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AHS Pulse Staff
Editor
Harriet Castrataro

Faculty
William Yarber

Staff
Desiree Goetz
Mary Winburn

Students
Amy Ninez
Christina Vernon

Alumni
Sally Kirtley

Photographer
Ifeng Jeng

Send Questions or Comments to Harriet Castrataro
(812) 855-3627 or hcastrat@indiana.edu

From the Chair

It is an honor to represent the Department of Applied Health Science and on behalf of our faculty, staff, and students, to extend my heartfelt greetings to all alumni and friends of the Department. It has been another record-setting fall semester. Our success is due to the hard work of committed faculty and staff and highly qualified students. Of course, without the support of our Dean and his associates at the school level, this success would not have been possible.

Our faculty continue to publish in major national and international journals and make presentations throughout the country and beyond. For the past year, external funding has reached $2.6 million dollars.

Our Indiana Prevention Resource Center as well as our Rural Center for AIDS/STD Prevention and Center for Sexual Health Promotion continue to thrive, fulfill their missions, and make important contributions toward our overall mission. Our OSHA Heartland Training Center was established and the infrastructure built and we are hopeful that the Center will play a prominent role in Heartland USA.

One faculty member received a research award from an international organization as well as a research award from a major national organization in our field. Two of our undergraduate students received Health Education Major of the Year Awards from the American Association of Health Education. Two of our graduate students received the Stephen Jay Public Health Award. Our student major enrollments continue to increase at all levels. Also, the elective courses we offer enjoy healthy enrollments and make an important contribution to the overall university mission toward general education.

We have also hired two new faculty members who are profiled in this newsletter.

Again, it has been an honor and privilege for me to serve the Department in this capacity, and I welcome your input, suggestions, and support in any way as we forge ahead in another exciting semester. Please stay in touch.

Mohammad R. Torabi, Ph.D., Chair
Department of Applied Health Science

IU honors Dr. John Seffrin CEO of American Cancer Society and Past Chair of AHS. Dr. Mohammad Torabi (L), Dr. John Seffrin, Dean Robert Goodman and Provost Karen Hanson. See story on p. 2.
Dr. Seffrin with regional American Cancer Society Staff:  
Tammy Smith (L), Thom Ulmet, and Jeff Burkhardt

Dr. John Seffrin Receives Honorary Doctorate

On Saturday, Dec. 20, 2008, Dr. John Seffrin, CEO of the American Cancer Society and former Chair of our Department, received an honorary Doctor of Science degree at IU's Winter Commencement. According to Dr. Robert Goodman, Dean of the School of HPER, and Dr. Mohammad Torabi, Chair of our Department, "Dr. Seffrin revolutionized the society and integrated the notion of prevention and health education as parts of the overall mission of the society." They added that Dr. Seffrin led a major reorganization and refocusing of the ACS's priorities, resulting in the greatest growth and impact on its lifesaving mission in the society's 92-year history. Congratulations, Dr. Seffrin! We applaud your service to the nation, to the world, and to IU.

Many of the AHS faculty were on hand to welcome Dr. Seffrin and to hear his Dec. 19th presentation entitled "Cancer at the Crossroads: Access to Health Care in Post-election America." If you wish to hear Dr. Seffrin's entire presentation, you can find it at http://broadcast.indiana.edu/lectures/seffrin_08/. Here are some of the highlights.

Dr. Seffrin said that when the ACS was founded in 1913, a diagnosis of cancer was a death sentence. Now, for every year since 1992 death rates for the various forms of cancer have decreased, and in some cases decreased considerably. We have also made great strides in palliative care. For more data, see www.cancer.org. Dr. Seffrin assessed our progress in overcoming cancer this way: "Most of my life we have been running into the woods, now we are running out of it."

The ACS is the largest voluntary organization in the world with over 1 billion dollars in revenue for the last three years. And of that revenue 97% has come from private and voluntary contributions, which means that the ACS does not have to answer to any outside forces.

Dr. Seffrin listed 3 goals for ACS for the future: 1) double the money for research, 2) improve cancer education and promote prevention into public policy, and 3) provide access to the healthcare needed for everyone with cancer. He believes the third goal is the hardest because only 60% have access to the cancer care they need right now, and that is a huge gap. But he offers some hope that the new administration in Washington will work toward increased health coverage for all. We are so proud of Dr. Seffrin and his leadership in fighting cancer.

