



# THE FELLOWSHIP

**The Molloy University Partnership for Global Justice Fellowship** is grounded in the United Nations 2030 Sustainable Development Goals and requires the fellow to become familiar with each goal as it relates to Long Island and the broader global community. Fellows select a specific goal and design a project that applies its principles through direct, local action.

Drawing on her personal experiences as a resident student and nursing major, Sarah Pierre-Saint selected a project focused on improving student awareness of health services, nutrition education, and environmentally safe practices. Her work aligned most closely with Sustainable Development Goals 2 (Zero Hunger), 3 (Good Health and Well-Being), and 6 (Clean Water and Sanitation). Motivated by her own experience navigating health care on campus, Sarah identified the need for clearer access to trusted health resources and practical information that supports student wellness and environmental responsibility. Her service trip to the Appalachian Mountains further strengthened this perspective, showing her how everyday sustainability can deepen community connection and lead to healthier, more fulfilling lives.



Through a series of tabling events, a guest nutrition presentation, hands-on demonstrations, and survey research, Sarah engaged the Molloy community in meaningful conversations about health equity, malnutrition, and environmental safety. Her work increased awareness of campus health services, introduced students to simple and sustainable household practices, and highlighted the role universities play in promoting wellness and responsible stewardship. Through these efforts, Sarah advanced the mission of the Partnership for Global Justice Fellowship by translating global sustainability goals into tangible outcomes that directly benefited the Molloy community.

# FELLOW PROFILE



## **SARAH PIERRE-SAINT**

**Major:** Bachelor of Science in Nursing

### **Awards and Honors:**

- Joseph J. DePaolo Scholarship Recipient
- Workforce Development MC Scholarship Recipient
- Presidential Dominican Scholar
- Community Service Award
- Sisters of St. Dominic Scholarship

### **Clubs and Organizations:**

- Secretary, InterVarsity Christian Fellowship
- Molloy Nursing Student Association
- African American Caribbean Organization
- Club Confidence
- Dominican Young Adults (DYA) Campus Ministries

### **Extracurricular Activities and Volunteer Experience:**

- Mentor, Rising Star Academy Program, Office of Experiential Learning
- Volunteer, Appalachia Service Project, Big Laurel Learning Center, WV (Summer 2024–2025)
- Participant, Interfaith Leadership Summit with Campus Ministries, Chicago (2024)
- Nursing Students Association NYS 72nd Annual Convention (2024)
- Chair, Homelessness Service Corps (2023–2025)
- Martin Luther King Jr. Day Service (2024–2025)
- Volunteer, Midnight Run (2023–2025)
- Peer Tutor in Nursing and Biology

# IN SARAH'S OWN WORDS

## INTRODUCTION:

---

I am deeply honored to be the recipient of the Molloy University Partnership for Global Justice Fellowship for the Fall 2025 semester. This fellowship gave me the opportunity to support a global cause established by the United Nations while serving my campus community.

Throughout my years at Molloy University, I have participated in a wide range of experiences that have shaped my personal and professional growth. Attending the Interfaith Leadership Summit in Chicago allowed me to engage with individuals from diverse religious and cultural backgrounds and taught me that, despite our differences, we share a common desire for health and well-being. My service trip to the Appalachian Mountains with Campus Ministries transformed my perspective as I saw firsthand how daily environmental practices strengthen community bonds.

These experiences led me to ask an important question: Is our Molloy community doing all it can to support student wellness and environmental stewardship? This fellowship allowed me to explore that question with purpose. Aligning my work with the United Nations Sustainable Development Goals gave me a meaningful framework for advocating for greater awareness of health services, improved nutrition education, and environmentally responsible practices. If my efforts encouraged even one student to think more deeply about their health or sustainability, then I consider this work a success. This experience has strengthened my commitment as a future nurse, leader, and advocate.



# PROJECT OBJECTIVES:

---

My project focused on improving health awareness, nutrition education, and environmentally safe practices to help the Molloy community make informed choices that support both personal well-being and environmental health.

