

Nurse Elodie Degage Calls for Greater Community Involvement in Health and Care

Dallas-born healthcare professional highlights discipline, compassion, and volunteerism as vital for stronger communities



Haiku, Hawaii Sep 22, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Registered nurse Elodie Degage, recently featured in an in-depth interview on her career and service journey, is calling on the public to take an active role in supporting health and wellbeing in their own communities. Drawing on her experience as a clinician, volunteer, and lifelong athlete, Degage emphasises that small, consistent actions can create meaningful

change.

“Healthcare is not just about clinics and hospitals,” Degage explains. “It’s about showing up for people—whether that’s at a food bank, a homeless shelter, or even in your own neighbourhood. The lesson I’ve carried with me is that service and discipline matter every single day.”

The Need for Community Action

Research underscores Degage’s message. According to Feeding America, over 34 million people in the United States face food insecurity, including 9 million children. Studies also show that volunteer engagement improves mental health and reduces social isolation, both key drivers of better overall wellbeing.

“Volunteering reminds us that care is not abstract,” Degage says. “It’s about individual stories and needs. When we put people first, whether through food drives or local shelters, we strengthen the whole system.”

Leadership Beyond Titles

Degage, who graduated from the University of Hawaii at Manoa’s nursing programme in 2024, believes leadership in nursing and community work is often quiet but powerful. “Leadership doesn’t always come with a title. Sometimes it’s about setting the tone in a room, mentoring a colleague, or simply staying calm in a crisis,” she shares.

Call to Action

Degage is encouraging individuals to take ownership of health in their own communities by volunteering time, supporting local charities, and practising empathy in everyday interactions.

“You don’t need to wait for a big opportunity to lead,” Degage says. “Start by doing something small and consistent—help at a local food drive, offer your skills, or simply show up for your neighbours. It all adds up.”

To read the full interview, visit the website [here](#).

About Elodie Degage

Elodie Degage is a registered nurse working in a clinical setting. A Dallas native and graduate of the University of Hawaii at Manoa, she has volunteered with the Hawaii Food Bank, IHS Homeless Shelter, and dog rescue organisations. She is also an accomplished athlete, equestrian, and marathon runner.

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