# 

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During the last 12+ years of leading (7 yrs) and teaching (5 yrs), these are the facts I've gained from observation, experience, and feedback.

- Quantitative Data helps support decision making through metrics while qualitative and experiences
- the process
- the data

 Leading from agency and enabling agency among team members to reach growth potential

provides the human factors from observations

 Solutions are only as good as the information gathered and how vested the makers are in

 The team relies on its leadership to present the entirety of the work including the research and

These metrics reflect the team's commitment to completing the work but were most excited by projects where they were empowered to explore and offer their expertise. A few of those follow.

- US presidents and congress

 Over 5 years, oversaw a team that responded to  $\approx$ 20,000 requests from across the agency

 The team had a satisfaction rating of 97% and delivery of projects early or on time of 95%

 The team completed projects for 20+ centers and offices including projects presented to

 The team worked with subject matter experts, scientists, social media, broadcast media, engineers, and web developers, to name a few

I'm a confident but humble leader that seeks information from those willing to provide it. I can be direct at times but am always willing to lend a friendly ear when someone needs it. I'm a multidirectional leader that's comfortable with ambiguity. I'm a natural creative with a pioneer spirit that enjoys explorations and inspiring others. While I truly value collaborations there are times I need to think or work independently. I'm driven, adaptable, dependable, engaging, and supportive.

I am a visionary leader who sees the future, questions everything, sets direction, drives strategy and innovation, and champions progress, results, and organizational integrity.

### THE WORK

Connect resources and stakeholders to create a more flexible style guide for agency staff to implement more easily and for audiences to better understand recommendations.

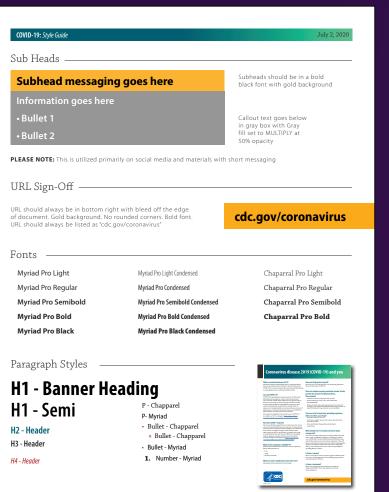
My role involved creative direction, facilitation, consultant, project owner, project management, team building.

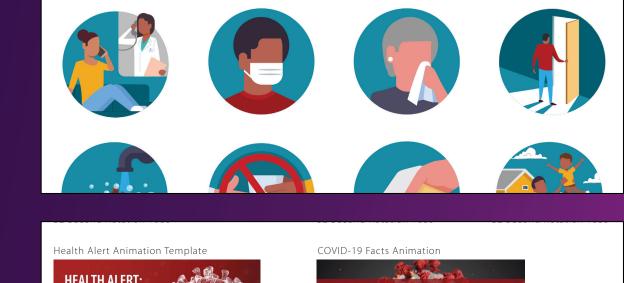
Create a more flexible style guide for agency staff to implement more easily and for audiences to better understand recommendations.

Quick response to fast moving information, simple but restrictive, and five different styles based on specific center need. Single style illustrations with no facial features were "too cartoony" and "creepy." I connected with lead stakeholders of the response, reviewed audience feedback, and consulted with staff to rework and expand a more flexible and cohesive guide with more options based on needs for different stakeholders and audiences, and more uses across different types of digital media.

GOLD CMYK: 0/37/99/0 RGB: 251/171/24 HEX: #fbab18	GRAY CMYK: 70/64/63/64 RGB: 45/45/45 HEX: #2d2d2d	RED CMYK: 20/100/100/13 RGB: 179/0/30 HEX: #b3001e	DARK TEAL CMYK: 93/52/43/19 RGB: 0/94/112 HEX: #005e70	DARK BLUE CMYK: 100/99/23/15 RGB: 23/28/115 HEX: #171c73
LIGHT TEAL CMYK: 64/0/61/0 RGB: 36/219/148 HEX: #24db94	LIGHT BLUE CMYK: 83/75/0/0 RGB: 55/61/230 HEX: #373de6 P	LEASE NOTE: Colors do n	ot represent target dem	ographics any longer
Gradient Hea	ıders ———			
HEA	DLINE HERE	Gradient tall. For	must always include Gr t bar. For Print header sh social header should be	ould be at least .5" 125-200px tall
	Teal Location: 50 Angle: -40°		CONAVIRUS DISEASE	2019
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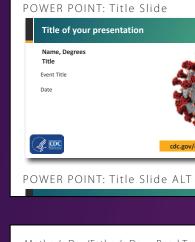