My motivation came from my own experience as a resident student who once needed medical care and did not know where to go. Molloy Health Services connected me with a clinic and guided me through the process, showing me how critical clear information can be. Through my nursing studies and clinical experiences, I have also seen how proper nutrition and safe environmental practices affect overall health. These experiences reinforced my commitment to creating a project that helps students access essential resources and practical knowledge.

## Specific Objectives:

1. Increase awareness of health services (SDG 3.8)
  - Help students and community members understand what resources exist and how to access them.
2. Improve nutrition knowledge to reduce malnutrition risks (SDG 2.2)
  - Promote the importance of nourishing the body and making healthier food choices.
3. Promote safe and sustainable household practices (SDG 6.3)
  - Encourage reducing harmful chemicals and adopting environmentally responsible habits.

# METHODS AND EXECUTION:

---

The project was carried out through educational outreach, data collection, and community engagement. The goals were to assess baseline awareness within the Molloy community and provide accessible information on health services, nutrition, and environmentally safe practices.

## Project Timeline:

- October 27, 2025 – First tabling event
- November 3, 2025 – Second tabling event
- November 10, 2025 – Third tabling event
- November 17, 2025 – Guest presentation, Combating Malnutrition, by Steven Kamlet, RD, CDN, CPT, Director of Food and Nutrition at St. Joseph Hospital



## Tabling Events:

During three tabling sessions held in the first-floor lobby of the Public Square Building, students learned about Molloy Health Services, basic nutrition education, and simple, environmentally friendly practices. Educational materials, hands-on DIY activities, and discussions about the United Nations initiatives were offered with support from Marjorie Gaudin, Health Services Nurse. Students were encouraged to ask questions and engage directly with available resources.

## Guest Speaker Event:

Students were encouraged to attend a guest presentation by nutrition expert Steven Kamlet on Combating Malnutrition. The session provided evidence-based strategies for preventing malnutrition and guidance on proper nourishment for long-term health.

## Survey Development and Data Collection:

A survey was developed to assess baseline knowledge and interests related to health services, nutrition, and environmental sustainability. The survey gathered 56 responses.

### Survey questions included:

1. Awareness of the UN Sustainable Development Goal to end malnutrition by 2030
2. Household practices related to preventing water contamination
3. Interest in attending nutrition workshops
4. Opinions on universities leading wellness and sustainability efforts
5. Familiarity with Molloy Health Services
6. Likelihood of using Molloy Health Services for care or referrals



# CAPACITY BUILDING, EDUCATION, AND OUTREACH ACTIVITIES:

## Increase Awareness and Access to Health Services (SDG 3.8)

Molloy Health Services supported the tabling events by providing giveaways such as first aid kits, warming pouches, tissues, and pens. Informational handouts highlighted trusted healthcare access points and guided steps to take when ill. Additional pamphlets on healthy living, vaping cessation, physical activity, alcohol education, and common illnesses helped generate discussion and engagement.



SUSTAINABLE DEVELOPMENT  
GOAL 6.3: CLEAN WATER AND SANITATION

## ENVIRONMENT FRIENDLY PRODUCE CLEANING SOLUTION

INSTRUCTIONS:

1. Add  $\frac{1}{4}$  teaspoon baking soda into the empty 1 oz spray bottle.
2. Fill the bottle with clean water.
3. Shake well until fully dissolved.
4. Spray onto fruits and vegetables.
5. Rub gently and rinse with clean water before eating.

## Environmentally Friendly Produce Cleaning Solution (SDG 6.3)

A hands-on demonstration showed students how to create an environmentally safe produce cleaning solution using baking soda and water rather than chemical cleaners. Students received spray bottles and instructions to use at home. This activity encouraged both healthier eating and environmentally responsible behavior.

