



Spotless Amponsah, M.P.H

Associate Consultant, The Improve Group

Spotless is a dedicated and results-driven professional with a strong background in program management and community engagement, focused on fostering inclusivity and supporting diverse, underserved communities. Outside of her professional life, Spotless is an avid traveler, language learner, and fitness enthusiast, always seeking new ways to challenge herself and grow personally and professionally.

Expertise

Evaluation

Spotless sees evaluation as a powerful tool for empowering communities by assessing their progress toward self-determined goals. She leverages her experience in program management to design evaluation processes that are meaningful, inclusive, and reflective of the community's needs and values. Through collaborative approaches, Spotless ensures that all voices are heard in the evaluation process, allowing for continuous improvement and more effective, community-driven outcomes.

Infant and maternal health

Spotless' work on the RxKids program in Flint helped her develop a deep understanding of the importance of community-driven solutions aimed at reducing maternal and infant poverty among low-income families. She prioritized listening to and engaging local families, ensuring that their needs and voices were central to the program's design and implementation. Spotless believes in fostering partnerships with local organizations, leveraging their expertise and insights to create sustainable, impactful solutions that improve the health and well-being of vulnerable communities.

Community and Student Engagement

Spotless fosters engagement by creating inclusive environments where diverse voices are heard and valued. She is skilled at tailoring programs to meet the unique needs of students and community members, collaborating with stakeholders to drive impactful outcomes, and developing strategies that enhance both individual and collective growth, ultimately creating more supportive and resilient communities.

Professional Experience

The Improve Group | St. Paul, MN | Associate Consultant | 2025-present | Works collaboratively with project teams to gather and make meaning of information, navigate complexity, and ensure clients' investments of time and money lead to meaningful, sustained impact.

Michigan State University | Lansing, MI | Assistant Community Director | 2022-2024 | Developed and implemented plans to streamline operations, led training for over 2,000 students and staff, supervised Resident Advisors, revitalized a non-operational department with a 700% engagement boost, managed crises, compliance, budgets, and recruitment efforts, all to enhance operational efficiency, student engagement, and community growth.

U.S National Science Foundation (LSAMP) | East Lansing, MI | Program Assistant Coordinator | 2022-2024 | Planned and developed program objectives, coordinated events and meetings, supported internal and external stakeholders, and organized training sessions for over 500 participants and staff to enhance program effectiveness.

Flint Hurley Medical Center | Flint, MI | Pediatric Public Health Intern | 2024 | Coordinated local and state government activities, collaborated on a \$46 million grant-funded maternal and infant health program, assisted

with data collection for over 1,700 community members, and worked to improve outcomes for Flint children through advocacy, partnerships, and health equity initiatives.

Michigan State University, College of Human Medicine | Ghana, West Africa | Public Health Researcher | 2023 | Analyzed public health issues like refuse regulation, water and sanitation, and social determinants of health, developed strategies to address them, conducted qualitative research, and collaborated with stakeholders to design outcomes through community engagement.

Michigan State University | East Lansing, MI | Diversity, Equity, and Inclusion Program Facilitator | 2020-2023 | Developed strategies to foster an inclusive culture in the Plant Biology Department, doubling diversity within the field and assisting with website redevelopment to support the program's goals.

Education

Michigan State University | Master of Public Health and Data Analytics

Michigan State University | Bachelor of Science in Human Biology with a minor in French

Training

First Aid/CPR Certification- American Red Cross, July 2024

MSU Graduate School RCR Program- CITI Program

Professional Affiliations

American Public Health Association

American Evaluation Association

Minnesota Evaluation Association

Community Involvement

Christ Covenant Chapel Choir | 2025

Black Student Caucus and Hall government Advisor | 2020 – 2024

MSU MPH Student Advisory Board Member | 2020-2024

Social Media Chair for Minority Association of Pre-Medical Student | 2019- 2020

Sparrow Hospital | 2018- 2024

President of Youth for Global Health and Social Justice (UN organization) | 2016- 2018

Girlup National Organization Vice President | 2016- 2018