Dr. JoAnne Bunnage Visiting Academic Specialist

This fall we are pleased to have Dr. JoAnne Bunnage join our Department to teach our Research and Evaluation Methods class and to assist in the preparation of our MPH reaccreditation self study. Dr. Bunnage received her PhD from Indiana University in Educational Leadership and Policy Studies in 2003.

Before coming to IU, Dr. Bunnage worked as a counselor for student athletes at the University of Washington, Oregon State and Notre Dame. Her years of service as an academic advisor prompted an interest in what goes into students' decisions, whether they be the decisions to come to college (which was the study for her dissertation) or the decisions they make along the way that influence whether they falter or succeed. She is especially aware of the structures within our institutions that can provide barriers for higher education.
At IU for the past 10 years, JoAnne has worked in a variety of capacities. From 1999-2002, she worked as a Project Associate at the Center for Postsecondary Research & Planning for the National Survey of Student Engagement (NSSE), a survey used nationally to measure college students' involvement in their studies. From 2004-2007, she worked as the Project Manager, IU-Cisco Networking Academy Evaluation Project, on a $2.1 million grant for an evaluation tool for measuring student learning outcomes. She also created and developed the Achievers Summer Academy, a residential program at Indiana University to prepare 50 underserved high school students for college.

JoAnne, “Dr. Jo” to her students, says, “I love teaching the research methods class— that’s what I have done for 10 years, applied research.” Her students have actually done their own research projects for a culminating poster session for the H494 class. They did surveys, case studies, observations, and interviews.

Dr. Bunnage is fascinated by the processes of learning, evaluation and research and shares that fascination with process readily with her students.

She is also involved in helping our Department with its self study of the MPH degree, which will culminate in our reaccreditation application this spring. Her management skills will be quite helpful in gathering the necessary data and formatting it for submission.

JoAnne’s husband, Bob Slisz, teaches the Drug Use in American Society course for our students, so they share an allegiance to our Department and to health promotion. They also share an interest in travel, having visited Central and Eastern Europe, Great Britain, Thailand, Central America, Mexico, and nearly every state in the US. Their next destination is Turkey. We certainly hope they keep Bloomington and the Department of Applied Health Science as their home base.

1991, is from Sun Yat-sen University of Medical Sciences, Guangzhou, Guangdong, PR China, where she was one of only 15 students chosen nationwide for a unique program in medicine and clinical nutrition. In addition, Jun holds an M.S in Nutrition and Food Hygiene with a concentration in Clinical Nutrition from Sun Yat-sen University.

Jun’s research at Emory is one of the first studies ever done on the whole Mediterranean Diet and how it protects us from cardiovascular disease. This diet includes “abundant plant foods, fresh fruit as the typical daily dessert, olive oil as the principal source of fat, dairy products (principally cheese and yogurt), and fish and poultry consumed in low to moderate amounts, 0 to 4 eggs consumed weekly, red meat consumed in low amounts, and wine consumed in moderate amounts.”

Most research available examines one or two food groups in the diet. Jun studied the whole diet with a group of twins including 360 twins with roughly half identical and half fraternal twins. A twin study is ideal because it allows the researcher to control for genetics and early shared environment and focuses on the health effects of the diet. So far her results show for the first time that diet closer to the Mediterranean diet reduces inflammation and oxidative stress independent of genetic background and other familial factors. Indeed exposure to the diet is more important than genetic factors toward these effects in her studies. Her findings are highly influential in pointing to diet as a key modifiable risk factor to reduce cardiovascular disease.

Jun’s roles in nutrition education in China have included teaching, research and service. She has taught classes on clinical nutrition, maternal and child nutrition, food sciences, food toxicology and food hygiene for MD students. She has also supervised interns and served as the Director of Graduate
Studies for Masters students, Jun has won awards for excellence as a student and as a teacher. She has been a presenter for a number of training programs for health professionals in China. And she has conducted epidemiologic research, clinical trials, and animal experiments in the field of nutrition and health.