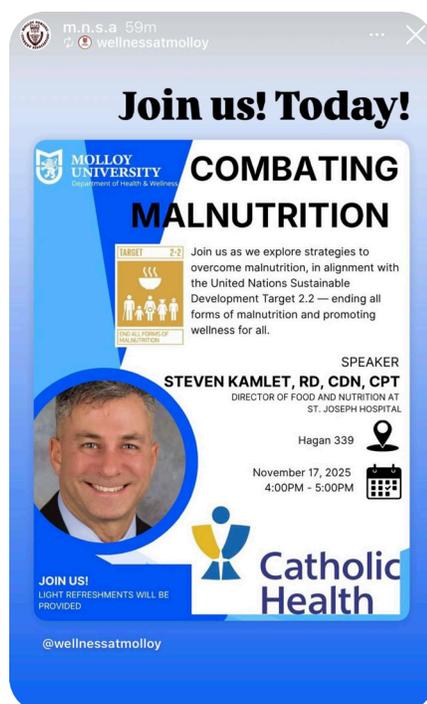


## Nutrition Activity – Super 10 Snack Mix (SDG 2.2)

Students prepared their own nutritious snack packs using a mix of raw seeds and dried fruits to promote sustained energy during study periods. Feedback was very positive, and the activity highlighted simple, practical ways to improve daily nutrition.

## SDG 2.2 – Ending All Forms of Malnutrition

Steven Kamlet's presentation addressed the causes and treatment of malnutrition, what it looks like in a clinical setting, and local resources for improving nutrition. Community organizations, including Long Island Cares, Island Harvest, The Harry Chapin Food Bank, and Action Against Hunger NY, were shared. Nursing students noted the value of this information for their future clinical practice.



## Outreach

Flyers were shared across campus and promoted through social media with support from Theresa N. Eaves from the Department of Health and Wellness. Posts were shared through the Wellness at Molloy Instagram account and the MolloyLife platform. Outreach was also conducted through the Molloy Nursing Student Association.

## PROJECT OUTCOMES:

---

Survey results revealed several key findings. Only 14.3 percent of respondents were aware of the UN Sustainable Development Goal focused on ending malnutrition. Only 10 percent reported consistent avoidance of disposing of hazardous substances down drains, indicating a need for greater environmental safety education.

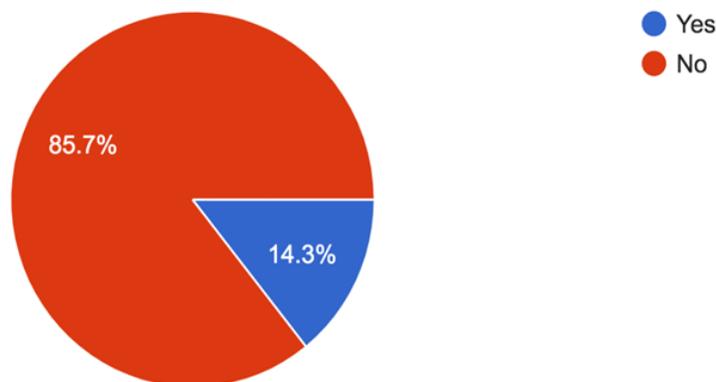
A strong majority, 82.9 percent, agreed that universities should lead by example in promoting health, nutrition, and environmental sustainability. More than 98 percent expressed interest in attending wellness-related events. Regarding Molloy Health Services, 14.3 percent were unfamiliar, 50 percent were aware but uncertain of available services, and 35.7 percent were very familiar. After engaging directly with staff, 87.5 percent reported that they would be likely to consult Health Services for care or referrals.

Feedback from the tabling events was overwhelmingly positive. Students were especially engaged by the produce-cleaning demonstration and expressed excitement about using safer alternatives at home.

These findings were shared with Molloy Health Services to inform future wellness initiatives. As a Catholic Dominican University, Molloy's commitment to Laudato Si' is reflected in the outcomes of this project, which promote care for both community health and the environment.

