

# Abbie Schellhase

## Health promotion specialist

I am a health promotion specialist with over three years of experience in the field. I have worked with a variety of populations, including children, adolescents, and adults. My work has focused on developing and implementing programs to promote healthy lifestyles and prevent chronic diseases. I am skilled in needs assessment, program planning, evaluation, grant writing, and community outreach. I am passionate about promoting health equity and improving the lives of those who are most vulnerable to poor health outcomes

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### Education

#### Bachelor of Science in Health Promotion at Missouri State University

Sep 2015 - May 2019

Through my studies I have learned how to effectively communicate health information to individuals and communities, as well as how to plan and implement health promotion initiatives.

### Links

[linkedin.com/in/abbieschellhase](https://www.linkedin.com/in/abbieschellhase)

### Skills

Health promotion

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Health education

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Community health

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Public health

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Epidemiology

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Biostatistics

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Behavioral science

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### Employment History

#### Health Promotion Specialist at Barnes-Jewish Hospital, MO

Mar 2022 - Present

- Led a team of 5 health promotion specialists in developing and implementing an employee wellness program for a company with 500 employees.
- Conducted needs assessments to identify areas of improvement for the wellness program.
- Implemented programs and initiatives that resulted in a 20% reduction in absenteeism due to illness.
- Developed and implemented a smoking cessation program that helped 100 employees quit smoking within one year.
- Led educational seminars on nutrition, exercise, stress management, and other topics related to employee wellness.

#### Health Promotion Specialist II at St. Louis Children's Hospital, MO

Aug 2019 - Jan 2022

- Led a health promotion campaign that reached over 100,000 people and resulted in a 5% decrease in obesity rates.
- Successfully implemented a corporate wellness program that led to a 10% reduction in absenteeism.
- Created and delivered educational presentations on healthy lifestyle choices to groups of up to 500 people.
- Developed and oversaw the implementation of an employee fitness challenge that increased physical activity levels by 20% among participants.

### Certificates

#### Certified Health Education Specialist (CHES)

Jan 2021

#### Certified Worksite Wellness Specialist (CWSS)

Jul 2019

### Memberships

American Public Health Association

National Association of County and City Health Officials