Just this year Jun won the Jeremia and Rose Stamler Research Award for New Investigators at the 48th Conference on Cardiovascular Disease Epidemiology and Prevention in Colorado Springs, CO with her study chosen in the top 5 out of over 500 abstracts submitted.

With her 14-year-old son Run-Xiang "RX" Guo, Jun is settling in and enjoying Bloomington. She likes the beautiful gardens in the summer and finds the locals to be friendly and ready to share their love for the town and for Indiana. RX has already joined the IU Chess Club.

When asked where she would like to be 10 years from now, Jun says, “Research is not geographically limited... I want to know the world, and there is a need in the world for my expertise. I would like to become one of the best faculty members I can. In this way I can be a bridge between the research and the practice of nutrition.” We certainly hope she will stay in Bloomington for a long time sharing her zeal for research and global health with IU’s students, staff and faculty!

Dr. Ahmed YoussefAgha Applies Biostatistics and Computer Skills to Health

Our Department is very pleased to welcome Dr. Ahmed YoussefAgha to provide us with expertise in Public Health, Biostatistics and Decision Science. He will use his expertise to address public health issues here in the US and worldwide. One of his current projects, for example, is the development of a health information system for use by our Indiana public schools to track students with asthma, diabetes, or other health concerns. This could make an enormous difference in the lives of our young Hoosiers! Dr. YoussefAgha brings experience as a professor, a researcher, and a consultant from Egypt, his home country, and from the US, mostly in Louisville, KY. He is eager to serve as a leader, a health ambassador, and a teacher for future leaders here at IU.

Ahmed received his BS degree in Science-Mathematics from Menofia University in Egypt. He earned an MS in Computer Science (2001), an MSPH (2003), and a PhD (2006) in Biostatistics-Decision Sciences at the University of Louisville. While at the University of Louisville, he worked as a research assistant on a number of projects to help scientists and practitioners refine their results and make better health care decisions. Some of his research areas were recurrent strokes, hysterectomies, exposure to chemicals as it relates to cancer, and tamoxifen vs chemotherapy in breast cancer. In 2005-2006 he worked at Humana Health Insurance Company on an evaluation of medication used in newly treated multiple sclerosis patients. From 2007-2008 he worked in NJ as a Biostatistician, at Novartis Pharmaceutical Company’s Oncology Department.

Before coming to the US, from 1991-1997, Dr. YoussefAgha was a business research analyst for Integrated Development Consultants, Cairo, Egypt. There he worked on 14 different projects—some with an international dimension, some with a development focus, and all requiring information systems in place in order to make decisions.

Dr. YoussefAgha has strong teaching experience as well. He developed and taught computer science and statistics courses in the Computer Studies Division of the American University in Cairo for about 7 years, winning a teaching honor roll award in 1999. He also taught courses such as: Analysis of Algorithms, Programming, and Database Management at Spalding University in Louisville, KY from 2004-2006.

Ahmed tells us that in Egypt the family is central to all arenas of life. In this spirit we welcome his family to Bloomington: his wife Ghada Zaher, his 13-year-old son Zeyad, and his 8-year-old daughter Hana. And we are hoping that our Department can be like a family to them as they settle into Bloomington. When talking of his family, or a safer and healthier world, or “working within the culture of peace,” Dr. YoussefAgha has an intensity that conveys his passion to all who hear him. We are so pleased to have him join our faculty and our public health efforts.

With this issue of the Pulse we have enclosed an envelope for contributing to AHS. Please contact Dara Eckart (deckart@indiana.edu, 812 855-7891) for further information.
Dr. Mohammad Torabi presents the AHS Angel of the Year Award to Bernadette DeLeon

Bernadette de Leon, HPER’s Extraordinary Director of Technical Services

“Help, Bernadette!” is a familiar cry for many of our faculty and staff members facing a computer-related quandary. HPER has the good fortune to have that cry answered quickly and patiently by our own Bernadette de Leon. She directs a staff of 4 full timers and 6 part timers to maintain the computers and assist with all our technical activities within the school. And, in fact, there are a host of projects and developments that would not be possible without Bernie’s expertise. In our Department, Dr. Mohammad Torabi named Bernadette de Leon our “Angel of the Year” for her help above and beyond the call of duty with our projects. With this issue of the AHS Pulse, we honor and thank Bernadette for her service to our Department and to our School.