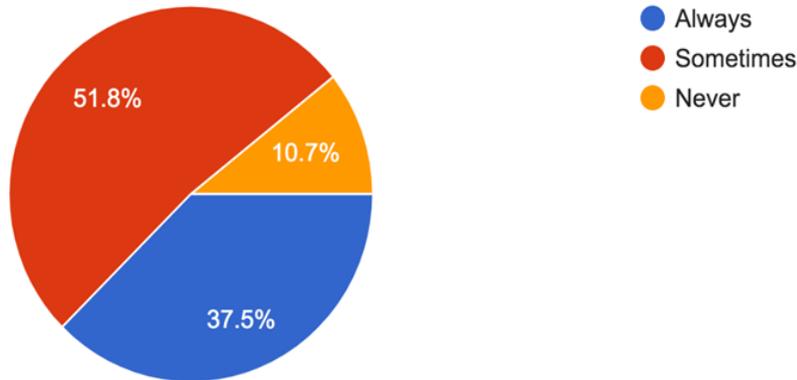
**Before today, were you aware that one of the United Nations' Sustainable Development Goals is to end all forms of malnutrition by 2030?**

56 responses



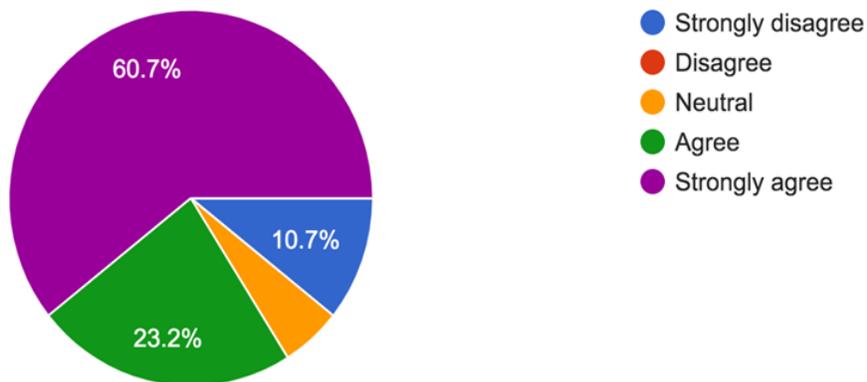
How often do you avoid pouring oils, chemicals, or household waste down the drain to help prevent water contamination and reduce pollution, in alignment with the United Nations Sustainable Development Goals for 2030?

56 responses



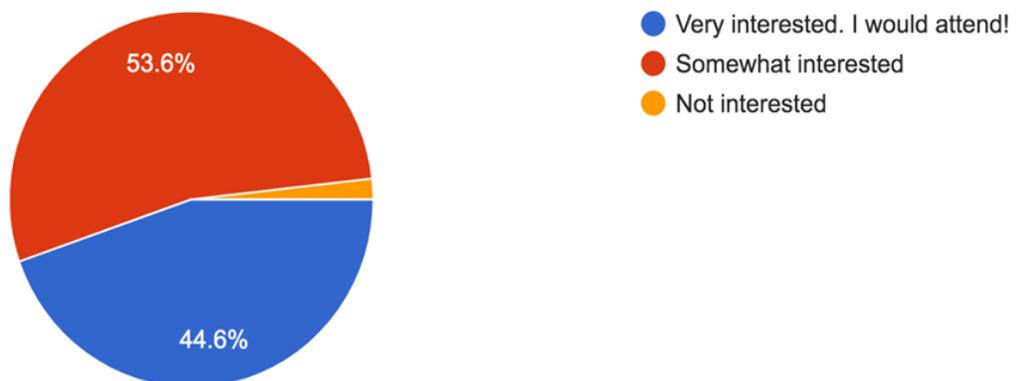
Universities like Molloy should lead by example in promoting health, nutrition, and environmental sustainability among students

