



## **project health**

**mobilizing undergrads to break the link between poverty and poor health**

**“ The world is calling. Heal the world and in the process heal yourself; find the human in yourself by finding the citizen, the activist, the hero.”**

**[Tony Kushner, to the Columbia College Class of 2004]**

**Project HEALTH Harlem mobilizes Columbia undergraduates, in partnership with health professionals at Harlem Hospital, to break the well-established link between poverty and poor pediatric health.**

**Our programs, all designed and led by undergraduate volunteers, strive constantly to identify the ways in which medical care alone is not sufficient for ensuring the health of Harlem youth and work with local medical and social service providers to run relevant, integrated interventions. Each year, they promote positive health and life outcomes in over 350 Harlem youth through the following six interventions:**

- » Asthma Swim (children with asthma)**
- » STRIVE (teens with sickle cell disease)**
- » Harlem Community Resource Center**
- » TIDES (youth with Type 1 Diabetes)**
- » Girls Fitness & Nutrition (overweight pre-teens)**
- » Ujima (youth with perinatal HIV)**

**For more information on the programs or to download an application, visit our website at [www.projecthealth.org](http://www.projecthealth.org) or email [newyork@projecthealth.org](mailto:newyork@projecthealth.org)**