So, you may be asking yourself, how many computers and staff members does Bernadette serve? There are approximately 400 desktop and laptop computers and as many employees at our nine buildings. No wonder she and her staff are often seen criss-crossing the campus to get to everyone. Bernie is our go-to person, our University Information Technology liaison, and our equipment guru. And somehow she always manages to arrive at our offices with a smile.

In addition, she oversees our school’s Teaching and Presentation Preparation Lab (TAPP), our Dick Euberg Distance Learning Studio, and our Geographic Information Systems (GIS) Lab. Bernadette especially enjoys the GIS part of her job. In fact, her experience before coming to HPER involved extensive use of GIS systems. She has worked with research projects at SPEA involving GIS and also taught GIS courses there from 1997-2005 in addition to publishing articles on GIS. From 1998-1999, Bernadette worked as the GIS Assistant for the U.S. Fish and Wildlife Service here in Bloomington.

This spring she will co-teach our AHS graduate course “Global Health and Social Justice” with Drs. Bonilla-Vega and Ona. We are excited about using videoconferencing to teach distance learning students in the Dominican Republic, two universities in China, and the Philippines. Bernie’s GIS skills and technical skills will be invaluable to this international classroom.

Bernadette has two masters degrees both from IU, an MS in Environmental Science from SPEA and an MA from Ecology and Evolutionary Biology. Her BS in Public Affairs is also from IU, with Highest Distinction. She loves science and exploring the natural world via hiking, travel, nature journaling and art. She likes to garden too on her 10 acres of land, and she is the one who brings flowers for the tables in our Royer Lobby each spring and summer.

Three more things you may want to know about Bernie: she comes from a family of 12 (she is the 8th in the list). She is getting her PhD in Leisure Behavior (expected completion in 2011). And she has a little corgi and collie mix dog. Sparky, who has a long nose and very short legs. Sparky is quite good for comic relief at the end of her long days.

When you ask Bernie what she likes best about working for HPER, she says “Giving to the larger effort.” This phrase describes Bernie herself to a “T.” For helping us keep track of our fast-paced technology, for being a key player in many of our teams, and for supplying us with the age old beauty of summer flowers, we thank you, Bernadette!

Faculty News

Dr. Trent Applegate, along with doctoral students Lauren Boyle and MPH student Adam Karcz, presented at the Society of Public Health Education (SOPHE) Meeting Oct 23-25 in San Diego, CA. Their presentation was titled “CPR/AED Skill Retention among College Students.” Others involved in the research but not attending the conference were Kristin Skala (MS in School and College Health, Dec. 2008) and Eric Holton (Doctoral student in Human Performance).
Dr. Leila Dabbagh was one of 4 recipients of a HPER Faculty Research Support Grant for 2009 for her study of aphasia. Aphasia is a language disorder that results from damage caused by a sudden stroke or unexpected head injury or a slow growing tumor to portions of the brain that are responsible for language. It is a multimodal disorder where the affected areas in the brain result in hampering the stroke survivor’s ability to process linguistic input and produce language while intellectual abilities remain intact. This study will have two related goals: First, to review current diagnostic and intervention practices in the healthcare system associated with aphasia patients from diagnosis to discharge. Second, to pilot test the Life Participation Approach to Aphasia (LPAA) model as an intervention tool and compare its value in affecting positive quality of life outcomes for the aphasia patient and his/her family to the traditional intervention modality currently in practice. Bloomington Hospital will be a principle partner in this research endeavor.

Dr. Noy Kay, I-feng Jeng, and Jessica Chao-I Yang conducted a videoconference from Peking University Health Science Center to Dr. Kay’s class, H172 International Health and Social Issues on October 23, 2008. Dr. Chengye Ji, Director of the Institute of Child and Adolescent Health, Peking University Health Science Center was a guest speaker.


IU Students in a videoconference with Peking University Health Science Center

Dr. Lloyd Kolbe spoke at the 2008 INShape Indiana Health Summit on the IUB Campus, October 15. He is pictured below with Indiana State Health Commissioner Judy Monroe.