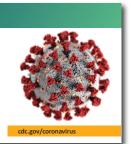




### **Previous Version**







POWER POINT: Section Header Color

Solid Background with Color

J. ......

POWER POINT: Section Header Watermark

Mother's Day/Father's Day - Road Travel Campaign



		COVID-19: Style Guide	January 11, 2021	Sub Heads	
	Colors				Subheads should b
	Primary Colors			HEADLINE HERE   COVID-19   Subhead messaging goes here	under the header. E background, 50% o
COVID-19	Gold Charcoa	V64/63/64 CMYK: 20/100/100/13 15/45 RGB: 179/0/30	Dark Teal CMYK: 0/37/99/0 RGB: 251/171/24 HEX: #fbab18	Information goes here • Bullet 1	or without backgro Callout text goes b / color background set to MULTIPLY at 1
STYLE GUIDE	Eggplant Light Tec CMW: 100/99/23/15 CMYK: 64 RGB: 23/28/115 RGB: 36/2 HEX: #171c73 HEX: #24	al Cobalt Blue /0/61/0 CMYK: 83/75/0/0 /19/148 RGB: 55/61/230		• Bullet 2	
	Secondary Palette	Tertiary Palette		PLEASE NOTE: This is utilized primarily on social me	dia and materials with short messaging
4 A A A A A A A A A A A A A A A A A A A	CMYK: 7/61/74/0 CMYK: 20 RGB: 229/126/81 RGB: 188, HEX: #e57e51 HEX: #BC		CMYK: 16/16/74/0 RGB: 220/201/99 HEX: #dcc96	URL Sign-Off	
	CMYK: 86/33/42/6 RGB: 0/129/138 HEX: #00818A HEX: #a50	/201/201 RGB: 37/52/58	CMYK: 68/35/60/13 RGB: 88/126/108 HEX: #587e6c	URL should always be in bottom right with bleed off of document. Gold background. No rounded corners URL should always be listed as "cdc.gov/coronavirus"	Bold font. CCC.COV/C
	Colors Hierarchy			Fonts	
	size of swatch indicates ranking			Headline Typefaces	Body Typefaces
	Primary Colors #005e70 #2d2d2d #fbab	18 #373de6 #24db94		Myriad Pro Light Myriad Pro Light Condensed Myriad Pro Regular Myriad Pro Semibold Myriad Pro Semibold Myriad Pro Semibold Condensee Myriad Pro Bold Myriad Pro Blok Condenseet Myriad Pro Black Myriad Pro Black Condensed	Chaparral Pro Bold
		#171c73 #b3001e		Alternative Typefaces	
	Secondary Palette Ter	rtiary Palette		Headline Helvetica LT Std Light Helvetica LT Std Roman Helvetica LT Std Bold	Body Georgia Regular* Georgia Italic Georgia Bold
	#e57e51 #8C5829 #	d0d1d3 ≢27343a		Helvetica LT Std Black Helvetica LT Std Light Condensed Helvetica LT Std Condensed Bold* Helvetica LT Std Condensed Bold* Helvetica LT Std Condensed Black	Georgia Bold Italic
A. A. S. 780.	#00818A #a5c9c9 #c	scc963 #587e6c		DIN 2014 Regular DIN 2014 Demi DIN 2014 Bold	
Header Use		Image Samples size of IMG indicates			Illustrations
	Grey text box: HEX #efefee, full opacity.	EXAM ROOM			DETAILED, GREY
	Grey text box: HEX #efefee, 50% opacity.				
	Gradient header strip, stands alone: No grey box necessary.				
Headers must always include box, left hand side. Print header should be at least .5° tall. For social head		HAND SANITIZER			
	HEADLINE HERE (COVID-19)				OUTLINE: Modera
		LAB			



### Updated Version

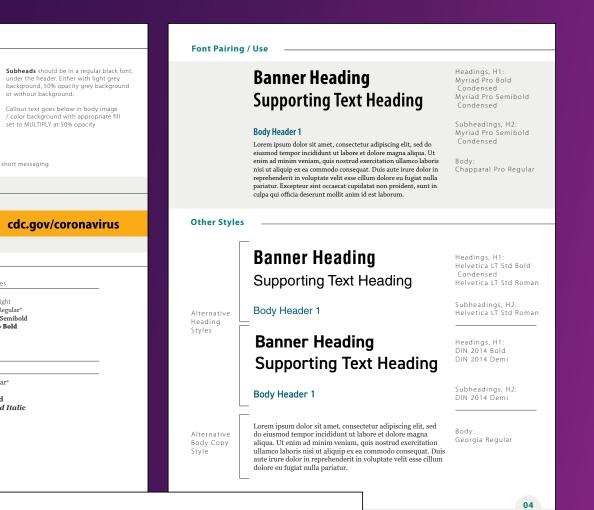
COVID-19: Style Guide | January 11, 2021

ON LOCATION VACCINE PHOTOSHOOT

TELEMEDICINE

COVID-19: Style Guide | January 11, 2021

08



COVID-19: Style Guide January 11, 2021

DETAILED, GREY SCALE: Slow tunraround time

**SR**.



OUTLINE: Moderate tunraround time



ORIGINAL ICONS: Quickest tunraround time



COVID-19: Style Guide | January 11, 2021

The agency was slow to adopt digital options before C19, staff were heavily micro managed, had a "get it done, as fast as possible" process, and stakeholders often gave design staff instructions on exactly what stakeholders wanted but they needed it to be "prettier" so staff ideas were often dismissed and they were very discouraged. I had to create an environment that enabled design staff to feel confident and comfortable enough to offer viable solutions and not feel dismissed.

Connect with lead stakeholders for the creation of a simple mark to raise awareness, but not alarming. To be prepared if a larger response is needed, I decided the team needed to create a style guide and illustration style that was relatable for the audience.

My role involved creative direction, facilitation, consultant, project owner, project management, team building, influencer.

Create an identifying mark for the monkeypox outbreak for audiences to easily recognize CDC information in a crowded media landscape.

Keep the mark simple but not alarming. I decided the team would create a style guide and illustration style cohesive and relatable for audience to be prepared if a larger response was needed. I formed a team then connected with lead stakeholders of the response to meet and discuss needs and concerns. I included members of the illustration team after to determine illustration style. Later, Medical Illustrators connected with subject matter experts to create scientific illustration of mpox virus. I presented the project to response leadership and guided staff to refine the work based on feedback from the client.



Iterations including anticipated name change or abbreviation

### MONKEYPOX

This auburn concept helps viewers understand the issue is becoming more serious as the gradient changes from orange to red orange. The typeface is a condensed lighter weight moving to heavier weight to indicate growth and spread. Orange helps promote understanding, change, and wisdom.

MONKEYPOX Lockup gradient depicts heightening concern as well signaling an alert to viewers.		-	HEADINGS			
Tangerine     Crimson       CMYK: 2/54/94/0     CMYK: 20/93/99/11       RGB: 242/140/46     CMYK: 20/93/99/11       HEX: #128c2e     HEX: #b53326		Bitter Black Bitter Bold Bitter Regula		abcdefghijklmnopqrstuvwo 1234567890		klmnopqrstuvwxyz 0 HIJKLMNOPQRSTUVWXYZ jklmnopqrstuvwxyz
Lockup colors			<b>Din Extra Bold</b> Din Bold Din Demi Din Regular Din Light Din Extra Light		abcdefghijkl 1234567890 ABCDEFGHI	IJKLMNOPQRSTUVWXYZ mnopqrstuvwxyz
Lockup gradient (12 steps)	Ekup gradient (12 steps) FONTS: PPT / WORD DOCUMENTS			lor	ABCDEF	FONT PAIRINGS / USE
MONKEYPOX DIN 2014 Narrow (Adobe font) Lockup font	In the case a PowerPoint or Word document is created for fluid use by client/designer, use the following universal font pairings. These font pairings are solely to be used in this context and not to be used in print materials or web/social graphics		lar	1234567 ABCDEF abcdefg 1234567	MAIN STYLE	
	<b>Georgia Bold</b> Georgia Regular	ABCDEFGHIJKLMN abcdefghijklmnopqu 1234567890 ABCDEFGHIJKLMNO abcdefghijklmnopqrstu 1234567890			Body copy text: et ut aut vitium is auda alit po consectiam quam, sitatur, optas aut velit ut el si tem faceat fuga. Et omnimin non reptius et torepersped unt, ipit verit, acestia spere, nos eiciunt exerem ulliciet dolum alitio del ipsunt officimenis plit fuga. Itat aceaqui quo qui unte quo tem fugiandit, se vellabores dic tem dolu	
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	Arial Bold Arial Regular	ABCDEFGHIJKLMNO abcdefghijklmnopqrst 1234567890 ABCDEFGHIJKLMNOF abcdefghijklmnopqrstuv 1234567890	PQRSTUVWXYZ			ALTERNATE Main Heading Text Subheading Text BODY HEADER TEXT Gia consequid et ut aut vitium is auda alit poris consectiam quam, sitatur, optas aut velit ut et untem si tem faceat fuga. Et omnimin non reptius et issequi torepersped unt, ipit verit, acestia spere, nos magnihi eiciunt exerem ulliciet dolum alitio del ipsunt endio officimenis plit fuga. Itat aceaqui quo qui untemque a
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### COLORS

