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Esther A.O Galadima



Esther Galadima, MB.BS is a second year Master of Public Health student, at the University of North Texas, Health Science Centre. She obtained a medical degree from Ahmadu Bello University, Kaduna Nigeria and practiced rural medicine in several government facilities for five years before proceeding to pursue a graduate degree in public health. During that time, she served as quality assurance assistant in a non-for-profit organization that deals with care of HIV/AIDS patients. She has volunteered with a group that advocates preventive lifestyle by holding seminars on stress management for corporate organizations within and outside Nigeria. She has frequently engaged in facilitating teaching sessions on health promoting lifestyles to different groups of people. She has also participated in the conduct of community health research projects. Foremost of these is research among a group of female civil servants which tested for their Knowledge, Attitude and Practice of Cervical Cancer Screening. Following this study, she helped to promote cervical cancer awareness by distributing pamphlets containing information on the disease to participants of the study. She has participated in raising public awareness of disease conditions by engaging in several community health campaigns. She regularly volunteers for community health intervention programs which involve outpatient care of members of the community, free distribution of drugs and health promoting items such as insecticide treated nets. She is diligent and committed to following through with tasks. She has a passion to contribute towards improving community health through raising awareness on lifestyle modification. An aspiring educator, she hopes to engage with groups that advocate health promoting lifestyle to the community. Thus, she is confident that in her capacity as research assistant, she will gain the necessary experience to achieve this goal.