Dr. David Lohrmann conducted needs assessment and planning workshops based on “Creating a Healthy School Using the Healthy School Report Card” for school professionals in Arkansas, New Mexico, Idaho, Michigan, Indiana, and Tennessee as well as at the mid-year meeting of SOPHE. He also provided a presentation on the MICHIANA Coordinated School Health Program Leadership Institute at the Annual Conference of the American School Health Association.


Dr. Cecilia Obeng’s paper entitled, “Culture and Dental Health Among African Immigrant School-aged Children in the United States,” published in Health Education, has won an outstanding paper award.

Dr. Shahla Ray, who teaches both Human Nutrition HPER-N 231 and Obesity and Health HPER-H 235 for AHS, has been conducting research with Nutrition Science senior Amanda Wood on the “Freshmen Fifteen,” a term for the weight students gain in college. Their study was presented at the 2008 Obesity Society’s annual meeting and mentioned in USA Today. For the study they administered surveys to 422 IU undergrads. Students did report weight gains from the beginning of their freshman year to the beginning of their senior year (about 10 pounds for women and 14 pounds for men). Though some of the gain is due to natural maturaion, Dr. Ray believes much of it is due to lifestyle choices such as increased drinking and to stress and peer pressure.

Dr. Michael Reece has been elected to serve as Chair of the HIV/AIDS Section of the American Public Health Association. The HIV/AIDS Section has a membership of over 1,200 public health professionals and scholars and plays a significant role in shaping HIV-related policy for the nation’s largest public health professional association.
Dr. Catherine Sherwood-Laughlin is working with the Indiana Department of Education on the implementation of workshops across the state of Indiana for health and physical education teachers, administrators, and school nurses. The workshop is titled, “What do Teachers Want to Know.” The purposes of this initiative are 1) to assist educators in developing a program that will provide students with the knowledge, skills, and attitudes needed to prevent acquiring HIV and other STD infections; 2) to assist corporations in assessing the role and function of their AIDS Advisory Council/Coordinated School Health Advisory Council(s) (CSH); and 3) to assist corporations in evaluating and updating corporation and building level HIV/AIDS related policies and procedures. Two of her colleagues on this program are AHS Alum Lisa Angermeier, PhD (Assistant Clinical Professor at IUPUI) and Denise Seabert, PhD (Associate Professor at Ball State University).

Dr. Sherwood is also working with Volunteers in Medicine on a project to plan, implement, and evaluate a patient wellness program. Students from the AmeriCorps program, Emily Brush and Peggy Sullivan, are assisting her with this project. In addition, she is working with St. Vincent of Jennings County on their Community Health Needs Assessment project. She is responsible for analyzing the data and presenting the results to their Hospital Leadership and Administrative team. Peggy Sullivan, MPH student, is assisting her with this project.

Finally, Dr. Sherwood and Jennifer Staab, MS, MCCSC Healthy Schools Coordinator (and AHS Alum) presented at the 2008 American School Health Association meeting in Tampa, FL on the MCCSC sexuality survey, specifically discussing the process of including community members, parents, students, school administrators, religious leaders, and health care providers in the development and implementation of the survey.

Dr. Mohammad Torabi was the recipient of the Biennial Distinguished Scholar Award, from the International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHER-SF), 2008. It is the largest, membership-based international and umbrella organization that includes professors, teachers, researchers, coaches, educators and administrators in the fields of HPERSD and related areas, as well as educational or research institutions and departments, colleges and universities, governmental and non-governmental, national and international organizations.


Indiana Prevention Resource Center Partners With CDC On Survey
By Desiree Goetz

For the first time, the Indiana Prevention Resource Center (IPRC) will be including questions on the Indiana version of the Youth Risk Behavior Survey (YRBS), a national survey sponsored by the Centers for Disease Control and Prevention. The 2009 Indiana version of the survey will include 12 questions contributed by researchers at the IPRC ranging from alcohol use and purchasing to prescription and over-the-counter drug use. Gambling behavior questions will also be asked.

The Youth Risk Behavior Survey was developed in 1990 in order to monitor priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States.

The YRBS monitors trends, and compares state health risk behaviors to national health risk behaviors. The priority areas of health – risk behavior of the YRBS include:

- Tobacco use
- Alcohol and other drug use
- Behaviors that contribute to unintentional injuries and violence
- Unhealthy dietary behaviors
- Physical inactivity
- Obesity
- Asthma
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infection

Data is collected from a random sample of high school students (grades 8, 10, 12) and because of the sampling methodology used, these data may be generalized to the student population across the state.