56 responses



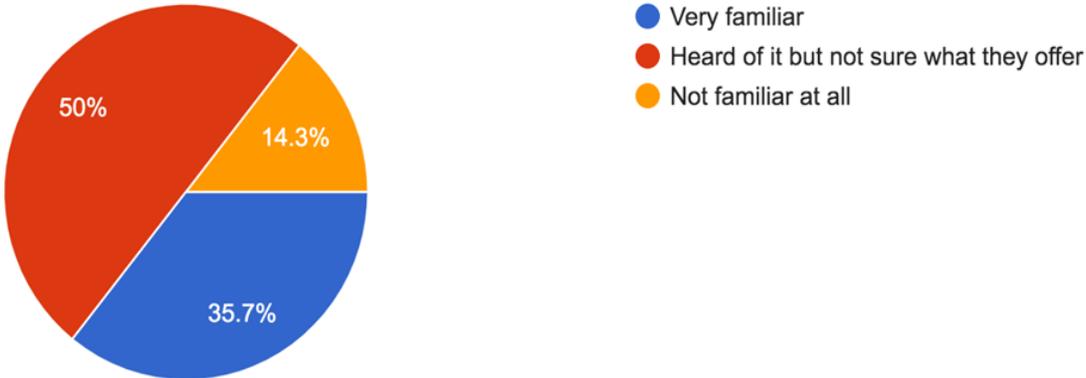
How interested would you be in attending an interactive nutrition workshop that teaches how to prevent malnutrition and improve health?

56 responses



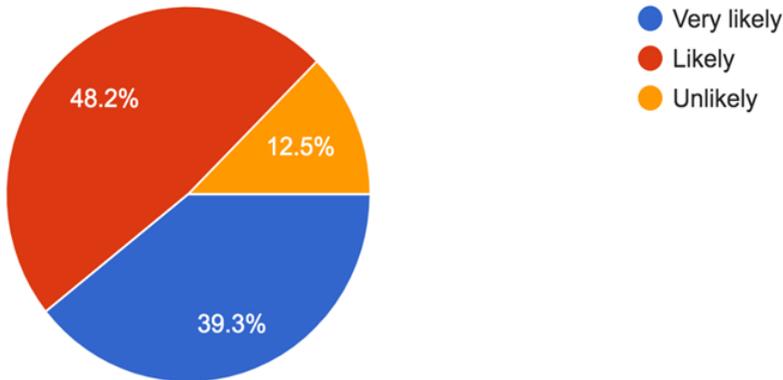
How familiar are you with Molloy University's Health Services and the support they provide for student wellness?

56 responses



How likely are you to consult Molloy Health Services to care for minor health problems or to receive referrals to outside healthcare providers?

56 responses



## **FUTURE PLANS AND FOLLOW-UPS:**

---

Student engagement throughout the semester demonstrated a strong demand for continued outreach. Students consistently expressed appreciation for programming that supports their health and well-being.

Special thanks are extended to Theresa N. Eaves, LMHC, Clinical Mental Health Counselor and Community Wellness Coordinator, for facilitating collaboration with Catholic Health and introducing Steven Kamlet. Mr. Kamlet expressed interest in continued future programming through workshops and nutrition-focused events.

Ongoing collaboration with Molloy Health Services will continue to strengthen student access to essential resources. Future initiatives will focus on semester-long programming that includes open houses, workshops, and interactive demonstrations.

## **PERSONAL IMPACT:**

---

I am sincerely grateful to Demosthenes Maratos and the Sustainability Institute for selecting me as a recipient of the fellowship. Demo's supervision, consistent support, and willingness to guide me through every step of the process made this experience deeply meaningful. I also thank Theresa N. Eaves for her guidance and Marjorie Gaudin, RN, for representing Health Services at my events.

This project reinforced what I have observed during my clinical experiences: access to health services, nutrition knowledge, and environmental safety practices have a direct impact on quality of life. Many students who participated had not been exposed to this information previously but were eager to learn. Seeing their growth strengthened my belief that education is one of the most powerful tools in healthcare.

This fellowship experience strengthened my commitment to advocacy and community health education and helped develop the leadership and communication skills I will carry into my nursing career.

## ACKNOWLEDGEMENT:

The *Sustainability Institute at Molloy University* acknowledges the generous endowment to establish the **Partnership for Global Justice Fellowship at Molloy University** and is very proud to be administering this unique opportunity for Molloy students. Since its establishment, this competitive fellowship continues to generate quite a bit of interest from many worthy applicants, and in keeping with Molloy's mission, has provided a meaningful student experience while contributing directly to the identification of approaches to ending, or at least mitigating, environmentally or socially damaging decision-making on Long Island.

