



## **Lydia Egbudin**

With an extensive background in various healthcare disciplines, Lydia is currently completing a Master's in Public Health (MPH) at King's College London. Her healthcare career followed her studies at Middlesex University, where she graduated with an Adult Nursing Diploma in 2002. This was followed by a career that included working on an oncology/haematology ward, before Lydia embarked on the furtherance of her studies, adding a BSc in Midwifery degree from Middlesex University to her repertoire of skills. The midwifery degree allowed Lydia to pivot to working as a midwife in the hospital care setting.

In 2011, Lydia went on to study at London South Bank University, where she obtained a BSc Specialist in Community Public Health Nursing (Health Visiting). Lydia has been working in the community as a health visitor since 2012, delivering the UK government's Healthy Child Programme to families with children under 5 years.

The Kings College London's Master's in Public Health is complementary to Lydia's experience working with individuals and the public and enhances her skills and knowledge of public health issues affecting individuals and the wider community. Lydia's areas of keen interest include, but are not limited to, child and maternal health; health inequalities, and social determinants of health. Buttressed by a wealth of experience, and years of public healthcare service, along with the transferable skills that Lydia has accumulated as a healthcare professional, this newly obtained knowledge acquired through the MPH will pave the way for Lydia's future career progression in public health.

Lydia enjoys running in her spare time which helps with physical fitness and to maintain a positive mindset to do work.



## **Yusra Omidiran**

Yusra Omidiran is a Nigerian/ American student completing her Master's in Public Health at King's College London. She was awarded a Bachelor of Arts degree in Biology with Summa Cum Laude honours at Concordia College, New York in 2017. After which she worked as a medical scribe/ assistant at an urgent care in the Bronx, New York.

Yusra is passionate about the provision of quality, equitable healthcare to all, especially the less privileged as seen in her work in low-income Bronx. She also loves helping people as exhibited by her volunteer experience in hospitals and clinics in the United States and rural Nigeria, as well as mentorship and tutoring roles during her undergraduate studies.

Yusra is currently working on her dissertation project exploring COVID-19 vaccine inequity and factors affecting vaccine inequality in Sub-Saharan Africa.

In her free time, Yusra loves to travel, cook, and play with animals, preferably cats.



## **Zaib Matta**

Zaib Mattara is an MPH student completing her Master's in Public Health at King's College London. She has a sound knowledge of human science gained from completing her BSc in Medical Biochemistry at University of Leicester, where she was awarded a First-Class honours.

Zaib has a long standing interest in improving population health and hopes to pursue a career in design, development, and implementation of policy interventions to improve the lives of millions.

Since reading the health policy document 'Why Children die – research and recommendations (2014)', Zaib has been engrossed by the developments and concerns relating to Child Public Health. Zaib is currently working on her MPH dissertation exploring the cultural differences in infant sleep practice associated with Sudden Infant Death Syndrome amongst European and Asian families.

In her free time, Zaib loves to travel, sing and explore London!



## **Jonta Kamara**

Jonta Kamara is a Master of Public Health Student at King's College London. She completed an Honours Bachelor of Arts Degree in Health Studies with a double minor in African Studies and Immunology. She graduated at New College, University of Toronto with Distinction in June 2020. With her family originally from Sierra Leone, Jonta is passionate about strengthening health systems on the African continent. Her interests lie in health system strengthening through health financing, health policy, maternal and child health, and capacity building. Jonta loves seeing African-led initiatives and those aiming to change the narrative of the African continent.

She is currently working on her dissertation project titled: How has the three months of the COVID-19 Pandemic impacted maternal and child health service utilization of the National Emergency Medical Services in Sierra Leone?

In her free time, Jonta likes travelling, cooking, and modelling.





Isabella Carreon

Isabella Carreon is an international student from the United States, finishing her degree in Master's of Public Health at King's College London. She completed her Bachelors of Science in Health Sciences with Cum Laude honours in May 2020 at California State University Channel Islands. Isabella is passionate about helping expecting women and neonatal infants, this interest started during her volunteering at her local hospital for three years during her undergraduate studies. She also is greatly fascinated by holistic medicine and natural approaches in the medical field. She is currently working on her dissertation project titled: What is the impact of gardening on mental health with anxiety and depression?