



**Sean Small, M.P.H., CHES**

**Wellness Program Director/Public Health Education Chief  
City of Houston  
Houston, Texas**

Sean is a public health practitioner and Certified Health Education Specialist with a palpable passion for affecting tangible change in the health behaviors and outcomes of the people he serves. It is this passion that drives him to develop health and wellness programs for the employees and families of the City of Houston. In his role as public health education chief, he manages the nationally recognized Employee Wellness Program, which seeks to provide the more than 22,000 City employees with the education, tools, and resources needed to achieve optimal physical and mental health. A product of Oakwood University (undergraduate) and Nova Southeastern University and Meharry Medical College (graduate), Sean is a proponent of education as a means of health betterment for underserved and disproportionately affected communities. Sean has developed and implemented health education programming in underserved communities throughout Florida, Tennessee, Connecticut, and Washington, D.C., before returning to his home state of Texas. Seeking to stem the tide of chronic disease in the African American community, Sean has utilized health education, community organization, and clinical research to affect tangible change. Sean counts it a great responsibility and privilege to “take care” of the men and women who take care of Houston. Under his leadership and with the support of corporate partners, City workers have increased flu vaccination rates, seen greater participation in programs such as health coaching and health education classes, seen yearly increases in annual physical participation, and received support through the COVID-19 pandemic. In 2023, Sean opened the first Employee Wellness Center for City employees in City Hall. The first-of-its-kind facility houses the latest exercise equipment, hosts group fitness classes, houses health coaches, and gives City employees a physical space to achieve their health goals. Sean is honored to serve on multiple boards and health coalitions including the Go Healthy Houston Taskforce, Fit Houston Healthy City, and Cigna’s Health Disparities Advisory Council. Sean believes “people won’t hear your cause until they hear your care.” Thus, forming connections is the first and most powerful step to influencing others’ health for good.