

Personal Bio

SANDRA COOPER

EXECUTIVE DIRECTOR

Texas AHEC East - Greater Houston Region

Sandra Cooper, Executive Director of the Greater Houston Region oversees all aspects of activities in the local AHEC center; supervising staff; monitoring project direction; analyzing project data; integrating activities; administering grant funds; developing project activity and evaluation reports.



She is experienced in public speaking, workshops and facilitation; promotion of health careers to middle and high school students; development of mentor/shadowing programs and is knowledgeable in cultural competency principles.

An advocate for healthy living, Sandra promotes *Transforming Texas* in Waller County to prevent heart attacks, strokes, cancer and other leading causes of death or disability through evidence-and practice- based policy, environmental and system change approaches and OH SNAP! Houston, a program designed to increase access to healthy food and to improve opportunities for healthy living. Sandra has championed the cause for the AHEC marketplace 101 training intended to train health professionals about the different components of the Health Insurance Marketplace.

Sandra received a BS from Columbia Southern University in Alabama and received certification as a Community Health Worker Instructor in 2010.

She is currently seeking certification in Human Resources at the University of

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Texas AHEC East is making communities healthier!