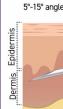
	COLORS						
			action and alertness trust, transparency a	nd authority. Palette also ary and monochromatic			
	Tan	Sunflower	Aqua				
	CMYK: 20/42/55/1 RGB: 204/153/120 HEX: #cc9978	CMYK: 0/29/73/0 RGB: 252/189/94 HEX: #fcbd5e	CMYK: 43/9/36/0 RGB: 148/194/173 HEX: #94c2ad				
		Tangerine	Dark Teal	Light Teal			
		CMYK: 2/54/94/0 RGB: 242/140/46 HEX: #f28c2e	CMYK: 74/39/34/5 RGB: 74/128/145 HEX: #4a8091	CMYK: 56/0/23/0 RGB: 102/199/201 HEX: #66c7c9			
		Orange	Med Blue	Light Blue			
		CMYK: 6/77/85/0 RGB: 228/96/59	CMYK: 82/54/25/5 RGB: 59/107/145 HEX: #3b6b91	CMYK: 35/9/9/0 RGB: 163/202/219 HEX: #a3cadb			
			Dark Blue	Slate			
	Heading: Bitter Bo Subheading: Bitter		CMYK: 96/78/46/43 RGB: 18/48/74 HEX: #12304a	CMYK: 67/51/35/9 RGB: 97/112/133 HEX: #617085			
	-						
	Body header: DIN Extra Bold Body copy: DIN Regular		MONKEYPOX: STYLE GUIDE   June 2022				
	Heading: Bitter Bo Subheading: Bitter						
	Body header: Roboto Cond Bold Body copy: Roboto Cond Light						
MON	KEYPOX: <b>STYLE GUIDE</b>	June 2022					
MUN	NETPOX: STYLE GUIDE	June 2022					





**TEXTURE EXAMPLES** 





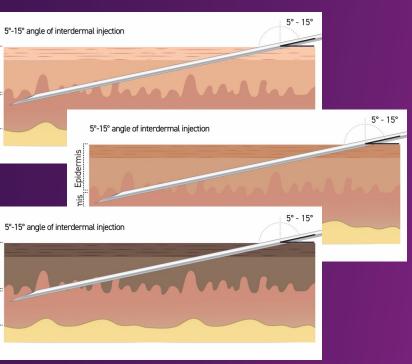


Layered texture effect elicits feelings of discomfort and grit.

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### SOCIAL / WEB GRAPHICS





### MONKEYPOX UPDATE



### www.cdc.gov/Monkeypox

As of August 16, 38,019 confirmed or probable monkeypox cases have been identified in 93 countries, including 12,689 in the U.S.

**Global Cases** 38,019

**U.S.** Cases 12,689











### MONKEYPOX

### Vaccine Risks vs. **Monkeypox Disease**

For most people who have been exposed to monkeypox, the risks from monkeypox disease are greater than the risks from the vaccines.

Learn more: www.cdc.gov/monkeypox

CDC

### CDC

### MONKEYPOX

### **Planning to attend a festival** or an event?

Events where attendees are outdoors, fully clothed and unlikely to share skin-to-skin contact are safer.

An indoor event where there is minimal clothing and where there is direct, skin-to-skin contact has more risk.

www.cdc.gov/monkeypox



STEP 2



### MONKEYPOX

### **CDC Recommends Monkeypox Vaccination for People Who**

- · Are known or possible close contacts of people with monkeypox.
- Know that one of their sex partners in the past 2 weeks has been diagnosed with monkeypox.
- Have had multiple sex partners in the past 14 days in a place with monkeypox cases.
- · Have jobs that may expose them to orthopoxviruses. - Some designated healthcare or public health workers
  - Laboratory workers who handle specimens related to orthopoxviruses

Contact a healthcare provider for more information.

Learn more: www.cdc.gov/monkeypox

### M O N K E Y **P O X**

### 4 things you can do if you are exposed to monkeypox:

- Talk to a healthcare provider about the monkeypox vaccine
- Watch for symptoms for 3 weeks
- See a healthcare provider if you develop a rash
- Prevent spreading monkeypox to others 4



L CDC

Learn more: www.cdc.gov/monkeypox



### MONKEYPOX

### How to administer a JYNNEOS vaccine intradermally

While pulling the skin taut, position the needle with the bevel facing up and insert the needle at a 5- to 15-degree angle into the dermis.

