthdisparity.org/our-results/>)

We have designed and taught new student internship curriculums in the New York Presbyterian (Columbia Medical Center) Lang Youth Program (summerlong, 2017) and the University of Maryland, Baltimore CURE Scholars Program (yearlong, 2018). Our newly designed school health curriculum has been implemented in my own high school.

Awards & Recognitions

- ❖ Honors (Citations) from President of Bronx (2019), Mayor of Baltimore (2018), New York City Legislature (2018) & President of Brooklyn (2017).
- ❖ Recognition (Letter of) from the National Institutes of Health (2018), the University of Maryland System (2018) and New York Presbyterian, Columbia University Medical Center (2017) for Non-Profit service.
- ❖ Invited to give TEDx Talk on power of youth health activism (2019).
- ❖ Selected top youth-run non-profit for Facebook's State of Young People event in Menlo Park, CA (2019).
- ❖ Won United States Congress Youth Service Gold Medal for non-profit work (2019).
- ❖ Grant Award from Centene Corporation, 1 of 5 student-led non-profits nationally invited to 4-day incubator for student activism in Ohio (2018).
- ❖ Grant/Scholarship Awards from: Peacefirst (2018) & HumanityRising (2017).
- ❖ Recognized by Consul General of Mexico to create and lead 3 health fairs and workshops across the tri-state area for Latino students and community members (2017).
- ❖ Invited Keynote Speaker at the Board of the American Cancer Society, NY (2016).
- ❖ Featured on Teen Vogue for excellence in activism (<https://bit.ly/34hYwHZ>) (2018), profiled in Brooklyn Daily (<https://bit.ly/2jXYmTy>) (2017), televised interview on the Trudy Haynes Show (2017).

Selected Presentations

Multimedia and Full Descriptions for over 33 events can be found at our website healthdisparity.org

Health Fair, Little Jerusalem House of Prayer **September 2019**
A Health Disparity student volunteer conducted a workshop on cancer health disparities at this local community center/place of worship. Attendees: **125**

TEDx Talk, Fredericksberg, VA **August 2019**
Malhaar was invited to speak at TEDx Fredericksburg to share his experiences and mission to improve health equity in communities of color. He emphasized that as “citizens of tomorrow,” youth would be the key to alleviating health disparities.

Workshop, Medgar Evers “Head Start” School **June 2019**
Health Disparity student volunteers hosted a workshop and presented a poster for student attendees at this local public school in Brooklyn. Attendees: **150**

Symposium, Horace Mann School **May 2019**
Second Annual Health Disparities Symposium organized by the Health Disparities Club, which Malhaar founded and led with his peers. Guests included: Director of the New York State Department of Health Disparities, a student from Brooklyn whose mother recently passed from breast cancer, and community activist/colon cancer survivor. The event won a citation from the Bronx Borough President. Attendees: **50**

Invited Speaker, Facebook Headquarters **June 2019**
Malhaar was invited to speak to staff at Facebook for Education and connect with other young leaders at Facebook’s 3-day long State of Young People, sponsored by the America’s Promise Alliance. Attendees: **300**

Symposium, Horace Mann School **January 2018**
First Annual Health Disparities Symposium organized by the Health Disparities Club. Guests included: New York State Councilwoman and former member of New York State AIDS Board. This event won sponsorship by the American Medical Association and was won a citation by the New York City Legislature. Attendees: **175**

Accelerator, Centene Corporation and Peacefirst **November 2018**
Team Health Disparity was selected to participate (as 1 of 5 teams nationally) in a non-profit accelerator in Cleveland, Ohio. There, the team learned different aspects of the non-profit development ranging from workshop curricula, outreach strategy and student recruitment. The team competed and won a grant of \$1,000 as they pitched their ideas at the Pro Football Hall of Fame, Cleveland, Ohio.

Youth Panel – Carnegie Corporation of New York Headquarters **September 2018**
Malhaar was invited to participate in a 5-person panel of youth activists and share the model of his non-profit in bringing about change to students of color. Attendees: **75**

Expo, University of Maryland, Baltimore CURE **April 2018**
Team Health Disparity worked throughout the year with students from UMB CURE Scholars Program, designing a new curriculum to help them quantify Maryland health disparities and produce a student-video informing community-members about good patient attitudes.

Malhaar's leadership of these underserved students was honored at the end-of-year ceremony, where the video and research were also presented. This initiative was also awarded by the Mayor of Baltimore. Attendees: **250**

Presentations: Manhattan, Queens, and Staten Island Borough Presidents' Offices 2018

Malhaar spoke at these Borough Presidents' offices and offered first-hand experiences to address health disparities in their Boroughs. He also worked to amplify the voices of the students of color who attend his workshops.

