

# Oral History of Ladan Abdi

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Conducted by Lilly Jackson & Iris Hyseni



# Ladan's Pandemic Experience

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## School

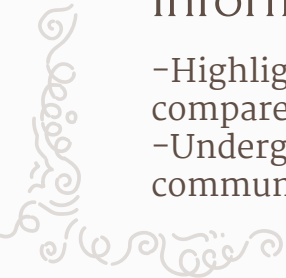
- Finished her undergraduate degree in public health at the start of the pandemic
- Current masters student, studying health information at the UW School of Public Health

## Community-Based Health Work

- Volunteered and worked at the Somali Health Board and the East African Services.
- Switched from volunteering to working while the Covid-19 pandemic was happening.

## Information and Access to Resources

- Highlighted the differences between where she got her information as a PH student compared to where her community got information.
- Undergraduate degree in health education and promotion. Has taken that to her current community based public health work.



# Quotes from Ladan

“ I kind of had a lot of information coming from both my peers and also from my instructors that were giving us updates on what's happening. And so I kinda had that information, and there was also some other information going around within my family where they would get information from other community members, or they would get information on their phones about Covid and sometimes I would see that it would be different than the information that I have or I would have more information than they had cause I was in school, and I was especially in public health school. So I think that kind of played in our role in the sense that I realized not everybody has the information that I had at the moment ”

“ I think it's important to understand that I am immersed in the work, so I'm kind of able to see that perspective as opposed to someone who's not. Who doesn't have, like a lot of the background information of how Covid is coming back up, or they don't have access to like those kind of information. They're just like, Oh, we're back to real life and nothing is affecting them anymore. But because I see that it's still there. And you just still need to be as careful. I think that it's kind of hard to have a chance to communicate that to people. ”

“ Especially in my community, there's a lot of I would say, mistrust within the healthcare or mistrust towards the Western medicine, or and I think, just try and know how people understand that. It's very, especially when it comes to Covid It's very helpful and have them see the benefit of it. ”

# Reflections & PH Implications

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## Oral History Process

- Actively listening to someone's story and trying to draw a storyline of the experience.
- Going back to the script of the oral history interview and being able to see parts that during the interview we didn't understand, or find new meanings about them.
- Getting to hear the needs of a community from a community member that can bridge oral history and public health.

## Impact of Project

- Getting to connect with someone who has been through the same program as us and be inspired by their PH work they have done.
- Getting to highlight the impact and work the SHB has done.
- Making last minute changes for the benefit of the community partner has prepared us for future PH work.
- Importance of remaining prepared and flexible.