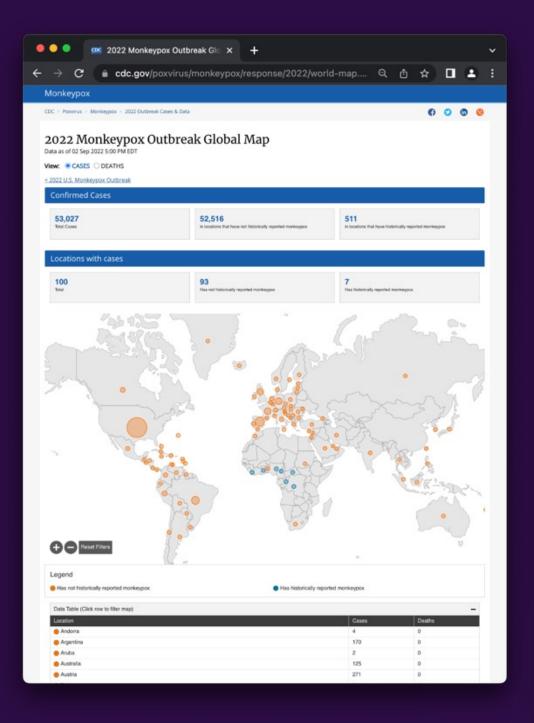


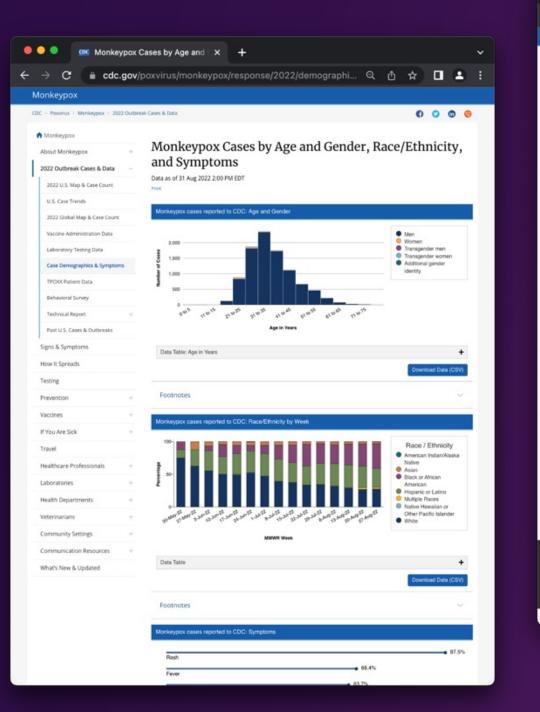
### MONKEYPOX

What You Need to Know about Monkeypox if You are a Teen or Young Adult

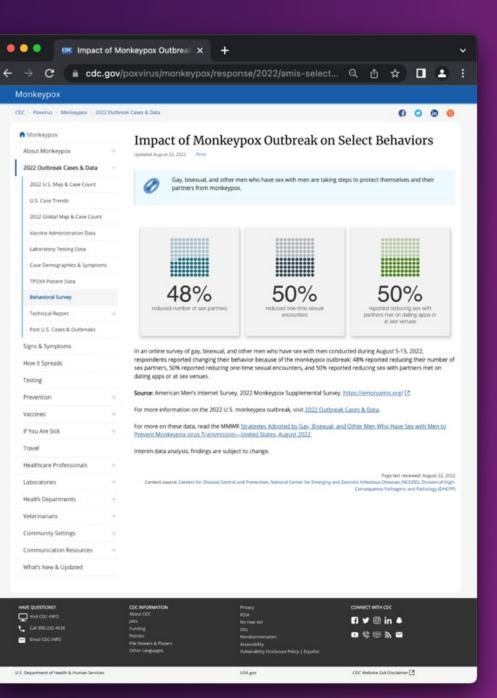
CD

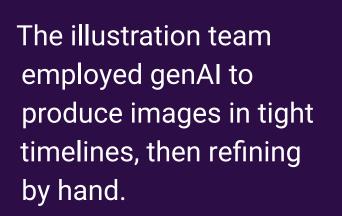
Learn more: www.cdc.gov/monkeypox





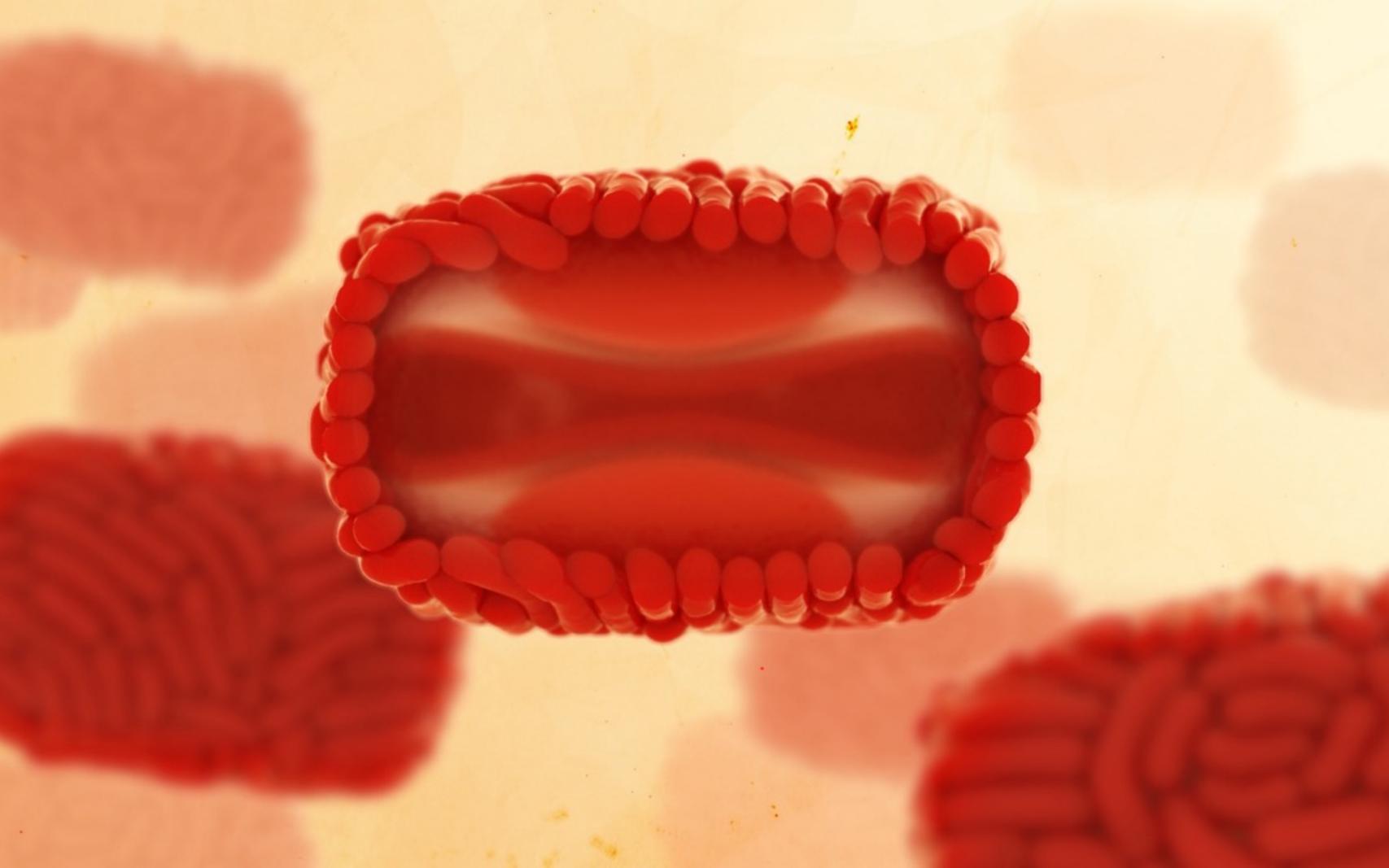
The team worked with web developers and engineers to create upto-the-minute data viz for use on the CDC website.











