

Ka Her, MPH

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Education

2019 MPH University of Minnesota- Twin Cities, Minneapolis, MN
Community Health Promotion (Minor: Health Equity)
Thesis: Evaluation of Cessation Readiness Program

2016 BS Portland State University, Portland, OR
General Science, Liberal Studies, & Social Science

Professional Experience

Research Associate, Gretchen Swanson Center for Nutrition (GSCN)

Omaha, NE | May 2020 – Present

- Assist in development of quantitative measurement tools for distribution and formatted over 50+ paper forms and the building of electronic surveys.
- Oversee participant-level surveys for Gus Schumacher Nutrition Incentive Program (GusNIP) and Gus Schumacher Nutrition Incentive Program Covid Relief and Response GusCRR grants.
- Conduct data administration and management for reporting and evaluation of the GusNIP grant program.
- Support development of manuscripts, reports, presentations, and other deliverables.
- Conduct quantitative and qualitative data analysis
- Conduct literature reviews.
- Co-lead the evaluation of the Nutrition Incentive Hub Technical Assistance and Innovation (TA&I).
- Interview 10+ Nutrition Incentive practitioners on their experience with the Nutrition Incentive Hub TA&I and conduct qualitative analysis and report of interviews.
- Lead TA&I quarterly reports by conducting data analysis using Zendesk application and write report findings with TA&I.
- Lead the Diversity, Equity, and Inclusion (DEI) committee in developing and structuring the organization's goals and commitment to DEI.

Leadership team/Programs Workgroup Co-lead, Hmong Public Health Association (HPHA)

Minnesota, MN | January 2021 – Present

- Oversee and guide the organization's direction with structure and growth.
- Co-lead Programs work group in planning and organizing events for HPHA members and the public in skills development, knowledge learning, and networking.
- Lead and contribute to development of 10+ resources and templates to guide the organization's structure and communications.
- Develop and oversee membership to understand the needs and interest of members to develop events tailor to benefit members at large.

- Write, edit, and publish content to share on all organization's social media profiles and partner channels.

Professional Experience (Continued)

Research Assistant, Providence Health & Services – Center for Outcomes Research and Education

Portland, OR | February 2020 – April 2020

- Assisted with project planning and implementation, as well as gathering information directly from or about study participants through a combination of techniques: phone, online, and in-person searching, recruiting, and interviewing, street segment auditing, and/or other data collection processes.
- Assisted Project Managers to achieving project goals by performing project management duties which include: planning, protocol and materials development, writing proposals and reports, and analyzing data as requested.
- Conducted literature and document reviews
- Coded documents and interviews, help integrate qualitative data into mixed methods analyses and help with survey follow up.

Youth Development Coordinator, YMCA of the Greater Twin Cities

Minneapolis, MN | March 2019 – May 2019

- Delivered and facilitated eight weeks of Finding Your Y: preventing childhood obesity through building family resilience curriculum with children ages 5-12. The curriculum focused on increasing children's mindful awareness, strengthening mindful eating practices, and increasing culturally relevant nutritional knowledge.
- Planned and developed culturally appropriate curriculum for underserved communities.
- Conducted observational and quantitative research for evaluation to measure changes among participants prior to and after the program.

Student Intern, Minnesota Department of Health

St. Paul, MN | June 2018 – May 2019

- Collaborated with the Other Professionals / Broader Community Engagement and Education work group conducting literature reviews to guide in developing strategies and recommendations to engage educators, social workers, and child protection workers on Female Genital Cutting (FGC) issues.
- Attended and actively participated in bi-monthly meetings with experts from diverse fields to develop recommendations.
- Recorded and organized meeting minutes for distribution to work group.
- Developed survey to assess the knowledge of educators, social workers, and child protection workers regarding FGC in Minnesota.
- Conducted data collection and interpretation of 130 survey responses to understand the needs of participants and guide with future recommendation on FGC prevention in Minnesota.

Assistant Program Manager, WellShare International

Minneapolis, MN | October 2018 – January 2019

- Collaborated with Program Manager in grant writing and project management on three different programs: Family Home Visiting, Community Eliminating Tobacco Initiative, and Eliminating Health Disparities Initiatives.
- Oversaw and communicated with 14 program coordinators and community health workers to plan and organize programs that promote health equity in the community.
- Developed and arranged a four-week curriculum for the Tobacco Cessation Readiness Program. Skills taught in the curriculum consisted of recognizing harms associated with tobacco and betel quid use, identifying reasons to quit smoking, recognizing triggers that increase the likelihood of tobacco use, and identifying social support to quit smoking.