According to the IPRC Executive Director, Ruth Gassman, “Being able to include our own questions on this survey is extremely important to the state of Indiana. It is the first time we can ask specific drug use related questions from a random sample of students across the state.”

The IPRC performs their own survey of Alcohol, Tobacco, and Other Drug Use of Indiana Adolescents and Children each year in the spring. In 2008 over 150,000 students participated in the IPRC survey. This survey provides important local level data for communities to use in order to plan, implement, and evaluate prevention programming. The availability of these randomized data from the YRBS is yet another tool state wide planners can use to request funding and for planning and evaluation of prevention initiatives.
Dr. Noy Kay at the AHS booth at the InShape Indiana Health Summit

Stephanie Sanders (L), Robin Milhausen, Richard Cosby, Cynthia Graham, and William Yarber

AHS Faculty and Alumni Involved in Condom Use Research at the Kinsey Institute

Professor William Yarber and Dr. Yarber’s students Robin Milhausen, PhD ’04, and Richard Crosby, PhD ’98, have teamed up with Stephanie Sanders, Associate Director of the Kinsey Institute and Cynthia Graham of Oxford University to pioneer research into condom use.

According to Dr. Yarber, “In past research, public health officials assumed that people were using condoms correctly.” However, the Condom Use Team is discovering that condom use errors are common. The samples in their studies have included college men and women, STD clinic patients and men living in rural areas. Dr. Yarber continues, “We recognized that assumptions about protection cannot be made solely on consistent use, as that can over-estimate effectiveness. For example, if someone uses condoms 100% of the time, it would be erroneous to assume total protection, as use errors and problems could lead to risk.”

Dr. Crosby says, “Our research also helps us understand why so many men and women don’t like condoms. It suggests a need for education. When men are able to learn to use condoms more correctly, they are more likely to use them effectively.”

The research includes a variety of methodologies. The researchers themselves bring expertise in health behavior, sex therapy, biological aspects of sexuality, psychology, health education, and gender studies. The team members have published over 20 articles on condom use errors and problems in scientific journals since beginning their work together in 2001.

What’s next for the team? Dr. Yarber explains, “We are currently planning an intervention study at a public health clinic aimed at increasing men’s comfort and the correct use of condoms. We are also planning further quantitative and qualitative studies, and are at the proposal stage for future funding initiatives.”

AHS Students Adeyinka Okunade (left) and Amanda Wood (right) welcome new AHS Student Jenna Voirol (center)

AHS Alumni Colleen Rose (left), Kyle Dietz and Heidi (Boruff) Titus at Fall Alumni Panel
The Master of Public Health Association (MPHA), under the advisement of Dr. Brian Dodge, received a grant from the City of Bloomington to conduct HIV-related outreach to rural communities in Southern Indiana as part of the city’s commitment to community service and education projects on Martin Luther King Day 2009. The goal of this project was to increase awareness of HIV/AIDS-related issues to residents of Southern Indiana who live in rural areas. The project linked members of MPHA and members of the community living in or traveling to rural areas. The students disseminated prevention materials to individuals who were using Rural Transit bus stops in Bloomington and Ellettsville.

The following Applied Health Science students attended the 82nd Annual American School Health Association (ASHA) conference held in Tampa Florida November 12-15, 2008: Megan Sager, Sara Dvosky, Debbie Rios, Charita Daniels, Annie Stoddard, Emily Erdmann, Becky Prokopikak.

Trent Applegate, Becky Prokopikak and Emily Erdmann also attended and took part in the National Eta Sigma Gamma meeting which was held in conjunction with the ASHA meeting.

Kelli Archer, Dietetics and Exercise Science student, is in her 2nd year as a cohost for the Campus Recreational Sports podcast, available at www.recsports.indiana.edu.

Amy E. Bodde, MPH, PhD student received a $5000 grant from Special Olympics to fund her dissertation research.