"The historical knowledge and expertise [the team] brought to the brand design process was incredibly helpful in guiding us. The time and effort they put in during the beginning of the process allowed us to have consistent visuals from the very start of the response leading to cohesive design throughout."

-Testimonial mpox response team

### I ESSONS.

The style guide was used for the larger response as outbreak cases grew and I monitored releases for effectiveness and feedback. Internal and external responses were positive with a 94% approval rating. Staff responded to more than 1500 requests over 1.5 years. The team enjoyed the interactions with the response team and among themselves and began to feel more like a team.

### GENAI

Connect staff and resources to create a more efficient and streamlined approach to project and product launches through the use of GenAI.

My role involved transformation, executive direction, consultant, research, team building, influencer, project assignment, evaluation, collaboration, partnerships, resources builder.

## GOAI

I directed team members to incorporate the use of Generative AI, refine prompt engineering skills, and experiment with different AI models such as Midjourney, Dall-E, and Stable Diffusion.

Team prompt: How might GenAI models enhance the teams' workflows more efficiently while ensuring scientific accuracy of images for use with agency products such as emergency responses and on CDC's website pages that the public and healthcare professionals rely on for important information and updates? My goal was to help staff adopt new ways of thinking and image creation that are scientifically accurate and do not compromise ethical standards. I instructed staff to experiment and train with new tools available to streamline workflows in order to reduce to market timelines, and I managed staff concerns using GenAI as a tool explaining it is not a replacement for their knowledge, skills, or abilities.



The work became more sophisticated with time and projects. The team used stock images and genAl to create but always need the hand of a professional to complete the final deliverable. BUT YOU'RE NOT ALONE

Learn more at: cdc.gov/cancer/survivor



Guidance from me, the cows and the anatomy looked incorrect and they all looked copy and paste. The team refined the work to include milking cows, Holstein cows, and corrected anatomy.





### Birth Defects

The illustration is characterized by a gentle, soothing color palette that employs soft, calming hues to create a serene atmosphere. Utilizing a flat color style with low contrast, the image emphasizes a sense of tranquility, allowing viewers to engage with the subject matter in a compassionate manner. Key details are selectively included, focusing on the most significant aspects of the babies depicted with birth defects, while minimizing distractions. This thoughtful approach invites contemplation and understanding, fostering empathy for the experiences of these little ones.



Defects

02



Birth Defects

The first image depicts a caring healthcare worker with a smiling infant. Soft blues and corals evoke comfort, while a storybock-like aesthetic balances detail and warmth, reinforcing a theme of pediatric care. The second image portrays a child with a cleft lip in a semi-realistic, stylized illustration. Warm peach tones complement soft features and expressive eyes, creating an inviting yet poignant feel. Loose linework and smooth shading add depth, while tousled curls enhance character.

Birth

Defects

These illustrations blend realism with expressive brushwork, making them 05 emotionally compelling. Color theory enhances impact -- the first image contrasts warm skin tones with a bold blue-and-yellow background, symbolizing trust and warmth. The second image's softer tones highlight the child's expressive eyes, evoking innocence. This painterly style balances warmth and clarity, making the visuals engaging, relatable, and effective for healthcare messaging and advocacy.

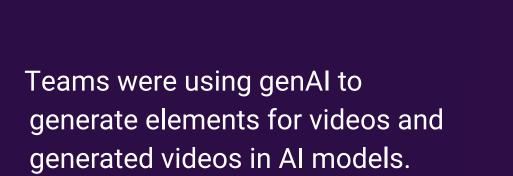
Teams continually experimented and pushed genAI boundaries while repeatedly refining the final product.

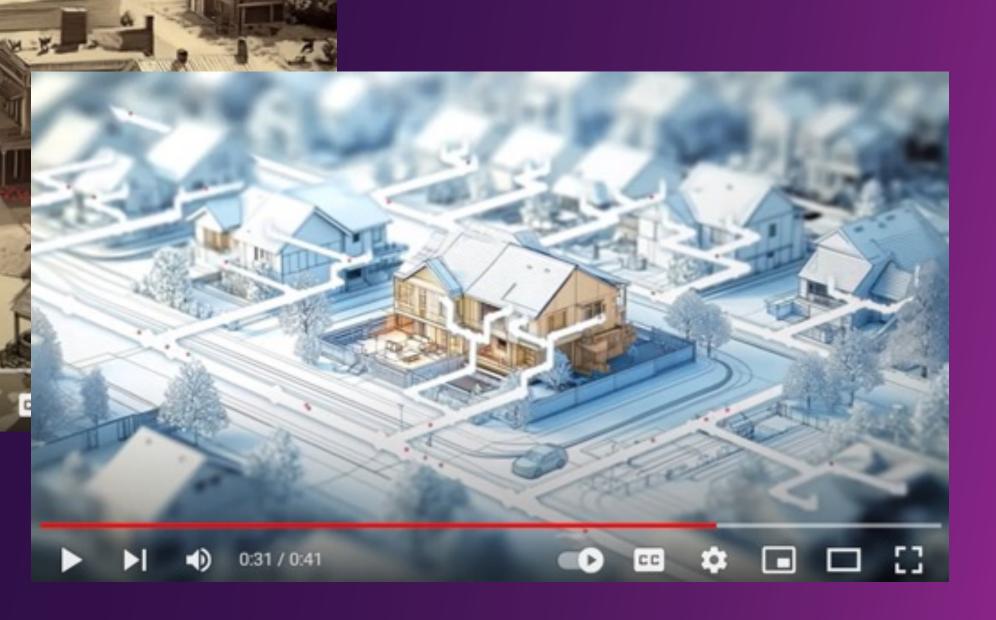


These images employ a bold digital painting style with rich colors and smooth gradients, creating a warm, uplifting feel. Bright yellows, deep blues, and warm oranges evoke positivity and care, softening the typically clinical portrayal of a cleft lip. In the first image, a doctor's gentle touch reinforces compassion, while in the second, the baby's direct gaze highlights innocence and resilience. The vibrant tones shift the focus from the condition to the human experience, emphasizing strength, warmth, and hope.









