



We are pleased to spotlight one of our exemplary Divas, MPH volunteers and a local champion for women's health in the Washington, DC metropolitan area, Ms. Kristal Dail. Ms. Dail is a Nutrition Program Specialist at DC Department of Health, and is concurrently pursuing her own Master of Public Health (MPH) at The George Washington University, School of Public Health and Public Health Services.

Ms. Dail, a native of Silver Spring, MD and a graduate of Morgan State University, founded E.S.T. Unity (Empowering Sisters Through Unity) in 2008 to enrich the lives of young women in the D.C. area.

The organization's focus is to empower their member's intellectual, spiritual, emotional, and physical growth. Through their work, they have educated members on a number of topics relevant to young women – from love and relationships to managing finances and homeownership –through a number of programs, dialogues, and volunteer opportunities throughout the year. One such discussion “Comfortable in Your Own Skin”, hosted earlier this year, focused on interpersonal relationships between women, and the effects of colorism on those relationships. E.S.T. Unity took this common, but often overlooked issue in communities of color, head on.

Kristal truly embodies the mission of Divas, MPH, by using her influence to encourage young women to become actively engaged in the health and wellness of their community. Beyond E.S.T. Unity, Kristal is responsible for encouraging and ushering several of her organizations' members, friends, and others to participate in local health-focused events such as Victory Over Diabetes, Date For A Cure to Benefit the Avon Breast Cancer Walk, Hands on DC and our very own SOS HIV/AIDS Health Summit as well as the 2011 Faith and DEEDS fitness and nutrition education series.

In her own words, Kristal enjoys “writing, reading, volunteering, nutrition, fighting health disparities, women's empowerment, good food, fashion, celebrity gossip, good music, dancing and anything that has to do with Beyonce!” A strong believer in, finding passion in whatever you endeavor, she lives by the phrase, “Disappointments are inevitable, but misery is optional.” We are honored to have such an inspirational woman amongst our members, and we dedicate our first Divas, MPH spotlight to our very own, Ms. Kristal Dail.

For more information on E.S.T. Unity or to contact Kristal Dail directly, please email kristal_estunity@yahoo.com