

## **Title: Rural Food Insecurity**

**Dates:** September 16 – September 20, 2024

**Location:** Williamsport, PA hosted by the UPMC Williamsport Family Medicine Residency and the Red Shield Community Garden

**Housing:** Located in the UPMC Williamsport Hospitality Inn

**Food:** Complementary from the UPMC Williamsport FM Residency

**# of Students:** Maximum 5 students

**Supervisor:** Dr. Josh Dearing, Dr. John Boll, and Master Gardener Sid Furst

**Contact:** Kristen Tubbs - [tubbskl@upmc.edu](mailto:tubbskl@upmc.edu) & Dr. John Boll – [bolljn@upmc.edu](mailto:bolljn@upmc.edu)

**Cost:** Transport to and from Williamsport, PA

| <b>MS2 (Class of 2027)</b> |                         |                       |                   |
|----------------------------|-------------------------|-----------------------|-------------------|
| <b>Week</b>                | <b>Start Date (Mon)</b> | <b>End Date (Fri)</b> | <b>Available?</b> |
| 59                         | 9/16/24                 | 9/20/24               | yes               |
| 70                         | 12/2/2025               | 12/6/2025             | no                |

### **Objectives:**

1. Experience rural medicine in several different primary care specialties (examples: family medicine, obstetrics and gynecology, pediatrics, and emergency medicine) to learn about social determinants of health and food insecurity.
2. Participate in a rural community garden and food bank to learn about methods to address rural food insecurity.
3. Review topics related to rural food insecurity and assist with community education as needed.

### **Brief Description of the Rural Medicine Experience:**

Given resource restriction, many rural patients have significant concerns surrounding social determinants of health including food insecurity. This rural food insecurity educational experience will help students to gain an understanding about how to address food insecurity issues when patients are identified with these needs. This experience is hands-on, and students will be performing community service each afternoon.

**Proposed Schedule:** (not finalized and could possibly change)

|               |               |                |                  |                 |               |                 |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| <b>Sunday</b> | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|

|                        |  |           |                    |                    |         |                      |
|------------------------|--|-----------|--------------------|--------------------|---------|----------------------|
| Travel to Williamsport | AM - OB  | AM - Peds | AM – Outpatient FM | AM – Inpatient Med | AM - ED | Travel to Pittsburgh |
|                        | PM - Community service at the Red Shield Community Garden or the Central PA Foodbank |           |                    |                    |         |                      |