## **IESSONS**

There was an explosion of experimentation from the team highlighting the potential and shortcomings of GenAl images. The team was hesitant to include GenAl in workflows but then quickly understood how the tools are an asset to project ideation through delivery.

I saw a reduction in project delivery by as much as 90% and as little as 70%. I discovered the tools could not take a project fully to completion and the human hand was still needed to get the final product to acceptable levels. Use of tools started in 2023 with only a few staff members using them and by the end of Q2 2025, the tools were being used more widely across teams.

In Q2 2025, I gathered cross-functional division leadership to discuss building an agency GenAI image generation tool that could work across work areas such as social media, data viz, medical illustration, visual communications, and other areas.

Refresh the CDC logo to retain brand recognition and update the look, and create a distinctive visual identity for audiences to easily identify information from the agency and support its mission.

My role involved executive direction, facilitation, consultant, designer, project owner, project management, team building, presenter, influencer.

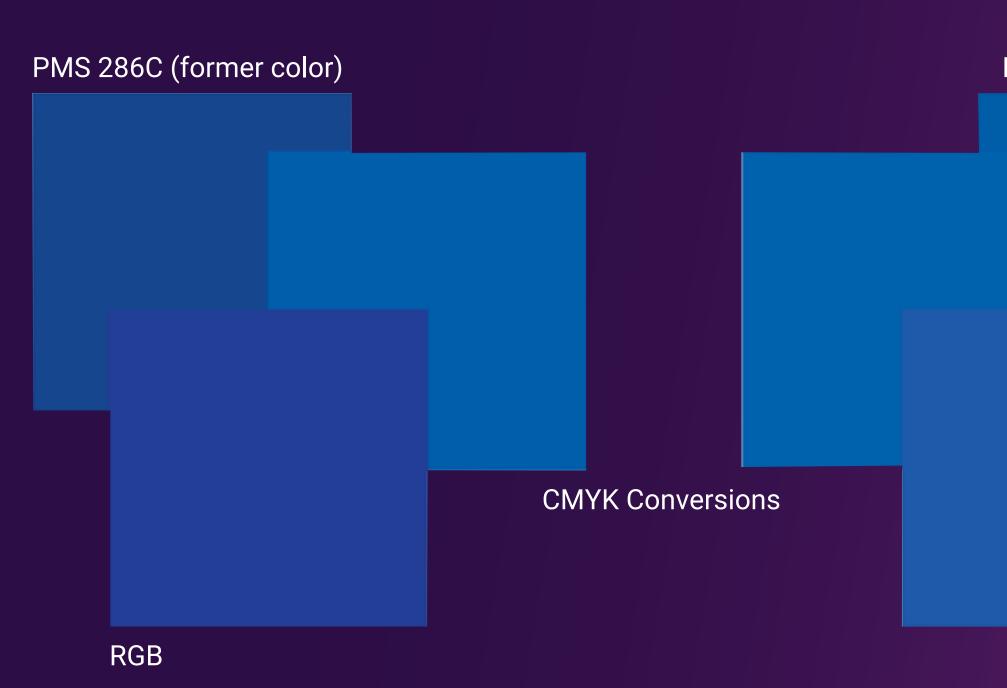


Update and refine the new CDC logo that retains visual recognition and create a visual identity that reflects and builds upon the values, and mission of the agency.

New CDC logo options needed to be tested with focus groups to determine appropriate direction. After logo completion and launch, create a visual identity to help with consistency across the agency that supports the goals such as honesty, trust, and transparency for the US public, and supports marketing efforts to launch products more quickly especially for emergency responses. Explore options for the logo, then test logos among agency staff, focus groups, and agency leadership to bring the mark to a more contemporary state. Use design practice, typography, and mathematics to support layout and effectiveness of the mark. Explore options for a visual identity that include type pairings, color theory, and layouts and is flexible, professional, effective, and creates efficiencies for use across all CDC programs, centers, and offices.



Started with a look across gov't agencies' logo updates



Changing the blue to a setting that has more consistent hues across conversions for different types of media but mainly for digital and blue is associated with trust.

### PMS 2935C (new color)



RGB



Began with Avenir Black, customized by widening aperture of "C" and rounded edges for friendlier look and rendering on digital platforms.





Exploration with no rays significantly reduces brand recognition and is too similar to other government agencies such as GSA and FDA. Eliminating strokes from counter spaces, makes the glyphs more legible and readable at smaller sizes providing a wider range of applications.



We employed the golden section as a means to determine a strong and powerful layout and structure, that is based on the Fibonacci sequence.



The team started with conducting some environmental research highlighting the organizations we researched over a year. Our research involved analyzing their logos, color palettes, typography, imagery, and design systems.

best practices.







### We used these insights to inform and guide decisions, ensuring the visual identity aligns with industry standard

	Roboto Medium	About CDC			
<b>Roboto</b> Nunito Sans	Roboto Black	Our mission			
	Roboto Bold	CDC is the nation's leading science-based, data-driven, se that protects the public's health.			
	Nunito Sans Light	CDC works 24/7 to protect America from health, safety and security threa U.S. Whether diseases start at home or abroad, are chronic or acute, curate error or deliberate attack, CDC fights disease and supports communities a			
	Nunito Sans Regular and bold	<b>CDC increases the health security of our nation.</b> As the nation's health lives and protects people from health threats. To accomplish our mission and provides health information that protects our nation against expensit threats and responds when these arise.			
	Nunito Sans Light	<ul> <li>On the cutting edge of health security – confronting global disease three computing and lab analysis of huge amounts of data to quickly find solution.</li> <li>Putting science into action – tracking disease and finding out what is manual effective ways to prevent it.</li> <li>Helping medical care – bringing new knowledge to individual health car save more lives and reduce waste.</li> </ul>			
	Roboto Black Italic	"In April 2022, CDC launched an effort to refine and modernize its processes around developing and deploying our science and progra how to pivot our long- standing practices and adapt to pandemics emergencies, then to apply those lessons across the organization."			