- Conducted four weeks of evaluation for the Cessation Readiness Program at Humboldt High School in St. Paul, MN. The evaluation was used to inform adaptation of the curriculum to other WellShare International community members, determine the effectiveness of the program, and understand the use of tobacco and betel quid in the Karen community.
- Collected and analyzed 32 pre-post surveys to understand the use of tobacco, self-efficacy, and participant satisfaction of participants. Conducted final evaluation report on the Tobacco Cessation Readiness program to inform stakeholders and community.

Research Assistant, University of Minnesota – Family Medicine and Community Health

Minneapolis, MN | June 2018 – August 2018

- Used a mixed-method research approach to collect data on community organizations in the St. Paul Minneapolis area along the green line light rail in Minnesota to understand the diversity of the community being served and the assets organizations bring to their community members.
- Conducted pilot interviews with two non-profit organizations and one another to ensure flow of the survey instrument.
- Conducted qualitative Interviews with 18 community organizations in the St. Paul - Minneapolis area.
- Collected quantitative and qualitative data of community organization’s neighborhood through ArcGIS.
- Analyzed data collected to understand the different demographics of neighborhoods in the St. Paul – Minneapolis area.

Manuscripts Under Review

1. Stotz S, Budd Nugent D, Ridberg R, Byker-Shanks C, **Her K**, Yaroch A, Seligman H. 2022 (Under Review). Produce Prescription Projects: Challenges, Solutions, and Emerging Best Practices Perspectives from Health Care Providers across the United States. American Journal of Preventive Medicine

Posters and Presentations

1. Stotz S, Budd Nugent D, Ridberg R, Byker-Shanks C, **Her K**, Yaroch A, Seligman H. 2022 (Under Review). Produce Prescription Projects: Challenges, Solutions, and Emerging Best Practices Perspectives from Health Care Providers across the United States. Present at: Society for Nutrition Education and Behavior. Atlanta, GA. July 2022.
2. **Her, K.**, Clegg, M., Dawud, B., Li, A., Haynes, D., Eder, M. Can We Talk? Learning How We Can Engage with Communities. Poster presented at: Clinical & Translational Science Institute. Minneapolis, MN. August 2018. Annual Power of Partnerships Poster Session. St. Paul, MN. February 2019.

Grants and Contracts - Current

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| September 2019
- August 2023 | <p>Comprehensive and Integrated Center for Nutrition Incentive Program Training, Technical Assistance, Evaluation and Reporting – National Institute of Food and Agriculture (NIFA), United States Department of Agriculture (USDA)</p> <ul style="list-style-type: none"> • Serve as the leader of the Gus Schumacher Nutrition Incentive Program (GusNIP) Nutrition Incentive Program Technical Assistance, Evaluation, and Information (NTAE) Center to develop systems, infrastructure, and collaborative relationships to support GusNIP grantees and to maximize effectiveness and efficiency of GusNIP projects. • Role: Research Associate |
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Selected Technical Reports and Internal Publications

1. Gus Schumacher Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (GusNIP NTAE): Impact Findings, Year 1 – September 1, 2019 – August 31, 2020. 2021. Prepared for the United States Department of Agriculture.

2. Gus Schumacher Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (GusNIP NTAE): Impact Findings, Year 2 – September 1, 2020 – August 31, 2021. 2022. Prepared for the United States Department of Agriculture.

Committees

2020 - Present	Founding Member , Gretchen Swanson Center for Nutrition Diversity, Equity, and Inclusion (DEI) Committee
2020 – Present	Member , Nutrition Incentive Hub, Diversity, Equity, and Inclusion Subcommittee
2020 – 2022	Member , Nutrition Incentive Hub, Technical Assistance Services Subcommittee

Other Community Memberships

2018 – 2019	Secretary , University of Minnesota School of Public Health Toastmasters Chapter
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Technical Skills and Software

SPSS | Atlas | Qualtrics - Intermediate | RedCap | Smartsheet | PowerBi – Beginner | R |