Wuthikrai Boonvarute, OD, masters student in Health Promotion, has won a 2008 Student Research Award in the Public Health Education and Health Promotion Section of the American Public Health Association for his research entitled, “Prevention of avoidable blindness among Thai children through a community-health and health promotion intervention.”

Genevieve Hillis, MPH ’08, and Russell McIntire, MPH ’08 and PhD student, have won the Stephen Jay Leadership Award for Improving Public Health in Indiana.

Kristin Kletcke, Public Health student, was studying and doing an internship in Kenya during the Fall semester.

Angelle Marandet, Public Health and Biology student, is a McNair scholar who participated in summer research with Dr. Fernando Ona.

Natasha Newlin, Dietetics student, was studying abroad in Venezuela during Fall ’08.

Amy Nimetz, BS in Health Education-Secondary Teacher Preparation Dec. ’08, has won the AAHE Outstanding Undergraduate Major of the Year Award for School Health.

MPHA Students at the Rural Transit Station: Omar Martinez (L), Annie Stoddard, Hannah Laughlin, and Lindsay Halperin

Mary Boutain, MPH student, presented data at APHA from the Bloomington Hospital of Orange County Community Health Needs Assessment project, on which she assisted Dr. Lesa Lorenzen-Huber and Dr. Catherine Sherwood in the data collection and analysis. Data were collected at the Indiana Rural Health Association meeting in French Lick, IN.

Tanah Combs, Safety Science student, won the Ron Hall Scholarship and the Panteleoni Scholarship in April 2008. Kevin McCarty and Jennifer Kinder also won Panteleoni Scholarships.

Mary Cook, BS student in Safety Science, has been awarded the Industrial Hygiene Lab Internship for spring 2009.

Khadijah eShabazz, Nutrition Science student, is a founding member of the Minority Association for Premedical Students, a new organization dedicated to encouraging, retaining, and empowering minority students pursuing careers in medicine. MAPS has received several large grants from the university and participated in community service, outreach events, and workshops. For more information email unus@indiana.edu.

Christopher Fisher, doctoral student, is Programming Co-chair for Student Assembly and Treasurer for the HIV/AIDS section of APHA.

“During my student teaching, I quickly realized how much my Health Education courses helped me to be a more effective teacher. Every day I am able to apply a variety of teaching strategies, classroom management techniques, and skill-based activities that I learned in my Health Education classes. Although they may seem overwhelming at times, those courses really do provide you with useful tools that will help you when you begin teaching, and to mention how you will impress fellow teachers and principals. I have even had veteran teachers ask me for ideas on how they can better their teaching and curriculum.”
New Technologies and Aging: Cutting Edge Course at IU

Mark your calendars! HP-ER-C 325 Health, Informatics and Aging and the graduate version HP-ER-C 625 Health Information Systems, Technology and Aging will be offered again in Spring 2010. Taught by Dr. Lesa Lorenzen Huber along with five other faculty members from across campus, the course serves as an incubator for new technologies to support the health and independence of older adults. Developed with funding from the Johnson Center for Entrepreneurship and Innovation, it brings together students from HP-ER, the School of Nursing and the School of Informatics. Students working in teams choose a new product for older adults and develop business plans for producing and marketing their product. Some of the products involve RFID, a relatively new technology with special sensors and interactive touch screens.

The strengths of the class can be seen in these student comments:

“I am excited about the opportunity to learn more about designing products to be used by older adults, and understanding what it takes to get the product to market.” —Chandra Dyson. [Note: Their project was a touch screen nutrition tracking device.]

“One of the strongest selling points was the variety of topics that were to be covered. The syllabus includes business ethics, health care of the aging, fitness, and gerontechnology prototypes. I am now finding that our project is benefiting me in my job search.” —Sarah Shipe. [Note: Sarah’s team’s project used RFID sensors to help older adults track their steps and participate in social networking. A commercial company just launched a similar product on the market.]

Undergraduate teams developed prototypes for a smart stove that used sensors to detect spills and boilovers and a networked bulletin board so that family members could send photos and reminders to loved ones who don’t have a computer.

Last summer Dr. Huber was invited to give a presentation about this course at the National Gerontotechnology Conference in Pisa, Italy. She reported that students in this course created prototypes with real concern for the health and safety of older adults and that the team approach gives students a broad understanding of the issues.