Both faces chosen for the VI are contemporary, versatile in weights, and pair well together. Roboto was chosen for its geometric shapes, complemented by friendly,

open curves that create a natural reading rhythm. Nunito, with its balanced and rounded design, was specifically crafted for seamless use across digital.

### service organization

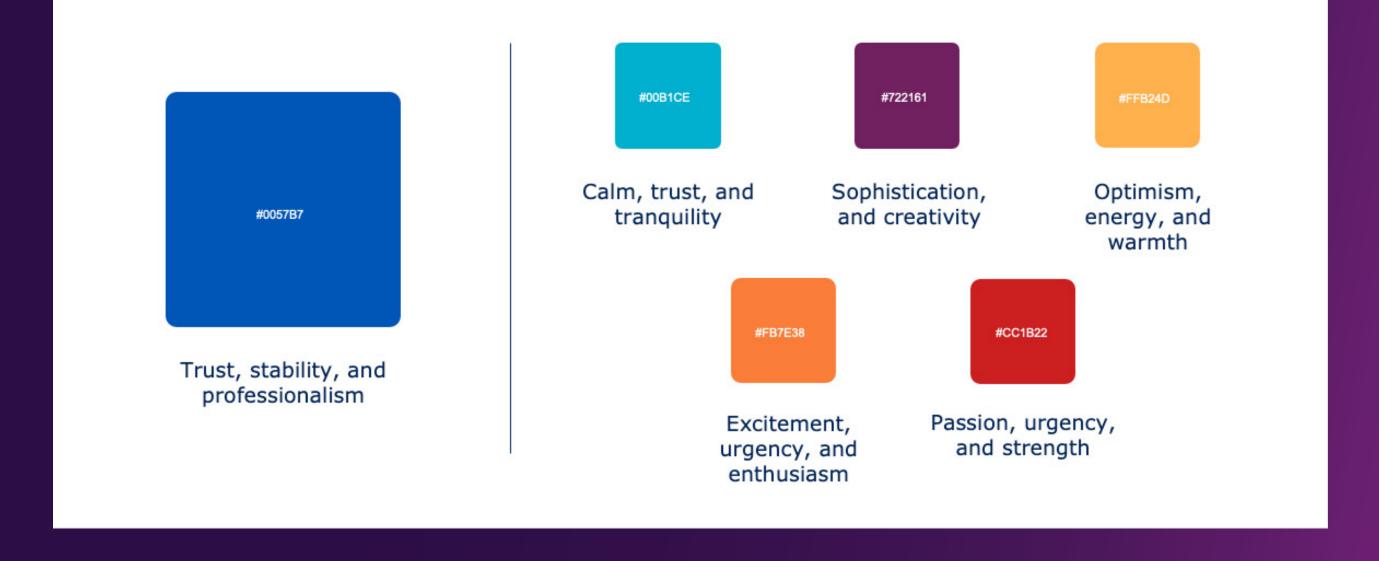
reats, both foreign and in the rable or preventable, human as and citizens to do the same.

Ith protection agency, CDC saves ion, CDC conducts critical science nsive and dangerous health

reats through advanced olutions. making people sick and the most

care and community health to

ts structures, systems, and grams. The goal was to learn cs and other public health n."



The main color palette was refined and refreshed. We expanded the palette to include three secondary colors that complement CDC blue. We also included two accents and tints that would be used to highlight important messages. Highlighting the intended emotions to evoke when used. This created a balanced and dynamic palette that reflected the multifaceted nature of our brand.



### LIVING IN PUERTO RICO?

### What You Need to **Know About the Dengue Vaccine**

### What Is the Dengue Vaccine?

The dengue vaccine, known as Dengvaxia, is the first vaccine approved for the prevention of dengue disease caused by all four dengue virus serotypes in individuals aged 9 through 45 years old who are living in areas with endemic dengue. The vaccine is administered in three doses over a 12-month period.

### What Is Dengvaxia?

The dengue vaccine, known as Dengvaxia, is the first vaccine approved for the prevention of dengue disease caused by all four dengue virus serotypes in individuals aged 9 through 45 years old who are living in areas with endemic dengue. The vaccine is administered in three doses over a 12-month period.

### Who Should Get the Vaccine?

The World Health Organization (WHO) recommends that the vaccine only be given to individuals who have been previously infected with dengue virus. This recommendation comes after studies indicated that Dengvaxia could increase the risk of

severe dengue in those who had never been infected before the vaccination. In areas like Puerto Rico, where dengue is common, seroprevalence tests might be used to determine if a person has had a previous infection before vaccination.

### Vaccine Efficacy and Safety

Clinical trials conducted across several countries have shown that Dengvaxia can prevent symptomatic and severe dengue cases in individuals 9 to 16 years old who had prior infection. The vaccine is generally safe, with the most common side effects being mild and including symptoms like headache. muscle pain, joint pain, fatigue, injection site pain, and low-grade fever.

### **Did You Know?**

While many associate dengue risk with very young children, data from 2010 to 2023 reveals that the 11 to 19 age group experiences the highest number of dengue cases.

This increased risk may be due to greater exposure during outdoor activities and less consistent use of preventive measures such as mosquito repellent Encouraging proactive prevention habits in teenagers and young adults is essential in reducing dengue's impact.



### LIFESTYLE CHANGE PROGRAM **Preventing** Type 2 Diabetes in At-Risk Adults

### **The National Diabetes Prevention Program**

The National Diabetes Prevention Program lifestyle change program was developed specifically to prevent type 2 diabetes. It was designed for people who have prediabetes or are at risk for type 2 diabetes but don't already have diabetes.

A trained Lifestyle Coach leads the program. They help you change certain lifestyle habits, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share your goals and struggles. It's delivered both in person and online. This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. It's a yearlong program focused on long-term changes and lasting results.

### Improve Your Health

The lifestyle change program can help you lose weight by eating better and being more physically active. You'll also learn how to reduce stress. All these things will help lower your risk for type 2 diabetes and having a heart attack or stroke.

### Feel Better and More Energetic

Many participants say they feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



Are You At-Risk?

