

Alyssa Gehle, MPH, RDN, LN

MPH Emphasis: Public Health Nutrition (May 2017)

MPH Applied Practice Experience: For my MPH project, I worked with Shawnee County Research and Extension on developing social media to reinforce nutrition education in two of their programs: Healthy You and Baby, Too and Walk Kansas.

My project was completed under the supervision of Dr. Tandalayo Kidd as my major professor, and with committee members Dr. Sandra Procter and Dr. Nancy Muturi.



Current Position: Health Promotion Specialist, City of Sioux Falls, SD Health Department

My current work focuses on promoting health to our community as a whole. Our initiative, Live Well Sioux Falls, is a community-based initiative designed to help improve the health and well-being of Sioux Falls residents by collaborating on projects to address health needs. In this position, I am able to use both my MPH and RD to bring health promotion and prevention strategies to the Sioux Falls community. We use evidence-based practices to drive the programs that we create for the community and rely heavily on community partners to advance our prevention strategies. Recently, we published a Community Health Status Report that will drive our programs and shows just how much social determinants of health impact our residents. This data will dictate the prevention and promotion programs for the next three years.

Career Advice: Be open to different opportunities that may not be in your area of expertise. I deal with everything from tobacco cessation to behavioral health which is definitely outside of my nutrition expertise but it has expanded my horizons and taught me a lot.

Don't be afraid to talk about the exciting work you are doing when looking for jobs and showcase that work in a portfolio. It shows not only that you are qualified for the position but that you are excited about it and showing off your work shows what a great job you will do.