Dr. Huber believes “Our young people have the ability to imagine without the restraints that older people sometimes put on their brainstorming ideas. The ‘Yeah, buts’...This is where Microsoft was born; this is where Google was born — college students with great ideas.” She is excited to offer the course for Spring 2010 as an opportunity to help our students learn, invent, and produce.

Alumni News

Justin Browning, BS in Health Education Secondary ’08, is teaching health in Scott Middle School in Hammond, Indiana.

Gary Caudill, BS in Public Health ’08, has a position as an Environmental Health Specialist for the Marion County Health Department.

Brittany Day, BS in HDFS ’08, is pursuing a Masters in Elementary Education with an emphasis in Early Childhood Education and working as the head teacher for 3 year olds in a day care center.

Brian Hagan, BS in Health Education Secondary ’04, received Special Education Certification and is completing an M.S. Ed as well as getting a license in Administration at IUN.
Andrew Kanu, MPH ’93, HSD ’97, is the Interim Dean for the School of Liberal Arts Education at Virginia State University. Dr. Kanu spent 7 years as Chair of the HPERD Dept. (which is housed in the School of Liberal Arts Education) and is a full professor at VSU.

Erin Koers, BS in Public Health ’03, is completing a PhD in Epidemiology at the University of Texas School of Public Health in Houston. She has been accepted to the CDC’s Epidemic Intelligence Service (EIS) Program, starting in July of next year. Erin writes, “This has been my dream job since discovering public health and epidemiology my sophomore year at UI. I am incredibly grateful to everyone who has supported me throughout my public health studies for helping me to discover and achieve a career I am so passionate about.”

Allison Loper, BS in HDFS ’08, is a Wish Program Associate at the Make-A-Wish Foundation of Indiana.

Matt Swarm, BS in Nutrition Science ‘07, is in medical school at the IU Med Center in Terre Haute. He is the school’s first IUSM Student Wellness Initiative Coordinator. This program is intended to keep medical school students healthy by reminding them that they must take care of their bodies and minds during school, despite the hectic schedule and stress levels. He is also the class representative for the Terre Haute Center med school.

Donald Wagner, BSE ’77, has just accepted the position of Dean of the College of Education at the University of Memphis.

Paul Watkins, BS in HDFS ’05, finished a 2 year term in the Peace Corps in Guyana, South America in April of ’08. He writes, “It was most certainly a life changing experience and I have been able to gain experience in more ways than I could ever imagine.” Currently, Paul is a Community Support Worker at the Hopewell Center in St. Louis.

Letter from Sally Kirtley

I just got back from completing my internship in San Carlos, Costa Rica! I had the most incredible summer and just wanted to fill you in on what I have been up to since May!

I went to Costa Rica through Cross-Cultural Solutions International Volunteer Organization and worked at Hogar de Ancianos, a nursing home for abandoned elderly. I lived and worked with others around my age mainly from the US. We all lived in one house and were fed traditional Costa Rican meals three times a day. We would go to work in the mornings and in the afternoon, depending on the day, we would have Spanish or history lessons, or go on a field trip to places like the local volcano, coffee and chocolate plantations, and local ecotourism. I would highly recommend this organization for future HDFS students because not only did I get great work experience and an opportunity to practice my professionalism skills, but I was able to learn about a country by actually living, interacting, and working within a new culture!

Throughout the eight weeks I was in Costa Rica, there were many times I found myself using things I had learned in my HDFS classes! My main task during the eight weeks was to complete a needs assessment and then suggest ways future volunteers could help meet these needs. I was basically in charge every day and had to think of ways to keep the elderly entertained and get them moving again. Most of them have been abandoned by their families and loved having someone just come to spend time with them. Many of them have had strokes, but have never received any type of therapy. I was able to see huge progress during the eight weeks.

It was such a wonderful and rewarding feeling to see the improvements in the residents, not only physically, but to see how much their spirits were lifted by us spending time with them. They really made us feel special and needed! Their faces would light up when they would see us walk in the front gates every morning. On that last day, it was so difficult to say goodbye.

I can’t imagine spending my summer anywhere else and will never forget the elderly I worked with or the things they taught me about life and I will never forget Costa Rica! I am so thankful that HPER requires internships; this has given me such great experience!