In the United States, about 1 in 3

diabetes within 5 years.

your risk.

adults has prediabetes, and more than

8 in 10 of them don't know they have

it. Without taking action, many people

with prediabetes could develop type 2

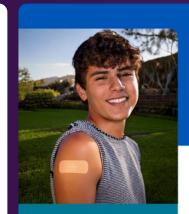
With type 2 diabetes, your body can't

effectively use insulin (a hormone that

helps glucose get into the cells of the

body). You can get type 2 diabetes at

any age, but certain factors increase



**Dengue Fast Facts** 

400 million lengue infections o globally each year.

50% of the world's population is at risk for dengue.

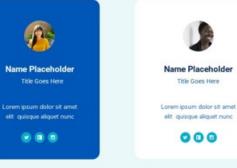
4 serotypes of the dengue virus exist, each requiring immunity.

3 doses are required over 12 months to be considered fully vaccinated.

81% less hospitalizations in ed individuals

### MEET THE TEAM

### Hi, We're DVDB.



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CDC

Surge In Reported Dengue Cases In USA

### **CDC Guidance** to Encourage Prevention





### LIVING IN PUERTO RICO? What You Need to **Know About the Dengue Vaccine**

### What Is the Dengue Vaccine?

The dengue vaccine, known as Dengvaxia, is the first vaccine approved for the prevention of dengue disease caused by all four dengue virus serotypes in individuals aged 9 through 45 years old who are living in areas with endemic dengue. The vaccine is administered in three doses over a 12-month period.

### How Does the Vaccine Work?

Dengyaxia is a live recombinant tetravalent vaccine developed using vellow fever vaccine technology. It contains a small piece of the dengue virus that triggers the immune system to develop immunity to the virus without causing the disease. The vaccine's effectiveness can vary based on the serotype and the individual's prior exposure to the virus.

### Who Should Get the Vaccine?

The World Health Organization (WHO) recommends that the vaccine only be given to individuals who have been previously infected with dengue virus. This recommendation comes after studies indicated that Dengvaxia could increase the risk of severe dengue in those who had never been infected before the vaccination. In areas like Puerto Rico, where dengue is common, seroprevalence tests might be used to determine if a person has had a previous infection before vaccination

### Vaccine Efficacy and Safety

Clinical trials conducted across several countries have shown that Dengvaxia can prevent symptomatic and severe dengue cases in individuals 9 to 16 years old who had prior infection. The vaccine is generally safe, with the most common side effects being mild and including symptoms like headache, muscle pain, joint pain, fatigue,

le



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COVID and flu

RSV

> Everyone 6 months and older

> People ages 60 and over at

high risk of severe RSV

RADON

WEEK

CDC

www.cdc.gov/radon

cdc.gov/mpox

### **CORONAVIRUS DISEASE 2019**



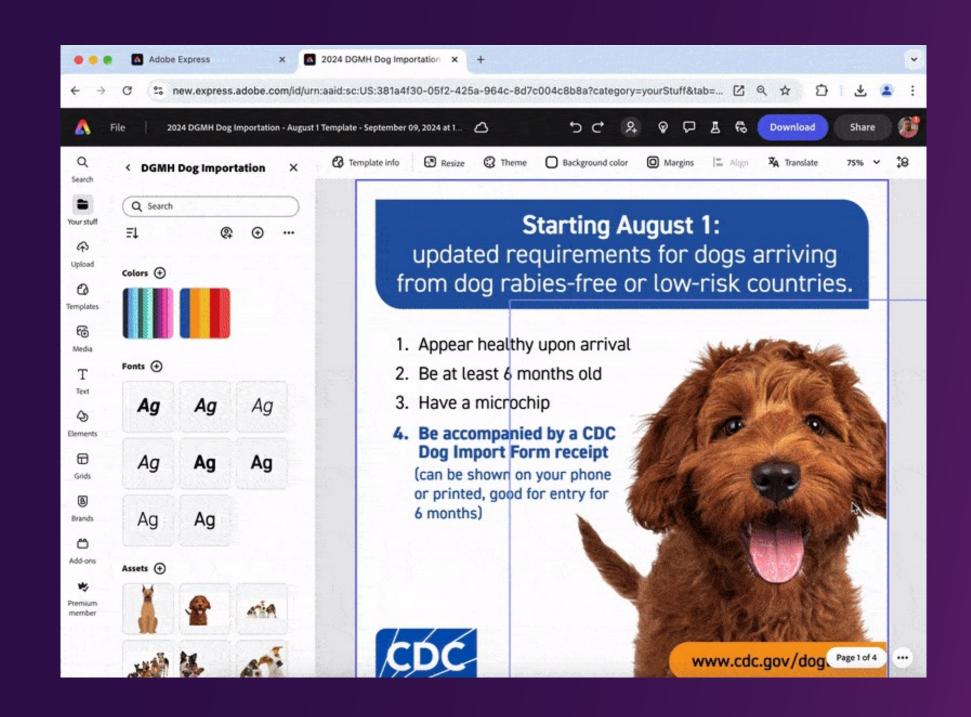


### How is mpox spread from person to person?

• Direct skin-to-skin contact with a person who has mpox. • Includes hugging, day-today contact through regular household activities, and sex bedding, dishes, or other objects used by someone with mpox before they're







A planned release on Adobe Express was included for agency staff to use the visual identity templates for quicker turn around times.

### **IESSONS**

The logo was met with skepticism but after I presented the research, data, and mathematical application behind the design decisions, the agency quickly accepted the refreshed mark and was released along with the launch the new CDC website. Audience testing proved the existence of continued brand recognition, sharing other logo options with agency staff exposed concerns but I eased resistance by focusing skeptics on qualitative and quantitative data used, and my use of mathematics to determine letter customization, angels of rays, and overall layout of the mark. The refreshed visual identity was developed with internal users in mind and visual impact for a multitude of audiences. I guided collaborations among marketing and media team members such as social media, broadcasting, web, and news media. I approved a team idea to use Adobe Express as a tool for template distribution for staff use to support consistency. I provided the team feedback and guidance, and they created a distinctive look with a unified image that set meaningful parameters differentiating the agency's visual presence. I co-presented with a team member, it was met with high enthusiasm from agency staff of all levels.

Let's meet face-to-face, or on your favorite video conferencing tool, over your preferred beverage. Email me to organize a meet to cover more info in detail. Thank you for taking the time to look through this short body of work.

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