Expo, NYP (Columbia University Medical Center) Lang Youth Program July 2017

Team Health Disparity created and taught a new health disparities research curriculum for this high school internship program for budding doctors of color. After several weeks of teaching, the students created a research poster documenting local health disparities and presented during the annual Poster Expo. This initiative was awarded by the Brooklyn Borough President. Attendees: **200**

Health Fair, Mt. Moriah Pentecostal Church July 2017

Health Disparity was invited to present at Mt. Moriah Pentecostal Church's annual health fair to spread the message of health disparities in the Central Brooklyn community. Attendees: **150**

Health Fair, The Wilfred Clarke Memorial Fund Inc. (WVCMF) Annual June 2017

This health fair was attended by health organizations across the Brooklyn area. Malhaar introduced the community members to the impact of environmental and biological factors alike on disease incidence. Health Disparity also provided information about cancer screenings to New York City residents. Attendees: **200**

Health Fair, Star of Bethlehem Grand Lodge June 2017

This health fair took place at a faith-based organization in Central Brooklyn. Health Disparity presented information on health disparities to community members. Attendees: **100**

Workshop, Public School (PS) 315 - June 2017

Health Disparity had a thought-provoking experience discussing disparities in healthcare access with the students of PS 315 in the Brooklyn area. Attendees: **100**

Workshop, Middle School of Art and Philosophy May 2017

Health Disparity presented original research about minority and white populations living in the Brooklyn region to the Middle School for Art and Philosophy, a school in the Flatbush area. Attendees: **100**

Workshop Children's Village Non-Profit House April 2017

Malhaar held a health disparities workshop at Children's Village, an organization which provides support for foster children living in the Bronx. Attendees: **40**

Workshop Riverdale Neighborhood House March 2017

Malhaar held a health disparities workshop at Riverdale Neighborhood House, a center for at-risk children and families in the Bronx. Attendees: **20**

Workshop, Bronx Theater High School

February 2017

Malhaar conducted one of his first health disparities workshops for students of color in this Bronx School. Attendees: **40**

Keynote Presentation, American Cancer Society Annual Board Meeting December 2016

Malhaar was invited to deliver the keynote presentation at the American Cancer Society Board Meeting in Manhattan. They pledged their support for our mission. Attendees: **40**

Interdisciplinary Dialogues on Patient Adherence, Downstate

November 2016

Health Disparity presented a poster highlighting the health disparities in cancer in East Flatbush and national statistics at Downstate Medical Center Health Disparities Conference.

Attendees: **200**

Community Summit, Pathways to Total Health

October 2016

Malhaar was invited to present and participate in panel discussions featuring community leaders and cancer survivors in a majority-minority community of Brooklyn. Attendees: **150**

How it works

The workshops begin with a presentation to students about the adverse impacts of health disparities in minority communities. Information about the impact of health disparities presented through PowerPoint is curated so students feel engaged and connected with the topic. For example, we open with a relatable story of two women, Janet and Aliyah, of different races who suffer different experiences and outcomes after being diagnosed with breast cancer, emphasizing how genetic, societal and environmental influences impact disease outcomes. Aliyah, an African-American woman, delays treatment because of family, work, and insurance issues, and consequently succumbs after having a genetically aggressive triple-negative breast cancer, common in African-Americans. Janet, a white woman, has her genetically low-grade breast cancer, common in whites, detected during a routine mammogram and is treated and cured in a timely manner. We then transition from anecdotes into specific data about health disparities in students' own neighborhoods.

Following the informational portion, students are invited to share their thoughts and ask questions about healthcare, racial predisposition to disease and when to seek a medical professional. This second portion is the most important aspect to these workshops as it creates an environment of mutual understanding where students can connect with one another over shared struggles of family members with healthcare. Cultural misconceptions and distrust towards healthcare professionals are discussed and allayed.

The most heartwarming workshops that I have led were at schools with predominantly minority populations in the Bronx and Queens. During the group conversations, students from disadvantaged backgrounds felt empowered to tell personal stories of family members who struggled to afford lifesaving devices such as inhalers or Epi-pens. These personal stories brought students from various ethnic and racial backgrounds closer together as they saw similar experiences in their own families. Some of the minority students have taken the initiative to join my charity and now lead workshops and share their stories, using health as a tool to initiate discussion and new understanding across race.

