Alyssa Woodworth

MPH INTERNSHIP IN ROMANIA
SUMMER 2015
CLUJ-NAPOCA, ROMANIA

- Second largest city in Romania
- Located in the northwestern part of the country – Transylvania
- Important cultural and academic center
- Many universities, parks and museums
CITY CENTER – PIATA UNIRII

- Historical center
- Some of the first moments in the Romanian Revolution happened in Piata Unirii (Union Square)
The EHC is a private environmental health research center in Cluj-Napoca, Romania.

Involved in environmental and occupational health research projects.

Ranging from monitoring air quality, assessing drinking water quality and investigating occupational exposures.

Many international programs.
Had the opportunity to go into the field with my mentor and other EHC employees

Went to many rural villages to collect water samples and to see how the water distribution system is functioning

Went to farms and pig farms to collect air samples
Cross-sectional study assessing exposure to phthalates from drinking water and other sources in a rural village

Phthalates are endocrine disruptors that are found in plastic products, personal care products and building materials

Previous studies show that exposure to phthalates is ubiquitous
Main goal was to determine if drinking water is an important source of phthalate exposure

Designed a questionnaire regarding possible exposures from other sources

Went into the village to conduct interviews, collect urine samples and water samples
Urine samples were analyzed for phthalate metabolites in the EHC lab using gas chromatography.

- Created a database of all information from the questionnaires and phthalate metabolite results.
- Calculated daily intakes.
- In the process of completing data analysis and will publish results in the near future.
LIFE IN CLUJ AND ROMANIA

- Cluj is full of restaurants, museums, bars and other students
- Romania is a beautiful country with many castles, fortresses, caves and much more
- Had the opportunity to travel throughout Romania almost every weekend and to Germany and Hungary
WHAT I LEARNED

Living abroad:
- Culture shock is very real and can be frustrating
- Living in a different country will change your perspective about many things
- Being flexible and opened minded are key to enjoying your experience

Public health wise:
- Learned how to design and carry out my own study
- Different ways to analyze and interpret data
- How to work with people from different cultures
SIGHTS IN ROMANIA

Peleș Castle

Făgăraș Castle
SIGHTS IN ROMANIA